

**Review**

**Islamic Spiritual Care in Supporting Emotional Stability in High Care Unit Patients: A Systematic Review**

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**ABSTRACT**

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**Keywords:**

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**Background:** Patients in the High Care Unit (HCU) often experience increased levels of stress, depression, and anxiety, especially those who require long-term care between 3 and 15 days. The psychological pressure that patients face in HCU can affect the quality of recovery and elicit a variety of emotional responses that require attention in the treatment process. The purpose this study aims to analyze the impact of Islamic Spiritual Care (ISC), specifically through the recitation of Murottal Al-Qur'an Surat Ar-Rahman, in supporting emotional stability (stress, depression, and anxiety) in patients in the High Care Unit (HCU).

**Methods:** This research method uses systematic review using the PRISMA technique. Data was obtained from journals contained in PubMed, Science Direct, and Google Scholar from 2020-2024, based on the identification results based on inclusion criteria and feasibility reviews, and fifteen articles were obtained for review.

**Results:** The results of the implementation of Islamic Spiritual Care (ISC) through Murottal Al-Qur'an therapy, especially Surat Ar-Rahman, are effective in supporting the emotional stability of patients in the High Care Unit (HCU).

**Conclusion:** Murottal Al-Qur'an therapy, particularly Surat Ar-Rahman, as a component of Islamic Spiritual Care (ISC), can be utilized as a practical non-pharmacological approach to reduce anxiety, stress, and depression in patients in the High Care Unit (HCU).

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**Introduction**

The High Care Unit (HCU) is an intensive care unit in a hospital designed for patients with stable airway conditions, controlled hemodynamics, and a level of consciousness that still requires intensive supervision. During treatment at the High Care Unit (HCU), many patients experience high levels of anxiety, which is often

influenced by limitations in communicating with family and uncertainty about their health condition. This level of anxiety can increase over time due to feelings of helplessness, fear, and anxiety related to the recovery process, creating psychological distress that impacts the patient's emotional state and can hinder their healing process ([Safariyah et al., 2020](#)). Patients



treated in the High Care Unit (HCU) must comply with strict rules, including no visiting hours for families and limited access to communication with them. Uncertainty about health conditions, concerns about the possibility of serious complications, and a lack of direct information regarding the development of treatment often trigger deep feelings of anxiety and worry. This anxiety can be caused by various factors, both from internal stimuli such as stress levels, emotional maturity, education, and economic status, and external stimuli such as threats to physical integrity and personal stability ([Herlina et al., 2020](#)).

Patients undergoing treatment in the High Care Unit (HCU) often experience increased stress, depression, and anxiety, especially if treated for a relatively long period, between 3 to 15 days. This condition is exacerbated by limited access to communication with family and the outside environment, as well as uncertainty regarding the development of their health. The psychological distress felt by HCU patients can affect the quality of recovery and trigger an emotional response that requires special attention in treatment. Long duration of treatment can lead to boredom and feelings of hopelessness, which ultimately increases the risk of such mental health disorders ([Suwardianto & Kurniajati, 2022](#)).

Patients in the High Care Unit (HCU) room have a high prevalence of experiencing psychological disorders, such as stress, depression, and anxiety. Data shows that about 30-60% of HCU patients experience increased levels of stress and anxiety during treatment, with the reported prevalence of depression ranging from 20-40%. These figures reflect the urgent need to support the mental health of HCU patients, given that this psychological impact can affect the physical recovery process as well as the patient's quality of life

during and after intensive care ([Poloni et al., 2018](#)). Patient care in intensive care can cause anxiety in families, which can vary from adaptive responses to maladaptive responses and impact the family's daily functioning ([Naef et al., 2021](#)). When patients are in an anxious state, decision-making takes a long time and causes delays in providing immediate treatment for patients. Results ([Naef et al., 2021](#)) show that there is a relationship between the length of treatment and the level of anxiety of the patient's family.

Stress, depression, and anxiety in patients in the High Care Unit (HCU) room are caused by several predisposing and precipitation factors. Predisposing factors include biological elements, such as genetic background and general health; psychological factors, including intelligence level, self-concept, and length of treatment; and sociocultural factors, such as age, gender, and cultural background. Prolonged treatment in HCU is one of the primary sources of stress, as it increases the financial and emotional burden on patients ([Bialek & Sadowski, 2021](#)). On the other hand, precipitation factors involve stimuli that pose a threat, such as the duration and frequency of exposure to stressors, individual characteristics in responding to stress, the origin of the stressor, the time of occurrence, and the number of stressors encountered, patients who have been hospitalized for a long time may face a variety of stressors, ranging from physical discomfort to uncertainty about recovery, all of which can affect their stress levels, An individual's ability to cope with this stress is highly dependent on these factors, as well as the support they receive during treatment ([Gerges et al., 2023](#)).

Stress, depression, and anxiety in patients in the High Care Unit (HCU) can have various negative impacts, both physical and psychological. One of the

impacts is a decrease in the immune system, which makes patients more susceptible to infections and can slow down the healing process; in addition, many patients in HCU experience anxiety and depression due to concerns about their health conditions. The length of care must be undertaken, and the long-term impact on daily life must be assessed after discharge from HCU ([Suwardianto & Kurniajati, 2022](#)). Stress also often causes sleep disorders, such as insomnia or restless sleep, which further reduces the body's ability to recover; disrupted diet, both decreased appetite and consumption of unhealthy foods, are also frequent and can affect overall health and slow recovery ([Gerges et al., 2023](#)). Based on the problems obtained, the researcher is interested in systematically reviewing the relationship. *Islamic Spiritual Care* (ISC) supports emotional stability in high-care unit (HCU) patients. A systematic review to analyze the actions of *Islamic Spiritual Care* (ISC) in the form of giving Murottal Al-Qur'an Surat Ar-Rahman in supporting emotional stability (stress, depression, and anxiety) in High Care Unit (HCU) patients.

## Methods

This research article uses a systematic review design with a standard systematic review (PRISMA) used to conduct a systematic review.

## ELIGIBILITY CRITERIA

This article uses the PICO (Population, Intervention, Comparison, Outcome) method to establish inclusion and exclusion criteria in a randomized review of studies. Here are the requirements:

Criteria	Inclusion	Exclusion
Population	High Care Unit Patients	Apart from High Care Unit Patients
Intervention	<i>Islamic Spiritual Care</i>	-

Criteria	Inclusion	Exclusion
Comparison	Do not use comparison factors.	-
Outcomes	Emotional Stability	-
Study design and type of publication	All research designs	Systematic review
Year of publication	2020-2024	< 2020
Language	English	Other than English

## INFORMATION SOURCES

Data was obtained from journals found in PubMed, Science Direct, and Google Scholar from 2020-2024 by filtering the entire article from selected references without exception based on title and abstract so that more and more relevant articles are obtained.

## SEARCH STRATEGY

All journals are taken in English and have inclusion criteria in the form of [1] Journals published in the 2020-2024 time frame. [2] Open access. [3] Emotional stability (stress, depression, and anxiety). [4] Murottal Al-Qur'an Surah Ar-Rahman. Exclusion criteria: [1] Research unrelated to stress, depression, and anxiety. [2] Research that Murottal Al-Qur'an Surah Ar-Rahman does not give.

## DATA COLLECTION PROCESS

In the search related to the research title, 466 journals were found. A similar one was selected for 402 journals. Then the journals were sorted based on title into 286 journal articles, experimental method test with Random Controlled Trial Design (RCT) in English, full text, open access so that 274 were obtained, then 190 journals were issued into 180 journals, after reading thoroughly, 10 articles were accepted for review. The process and results of article



selection are presented in a PRISMA diagram.

## Results

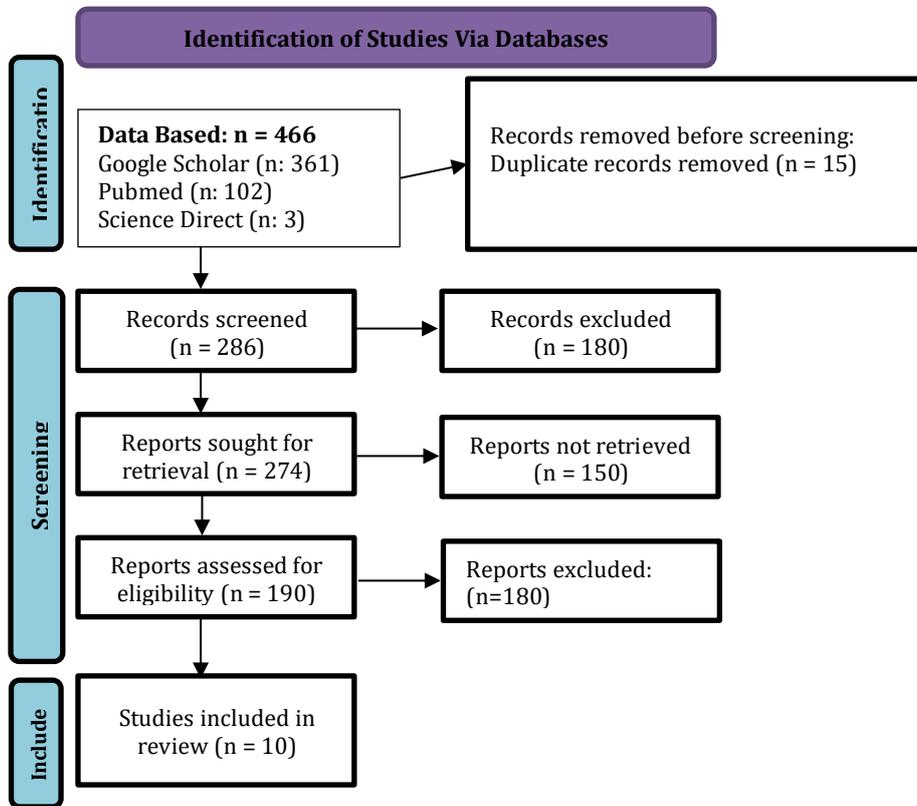


Figure 1. Flowchart PRISMA

Table 1. Characteristic study

No	Title, Author of the Year	Patient/Population of interest ( P )	Intervention or Interest ( I )	Comparison Intervention ( C )	Outcomes ( O )	Type of Questionor Study ( T )
1	The Effect Of Listening To The Recitation Of the Qur'an (Murottal Ar-Rahman Surah) On The Level Of Anxiety Of Pregnant Women In Siti Fatimah Maternal And Child Hospital ( <a href="#">Irmawati et al., 2020</a> )	A total of 40 samples were purposively selected and divided into two groups: 20 respondents in the intervention group and 20 respondents in the control group.	The effect of listening to the recitation of the Qur'an, specifically Surah Ar-Rahman	The intervention group received the Surah Ar-Rahman (Murottal) recitation, while the control group did not.	This study demonstrates significant changes in the level of anxiety after listening to Surah Ar-Rahman ( $p < 0.001$ ). In contrast, no changes in anxiety levels were observed in the control group ( $p = 0.50$ )	This study was a quasi-experiment utilizing a non-randomized pre-and post-test design with a control group.
2	Murotal Al-Quran Therapy On Decreasing Labor Pain And Anxiety In Maternity Mothers First Phase ( <a href="#">Irmawati et al., 2020</a> )	The population of this study consisted of 20 women in the active phase of labor	the effectiveness of Murotal Al Quran	A one-group pretest-posttest design was used to assess the intensity of Murottal Al-Qur'an therapy.	The difference in anxiety levels before and after receiving Murottal Al-Qur'an therapy was 0.021, with a p-value of 0.025, indicating a significant change in anxiety levels before and after the intervention.	The research design used in this study was a quasi-experiment
3	<i>The Effect of Murrotal Al-Qur'an Therapy on Anxiety Levels in Hypertension Patients</i> ( <a href="#">Irmawati et al., 2020</a> )	A case study was conducted on a 74-year-old elderly individual	The effectiveness of listening to the recitation of Surah Ar-Rahman from the Qur'an	desain one grup pre post tes Murotal Al Quran surah Ar-Rahman t	There is an effect of murrotal Al-Qur'an therapy on the anxiety level of hypertensive patients ( $p\text{-value } 0.000 < 0.05$ ).	This research used a kuantitatif eksperimental
4	Effect Of Al-Qur'an Therapy On Anxiety Cancer Patients In Aisyiah Islamic Hospital Malang, Indonesia ( <a href="#">Rosyidul Ibad &amp; Napik, 2021</a> )	The sampling technique used was purposive sampling, with 24 cancer patients as participants	The effect of Al-Qur'an therapy	one-group pre-post test design of Al-Qur'an Therapy	The results of the research indicate that, before the intervention, most cancer patients had moderate levels of anxiety, while after the intervention, the majority	The research design used pre-experimental



No	Title, Author of the Year	Patient/Population of interest ( P )	Intervention or Interest ( I )	Comparison Intervention ( C )	Outcomes ( O )	Type of Questioner Study ( T )
					showed mild anxiety levels. Data analysis revealed a significance value of 0.000, which is less than the threshold of 0.05	
5	The Effect of Music Therapy and Murottal Al-Quran Therapy on Increasing Muscle Strength and Decreasing Anxiety in Stroke Patients Undergoing Passive Range of Motion (ROM) Exercises ( <a href="#">Niningasih &amp; Wulandari</a> , 2020)	The sampling technique used was purposive sampling, with a sample of 30 participants.	The effect of music therapy and Murottal Al-Qur'an therapy	The group receiving a combination of ROM therapy and Murottal Al-Qur'an music therapy, and the group receiving only ROM therapy	Based on the results of the study, it can be concluded that the combination of ROM therapy and Murottal Al-Qur'an music therapy is more effective in increasing hand and leg muscle strength and reducing anxiety levels in stroke patients	The study used a quasi-experimental
6	The Effectiveness of Al-Quran Murottal Therapy on the Level of Anxiety in Students ( <a href="#">Salsabila et al.</a> , 2023)	The sample of this study consisted of 15 alumni students	Effect of Al-Qur'an Therapy	<i>One group pre-test post-test design</i> Effect of Al-Qur'an Therapy	The results of this study showed a decrease in anxiety levels after the <i>pre-test</i> and <i>post-test</i> . Therefore, it is hoped that the results of this study can provide a deeper understanding and meaning for further researchers about the level of anxiety in students who can be treated through Quranic murottal therapy.	The research method used is a quasi-experiment
7	Murattal Therapy Reduces the Anxiety of Patients Treated in the Intensive Care Unit of a Hospital	The purposive sampling technique was used to obtain a sample of 48	Al-Quran murattal therapy	one group pretest-posttest design Effect Al-	The results of the paired t-test yielded a p-value of 0.000, indicating that Murottal treatment affects	The research method used a Pre-Experiment design



No	Title, Author of the Year	Patient/Population of interest ( P )	Intervention or Interest ( I )	Comparison Intervention ( C )	Outcomes ( O )	Type of Questionor Study ( T )
	( <a href="#">Rachmah et al.</a> , 2024)	patients who met the inclusion and exclusion criteria		Quran murattal therapy	the anxiety levels of patients treated in the ICU	
8	Efficacy of music and quranic verses in reducing cortisol level: A stress biomarker in medical undergraduates ( <a href="#">Saleem &amp; Saleem</a> , 2023)	Sixty medical students participated in the study, with the experimental group (n = 30) listening to Surah Al-Rahman and the control group (n = 30) listening to relaxation music	relaxation music and Surah Al-Rahman	Within-group differences, findings revealed Surah Al-Rahman and relaxation music.	Within-group difference analysis revealed that Surah Al-Rahman and relaxation music effectively reduce stress levels. Between-group comparisons, however, showed that listening to Surah Al-Rahman was statistically more significant in lowering cortisol levels and stress scale scores compared to relaxation music. No significant differences were found based on prior experience with music listening, media choice, or gender	randomized controlled trial.
9	The Effectiveness of Al-Quran Surah Ar-Rahman Murottal Listening Therapy for Improving Positive Emotions on Informal Caregivers of Schizophrenia ( <a href="#">Wahid &amp; Nashori</a> , 2021)	10 informal caregivers of individuals with schizophrenia were divided into two groups	Listening training to the recitation of Al-Qur'an Surah Ar-Rahman	one group pretest-posttest design Effect Al-Quran murattal therapy	The results showed a significant difference in positive emotions before and after the listening training of Al-Qur'an Surah Ar-Rahman Murottal, both in the first and second treatment groups (p = 0.042)	This is an experimental study
10	The Effect of Murottal Al-Quran on the Level of Anxiety in Breast Cancer Patients Undergoing	A total of 22 breast cancer patients undergoing	murottal Al-Quran therapy	The intervention group received Murottal Al-	The study's results revealed a significant difference in the average stress scores	The type of research is quasi-experimental



No	Title, Author of the Year	Patient/Population of interest ( P )	Intervention or Interest ( I )	Comparison Intervention ( C )	Outcomes ( O )	Type of Questionor Study ( T )
	Chemotherapy at Ibnu Sina Hospital Makassar (( <a href="#">Arliana Arlin et al.</a> , 2024)	chemotherapy participated in the study, with 11 respondents in the intervention group and 11 respondents in the control group		Qur'an therapy, while the control group did not receive the treatment.	between breast cancer patients undergoing chemotherapy at RSUP Dr. M. Djamil Padang, who received Murottal Al-Qur'an therapy, and those who did not (p-value = 0.000). It is recommended that nurses enhance their role in providing nursing care and apply evidence-based practices, such as Murottal Al-Qur'an therapy, to help reduce the stress experienced by patients during chemotherapy.	



## Discussion

Emotional health is essential to patient recovery in intensive care units, including in the High Care Unit (HCU). Patients at HCU often face a variety of psychological stressors, such as anxiety, stress, and depression, that arise due to severe health conditions, limited social interaction, and uncertainty about recovery. In response, integrating Islamic Spiritual Care (ISC) has attracted attention because of its potential to support patients' emotional stability. Based on this *systematic review*, the discussion will explore the role of ISC in stabilizing emotions, the spiritual mechanisms that work in the context of HCU care, and their effectiveness compared to conventional psychological interventions.

Islamic Spiritual Care, which includes practices such as prayer, dhikr, Qur'anic recitation, and spiritual counseling based on Islamic values, has several potential benefits for patients at HCU. Several studies have shown that applying ISC can help reduce anxiety and stress levels by encouraging patients to feel closer to God (*taqarrub ilallah*), thereby increasing *self-efficacy* and a sense of inner peace (*sakinah*). In addition, ISC promotes the acceptance of the patient's condition as part of divine destiny (*qada and qadar*), which can help reduce emotional resistance and increase gratitude. Islamic Spiritual Care is believed to work through several psychological and spiritual mechanisms that play a role in overcoming emotional distress. First, the practice of dhikr and prayer can lower the physiological response to stress by lowering heart rate and blood pressure, which contributes to feelings of calm. Second, understanding the concept of *tawakkul* (surrender) provides a perspective that can reduce patients' anxiety about uncertain outcomes. *This*

*systematic review* shows that this spiritual approach allows patients to feel control through the belief that things are under God's power. This can directly reduce the feelings of helplessness that often patients in HCUs experience.

The ISC points to several advantages in Islamic culture, especially for patients with strong spiritual identity. Based on the data reviewed in the *systematic review*, ISC had a significant impact on the reduction of anxiety scores and an increase in emotional stability that was equal to or even higher than conventional psychological interventions in some patients. However, ISC is often more effective when combined with other interventions, such as cognitive *behavioral therapy*, because it can harmoniously combine psychological and spiritual aspects, covering the patient's overall emotional and spiritual needs. Implementing Islamic Spiritual Care (ISC), primarily through Murottal Al-Qur'an Surat Ar-Rahman therapy, can contribute significantly to supporting the emotional stability of patients in the High Care Unit (HCU). Given the condition of patients who often experience anxiety, stress, and depression due to communication limitations and health uncertainty, ISC offers a practical non-pharmacological approach to relieve psychological distress and improve mood. Through the soothing rhythm and repetition of sentences in Murottal, patients can experience inner peace that has the potential to speed up the healing process and improve the quality of their recovery. Thus, the integration of ISC in care in HCU makes it essential to pay attention to patients' emotional aspects, which directly affect their clinical outcomes.

*This systematic review* concluded that Islamic Spiritual Care has significant potential in supporting the emotional

stability of HCU patients through various spiritual and psychological mechanisms. ISC strengthens patients' inner peace and surrender and accelerates their adaptation to the critical conditions experienced. Further research is needed to explore the combination of ISC with other psychological methods and training for health workers to provide effective and standard ISC services.

## Conclusion

Islamic Spiritual Care (ISC) is an effective non-pharmacological intervention for reducing anxiety, stress, and depression in patients in the High Care Unit (HCU). By addressing the spiritual and emotional needs of patients, ISC offers a holistic approach to patient care that complements medical treatments and supports psychological well-being. Future studies should explore the long-term effects of ISC on psychological outcomes in HCU patients, as well as its impact on clinical recovery rates and patient satisfaction. Comparative studies could also be conducted to evaluate the effectiveness of ISC in different healthcare settings and among

## Authors Contributions

Contributed by the author collecting articles on how to reduce anxiety, stress, and depression with Islamic Spiritual Care (ISC).

## Conflicts of Interest

*There is no conflict of interest."*

## Acknowledgment

Thank you to the research team for the cooperation in compiling this systematic review. Hopefully, it will be helpful.

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