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Differences in anxiety levels of minor dental patients associated with Murottal Al-Qur'an: A study of tooth restoration among patients at RSGM UMY aged 8-12 years**Hammia Zanzabiela and Likky Tiara Alphianti**
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Anxiety is a normal development pattern in a child's growth. At the age of eight, children tend to be more anxious about some specific things or certain events, especially in dental clinics. There are so many things affecting minor anxiety during treatment; sound is one such factor. Murottal Al-Qur'an is a kind of audio distraction method. Its sound has an ability to boost delta waves in order to make people feel relaxed. The aim of this study is to determine the differences in anxiety levels of minor dental patients after applying Murottal Al-Qur'an intervention. This study used an interventional analytic method of giving a pre-test and a post-test to one group. The measuring tool was the Venham picture test. There were 16 minor dental patient respondents ranging from 8 to 12 years old. Firstly, the operator gave them the tooth preparation treatment for five minutes and then patients were given a pre-test to determine their initial anxiety levels. After that, they had their tooth preparation continued while listening to Murottal Al-Qur'an. Finally, the patients took the post-test. Results showed that all respondents experienced varied decreasing levels of anxiety. The Wilcoxon signed-rank test proved that there was a significant difference between pre and post-test anxiety levels from Murottal Al-Qur'an intervention in dental restoration treatment, pointed by 0.000 (sig <0.05). It can be concluded that there was a difference in anxiety levels after using Murottal Al-Qur'an with minor dental patients and Murottal itself may be chosen as a method of children's behavioral management in a dental clinic.

Biography

Hammia Zanzabiela is currently pursuing Dental studies from the Muhammadiyah University of Yogyakarta. She is interested in Qur'anic study and she believes that it could be effectively applied in dental practice. She is also active in some dental activities such as dental voluntary project, being a Committee of Dental National Month and organizing dental seminars.

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