

THE DIFFERENCES IN ANXIETY LEVELS OF PATIENTS WITH TOOTH EXTRACTION BETWEEN LISTENING TO CLASSICAL MUSIC AND MUROTTAL AL-QUR'AN AT MEURAXA HEALTH CENTER BANDA ACEH IN 2023

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ABSTRACT

Background: Tooth extraction is a procedure that can trigger anxiety in patients, and negatively impact the dental healthcare experience. As a non-pharmacological alternative, the use of classical music and Qur'anic murottal is the focus to reduce patient anxiety before the tooth extraction procedure. **Objective:** The purpose of this study was determine whether there is a difference in the level of patient anxiety between the group listening to classical music and the group listening to Qur'anic murottal before the tooth extraction procedure at the Meuraxa Community Health Center, Banda Aceh. **Method :** used a quasi-experimental research design with a pretest and posttest design using the Modified Dental Anxiety Scale (MDAS) questionnaire. The research sample consisted of 40 subjects who underwent tooth extraction with each therapy divided into 20 subjects. **Results:** The highest percentage of anxiety was found in female patients, 5 people (25%) for classical music and 3 people (15%) for murottal Al-Qur'an. The 22-27 year group recorded the highest percentage of anxiety. The statistical test results showed a significant difference between anxiety levels before and after the application of music therapy and Al-Qur'an murottals using the Wilcoxon test, $p=0.00$ ($p<0.05$) for each therapy. There was a significant difference between the two therapies, with a significant Mann-Whitney $p=0.00$ ($p<0.05$). **Conclusion :** There is a difference in the level of anxiety about tooth extraction between listening to classical music and Qur'anic murottal at the Meuraxa Community Health Center, Banda Aceh.

Keywords: Anxiety, tooth extraction, classical music therapy, Al-Qur'an murottal therapy, Modified Dental Anxiety Scale (MDAS).

INTRODUCTION

Dental care is an important effort to maintain and improve dental and oral health. According to data from Basic Health Research (RISKESDAS) in 2018, the percentage of the Indonesian population with dental and oral problems increased from 25.9% in 2013 to 57.6% in 2018.^{1,2} Patients who face these problems are advised to undergo routine dental and oral examinations at least twice a year by a dentist or dental nurse. However, most patients avoid these routine visits because they feel anxious about dental care.³

Yahya et al, (2016) Dental and oral care that is acceptable to the public involves various procedures, and one of them is tooth extraction.^{4,5} Tooth extraction is the process of removing a tooth from within the alveolar bone socket. The anxiety that occurs during tooth extraction occurs due to several factors, namely fear of blood or wounds, patients who are afraid of pain, previous bad experiences, and the characteristics of the individual himself.^{6,7}

Dental anxiety is concern about dental care. Astuti et al, (2021) Anxiety during tooth extraction is generally caused by the use of sharp objects in the mouth which can cause worry, anxiety and fear.⁸ Anxiety when facing tooth extraction is a reaction felt by patients, both children and adults, before the procedure is carried out.⁹ There are 2 ways to consider dental care involving pharmacotherapy and non-pharmacotherapy approaches. Although pharmacotherapy can have side effects, non-pharmacotherapy

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approaches such as distraction by listening to classical music or Qur'anic murottal can be an alternative to reduce anxiety in patients.¹⁰

Classical music therapy is a health therapy that aims to improve or improve a person's physical, emotional, cognitive and social needs.¹¹ Music therapy has been proven to be useful in healing by improving mood, reducing pain, and creating relaxation in patients.^{12,13} This feeling of relaxation will make the brain calmer and improve blood flow, thereby improving brain performance. Listening to classical music during treatment has been proven to be effective in reducing heart rate, reducing anxiety, depression, eliminating pain and can lower blood pressure.^{14,15}

Research by Susiloningtyas ddk, (2022) Murottal Al-Qur'an therapy is a therapy for recording the sound of the Al-Qur'an recited by Qori. This therapy has been proven to have a similar effect in reducing anxiety and having a positive impact on the body.¹⁶ One of the letters in the Al-Qur'an is the Ar-Rahman letter which is the 55th letter and consists of 78 verses with short verse characters, providing a relaxing effect and can reduce anxiety.¹⁷ Murottal therapy can speed up healing and has been proven by Ahmad Al Khadi, main director of the Islamic Medicine Institute for Education and Research in Florida, United States, at the XVII Annual Conference of the American Medical Association.^{18,19}

This research focuses on the anxiety level of tooth extraction patients in coastal areas that were affected by the Tsunami. This area was chosen because Tsunami victims tend to experience higher levels of anxiety due to experiences of physical, emotional and psychological trauma. The Meuraxa Community Health Center in Banda Aceh became the research location because it handles many dental extraction patients who face various dental and oral problems, related to anxiety about the medical procedures that will be carried out.

Based on the description above, the author wants to know how the patient's anxiety level differs between listening to classical music and reciting the Al-Qur'an at the Meuraxa Community Health Center, Banda Aceh.

MATERIALS AND METHODS

This study is a descriptive study using quasi-experimental with a Pretest and Posttest research design using simple random sampling by obtaining data from research subjects using the MDAS (Modified Dental Anxiety Scale) questionnaire. The population in this study was 66 patients with indications for extraction. It was taken using the Slovin formula so that the total sample used was 40, for each therapy there were 20 samples which would be selected using simple random sampling with the criteria of being willing to have their teeth treated and willing to take part in this research. Ethical approval for this study was obtained from the Faculty of Dentistry, Syiah Kuala University, Aceh, Indonesia (Protocol No: 464/KE/FKG/2023).

The patient's anxiety level during tooth extraction was measured using the MDAS questionnaire. The questionnaire used consists of five question items, namely 1) if you were to visit the dentist for treatment the next day, how would you feel? 2) If you were sitting in the waiting room waiting for treatment, how would you feel? 3) If you were to undergo drilling treatment for a tooth filling, how would you feel? 4) If you were to undergo tartar cleaning treatment, how would you feel? 5) If you were to have a local anesthetic injected into the gums of the upper jaw and lower jaw, how would you feel? Each answer choice contains five levels of scores, namely score 1 = not anxious, score 2 = slightly anxious, score 3 = anxious, score 4 = very anxious, and score 5 = very anxious. Based on the total score, the anxiety level category is determined, namely a score of 5-14 = low anxiety level, score 15-18 = moderate anxiety.

level, and score ≥ 19 = high anxiety level. Data analysis was carried out using the Wilcoxon and Mann Whitney statistical tests.

RESEARCH RESULT

This research was conducted at the Community Health Center Meuraxa Banda Aceh, and the research was conducted in October 2023. The data used consisted of 40 subjects obtained from filling out questionnaires given by patients who met the inclusion criteria before (pretest) and after (posttest) the tooth extraction procedure. During the tooth extraction process, the patient will be treated using classical music and Al-Qur'an murottals to reduce the patient's anxiety level. This questionnaire was completed to see the differences in anxiety levels in patients who were given classical music therapy and murottal Al-Qur'an.

Table 1. Frequency Distribution of Research Subjects Based on Gender and Age of Patients who were given classical music therapy at the Meuraxa Community Health Center, Banda Aceh, month October 2023

| Characteristics | | Number of Subjects (%) |
|-----------------|-------------|------------------------|
| Gender | Man | 12 (60%) |
| | Woman | 8 (40%) |
| Age | 22-27 Years | 8 (40%) |
| | 28-33 Years | 4 (20%) |
| | 34-39 Years | 3 (15%) |
| | 40-45 Years | 3 (15%) |
| | 46-50 Years | 2 (10%) |
| Total | | 20 (100%) |

Table 1. shows that based on gender, the majority of patients who received classical music therapy were male patients, namely 12 people or 60% of the total number of patients. Patients with an age range of 22-27 years are the most dominant patients compared to other patient ages, namely 8 people or 40% of the number of patients

Table 2. Frequency Distribution of Research Subjects Based on Gender and Age of Patients who were given Al-Qur'an murottal therapy at the Meuraxa Community Health Center, Banda Aceh in October 2023.

| Characteristics | | Number of Subjects (%) |
|-----------------|------------------|------------------------|
| Gender | Man | 9 (45%) |
| | Woman | 11 (55%) |
| Age | 22-27 Years | 7 (35%) |
| | 28-33 Years | 2 (10%) |
| | 34-39 Years | 5 (25%) |
| | 40-45 Years | 3 (15%) |
| | 46-50 Years | 3 (15%) |
| Total | 20 (100%) | |

The characteristics of patients who were given murottal Al-Qur'an therapy can be seen in Table 2. which shows that female patients are the largest number of patients compared to male patients, namely 11 people or 55% of the number of patients. The age of patients who carry out murottal Al-Qur'an therapy is mostly in the 22-27 year age range, namely 7 people or 35% of the number of patients.

Table 3. Total Percentage of Pre-test and Post-Test Anxiety Levels of Classical Music Therapy Based on Gender.

| Music | Gender | Anxiety Level | | | Number of Subjects (%) |
|------------------|--------|-----------------|----------------|----------------|------------------------|
| | | Low | Currently | Tall | |
| <i>Pre-test</i> | Man | 2 (10%) | 8 (40%) | 2 (10%) | 12 (60%) |
| | Woman | 2 (10%) | 1 (5%) | 5 (25%) | 8 (40%) |
| Total | | 4 (20%) | 9 (45%) | 7 (35%) | 20 (100%) |
| <i>Post-test</i> | Man | 10 (50%) | 2 (10%) | 0 (0%) | 12 (60%) |
| | Woman | 5 (25%) | 2 (10%) | 1 (5%) | 8 (40%) |
| Total | | 15 (75%) | 4 (20%) | 1 (5%) | 20 (100%) |

Table 3. shows that based on gender, patients who have not received classical music therapy (pretest) tend to have anxiety levels in the medium category and are dominated by male patients, namely 8 people (40%). Many female patients had a high level of anxiety, namely 5 people (25%). After being given classical music therapy, there was a decrease in anxiety levels in patients, male and female patients tended to have anxiety levels in the low category, namely 10 (50%) male patients and 5 (25%) female patients.

Table 4. Total Percentage of Pre-test and Post-Test Anxiety Levels of Murottal Al-Qur'an Therapy Based on Gender.

| Murottal Al-Qur'an | Gender | Anxiety Level | | | Number of Subjects (%) |
|--------------------|--------|-----------------|----------------|----------------|------------------------|
| | | Low | Currently | Tall | |
| <i>Pre-test</i> | Man | 1 (5%) | 6 (30%) | 2 (10%) | 9 (45%) |
| | Woman | 5 (25%) | 3 (15%) | 3 (15%) | 11 (55%) |
| Total | | 6 (30%) | 9 (45%) | 5 (25%) | 20 (100%) |
| <i>Post-test</i> | Man | 7 (35%) | 2 (10%) | 0 (0%) | 9 (45%) |
| | Woman | 9 (45%) | 2 (10%) | 0 (0%) | 11 (55%) |
| Total | | 16 (80%) | 4 (20%) | 0 (0%) | 20 (100%) |

The anxiety level of Murottal Al-Qur'an therapy patients based on gender can be seen in Table 4. and shows that patients who have not undergone Murottal Al-Qur'an therapy (pretest) tend to have anxiety levels in the medium category and are dominated by male patients, namely as many as 6 people (30%). The level of anxiety in the low category is the level of anxiety that is most often found in female patients, namely 5 people (25%). After being given Al-Qur'an murottal therapy, there was a decrease in the level of anxiety in

male patients, namely 7 people (35%) tended to have anxiety levels in the low category. In female patients with low levels of anxiety, the number of patients increased by 4 people, namely 9 people (45%).'

Table 5. Total Percentage of Pre-test and Post-Test Anxiety Levels of Classical Music Therapy Based on Age.

| Music | Age | Anxiety Level | | | Number of Subjects (%) |
|------------------|-------------|-----------------|----------------|----------------|------------------------|
| | | Low | Currently | Tall | |
| <i>Pre-test</i> | 22-27 Years | 1 (5%) | 4 (20%) | 3 (15%) | 8 (40%) |
| | 28-33 Years | 0 (0%) | 2 (10%) | 2 (10%) | 4 (20%) |
| | 34-39 Years | 2 (10%) | 1 (5%) | 0 (0%) | 3 (15%) |
| | 40-45 Years | 1 (5%) | 0 (0%) | 2 (10%) | 3 (15%) |
| | 46-50 Years | 0 (0%) | 2 (10%) | 0 (0%) | 2 (10%) |
| Total | | 4 (20%) | 9 (45%) | 7 (35%) | 20 (100%) |
| <i>Post-test</i> | 22-27 Years | 7 (35%) | 1 (5%) | 0 (0%) | 8 (40%) |
| | 28-33 Years | 2 (10%) | 2 (10%) | 0 (0%) | 4 (20%) |
| | 34-39 Years | 3 (14%) | 0 (0%) | 0 (0%) | 3 (15%) |
| | 40-45 Years | 1 (5%) | 1 (5%) | 1 (5%) | 3 (15%) |
| | 46-50 Years | 2 (10%) | 0 (0%) | 0 (0%) | 2 (10%) |
| Total | | 15 (75%) | 4 (20%) | 1 (5%) | 20 (100%) |

Based on Table 5, patients who have not received classical music therapy (pretest) tend to be in the 22-27 year old range, namely 8 people (40%) and in this age range, anxiety levels in the moderate category have the highest number of patients among age level anxiety others, namely 4 people (20%). In total, the most dominant level of patient anxiety was in the moderate category, namely 9 people (45%). After classical music therapy was carried out on patients, patients with the most dominant age range, namely 22-27 years, experienced a decrease in anxiety levels and an increase in the number of patients with low anxiety levels, namely 7 people (35%). In total, patients who had been given classical music therapy tended to have a low level of anxiety, consisting of 15 people (75%).

Table 6. Total Percentage of Pre-test and Post-Test Anxiety Levels for Murottal Al-Qur'an Therapy Based on Age

| Murottal Al-Qur'an | Age | Anxiety Level | | | Number of Subjects (%) |
|--------------------|-------------|-----------------|----------------|----------------|------------------------|
| | | Low | Currently | Tall | |
| <i>Pre-test</i> | 22-27 Years | 1 (5%) | 3 (15%) | 3 (15%) | 7 (35%) |
| | 28-33 Years | 1 (5%) | 1 (5%) | 0 (0%) | 2 (10%) |
| | 34-39 Years | 1 (5%) | 3 (15%) | 1 (5%) | 5 (25%) |
| | 40-45 Years | 1 (5%) | 2 (10%) | 0 (0%) | 3 (15%) |
| | 46-50 Years | 2 (10%) | 0 (0%) | 1 (5%) | 3 (15%) |
| Total | | 6 (30%) | 9 (45%) | 5 (25%) | 20 (100%) |
| <i>Post-test</i> | 22-27 Years | 4 (20%) | 3 (15%) | 0 (0%) | 7 (35%) |
| | 28-33 Years | 2 (10%) | 0 (0%) | 0 (0%) | 2 (10%) |
| | 34-39 Years | 4 (20%) | 1 (5%) | 0 (0%) | 5 (25%) |
| | 40-45 Years | 3 (15%) | 0 (0%) | 0 (0%) | 3 (15%) |
| | 46-50 Years | 3 (15%) | 3 (15%) | 0 (0%) | 3 (15%) |
| Total | | 16 (80%) | 4 (20%) | 0 (0%) | 20 (100%) |

The anxiety level of Murottal Al-Qur'an therapy patients based on age can be seen in Table 6. In the table it can be seen that patients who have not (pretest) and who have (posttest) received murottal Al-Qur'an therapy tend to be in the 22-27 year old range, namely 7 people (35%) and the least are patients in the age range 28-33 years, namely 2 people (10%). Patients with low levels of anxiety before being given Al-Qur'an murottal therapy generally only had 1 person (5%) in each age range. However, it is different in the 46-50 year age range which has a number of patients with low anxiety levels of 2 people (10%). After being given Al-Qur'an murottal therapy, there was a decrease in the number of patients to 0 people (0%) in each age range in the high category of anxiety level. Meanwhile, in the low category of anxiety level, the number of patients in each age range increased. In total, after being given murottal Al-Qur'an therapy, the patient's anxiety level tended to be in the low category with the number of patients amounting to 16 people (80%).

Table 7. Analysis of patient anxiety levels before (pre-test) and after (post-test) receiving classical music therapy and Murottal Al-Qur'an using the Wilcoxon

| Therapy | N | Mean | elementary school | Wilcoxon test Significance figure (p) |
|---------------------------|----|-------|-------------------|---------------------------------------|
| Classical music | | | | |
| <i>Pretest</i> | 20 | 16.55 | 3,069 | 0,000 |
| <i>Posttest</i> | | 12.25 | 2,531 | |
| Murottal Al-Qur'an | | | | |
| <i>Pretest</i> | 20 | 16.05 | 3,913 | 0,000 |
| <i>Posttest</i> | | 11.15 | 3,297 | |

Table 7. presents the results of the Wilcoxon test analysis to determine the difference in means of two paired samples. With a confidence level of $\alpha = 5\%$, the rule that applies is if the significance number (p) < 0.05 then it is said that there is a significant difference. On the other hand, if the significance number (p) is > 0.05 , it is said that there is no significant difference. Based on the results of testing on patients, it is known that after carrying out (posttest) classical music therapy and murottal Al-Qur'an there was a significant difference compared to patients who had not been given (pretest) classical music therapy and murottal Al-Qur'an. This can be seen from the significance number (p) for each type of therapy, namely $0.000 < 0.05$. The results of the analysis in the research group confirmed that there were differences between the pretest and posttest conditions.

Table 8. Difference in Mean Anxiety Levels of Patients Who Were Given Classical Music Therapy and Murottal Al-Qur'an Using the Mann Whitney Test.

| Therapy | N | Mean | elementary school | Mann Whitney test Significance figure (p) |
|--------------------|----|-------|-------------------|---|
| Classical music | 20 | 12.25 | 2,531 | 0.012 |
| Murottal Al-Qur'an | 20 | 11.15 | 3,297 | |

Results comparison between therapies classical music and murottal al-Qur'an were carried out using the Mann Whitney test. The Mann Whitney test was carried out to determine whether there was a difference in the means of two unpaired (independent) samples. Based on test results music which was carried out on 20 people who were given therapy classical music and 20 people who were given murottal al-Qur'an therapy, the results showed that the Mann Whitney test had a significance number (p) of 0.012, so it could be concluded that $0.012 < 0.05$ which identified that there was a significant difference in usict anxiety of patients who are given therapy classical usict and Qur'anic murottal.

DISCUSSION

Dental anxiety is an unpleasant emotional condition or feeling of worry that arises when a person faces fears about upcoming dental treatment. In dental literature, the general term 'Dental Anxiety' can refer to a wide range of emotions, including degrees of fear varying from mild to extreme anxiety or dental phobia. Anxiety about dental care has been shown to have a significant impact in encouraging people to avoid dental care, which can ultimately worsen their oral health. Thus, people who experience a level of fear or anxiety regarding dental care may be at risk of experiencing more serious dental health problems.^{20,21}

The subjects in this study were 40 subjects who would have their teeth extracted by a dentist at the Meuraxa Community Health Center, Banda Aceh. In this study, there was not a very large difference between the number of male and female subjects. In classical music therapy (Table 1.) the number of subjects who were male was 12 people (60%) and the number of subjects who were female were 8 (40%) patients with an age range of 22-27 years which was the most dominant patient compared to the patient's age. other. In Al-Qur'an murottal therapy (Table 2.) the number of male subjects was 9 (45%) and the number of female subjects was 11 (55%). In Bayu's (2016) research, the results showed that the DMF-T rate in the male population showed a higher level than in the female population, with 45 men having an average of 8.8%, while only 5 women had an average of 1.1 %. It is estimated that this difference may be caused by the tendency of women to be more diligent in caring for their dental health, especially because the aesthetic aspect is a concern for them.²²

Based on gender (Table 3.), it can be seen that the percentage of women experiencing higher anxiety before being given classical music therapy, namely 5 people (25%) compared to 2 people (10%) for men. In the percentage before being given Al-Qur'an murottal therapy (Table 4.), it can be seen that the percentage of women experiencing anxiety was higher, namely 3 people (15%) compared to 2 men (10%). This is because women tend to be more anxious than men because they have a lower tolerance for pain and a higher level of neurosis. Research shows that the prevalence of depression and anxiety is greater in women due to differences in hormones, psychosocial pressures, and types of behavior compared to men.^{8,23}

Table 5. and Table 6. illustrate that the 22-27 year old category had the largest number of respondents and the most dominant level of anxiety experienced was moderate anxiety before classical music therapy or murottal Al-Qur'an. According to research by Kandou et al (2013), patients of this age feel more anxious than patients of other age groups. Patients of this age are more susceptible to stress in dealing with certain situations, so many of them feel more anxious than patients of other age groups.^{24,25,19}

The results of the Wilcoxon statistical test analysis in Table 7. show that there is a significant difference between patients before and after being given classical music therapy and murottal Al-Qur'an therapy. Based on research by Siti Azizah et al (2019), music plays an important role as an intervention medium or complement to other forms of therapy in the context of alleviating pain or feelings of excessive anxiety.²⁶In Saleh's research, the Qur'anic with beautiful chants has the ability to create relaxation in the body, reduce stress hormones, and divert attention from fear, anxiety and tension.²⁷ Based on research conducted by Nurkhasanah, listening to these two therapies can reduce the patient's anxiety before tooth extraction.²⁸.

Table 8., the results of the comparative analysis between classical music therapy and murottal Al-Qur'an were carried out using the Mann Whitney test. Based on the results of statistical tests carried out on 20 people who were given classical music therapy and 20 people who were given Al-Qur'an murottal therapy, the results showed that Al-Qur'an murottal had a lower anxiety level of 11.15 compared to classical music 12.25. Sri Suryani (2016) This is because chanting the Qur'anic can reduce stress hormones in the body, stimulate the release of natural endorphins, increase feelings of relaxation, and help divert feelings of fear, anxiety and tension.²⁹ Surah Ar-Rahman was chosen in Al-Qur'an murottal therapy because it conveys the meaning of "Most Gracious, Most Loving, Most Merciful". This surah reminds humans to reflect on all the blessings that Allah has given.³⁰

CONCLUSION

There is a difference in the level of anxiety of tooth extraction between listening to classical music and Qur'anic murottal at the Meuraxa Banda Aceh, Health Center.

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