The Efficacy of Murottal and Prayer as Therapy for The Management of Elderly's Anxiety and Sleep Disturbances

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Abstract	
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Journal Name	Jurnal Berita Ilmu Keperawatan 15 (1), 104-110, 2022
Publish Year	2022
Citation	1
Url	https://scholar.google.com/scholar?q=+intitle:"The Efficacy of Murottal and Prayer as Therapy for The Management of Elderly's Anxiety and Sleep Disturbances"
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