

ABSTRACT**THERAPEUTIC EFFECT OF AUDIO MUROTTAL FOR
RECOVERY TIME OF POST GENERAL ANESTHETIC PATIENT**

Quasy Experimental Study in dr. H. Soewondo Kendal Hospital

By: Rafika Rosyda

The first hour post general anesthetic is the important time for post general anesthetic patient because respiratory distress can occur although patient seems wake up. So, accelerate the recovery time is important to minimize the several complications. Post general anesthetic recovery on adult monitored by Aldrete scores. It provides information when the patient is recovered and can be moved from the recovery room.

This study was to determine an overview of the therapeutic effect of murottal for recovery time of post general anesthetic patient.

The design used in this study was quasy-experimental with post only with control group design. The population was all adult post general anesthetic patients on December 2014. Used consecutive sampling and obtained 36 respondents taken according inclusion criteria (18 for experiment group, 18 for control group). The independent variable was murottal therapy, and the dependent variable was post anesthetic recovery time. Data were collected by observation and analyzed using independent t-test with level of significance 0.05.

The result was recovery times of experimental group were between 15 up to 40 minutes with average time 22.5 minutes. The recovery times of control group were between 25 minutes up to 60 minutes with average time 37.5 minutes. Data analyzed and obtained p-value=0.000.

It can be concluded that post anesthetic patients who got murottal therapy had shorter recovery time than patients who didn't. The murottal therapy can accelerate recovery time of post general anesthetic patients. Further research with more number and varied respondents is needed. So, murottal therapy can be use as complementary therapy for post general anesthetic patient.

Keywords: Murottal, Voice Therapy, Complementary therapy, Quran, Post anesthetic, general anesthetic, recovery time