



The Effect of Deep Breath Relaxing and Reading the Qur'an on the Stress Level of Adolescents in Karanganyar, Indonesia

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Abstract. Background: Adolescents are those who are in the transition stage between childhood and adulthood. Teenagers have their own way of dealing with stress in different situations. Stress in adolescents is very dangerous, making adolescents experience a crisis of self-identity and the worst effect is depression and suicide attempts. Based on the prevalence of stress that can cause negative things in adolescents, there needs to be an effort to reduce stress that arises with knowledge approaches, therapy and religious activities.

Aim: to test the effect of deep breathing relaxation and reading Qur'an on the stress level.

Method: This pre-experimental research design is a type of quantitative research with a comparative approach with pretest and posttest groups. The population of male students in grade 1 at the MTA Karanganyar Islamic Boarding School with a total sample of 55 students was taken using purposive sampling technique. Wilcoxon test was used to analyze the effect on the variables.

Result: Based on the results of the analysis of the significance value of the Wilcoxon test, the value of $p = 0.000$. The p value < 0.05 indicates that the intervention of deep breathing relaxation and reading the Qur'an has an effect on reducing student stress.

Conclusion: The effect of deep breathing relaxation and reading the Qur'an helps reduce emotions, regulates the body, improves blood flow and lymph glands so that it can reduce stress. The provision of this intervention has a significant effect on reducing student stress.

Keywords: Teenagers · deep breathing relaxing · reading the Qur'an · stress level

1 Introduction

Adolescence is the age of many shocks and changes in him, especially when he has to be in a new place and a new environment he has never met, such as a boarding

school or dormitory environment [1, 2]. Teenagers have their own way of dealing with stress in different situations. When adolescents cannot adapt to a new environment, they will experience stress [3–5]. Stress in adolescents is very dangerous, making adolescents experience a crisis of self-identity and the worst effect is depression and suicide attempts [5].

The deep breathing relaxation technique is a form of therapy that is very effective and easy for everyone to do, when you close your eyes and concentrate on your breath, you will create a comfortable and calm, relaxed state [6]. The purpose of deep breathing is to achieve more controlled and efficient ventilation and to reduce the work of breathing, increase maximal alveolar inflation, increase muscle relaxation, relieve anxiety, get rid of uncoordinated patterns of activity of the respiratory muscles, slow down the respiratory rate, reduce trapped air and reduce the work of breathing [7–9]. From the results of researchers Suyono, et al. in 2016 that deep breathing relaxation techniques are very effective in reducing stress in high school students [9].

Al-Qur'an reading therapy was effective in reducing academic stress in class XI students of SMA Negeri 1 Kebumen. Based on the results of research conducted by Hidayat in 2018, the results showed that there was a significant effect between adjustment to stress levels [10, 11].

From the results of the interview with the ustadz or teacher who accompanied him on October 13, 2020, there was also a child who was even reported to often do not attend or rarely participate in boarding activities, because satri could not adjust to the MTA Karanganyar Islamic Boarding School environment, there was also a child who ordered his parents from Ponorogo to take him back to the lodge, and some also pretended to be sick and were taken to the Ja'far Karanganyar hospital after being examined by the doctor, the santri ran away when the supervisor was careless when picking up medicine at the pharmacy.

Based on the prevalence of stress that can cause negative things in adolescents, the researchers are interested in conducting research related to the effect of deep breathing relaxation and reading the Qur'an on the stress level of adolescents in the first year in the dormitory.

2 Methods

This pre-experimental research design is a type of quantitative research with a comparative approach with pretest and posttest groups. The sampling technique used in this research is non-probability sampling. The population of male students in grade 1 at the MTA Karanganyar Islamic Boarding School with a total sample of 55 students was taken using a purposive sampling technique using inclusion and exclusion criteria. Inclusion criteria include: new students for the 2020/2021 academic year, students who are willing to become respondents, always actively participate in activities in the cottage (learning, reading the Qur'an, organizations, extracurricular etc.), can read the Qur'an while the exclusion criteria include: new students who are sick, students who do not fill out the questionnaire, students who have mental disorders. Time of study in November 2020. Wilcoxon test was used to analyze the effect on variables.

Table 1. Differences in stress before and after the intervention (Wilcoxon Test)

Score	Mean	Mean different	Sig
Pre	13,9	5,4	0.000
Post	8,8	8,7	

3 Results

The average stress before was 13.9 and after the intervention decreased to 8.8. The decrease in stress score by 5.13 showed a significant difference between the stress score before and after the intervention which was indicated by the wilcoxon test significance value of 0.000 (sig < 0.05). The results of this intervention have a significant effect on reducing student stress (Table 1).

4 Discussion

The results of the analysis of the significance value of the Wilcoxon test p value = 0.000. The p value < 0.05 indicates that the intervention of deep breathing relaxation and reading the Qur'an has an effect on reducing student stress. The effect of deep breathing relaxation and reading the Qur'an helps reduce emotions, regulates the body, improves blood flow and lymph glands so that it can reduce stress.

Relaxation is effective for reducing academic stress in high school students, it is proven that in this study relaxation techniques are useful for reducing academic stress levels before the class promotion exam [12, 13]. In addition, in research regarding the effectiveness of reading the Koran to reduce academic stress in class XI students of SMA Negeri 1 Kebumen, it is known that reading the Koran is effective in reducing academic stress experienced by class XI students of SMA Negeri 1 Kebumen [14, 15].

Giving therapy reading the Koran to hypertensive patients at RSK Dr. Sitalana Tangerang has an effect on reducing blood pressure in patients [12, 13]. Therapy of reading the Qur'an with a slow and harmonious tempo can reduce stress hormones, activate endorphins which can increase feelings of relaxation and improve body chemistry so that it can lower blood pressure, slow down breathing, heart rate and brain wave activity. Apart from that reading/listening to the Qur'an is proven to stimulate the hypothalamus to reduce the release of excess adrenaline and will have an effect on lowering blood pressure and stress [11, 16].

5 Conclusion

There is a difference in stress levels in new students before and after being given treatment, the average stress before and after the intervention decreased to 8.8. The decrease in stress score by 5.13 showed a significant difference between the stress score before and after the intervention which was indicated by the Wilcoxon test significance value of 0.000 (sig < 0.05). The results of this intervention have a significant effect on reducing student stress. There is an effect of deep breathing relaxation and reading the Qur'an of 0.000 (sig < 0.05).

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