

## THE EFFECT OF LISTENING MUROTTAL AL-QUR'AN IN STRESS ON ADOLESCENTS IN RUMAH PIATU MUSLIMIN CENTRAL OF JAKARTA ORPHANAGE AND HARAPAN REMAJA EAST OF JAKARTA ORPHANAGE

Zuhdi Amir<sup>1</sup>, Nisrin Nur Aisyah<sup>2</sup>, Hendrika Retno Utami H. Jusuf<sup>3</sup>  
zuhdimr@gmail.com<sup>1</sup>, nisrinaisyah@gmail.com<sup>2</sup>, tamijusuf14@gmail.com<sup>3</sup>  
Program Study Masters Psychology Professional (PSMPP)  
Persada Indonesia University YAI Jakarta, INDONESIA

### ABSTRACT

Adolescents in an orphanage vulnerable subjected to stress, because adoptive parents have limitations in fulfilling what adolescents need. The purpose of this research to know the influence of listening murottal Al-Qur'an in stress on adolescents in an orphanage. This is an experimental research with controlled laboratory experiment type and Pretest-Posttest Control Group Design. This research have done in Rumah Piatu Muslimin Central of Jakarta Orphanage and Harapan Remaja East of Jakarta Orphanage. Total sampels were 30 people, as the distribution of 15 people for experimental group and 15 for control group. The experiment group given treatment of listening murottal Q.S. Yasin by Shaikh Mishary 17:53 and four days in a row. The result of the analysis data on the research indicated that the experiment group that given listening murottal Al-Qur'an not dropped stress significantly. The indicated was  $H_a$  rejected and  $H_0$  accepted. But, based on final score obtained from the difference score of pretest scale and posttest scale, shows that the experiment group have lower stress than control group. So, we can conclude that adolescents given listening murottal Al-Qur'an not dropped stress significantly, but they have lower stress than control group in end research.

**Keywords:** Listening Murottal Al-Qur'an, Stress, Adolescent.