ABSTRACT

THE EFFECT OF *ASMAUL HUSNA* CHANTING IN ANXIETY LEVEL AND SLEEP QUALITY OF CHRONIC RENAL FAILURE PATIENT TREATED BY HEMODIALYSIS THERAPY

The patient with chronic renal failure disease whom treated by hemodialysis therapy often suffer a side effect complications. Anxious feeling and poor sleep quality are observed as a major side effects complications, which aggravate the physiologic condition and would worsened life quality of the patient. Based on observation, at October 2015 in Dr. Slamet hospital, reported that 31.2% and 18% of the patient suffer an anxiety and sleep disorder respectively. In order to decrease the side effect pains as mentioned above, the nurse could apply an audio therapy such as *Asmaul Husna* chanting which contains delta weaves that can stimulating the body into relaxing condition. The aimed of this research was to discover the effect of *Asmaul Husna* chanting on anxiety level and sleep quality of the patient treated by hemodialysis therapy. The research was designed using Quasy Experiment Two Group Pre-Post Test. The respondents were 34 samples of patients who through hemodialysis therapy and selected using purposive sampling technique. Independent variable in this research was *Asmaul Husna* chanting and dependent variable was anxiety level and also sleep quality. SAS and PSQI questionnaire were used to collect the data and the results were statistically analyzed by using Wilcoxon Sign Rank Test and Mann Whitney Test. The results showed that the *Asmaul Husna* chanting significantly decrease the anxiety level (p=0.000, α= 0.005) and poor sleep quality (p=0.000, α= 0.005) of the patients group. So, it concluded that *Asmaul Husna* chanting affected the chronic renal failure patients treated by hemodialysis therapy by decreasing level of anxiety and poor sleep quality

**Key words:** Asmaul Husna, anxiety, chronic renal failure, hemodialysis, sleep quality