

ABSTRACT

***THE EFFECT OF SPIRITUAL ACCOMPANIMENT IN READING QUR'AN
TOWARD THE SPIRITUAL ADAPTATION AND PREGNANT WOMEN
ANXIETY IN RUMAH SAKIT IBU DAN ANAK CEMPAKA PUTIH
PERMATA SURABAYA***

Quasy Experimental

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Introduction : Pregnancy is one of the phase experienced by women not only physically, but also psychologically, socially, and spiritually. Pregnant women tend to feel anxious and need spiritual support. One of the ways to improve spiritual adaptation and reduce anxiety is by reading Qur'an. This study aims to analyze the effect of spiritual accompaniment in reading Qur'an toward the spiritual adaptation and pregnant women anxiety in the Rumah Sakit Ibu dan Anak Cempaka Putih Permata Surabaya. **Method** : This study was a quasy experimental studi using pretest-postest control group design. The sampel comprised as many as 30 respondents. Treatment group was treated with read the Qur'an for 2 weeks, while the control group was not. Data were collected using a questionnaire and analyzed using statistics test of Wilcoxon Signed Rank Test and Mann Whitney Test with $p < 0,05$. **Result** : Result of Wilcoxon Signed Rank Test of spiritual adaptation on treatment group showed significance ($p = 0,001$), whereas control group showed $p = 0,550$ (not significant). Result of Wilcoxon Signed Rank Test of anxiety on treatment group showed significance ($0,001$) whereas control group showed $p = 0,671$ (not significant). The Mann Whitney Test showed of spiritual adaptation showed $p = 0,000$, indicating the effect of read the Qur'an to improved spiritual adaptation. The Mann Whitney Test showed of anxiety showed $p = 0,002$, indicating the effect of read the Qur'an to decrease anxiety. **Discussion** : Reading the Qur'an help pregnant women can raises think positive so as to improve spiritual adaptation and reduce anxiety. Future studies are expected to use longer intervening time and the application of Spiritual Nursing Care through reading Qur'an to improve spiritual adaptation and reduce in pregnant women anxiety.

Keyword : spiritual adaptation, anxiety, read the Qur'an