

## ABSTRACT

**Sugara, Iga Ayu Aldama.** 2014. *The Effectiveness of Holy Qur'an Therapy toward the Decrease of anxiousness of Primigravida Trimester III Pregnant Women in Daqu Sehat Clinic of Malang.* Thesis. Psychology Department. Maulana Malik Ibrahim State Islamic University of Malang.

Advisor: Dr. H. M. Lutfi Mustofa, M.Ag.

Key Terms: The Anxiousness of Pregnant Women, Holy Qur'an Therapy.

---

A woman with the first pregnancy called primigravida often has discomfiture feeling, particularly in old pregnancy called third trimester. The discomfiture feeling is caused by some fears which are physical danger, pain, physical defect of the baby and loss of the baby in the birth time, and physical change after the birth time which makes her less of confident and beautiful.

One of therapy models used to decrease the anxiousness based on humanistic point of view is transpersonal psychotherapy. It is focused on the study of the highest potency had by human. The transpersonal psychotherapy used by most of people is Holy Qur'an therapy. It is done by reading the verses including *ma'tsurat* prayers which are read many times in certain intensity. Then, is the Holy Qur'an therapy effective for decreasing the anxiousness felt by pregnant women?

This research uses quantitative method by experiment with single design technique. The measuring is done using anxiousness scale which has been tested to fifteen pregnant women. The subjects are three pregnant women having characteristics as determined by the researcher. The *t-test* on *SPSS 16.00 for windows* is used to identify the effectiveness of Holy Qur'an therapy for decreasing anxiousness of the pregnant women.

The result of t-test indicates that t has 5,813 score and significant degree is 0,028. In addition, the anxiousness scale score of the pregnant women is decrease. Thus, Holy Qur'an therapy is effective to decrease the anxiousness of pregnant women.