

The Duration of Reading the Qur'an with the Stress Levels in Medical Faculty Students in Palembang

Durasi Membaca Al The Qur'an dan Tingkat Stres pada Mahasiswa Fakultas Kedokteran di Palembang

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Abstract: The level of stress in each education programs differ between medical students and other scholars. Students should able to cope to normalize their stress. The study aims to determine the relationship between the duration of reading the Qur'an with the level of stress on students. The study design was a cross-sectional study, with a simple random sampling. The collecting data technique was using the Depression Anxiety Stress Scale (DASS) questionnaires and duration questionnaires followed by the chi-square analysis. The respondents are 90 medical students of Universitas Muhammadiyah Palembang. The results showed that the duration of reading the Qur'an among students is poor, and the moderate duration is correlated with a good stress level ($p=0.002$). Concluded that there is a relation to the duration of reading The Qur'an with the level of stress in medical students.

Keywords: depression anxiety stress scale; reading Qur'an; correlation; coping mechanism

Abstrak: Tingkat stres pada mahasiswa kedokteran cenderung lebih tinggi dibandingkan dengan program pendidikan lainnya. Mahasiswa harus mampu mengendalikan tingkat stres, untuk mendapatkan prestasi yang baik. Penelitian ini bertujuan untuk mengetahui hubungan intensitas membaca Al-Qur'an dengan tingkat stres pada mahasiswa di Fakultas Kedokteran Universitas Muhammadiyah Palembang. Desain penelitian ini merupakan penelitian cross sectional dengan simple random sampling. Teknik pengumpulan data menggunakan kuisioner, yaitu DASS dan kuisioner durasi membaca Al-Qur'an. Analisis data yang digunakan adalah chi square. Hasil penelitian ini menunjukkan bahwa intensitas membaca Al-Qur'an pada mahasiswa di Fakultas Kedokteran Universitas Muhammadiyah Palembang tergolong kurang baik dengan tingkat stres yang cukup tinggi. Didapatkan pula durasi yang moderat dalam membaca Al-Quran berhubungan dengan tingkat stres yang baik ($p = 0.002$). Disimpulkan bahwa terdapat hubungan antara durasi membaca Al-The Qur'an dengan tingkat stres.

Kata Kunci: depression anxiety stress scale; membaca Qur'an; korelasi; kendali stres

INTRODUCTION

Students around the globe experience depression, anxiety, and stress academic,¹ prevalence estimates that the emotional disorder in medical students is higher than in the general population.²⁻¹⁰ The law students who come from poor families undergoing five years of education are known to suffer many psychological disorders.¹ Nursing students are known for the difficulty to maintain professionalism due to high-stress levels at work,¹¹ various studies among medical students showed high-level stress when compared with other courses in the non-medical.¹²

Mental disorders in college students and doctors are closely related to the safety of patients.³ The duration of medical education programs associated with an increased incidence of depression, anxiety, and stress.¹ Fatigue is associated with increased physical activity of medical students at the campus.⁴ Fatigue associated with symptoms of depression, and lack of praise for successful events.⁷ Presence in the classroom is not associated with the low incidence of stress in medical students.² Factors related to the occurrence of anxiety are academic achievement, parental education, and cultural background.¹³ Stress in the first year of education is often due to a lack of learning strategies, less sleep on the night before the test, and the low quality of the food consumed during the course.⁹

Coping with religious teaching is known to reduce stress in medical students, also helps in difficult decision-making circumstances, and encourages students to prioritize patients.¹⁴ Meditation can calm the mind is one way to reduce stress on students.¹⁵ Meditation with the control of breath and yoga are recommended to improve agility and enhance the professionalism of nursing services.¹¹ Mind meditation programs for therapists and healthcare providers reduce stress levels.¹⁶ Read the holy book of The Qur'an by the Moslems can get peace.¹⁷

Eustress is adopted after going through the process of adaptation stress.¹⁸ Muslims in overcoming the problem and stressful condition is to read the Qur'an.¹⁹ Read verses from the Qur'an have a significant positive impact on the physiological and psychological changes when practiced every day regularly and continuously.²⁰ Effects on reading the verses of the Qur'an are influenced in the duration.¹⁷ Need to investigate the relationship between the duration of reading the Qur'an with the level of stress in medical students in Palembang.

MATERIAL AND METHOD

The study used a cross-sectional research design, with whom respondents were students of the Faculty of Medicine, Universitas Muhammadiyah Palembang. The sampling technique used simple random sampling, with the instrument of the questionnaire to determine the duration of reading the Qur'an and the *Depression Anxiety Stress Scale* (DASS) PsyToolkit. The duration of reading The Qur'an is classified into good and poor, while the DASS is categorized into mild, moderate, and severe stress levels.

The inclusion criteria were medical students and those who were able to read the Qur'an. The exclusion criteria were students who had a history of mental disorders such as bipolar disorder and major depression, students who did not have a good relationship with their parents, students who had problems with their financial conditions, and students who failed in 3 classes.

The analysis was the univariate and bivariate chi-square test. Univariate determines the characteristics of the subject of gender research, the duration of reading the Qur'an, and the level of stress, while the bivariate analysis to determine the relationship between the duration of reading the Qur'an and the stress levels.

RESULT

Ninety students participated in the study. The results were the relations of gender with duration reading the Qur'an (Table 1) and the relation of duration reading the Qur'an with stress level (Table 2).

Table 1. Relations of Gender with Duration Reading the Qur'an (NA = 90)

	Duration Category of Reading the Qur'an		Total	p-value
	Poor	Good		
Female	29	41	70	0.000
Male	18	2	20	
Total	47	43	90	

The result in Table 1 shows a significant relationship between gender and duration of reading the Qur'an with the p-value of 0.000 ($p < 0.05$). Female seemed to read the Quran more with a good duration.

Table 2. Relation of Duration Reading the Qur'an with Stress Level

		Stress level			Total	p-value
		Mild	Moderate	Severe		
Duration Category of Reading the Qur'an	Poor	14	24	9	47	0.002
	Good	27	8	8	43	
Total		41	32	17	90	

The result in Table 2 concluded a significant relationship between the duration of reading the Qur'an with the level of stress with the p-value was 0.002 ($p < 0.05$). Good duration of reading the Qur'an related to the moderate stress level.

DISCUSSION

Our analysis showed that more female students read the Qur'an with a good duration. There was no previous study to relate the connection between gender and duration of reading the Qur'an, nonetheless, several more females entering the medical faculty seem to affect our result.²¹ Studies on gender to associate with the effect on duration read the Qur'an is more to the pregnant woman.^{22,23} It can not be concluded that gender-related to the level of duration read the Qur'an, albeit more studies were on women to further cohere the effect on duration read the Qur'an to the health condition.

Our scrutiny showed that a good duration of reading The Qur'an related to moderate stress levels. Earlier results display that medical student was in moderate stress.²⁴ A comparable result to senior high school,²⁵ that reading the Qur'an can reduce stress with a value of $p = 0.007$. The duration of reading the Qur'an has a relationship to the stress level.

The duration in reading the Qur'an is unfortunately poor. Despite that, it has a relationship to stress level and student learning outcomes.²⁶ A study in Islamic studies indicated that half of the students' abilities are still not good in reading the Qur'an following tajwid rules.²⁷ It recommends designing effectively and efficiently the Qur'an learning. The duration of reading the Qur'an should be improved while it has relation for coping the stress and better learning outcomes.^{26,28}

The limitation to the study that the sample size and the analysis curb. The uneven participants who are more women might impair the result. The chi-square test can be miss leading to conclude the findings and a detailed analysis involving more variables should be applied to a vivid outcome.

CONCLUSION

There is a relationship between the duration of reading the Qur'an and the level of stress. The duration of reading the Qur'an among medical students is unfortunately poor. It recommends designing an effectively and efficiently Qur'an learning, to improve the student's duration on reading the Qur'an.

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