

Original Research/Systematic Review

Application of Qur'an Reading Therapy in Psychiatric Nursing Care for Low Self-Esteem Patients

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ABSTRACT

Background: Schizophrenia is a serious mental health problem that requires full attention. One of the symptoms of schizophrenia is chronic low self-esteem. Chronic low self-esteem is an aspect that is often associated with mental disorders and the psychological well-being of patients with mental disorders. One of the psychological therapies for patients with low self-esteem can be done with Al-Quran reading therapy, including psychoreligious therapy that can help patients to increase self-esteem, optimism, improve the process of adaptation to others and is able to prevent and cure mental disorders. The study aims to apply the therapeutic intervention of reading the Qur'an in psychiatric nursing care for patients with low self-esteem by helping patients to increase their self-esteem.

Methods: The design of this study is a case report, therapeutic interventions were carried out on 2 participants during six meetings of Al-Quran reading therapy which took place on April 21 - May 10, 2025. Analysis of the nursing process includes assessment, diagnosis, intervention, implementation, nursing evaluation compared to the results of other people's research and theory.

Results: Nursing care that had been given to the two patients, Mr. H and Mr. A, showed a positive impact in increasing the patients' self-esteem based on Rosenberg Self-Esteem Scale (RSES) namely in patient H from a score of 10 to 18 and patient A's score increased to 16 from a score of 9.

Conclusion: an illustration in implementing general therapy for low self-esteem supplemented with Qur'an reading therapy in all patients who experience low self-esteem.

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INTRODUCTION

Mental disorder is a condition in which a person's psychic state is disturbed which has an impact on changes in a person's behavior, language and mind (Wuryaningsih et al., 2020). Mental disorders according to the WHO (World Health Organization) estimate that around 450 million people in the world experience mental health disorders, one of which is schizophrenia. Schizophrenia affects about 24 million people or 1 in 300 people (0.32%) worldwide. This figure is 1 in 222 people (0.45%) among adults and the vast

majority of people with schizophrenia worldwide do not receive mental health care (WHO, 2022). According to the 2023 Indonesian Health Survey (SKI), the rate of psychosis/schizophrenia, depression and mental health problems in Indonesia is 7.65%, 2 with a percentage of 4.73% women. This includes schizophrenia with a history of attachment and suicide attempts (SKI, 2023) Nationally, the prevalence of depression in Indonesia in 2023 is 1.4%. The highest prevalence of depression is in the group of young people (15-24 years old), which is 2%. The highest incidence rate of severe mental disorders (schizophrenia) is in the West Sumatra area, which is ranked 9th in Indonesia with a rate of 50,608 people with mental disorders.

According to the results of *Disability Adjusted Life Years*, patients with schizophrenia in Indonesia are ranked number one in the world. Schizophrenia is one of the causes of chronic low self-esteem (Wenny, 2023) Chronic low self-esteem is a person's feeling of worthlessness or self-deprecation that is felt constantly towards oneself. Hesitant behavior, making mistakes, hyperbole in attitude, not wanting to try new things, are signs and symptoms of low self-esteem (Grace Septyanti et al., 2024) In the application of psychiatric nursing care with low self-esteem which aims to increase the patient's self-esteem, help them accept themselves and increase their confidence. One of the psychiatric nursing care interventions that can be carried out on patients with low self-esteem is psychoreligious therapy with Qur'an reading therapy which can help patients to increase self-esteem, sense of optimism, increase the process of adaptation to others and be able to prevent and cure psychiatry (Taufiq,2006)

The formulation of the problem in this study is the effect of the application of Qur'an reading therapy in psychiatric nursing care in patients with low self-esteem (HDR) in the flamboyant room of the psychiatric hospital of Prof. HB Saanin Padang. The purpose of this study is to determine the effect of the application of Qur'an reading therapy in psychiatric nursing care for patients with low self-esteem (HDR) in the flamboyant room of the Prof. HB Saanin Padang psychiatric hospital.

MATERIALS AND METHOD

This research uses a descriptive observational research design in the form of a case report. *A case report* is a descriptive description of a problem or a case that has rare or unusual manifestations (Utarini, 2022) In this study, the researcher described the application of positive affirmation therapy in psychiatric nursing care in patients with low self-esteem at HB Saanin Padang Hospital.

This research will be conducted at HB Saanin Padang Hospital in 2025. The research time starts in April 2025 – May 2025. The application time for nursing care starts from April 22 - May 10, 2025. The sample in this study is 2 patients with low self-esteem who are at the Prof. HB. Sa'anin Padang in 2025. The data collection technique in this study uses multiple sources of evidence, namely data collection techniques that combine various existing data collection techniques. In this study, the researcher used data collection techniques through interviews, observations, measurements, and documentation studies.

RESULTS

The main complaints of patient 1 (Mr. K) and patient 2 (Mr. A) have several similarities, namely the patient seems alone, eye contact is lacking during the interaction, the patient's voice is small and slow, the posture is lowered and rejects the appreciation and positive assessment given by the nurse, the patient's affection is not sad and the patient also has a negative assessment of him. Patient 1 (Mr. K) a repeat patient said that he could not and was unable to do something because the patient felt that he had never been taught and often felt ashamed and unconfident, and had difficulty learning and understanding new things so he

refused to do an activity. Patient 2 (Mr. A) repeatedly said that he was not confident, afraid of rejection, the patient said that he was usually difficult to accept in an environment and the patient said that he did not have the ability to mention. Another similarity of the predisposing factors possessed by patient 1 (Mr. K) and patient 2 (Mr. A) is rejection and negative judgment from the environment. Another distinguishing predisposition factor of the two patients is that patient 2 (Mr. A) has a history of physical abuse, a victim of physical abuse and domestic violence, the patient once hit his sister with a stick and wanted to kill her with a knife as well as the younger brother treated the patient.

The difference in the mental status experienced by Patient 1 (Mr. K) and Patient 2 (Mr. A) includes appearance. Patient 2 (Mr. K) looked quite neat compared to patient 1 Mr. (K), the collar of the shirt was folded, the clothes were appropriate, the nails were not long and clean. But the mustache and beard have not been shaved. The patient also said that he had showered 2 times a day but often forgot to use soap and forgot to brush his teeth. The thoughts of Patient 1 (Mr. K) and Patient 2 (Mr. A) have something in common, namely feelings of suspicion.

The nursing diagnosis obtained in patients 1 (Mr. K) and 2 (Mr. A) was low self-esteem (*Core Problem*) which resulted in social isolation (*Effect*) and Hallucinations (*Causa*). In accordance with the theory of low self-esteem experienced by patients, it can cause social interaction disorders which include despair, withdrawal, changes in role appearance, and the emergence of violent behavior that risks injuring themselves, others and the environment (Purwasih & Susilowati, 2016)

In accordance with the diagnosis of nursing priorities based on the nursing diagnosis enforced in patients 1 (Mr. K) and Patient 2 (Mr. A), namely low self-esteem, the researcher developed a nursing intervention using a strategic approach to the implementation of nursing actions for patients in accordance with existing theories. The implementation strategy for low self-esteem patients consists of one to four, namely helping patients identify activity abilities and positive aspects that the patient has, helping in assessing activities that can be done at the moment (make a list of activities), choosing one of the positive activities to be trained at this time, practicing the selected activities, practicing the second activity to be trained, Practicing the third activity, practicing the fourth activity and continuing with the provision of Qur'an reading therapy six times for 30 minutes.

The implementation of nursing or actions carried out from April 22 to May 7, 2025 is in accordance with the action plan that has been prepared, namely by practicing the positive aspects and abilities that the first patient still has, namely: tidying the beds, sweeping the floor, cleaning windows and cleaning the dining table. After the generalist therapy of low self-esteem was carried out on the patient, the researcher then carried out therapy to read the Qur'an by reading Surah al-Fatihah and several suras known to the patient, namely with additional suras Al-Ikhlâs, Al-Kafirun, Al-Falaq, An-Nas, And Al-Kausar in six meetings for 20-30 minutes. The evaluation that has been carried out on the application of reading the Qur'an for 6 days in the case of nursing: low self-esteem is characterized by feeling worthless and feeling useless.

DISCUSSION

The main complaints obtained from both patients had some similarities with the main complaints in the study by (Kusuma, 2022) patients with low self-esteem with symptoms such as reluctance to try new things, walking down, lowering their posture, negative self-assessment, feeling ashamed or guilty, feeling incapable of doing anything, feeling that they did not have positive strengths or abilities, rejecting positive assessments about themselves, Lack of eye contact, speaking slowly and quietly, having trouble sleeping. This is in line with the theory of low self-esteem by (Wenny, 2023) which states that low self-esteem is negative

feelings about oneself, including loss of confidence, worthlessness, helplessness, pessimism, feeling hopeless and helpless. Behaviors associated with low self-esteem include self-criticism, decreased productivity, destructive behavior towards other individuals, guilt, damaged relationships, feelings of inadequacy, negative feelings about one's body.

The predisposing factors obtained from the two patients have differences in (Mr. A), namely in line with theory (Stuart, 2022) one of the disposing factors that cause mental disorders, biological factors, namely hereditary or hereditary, history of disease or head trauma, and history of use of narcotics, psychotropics and other addictive substances (NAPZA). And psychological factors Have a history of repeated failures. Being a victim, perpetrator or witness of violent behavior and lack of affection from people around or overprotective. The predisposing factor in the patient (Mr. K) in the study by (Putri & Solikha, 2023) was that the patient said that none of his family had mental disorders. The similarities between the two patients are sociocultural factors, the patient said that they did not want to get along with others and liked to isolate themselves for fear of being ostracized in the past (Putri & Solikha, 2023). This is in line with research on the predisposing factors obtained, namely psychological factors of patients in the past who have experienced unpleasant experiences of physical sexual abuse, rejection, and criminal acts, violence in the family (Putri & Solikha, 2023). According to (Wijayati et al., 2020) there is a relationship between the history of physical abuse and the incidence of low self-esteem in patients with mental disorders. The existence of physical abuse causes feelings of helplessness.

This data is in accordance with the theory by (Susilowati & Rogayah, 2022) that the occurrence of limited self-care usually occurs due to stressors that are quite severe and cannot be overcome by the patient. Patients with low self-esteem have an impact on the loss of patient motivation in taking care of themselves, whether defecating/baking, bathing, dressing, decorating, eating. Self-care deficits usually occur in patients who withdraw from their activities, are lazy to do activities due to lack of support and motivation and lack of knowledge.

The nursing diagnosis obtained in patients 1 (Mr. K) and 2 (Mr. A) was low self-esteem (*Core Problem*) which resulted in social isolation (*Effect*) and Hallucinations (*Causa*). In accordance with the theory of low self-esteem experienced by patients, it can cause social interaction disorders which include despair, withdrawal, changes in role appearance, and the emergence of violent behavior that risks injuring themselves, others and the environment (Purwasih & Susilowati, 2016)

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The implementation of nursing uses the stages of generalist therapy, namely the implementation strategy of one to four, and the application of positive affirmation therapy in the diagnosis of low self-esteem. The implementation of the implementation strategy carried out in patients with low self-esteem consists of 4 Sps, namely: first, the nurse recognizes the causes and consequences of low self-esteem, identifies the patient's abilities and positive aspects, and assists the patient in evaluating the abilities that can still be used, assists the patient in making his choice in choosing the skills to be trained, practicing activities from the

first Sp to the fourth Sp chosen by the patient (tools and how to do it) by doing scheduled activities.

After the generalist therapy of low self-esteem was carried out on the patient, the researcher then carried out therapy to read the Qur'an by reading Surah al-Fatihah and several suras known to the patient, namely with additional suras al-ikhlas, al-kafirun, al-falaq, an-nas, and al-kausar in six meetings for 20-30 minutes. The implementation procedure or standard operational procedure of reading the Qur'an therapy is given to patients based on a combination of several journals that are adjusted to the patient's circumstances in the field. The technique of reading the Qur'an is carried out using the Qur'an and reading with your eyes closed if memorized. Generalist low-self-esteem therapy was performed for three days on both patients. In patient 1 (Mr. H) before generalist therapy, the patient was assessed low self-esteem using *Resenbegr's self-esteem scale* and a score of 8 was obtained which was in the category of low self-esteem. The results of the low self-esteem assessment using *resenbegr's self-esteem scale* in Patient 2 (Mr. A) were obtained a score of 7 which was also categorized as low self-esteem.

Patient 1 (Mr. H) when given generalist therapy, at the third meeting the patient began to receive positive assessment and appreciation given by the nurse, the patient was seen smiling when given praise, eye contact began to exist, the voice was heard more clearly. The posture is lowered and the patient says he lacks confidence when doing something. Patient 2 (Mr. A) at the third meeting of the patient still refused appreciation and positive assessment by shaking his head and the patient was still not confident and had doubts when doing something, the patient's posture was still lowered. The patient's voice began to be heard more clearly, eye contact began to exist. At the last meeting of generalist therapy, Patient 1 (Mr. H) still said that there was a lack of confidence, the patient smiled when given a positive assessment and said that he was happy when he was appreciated. The voice sounded clearer, eye contact began to have a posture still lowered. The results of the patient's self-esteem assessment using *Resenbegr's self-esteem scale* were obtained with an increase in the score to 10 (low self-esteem).

In patient 2 (Mr. A) still said that he still felt less confident, the patient smiled when given a positive assessment and said he was happy when he was appreciated. The voice sounded clearer, eye contact began to have a posture still lowered. The results of the patient's self-esteem assessment using *Resenbegr's self-esteem scale* were obtained with an increase in the score to 9 (low self-esteem). After generalist therapy, the therapy of reading the Qur'an was continued for six days. Therapy of reading the Qur'an on patients was carried out for 6 days, on the last day a low self-esteem scale was assessed using *Resenbegr's self-esteem scale*. In patient 1 (Mr. H), a score of 18 was obtained, which was no longer categorized as low self-esteem, as well as Patient 2 (Mr. A) obtained a score of 16, which was also not categorized as low self-esteem. The results of the evaluation were obtained as there was an increase in self-esteem scores in both patients.

The statements from *resenbegr's self-esteem scale* that experienced an increase in score in patient 1 (Mr. H) were statements "I feel I am a valuable person, at least on par with others", "I feel capable of doing something as good as others" and "I have a positive assessment of myself", "in general I feel satisfied with myself" which has a score of 3 or the category of strongly agree. In patient 2 (Mr. A) there was an increase in the score on the statements "I feel able to do something as well as others", "I have a positive assessment of myself", : in general I feel satisfied with myself" which had a score of 3 with the category of very agree.

The results of this evaluation are in line with the results of the evaluation of the implementation of Qur'an reading therapy in patients with low self-esteem by (Devita et al., 2021) results that show an increase in self-esteem in patients characterized by the ability of

the patient to do things that increase self-esteem and the patient applies the coping skills that have been trained. Based on the results of research by (Kusuma, 2022) Qur'an reading therapy can be an additional therapy given by nurses individually and can also be added to the schedule of therapy activities in the room because Qur'an reading therapy is included in psychoreligious therapy that can help patients to increase self-esteem, sense of optimism, improve the process of adaptation to others and be able to prevent and cure psychiatry.

CONCLUSION

The nursing intervention began with the administration of generalist therapy of low self-esteem which was prepared based on a theoretical nursing care plan and continued with the therapy of reading the Qur'an. The implementation of nursing begins with the provision of generalist intervention, namely by implementing action implementation strategies, then continues with the provision of therapy to read the Qur'an. Evaluation of the problem of low self-esteem nursing, after being given low self-esteem generalist therapy, there was an increase in the patient's self-esteem score by measuring using Resenbegr's self-esteem scale, namely the score increased in Mr. K from 8 to 10 and Mr. A from 7 to 9 but still in the category of low self-esteem. EBN intervention, After being supplemented with the provision of therapy intervention to read the Qur'an for 6 days, the patient's self-esteem score increased, namely Mr. K from 10 to 18 and Mr. A from 9 to 16 and the category of patients was already in the category of not having low self-esteem. Patients show that the nursing care provided has had a positive impact on increasing the patient's self-esteem, where the signs of low self-esteem symptoms have begun to improve.

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