ABSTRACT

Introduction: A problem often encountered toddler is the poor quality of sleep, which can be caused by physical and psychological factors. Based on the data in PAUD Muhammadiyah Bangkalan showed that there is still a lack of quality sleep toddler as much as 60% of children aged 1-5 years. One method that can be used to increase the quality of sleep in children 1-5 years old is by Murottal AlQur'an. The purpose of this study was to determine the effect of Murottal Al-Qur'an therapy on the quality of sleep of children aged 1-5 years old in PAUD Muhammadiyah Bangkalan. Methods: The research design was quasi experimental pre-post test with control group design. The population of 35 infants who experience the quality of sleep of children aged 1-5 years old in PAUD Muhammadiyah Bangkalan. The sampling technique used simple random sampling with 18 respondents are divided into two groups, 9 children in the control group and 9 children in treatment groups. Independent variable is the Murottal AlQur'an, the dependent variable is the quality of sleep. Data collection using questionnaires. The statistical test used Wilcoxon and Mann-Whitney with α = 0.05. Results: The results showed that there was significant difference between the quality of sleep before and after Murottal AlQur'an on treatment groups (p value 0.009; α = 0.05). Same results in the control group there was difference between the quality of sleep before and after the observation (p value 0.046; α = 0.05). In addition, there is a significant difference between sleep quality improvement between intervention and control groups (p value 0.000; α = 5%). It can be concluded that there is a therapeutic effect of Murottal Qur'an to increase sleep quality children 1-5 years old in PAUD Muhammadiyah Bangkalan. Discussion: Based on this study, it is recommended for parents to give Murottal AlQur'an to their children in 1-5 year old, and rotated for 5-10 minutes at night when the children going to bed to improve their sleep quality.

Keywords: Murottal Qur'an, quality of sleep, Children (1-5 years old)

INTRODUCTION

Quality of sleep is a person satisfaction from sleep experience, include of sleep initiation, sleep quantity, and feel fresh when wake up (Gellman, 2013). Sleep problems often encountered is difficulty to initiate sleep, difficulty falling asleep and waking up at night but can not sleep. (Sari paediatrics, 2006). Toddler sleep problems in the future may lead to the age of toddlers and school age, and it can predict the occurrence of sleep and behavioral problems later (Sakartini, 2006).

Sleep habits also have a role as important as the total amount of sleep time. Toddlers and children tend to sleep a couple of times in any 24-hour period. But along with the maturation toward school years and older, they tend to sleep in one phase of a long, daylight decreases and tends to sleep through the night (Robotham, 2011). The level of development of normal sleep patterns, namely, the amount of sleep you need 0-2 months of age from 10.5 to 18 hours per day. ages 2-12 months the amount of sleep it takes about 14-15 hours a day. Age 1-3 years the amount of sleep you need 12-14 hours a day. At the age of 3-5 years of approximately 11-13 hours a day. 5-12 years of age approximately 10-11 hours in a day. 12-18 years of age about 7-9 hours a day (Waluyo, 2011).
Based on the preliminary studies in PAUD Muhammadiyah on January 6, 2016 there were 10 people in the early childhood school students Muhammadiyah Bangkalan, data showed that 20% of people have a good sleep quality, 20% of people including sufficient quality, and 60% children including sleep quality was lacking. From the above preliminary study found that the high incidence of lack of quality sleep is when you start to sleep at night, toddlers aged 1-3 years 12-14 hours while the age of 3-5 years less than 11/13 hours sleep, difficult to wake in the morning, and children easily awakened when environment in noisy.

Some of the possible solutions with the quality of sleep is the Story Telling, massage, music therapy, punggun Massage therapy, therapy Murotal Qur'an. Besides the right solution to improve the quality of sleep in infants become disturbed by therapy murotal al-quran. Therapy murotal al-Quran is one of the relaxing effect and can reduce anxiety, including the management of restful sleep patterns in infants aged 1-5 years due to problems of physical and psychological factors that are often found in infants. With therapy murotal al-quran on infant sleep quality requirements can be addressed and met. Because toddlers will feel relaxed and less anxious after therapy murotal the Quran, so that will make the quality of sleep in infants needs will be met.

The research design is quasi-experimental (Quasi eksperiment). With the approach of pre-post test design with control group design into two groups: treatment group and the control group by revealing the influence. Both groups were observed before the intervention, then the group of treatment were observed again after the intervention (Nursalam, 2013).

The population in this study are each subject (eg, human; clients) that meet the criteria established (Nursalam, 2011). In this study, there is a population of 35 infants in early childhood Muhammadiyah Bangkalan.

So the study sample size results in the control group and the treatment group is 18 people. Sampling is the process of selecting the portion of the population to be able to represent the population (Nursalam, 2003) Sampling technique using simple random sampling. Instrument used questionnaire.

RESULT
A. GENERAL DATA
4.1.1 Characteristics of Respondents by Gender
Table 4.1 Distribution of Frequency respondents by Gender

<table>
<thead>
<tr>
<th>N</th>
<th>Gender</th>
<th>Treatment</th>
<th>Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>f</td>
<td>(%)</td>
<td>f</td>
<td>(%)</td>
</tr>
<tr>
<td>---</td>
<td>-------</td>
<td>-----------</td>
<td>---------</td>
</tr>
<tr>
<td>1 Male</td>
<td>4</td>
<td>44,4</td>
<td>4</td>
</tr>
<tr>
<td>2 Female</td>
<td>5</td>
<td>55,6</td>
<td>5</td>
</tr>
<tr>
<td>Total</td>
<td>9</td>
<td>100</td>
<td>9</td>
</tr>
</tbody>
</table>

Data source: field data

Based on Table 4.1 show that the treatment group the majority of respondents were female that is 5 respondents (55.6%). While the control group some respondents were female that is 5 respondents (55.6%).

4.1.2 Characteristics of respondents by age
Table 4.2 Distribusi frequency of respondents age

<table>
<thead>
<tr>
<th>N</th>
<th>Age</th>
<th>Perlakuan</th>
<th>Kontrol</th>
</tr>
</thead>
<tbody>
<tr>
<td>f</td>
<td>(%)</td>
<td>f</td>
<td>(%)</td>
</tr>
<tr>
<td>---</td>
<td>-------</td>
<td>-----------</td>
<td>---------</td>
</tr>
<tr>
<td>1 3 years</td>
<td>4</td>
<td>50,0</td>
<td>4</td>
</tr>
<tr>
<td>2 4 years</td>
<td>2</td>
<td>37,5</td>
<td>3</td>
</tr>
<tr>
<td>3 5 years</td>
<td>3</td>
<td>12,5</td>
<td>2</td>
</tr>
<tr>
<td>Total</td>
<td>9</td>
<td>100</td>
<td>9</td>
</tr>
</tbody>
</table>

Data source: field data

Based on Table 4.2 show that the treatment group of respondents most 3 year olds as much as 4 respondents (50.0%). While the majority of the control group was 3 years old as much as 4 respondents (50.0%).
4.1 Specific Data

In particular the data will be presented on data collection which includes a frequency distribution of respondents based on the variables studied.

4.2.1 Data Research on Treatment Group

Table 4.3 Differences in the quality of sleep before and after given Murottal AlQur'an

<table>
<thead>
<tr>
<th>Sleep Quality</th>
<th>Pre Treatment</th>
<th>Post Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>Good</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Enough</td>
<td>4</td>
<td>44.4</td>
</tr>
<tr>
<td>Less</td>
<td>5</td>
<td>55.6</td>
</tr>
<tr>
<td>Jumlah</td>
<td>9</td>
<td>100</td>
</tr>
<tr>
<td>Mean</td>
<td>14.11</td>
<td></td>
</tr>
</tbody>
</table>

Uji Wilcoxon p value = $\alpha = 0.05$

Based on Table 4.3 After analysis of data obtained that from 9 respondents were given Murottal AlQur'an (treatment group) showed that sleep quality pre part has less quality in sleep as many as five respondents (55.6), and sleep quality in post mostly good sleep quality as much as six (66.7%).

Based on statistical test Wilcoxon that the treatment group pre and post results showed that the p value 0.009 < $\alpha$ (0.05) so that H1 is accepted, and it can be deduced that there is a difference in the quality of sleep before and after therapy muromal Koran on group treatment of children 1-5 years old in PAUD Muammadiyah Bangkalan.

4.2.2 Data Results In Control group

Table 4.4 Differences in Sleep quality before and After That is not given Murottal AlQur'an

<table>
<thead>
<tr>
<th>Sleep Quality</th>
<th>Pre Control</th>
<th>Post Control</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>Good</td>
<td>1</td>
<td>11.1</td>
</tr>
<tr>
<td>Enough</td>
<td>6</td>
<td>66.7</td>
</tr>
<tr>
<td>Jumlah</td>
<td>9</td>
<td>100</td>
</tr>
<tr>
<td>Mean</td>
<td>15.89</td>
<td></td>
</tr>
</tbody>
</table>

Uji Mann Whitney p value = $\alpha = 0.05$

After analysis of data showed that the difference between the 2 groups were given the Qur'an muromal therapy and no
treatment murrotal the Quran was found that the average difference in the quality of sleep in infants aged 1-5 years were given therapy murrotal Al-Qur'an value is -5.11 and that no treatment murrotal Qur'an value of 1.89 and a statistical test Mann-Whitney treatment group and the control group p value is 0.000. So the significance is smaller than the error rate (0.000 <0.05) specified researcher that the error rate of 5% (0.05). so that, it can be concluded there is a significant difference in sleep quality between group were given Murottal Alquran and did not given.

DISCUSSION
In this chapter will be a discussion of the variables to be studied by comparing the quality of sleep in infants with impaired sleep quality Murcottal therapy given the Qur'an and that no treatment Murcottal Qur'an in ECD Muhammadiyah Bangkalan.

5.1 Differences in Quality of sleep in infants who experience sleep quality before and after given Murcottal Qur'an in PAUD Muhammadiyah Bangkalan

Based on the results of research conducted in PAUD Muhammadiyah Bangkalan is known that in the treatment group gained Wilcoxon statistical test p value is 0.009, so the significance is smaller than the degree of error that has been established by researchers that 5% (0.05). It can be concluded no difference in sleep quality between pre and post given murrotal Qur'an.

Based on the results of research in PAUD Muhammadiyah Bangkalan found that there are differences in the quality of sleep in infants between pre and post given murrotal Qur'an. From 9 respondents treatment groups before therapy Murcottal Qur'an part has less than 5 respondents sleep quality and sleep quality experienced enough in 4 respondents. While the post test 6 respondents had a good sleep quality and 3 respondents had enough sleep quality.

From the research that has not been given murrotal AlQuran was found that the quality of sleep in infants majority (55.6%) less sleep quality. This is possible because toddlers who feel thirsty and toddlers more sleep during the day that in the evening fussy toddler and could not sleep well. This is supported by the theory Tarwoto and Wartonah (2004) that infants sleep quality can be affected by physical factors and psychological factors. Physical factors that affect the quality of sleep can be a malnourished toddler (toddler or child becomes fussy and can not sleep well). The research in Carneigie Mellon University and the University of Pennsylvania found that the quantity and quality of sleep actually affects how people can become ill. The characteristics of toddlers get enough sleep, that is, the toddler will be able to fall asleep easily at night, fit when I wake up, no fuss, and does not require a nap in excess of needs in accordance with its development.

Therefore, researchers give murrotal therapy Qur'an. In the opinion of Faradisi (2009) one would be easier to get the relaxation response. The relaxation response can arise because there is a relationship between the mind and the body (mind-body connection). So hear reading the Qur'an can be referred to also as a religious relaxation.

Group that has been given murrotal AlQuran was found that the quality of sleep in infants majority (66.6%) have good sleep quality. This is possible due to the rhythm of the Qur'an make children become calm and relax the body, so it can make toddlers are not fussy and trigger drowsiness. With a toddler bed that needs are met so that the quality of sleep toddler be improved. This is supported by the theory that with a slow tempo and harmonic chant the Qur'an can reduce stress hormones, activate natural endorphins, increase the feeling of relaxation, and divert attention away from fear, anxiety and tension, improve chemical system body that lowers blood pressure and slows respiration, heart rate, pulse rate, and brain wave activity, it is this which will
improve so that the circadian rhythm of sleep quality improved (Heru, 2008).

The factors that affect the quality of sleep is the age factor. Where in this study in part 4 (50.0%) of respondents aged 3 years. This is because age affects the quality of sleep because of age is one factor that affects the quality of sleep and sleep a person needs. The need for sleep is reduced in accordance with age. sleep quality associated with the disease and ill health. So that age has an influence on the quality of one's sleep.

This is supported by the opinions treasures and Hidayati (2012) that the habit of sleeping patterns also have a role as important as the total amount of sleep time. Toddlers and children tend to sleep a couple of times in any 24-hour period. But along with the maturation toward school years and older, they tend to sleep in one phase of a long, daylight decreases and tends to sleep through the night (Robotham, 2011). The level of development of normal sleep patterns, namely, the amount of sleep you need 0-2 months of age from 10.5 to 18 hours per day, ages 2-12 months the amount of sleep it takes about 14-15 hours a day. Age 1-3 years the amount of sleep you need 12-14 hours a day. At the age of 3-5 years of approximately 11-13 hours a day. 5-12 years of age approximately 10-11 hours in a day. 12-18 years of age about 7-9 hours a day (Waluyo, 2011).

Based on the research of experts, that increasing age, the time spent in sleep decreases. This is due to increased physical activity, such as playing (Suherman, 2000). In (Yadi 2013).

About when a child sleeps, depending on the age, state of consciousness, daily activities, and how the state of the child, the child's sleep pattern changes can affect the quality of sleep, sleep quality is not only measured by the length of a person's sleep during the day. Normal sleep patterns based on age or developmental level may be one indication. According Kozier (2003), in (Yadi 2013), with a regular pattern of sleep is more important than the number of hours of sleep itself. In some people, they have enough with only slept for 5 hours each night. In sickness may make patients less sleep or not to sleep (Tarwoto and Wartonah, 2004), in (Yadi 2013).

5.2 Differences Sleep Quality in children without Murottal AlQuran in PAUD Muhammadiyah Bangkalan.

Based on the results of research conducted in early childhood Bangkalan Muhammadiyah is known that in the control group gained Wilcoxon statistical test p value is 0,046 so the significance is smaller than the degree of error that has been established by researchers that 5% (0.05). It can be concluded no difference in sleep quality between pre and post without given murratal Qur'an.

Based on the research in early childhood Muhammadiyah Bangkalan regency showed that there are differences in the quality of sleep in infants between pre and post diberkan murrotal Qur'an. From 9 respondents control group pre largely enough sleep disturbance as much as 6 respondents. While the post test most of the sleep disorder is less by 5 respondents.

From this research, group that was not given murratal AlQur'an has significant value to decrease, it can be possible because not given any intervention during the observation, nothing stimulates the hypothalamus in the brain to increase production of melatonin so the quality of sleep infants in the control group did not experience improvement. Though poor quality require a treatment in order to improve. This is certainly in line with the opinions Roccichelli, Stanford, Vandewaa (2010) which states that poor sleep quality issues require a treatment. In addition, according Golman (2007), a sleep disorder can be treated either medically or non-medically.

The factor that affect the quality of sleep was less in children is gender, which in this study were female toddler as much as 5 toddlers. This has a direct impact on
circadian rhythms and sleep patterns. Psychological conditions such as increased anxiety, restlessness, and often uncontrolled emotions in women. This is supported by research Kimura (2005) and research Khasanah & Hidayati (2012) that 52 women had poor sleep quality and 17 women had a good sleep quality. As for male, 16 male have poor sleep quality and 12 others had a good sleep quality. This means that the number of female who have poor sleep quality were more than male.

5.3 Effect of the murrotal AlQur'an on quality of sleep in PAUD Muhammadiyah Bangkalan.

Based on the results of research conducted in PAUD Muhammadiyah Bangkalan, 9 respondents in the treatment group experienced a significant improvement in sleep quality show most experienced improved sleep 6 (66.7%). Whereas in most of the control group significantly decreased quality of sleep as many as 6 respondents (66.7%). This is because the presence of a given therapy will provide the stimulus that can stimulate the feeling of being relaxed so easy to sleep and sleep needs are met. Vice versa if no treatment is given then no stimulus could also stimulate feelings of wanting to sleep.

This difference occurs because the treatment group was given the Qur'an Murrotal therapy, while the control group was not given the Murottal AlQur'an. Based on the working principle of the Murottal AlQur'an is one kind of sound therapy. The effects of sound therapy in the form of psychological effects and neurological effects. The cadence chant physiological repair nerve - the nerve can improve the body's mechanism toddler elderly so sleep quality to be good (Asrin, Mardiyono and Saryono, 2007).

This is in line with research by Faradisi (2009) showed that murottal AlQur'an could stimulate the parasympathetic nervous system which have an effect opposite to the sympathetic nervous system. So there is a balance in both the autonomic nervous system. This is the basic principle of the onset of the relaxation response, which is a balance between the sympathetic nervous system and the parasympathetic nervous system.

Effects of murottal and remembrance among others, can reduce anxiety. It also provides relaxing effect on the body (tranquility, peace and concentration). While voice murottal Qur'an makes the stimulatory effect of hormones - hormone in the body Besides murottal Qur'an makes pendengarmya become closer to God. Someone closer to God would be easier to get some peace and relaxation. So listen murottal Qur'an can stimulate relaxation effects and increase the quality of sleep (Mardiyono, 2011). It can be conclude that there is a therapeutic effect murottal Qur'an to quality early childhood sleeping toddler in Muhammadiyah Bangkalan. And therapy murottal Qur'an is one of the non-medical therapies that can improve the quality of sleep toddler.

But in this study, there are several factors that come into effect in improving the quality of sleep toddler, factors that affect the quality of infant sleep is a disease, physical exercise, nutrition, the environment and the motivation to cover internal and external factors. Eksteral factors include environmental factors conducive crowded and not affect the quantity of the toddler bed. In this study, environmental factors are not controlled.
strictly, so that raises the effect also to the quality of sleep. Meanwhile, internal factors include health conditions toddlers (Widianto, 2005).

One of the factors that affect the quality of sleep is a disease that causes pain, physical discomfort may cause sleep problems. Physical exercise is exhaustion due to higher activity may require more sleep to maintain energy balance was issued. Nutrition is an important factor for maximizing the golden period of growth of the brain is the fulfillment of a toddler nutrition and adequate sleep. ASI proved to contain high protein alpha, alpha protein is the first protein in whey protein that is smooth and easy to digest protein.

Environment The environment that is safe and convenient for someone to speed up the process of sleep. Instead environmentally unsafe and uncomfortable for someone can lead to the loss of serenity that affect the sleep process.

CONCLUSIONS

6.1 Conclusion
Based on research that has been done can be concluded as follows:

a. There is a difference in the quality of sleep in children (1-5 years old) before and after given Murottal AlQur’an in PAUD Muhammadiyah Bangkalan.

b. There is a difference in the quality of sleep in infants who are not given Murottal AlQur’an in PAUD Muhammadiyah Bangkalan.

c. There are effect of Murottal AlQuran on the sleep quality of children (1-5 years old) in PAUD Muhammadiyah Bangkalan.

6.2 Suggestions
After knowing the results of this study, the researchers gave the following advice:

6.2.1 Suggestions theoretical
a. For professions (nursing)
This thesis is expected for the development of professional health workers, especially the influence of the Qur’an Murottal Stimlasi against kuaitas sleeping toddlers aged 1-5 years
b. For educational institutions
This thesis is expected to add references to therapy Murottal Qur’an against kuaitas sleeping toddlers aged 1-5 years As well as to improve the quality of education and professionalism of health workers.

6.2.2 Practical advice
a. For Health Personnel (Hospital)
The results of this study may provide additional scientific information and knowledge for nurses in providing stimulation intervention Murottal Koran in infants in improving the quality and improvement as well as health services.

b. For further research
The results of this study can be used as a source of basic data and reference literature and literature for further research to develop a similar research. for further research is expected to increase with the number of larger samples and a wider range and compare more influence on Stimulation Murottal Qur’an.

c. For Parents
The results of this study can be used as therapy to overcome the problem of the quality of sleep in infants, as well as to increase knowledge.

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