

The Effect of Dhikr Relaxation Therapy on Reducing Anxiety Levels of ER and ICU Nurses in Public Hospitals

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Abstract: Anxiety problems that occur in UGD and ICU nurses are very vulnerable to occurring because of the many demands they have to face. The aim of this study was to reveal the effect of dhikr relaxation therapy on reducing anxiety levels in ER and ICU nurses. One of the reasons this research topic is important is to provide knowledge to ER and ICU nurses that anxiety can be overcome by carrying out dhikr relaxation therapy. The research design uses a quantitative and qualitative approach to the type of experimental psychology, namely pre-experimental design using a One-group Pretest-Posttest Design. The hypothesis of this research is that there is an effect of dhikr relaxation therapy on reducing anxiety levels in ER and ICU nurses. Data were collected using the TMAS anxiety scale with a significant value of 0.028 ($p < 0.05$), which shows that there are differences in anxiety in ER and ICU nurses before and after training. Thus, dhikr relaxation therapy training is effective in reducing anxiety levels in ER and ICU nurses.

Keywords: Anxiety, Relaxation Dhikr, Nurses.



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Introduction

A hospital is a health care institution that provides public health services and provides inpatient services to patients who are sick. Hospitals are expected to provide a very effective and efficient service to the community as users of health services (Putri & Sonia, 2021). General hospitals are hospitals that provide health services for all types of physical illnesses. Hospitals are used by patients as a place to solve their health problems. Patients view that only hospitals can provide a medical disease service for the healing and recovery of pain suffered by a patient. It is not uncommon for patients to always expect to get services that are ready, fast, responsive to all complaints of illness suffered by patients (Badar & Hajrah, 2022). Related to this, the hospital makes every effort to provide good service to patients. Therefore, fast and responsive service is very necessary in hospitals, where not all disease conditions of patients who are being treated experience relatively safe diseases but many patients experience diseases that are quite severe to handle. So that there is often the arrival of patients who are sick in an emergency and will be

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hospitalized. Thus, service units are needed that can always be ready and willing to handle these conditions.

One of the work units in the hospital that plays a very important role is the Emergency Unit (ER). The ER is the first place that patients who are in an emergency go to. The workload of ER nurses can be classified as heavy because in general, patients who are rushed to the ER unit are patients who are in an emergency and need health services as quickly and as quickly as possible. The responsibility held by ER and ICU nurses is quite large because it involves the safety of a person's life (Nirmalarumsari & Suyati, 2022). Thus, the heavy responsibilities of ER nurses can make ER nurses experience a lot of pressure, tightness and are prone to experiencing anxiety that can last as long as they work. This is in line with the opinion (Febrina et al., 2020) that ER nurses often feel stressed as a result of the workload they face, they often feel symptoms such as depression, difficulty sleeping, headaches and are very sensitive. ER nurses are very vulnerable to anxiety, because their work is always faced with emergency situations and must be able to act quickly to save someone's life.

Thus, the heavy responsibilities of ER nurses can make ER nurses experience a lot of pressure, tightness and are prone to experiencing anxiety that can last as long as they work. This is in line with the opinion that ER nurses often feel stressed as a result of the workload they face, they often feel symptoms such as depression, difficulty sleeping, headaches and are very sensitive. ER nurses are very vulnerable to anxiety, because their work is always faced with emergency situations and must be able to act quickly to save someone's life. This is in line with what was revealed by (Rangki & Alifariki, 2019) that the demands that must be made on ER and ICU nurses can cause feelings of pressure. Thus, feelings of anxiety in ER and ICU nurses can arise because of the many demands that must be made at work.

Anxiety is an early symptom of psychological disorders that can still be overcome. Anxiety is a condition where a person feels uncomfortable or feels fear which is usually accompanied by an autonomic response (Yunere & Yaslina, 2020) One intervention that has been proven effective as a way to reduce anxiety levels and has been frequently used is relaxation techniques. Relaxation can make a person more able to avoid overreacting to feelings of anxiety. If someone can manage their emotions then they will get emotional calmness. This emotional calmness is needed so that a person has time to see the conditions that are being experienced using a positive perspective (Rasyidin & Pratiwi, 2022) Thus, if someone has experienced anxiety, the solution that can be taken is to perform relaxation techniques so that the anxiety felt can be reduced slowly.

The main cause of ER and ICU nurses experiencing anxiety is due to the heavy work demands, long working hours that cause nurses to fatigue easily and the number of patients that always increases every day (Kurniati Danu et al., 2021). Thus, these heavy work demands can cause fatigue in ER and ICU nurses, which can also have an impact on their physical health. Apart from causing fatigue, the condition of ER and ICU nurses can also cause high anxiety, there are several things that can be the impact of anxiety on ER and ICU nurses, such as decreased appetite, frequent headaches, sleep disturbances and

even vomiting or nausea (Nugraha et al., 2022). Thus, some of the effects of anxiety can be the main source of causing feelings of anxiety experienced by ER and ICU nurses.

This is also in line with the condition of ICU nurses, even the intensity of anxiety experienced is higher than that of ER nurses. ICU nurses are prone to anxiety because ICU nurses are faced with patients who require rapid treatment, such as patients who will perform major surgery, dead patients or patients who will move to the inpatient room (Herlia Ressay et al., 2022). Thus the task of ICU nurses is quite heavy and requires agile speed so that it is not uncommon for ICU nurses to easily fatigue and easily feel anxiety when facing very emergency situations. Therefore, anxiety in this nurse can occur because of the many demands that must be faced. Therefore, one type of appropriate anxiety treatment is by doing psychotherapy.

One type of psychotherapy that can be done to overcome anxiety is relaxation therapy using body movement techniques that have the aim of providing a sense of comfort throughout the body (pragholapati et al., 2021). Relaxation is one of the techniques proven to reduce anxiety and in some subjects it can be effective in reducing anxiety levels in ER and ICU nurses. In this case, no research has been conducted on the application of relaxation techniques to reduce anxiety in ER and ICU nurses by involving elements of spirituality, but research on dhikir relaxation techniques has been carried out on many other subjects so that we are currently raising research on dhikir relaxation techniques for ER and ICU nurses. Spirituality is a factor that can influence the process of healing and psychological intervention. There are several studies that have used Islamic-based psychological and medical therapies, namely dhikir can nourish nerve pain, tahajud prayer can cure various diseases and dhikir relaxation exercises can reduce anxiety (Perwataningrum et al., 2016). Thus it can be concluded that Islamic-based psychological therapy can be done to resolve psychological disorders, especially anxiety. This dhikir-based relaxation has tremendous benefits for daily life, so that this relaxation makes the individual's state more comfortable.

Relaxation is a state of someone becoming calmer, if someone does relaxation exercises when he experiences a tension and anxiety, the tension and anxiety that is being felt can be reduced (Mustary, 2021). Thus someone who is in a state of anxiety or feeling afraid if doing this relaxation therapy will get a calm. Relaxation can be proven to reduce anxiety in ER and ICU nurses. This is if relaxation is combined with dhikir, it can optimize the handling of anxiety in ER and ICU nurses for the better (Zainuddin et al., 2023). Thus, handling anxiety by using relaxation and dhikir can be the right solution to use. In addition, practicing dhikir can be useful for health both physically and psychologically.

Dhikir is one form of religious element. Dhikir can also be a way for us to get closer to Allah SWT and can help individuals in shaping other events besides fear, this can be proven that every stressor can be faced in a good way, namely with the help of Allah SWT (Syahdiah et al., 2022). If Muslims can believe that by saying the name of Allah repeatedly can heal the soul. Thus, if a Muslim is accustomed to reading dhikir, then he will feel himself closer to Allah SWT and feel that he is always under the protection of

Allah SWT. Therefore, dhikr relaxation therapy can be used to reduce anxiety levels, and this dhikr relaxation therapy can help someone become more concentrated on the feelings of anxiety they feel and then train someone to become calmer (Aisyatin Kamila, 2022). By doing this dhikr relaxation, individuals will get extraordinary peace of mind so that this dhikr relaxation is very useful for everyday life.

Dhikr relaxation is one of the psychological interventions that can be used to reduce the level of anxiety that is being experienced. Dhikr relaxation can be a relaxation method that is done by inhaling air from the nose then holding it and releasing it slowly through the mouth and in the process saying silently *alhamdulillah* according to the ability of the individual (Purnama Rozak, 2021). If relaxation and dhikr are combined, this condition can create multiple calmness, feel less tense because while chanting the *asmas* of Allah. This can have a positive impact in the form of a positive effect on relaxation as well as dhikr in the same way for the person who does it. The technique of doing dhikr relaxation therapy is by chanting the *asmas* (dhikr) so that it can become positive energy. Each recitation of dhikr can provide deep meaning so that it can eliminate and reduce anxiety. The first reading is *Laillahailallah* which means that there is no god who deserves to be worshiped besides Allah SWT. Thus dhikr has many benefits for the body and spirit, one of which is to reduce the level of anxiety by practicing dhikr. The training that can be done to reduce this anxiety level is dhikr relaxation training guided by a professional person in order to get good results on the training.

This dhikr relaxation therapy training can be an important thing to research because it can be a means to provide a useful thing about anxiety problems, so it is hoped that this can work on obstacles in overcoming anxiety problems for ER and ICU nurses. This study aims to reveal the effect of dhikr relaxation therapy on reducing anxiety levels in ER and ICU nurses. The hypothesis of this study is that there is an effect of dhikr relaxation therapy on reducing anxiety levels in ER and ICU nurses.

Method

This research design uses a quantitative and qualitative approach to experimental psychology, namely pre-experimental design using the One-group Pretest-Posttest Design model. Using this design because there is a pretest before treatment and a posttest after treatment (Wahyuningrum et al., 2021). In this study, relaxation therapy treatment was given combined with dhikr to one group of subjects, namely ER and ICU nurses. One group pretest-posttest design was chosen because this research is a preliminary study that will be expanded in further research, because it is still at the stage of building a research foundation, especially related to treatment and a series of training designs. The use of an experimental design was also chosen due to the limited time the researcher had. The research design used in this study one group pretest-posttest only design (see figure 1).

O1 X O2

Figure 1 One Group Pretest-Posttest design symbol.

Description:

O1 : Pre-test (Measurement before treatment)

X : Relaxation therapy with dhikir

O2 : Posttest (Measurement after treatment)

Subject selection using purposive sampling. Purposive sampling is a sampling method used with non-random sampling, where researchers can ensure that they can raise this issue through methods by determining a good identity that matches the research objectives (Lenaini, 2021). Thus the selection of this subject can be selected according to the characteristics or characteristics that are in accordance with the research. Therefore, the selection of this subject can be determined based on predetermined criteria.

The subjects of this study were 6 people with certain criteria, namely, men and women, working in the ER and ICU units of Yarsi Hospital, having at least 1 year of work experience, feeling anxiety at work, getting recommendations from the head of the room to take part in dhikir relaxation therapy training and willing to follow the intervention until completion.

Data collection is done quantitatively using the TMAS scale. Taylor Manifest Anxiety Scale (TMAS) was created by Taylor in 1953. TMAS is a trait anxiety measurement tool, a tendency for individuals to experience anxiety without any influence by the situation and TMAS consists of 50 question items (Hariyanto, 2020).

There are 4 categorizations of anxiety levels when measured by the TMAS scale, namely as follows: score 0-26 means not anxious, score 27-32 means mildly anxious, score 33-40 means high anxiety and score >40 means very anxious.

Data collection was also carried out using interview techniques. The purpose of conducting interviews is to strengthen the results of the study. So that this research can provide results based on quantitative and qualitative data.

Data processing using the Wilcoxon test. The Wilcoxon test is a statistical method used to test whether there is a difference in two paired data, so that the number of data samples is always the same. This test can be called the Wilcoxon Signed Rank Test which means, the author will test the results of the Pretest and Posttest (Windi et al., 2022). Thus, when using this Wilcoxon test, we can see whether there is a difference before and after the research.

Result

A total of 6 ER and ICU nurses were able to participate in this study. Three subjects were 26 years old, while the remaining one subject was 33, 40 and 41 years old respectively. Anxiety scores in ER and ICU nurses in table 1 show that all subjects experienced changes with different ranges of numbers.

Processing the score into categorization based on the Indonesian version of TMAS category norms, the category of not anxious can be obtained: $X \leq 26$; low: $X < 32$; Moderate: $32 \leq X < 40$; and high: Based on Figure 1, it can be seen that during the initial condition, the subjects were in the moderate category with 50% each.

After being given treatment activities in the form of dhikr relaxation therapy, it shows a change, where the posttest score shows 50% of the subjects are in the non-anxious category, while the remaining 50% remain in the moderate category. This finding can be deepened by using further tests in order to answer a more convincing hypothesis.

Table 1
TMAS Norm Category Test Results

Subject	Pre-test Score	Posttest Score	Score Difference	Changes
S1	8	3	5	Not Anxious
S2	32	9	23	Not Anxious
S2	27	15	12	Not Anxious
S4	29	10	19	Not Anxious
S5	25	7	18	Not Anxious
S6	23	20	3	Not Anxious

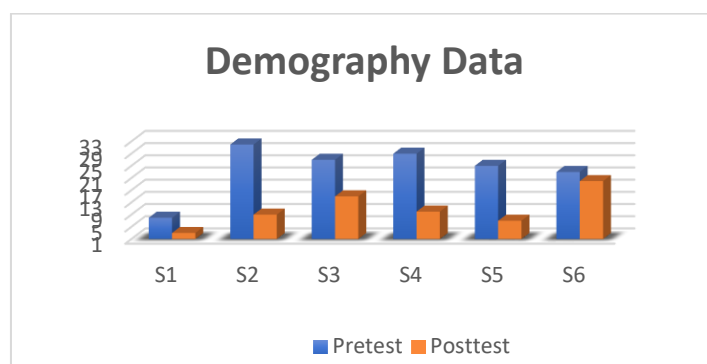


Figure 1. Categories of dhikr relaxation therapy on *pretest* and *posttest*

Table 2
Wilcoxon Test Table of Anxiety Reduction in ER and ICU Nurses.

Asym Variable	Mean	Z Score	Negative Rank	Positive Rank	P Sig
Pretest	3.50	-2.201	6	0	0.028
Posttest	1.00				

Table 2 shows that there is a difference in the anxiety level of ER and ICU nurses before and after training. It can be seen that the significance value is 0.028 ($p < 0.05$). In addition, a mean rank value of 3.50 was obtained, which shows the difference in mean rank between pretest and posttest results.

In addition to using quantitative data, this research also uses qualitative data analysis. Qualitative data is used to be able to explain the phenomena that occur in the field and provide results based on the reality that occurs in the field. There are several qualitative data used, namely descriptive qualitative through participant observation which is useful for analyzing events in the field and can be useful as a reinforcement of research results. In addition, there are worksheets that are useful for adding.

Day 1

At the first moment subject number three looked confused in answering several questions from the presenter, then subject number six looked tired because he lowered his head several times and closed his eyes, like falling asleep, subject number six looked nervous when answering questions from the presenter, this can be indicated by the subject pinching or holding the neck when answering questions, then subject number four was seen yawning when the presenter delivered the material, then subject number two had a sad look in his eyes like a tired person, subject number four seemed to feel restless, this was indicated by shaking his legs continuously, then subjects number 2, 3 and 6 often said “eeee” in the middle when answering questions, subject number three had said that he felt tremors and finally subject number 4 and 6 could not concentrate, this could be indicated by the subject checking his cellphone several times during the material delivery session and during the discussion.

Day 2

Before starting the training, the trainer tried to evaluate the application of home tasks that had been carried out by the subjects. In the first subject he said that he had done dhikir relaxation at home and he felt refreshed and tired in his body became lighter after doing relaxation at home, in subject four he felt his body was fresher and he could sleep comfortably so the subject overslept to wake up in the morning after doing dhikir relaxation at home, in subject five said that he had applied dhikir relaxation at home and after doing relaxation independently at home the subject felt that he became more comfortable sleeping then could wake up earlier and his body felt fresher. Whereas subjects two, three and six did not do relaxation independently at home because there were subjects who were on night service and there were subjects who fell asleep so they forgot to relax.

On the second day subject number five said that after doing relaxation training independently the subject felt comfortable when waking up and felt refreshed, then subject number four said that after doing independent relaxation the subject felt deeper sleep and felt lighter, then subject number three did not have time to do independent relaxation training, subject number one said that he was more absorbed when doing relaxation independently, subject number six looked tired because he yawned several times and closed his eyes while looking down (because the subject finished doing night service), subject number

two looked tired because his eyes were dull and his blinking looked slow, and subject number four looked tired because he yawned several times.

Other qualitative data is also obtained through the results of worksheets that have been filled out by the subjects, from the results of these worksheets can show the changes that appear on the subjects after conducting dhikr relaxation therapy training.

Table 3

Qualitative data has been obtained from worksheets

Initial	Meeting 1	Meeting 2				Development Resume		
	Identification	Anxiety At Work	Exercise Relaxation	Understanding of Dhikr material	Exercise Relaxation Regular	Exercise Relaxation Regular	Subject progress on days 1 and 2	There is not progress
W	The subject feels tired quickly so that the subject can feel symptoms of anxiety such as palpitations and excessive worry.	Subjects feel anxious when they make mistakes in performing actions to patients so that they cannot convince others.	The subject is able to relax well enough so that the subject feels calm and the mind relaxes.	The subject is less detailed writing the results that have been obtained from the relaxation material, but the subject can write with a pretty good sentence.	The subject only wrote 2 results after doing dhikr relaxation the subject was quite capable of doing dhikr relaxation well.	The subject is quite capable of writing down the results after doing relaxation independently the subject is able to feel stronger and fresher after doing dhikr relaxation.	One the first day the subject was able to relax well resulting in a calmer feeling, then on the second day the subject was able to relax even better with dhikr and had a positive effect.	Very visible changes.
UH	Subjects can feel	There is anxiety	The subject	The subject was able to	The subject	The subject has	The subject on	Quite a

	anxiety in the subject has written down two results after doing relaxation and	write the meaning of the material regarding relaxation therapy quit well.	is very good at writing down the doing dhikir after relaxation because of really enjoyed the atmosphere that makes the subject can feel good benefits after doing dhikir relaxation.	not been able to focus when doing dhikir relaxation because of the relaxation and on the second day the subject felt less focused. focused. relaxing. There were changes that occurred in the subject between the first and second days.	the first day felt sleepy during the relaxation exercise because he really enjoyed the relaxation and on the second day the subject felt less focused on relaxing. There were changes that occurred in the subject between the first and second days.	visible changes e.
WY	The subject is able to write down some of the symptoms of anxiety	The subject is less able to write down feelings after doing	The subject wrote the things obtained from the material quite well	The subject wrote down 2 things that he felt after doing	Subjects can focus more when doing dhikir relaxation independently rather than being	Quite a less visible changes es.

	felt such 4 as being feelings anxious of about anxiety something felt by that has the not yet subject, happened one of so that the which is subject is feeling able to anxious make when solutions facing when complai feeling nts from anxious. the patient's family.	relaxatio n.	and subject could feel the benefits after listening to the relaxation material.	the dhikr relaxatio n and the subject was not able to do dhikir relaxatio n well enough because he felt sleepy after relaxing dhikir.	guided.	day while on the second day the subject was able to relax well and could focus more when done independe ntly.		
U	The subject was able to write anxiety symptoms in sufficient detail such as cold hands and feet.	The subject is less able to write down anxiety problem s at work in detail.	The subject wrote down what he felt after doing relaxatio n, namely that his view became wider.	The subject is quite capable of writing down the results of the relaxation therapy material that has been delivered and the subject is able to interpret dhikir quite	The subject is quite capable of doing dhikir relaxatio n by being guided and the subject is able to apprecia te the dhikir relaxatio	The subject is able to enjoy this dhikir relaxation training so that the subject can feel a tance experience	The subject was able to practice the relaxation well on the first day while on the second day the subject really lived and interpreted the dhikir relaxation very well.	Very visible chang es.

				well.	n that		There was	
					has been		a very	
					down.		good	
							change in	
							the subject	
							because	
							the subject	
							really	
							enjoyed	
							this	
							relaxation	
							exercise.	
EL	The subject has been able to write down the symptoms of anxiety that he feels in great detail clearly along with the solutions that have been done.	The subject was able to write down the feelings of anxiety at work quite well, the feeling of anxiety by the subject was when taking action on difficult and life-threatening	The subject is able to write the results after doing relaxation in great detail and even subject can feel a very good feeling from before doing relaxation and	The subject is very good when writing down the results of the relaxation therapy material and the subject can convince that dhikir can make oneself better and get extraordinary results.	The subject is quite capable of writing down the results after doing dhikir and relaxation	The subject is quite capable of writing down the results of this dhikir relaxation training very well and the subject gets an extraordinary feeling of comfort and calm so that the subject feels more confident	The subject was able to write down the anxiety he felt on the first day and relax well then on the second day the subject could feel even better changes after doing dhikir relaxation so that the subject felt calmer and more comfortable	Very visible changes.

		ng patiens.	after doing relaxatio n.		n.		e participnti ng in training activities. So that there are changes in the subject after relaxation with dhikr.	
AW P	The subject is quite capable of writing down the feelings and symptoms of anxiety that feels sufficient detail and the subject is quite capable of making solutions so that the subject does not experience	Subjects can write down feelings of anxiety at work in great detail. In fact, the subjects who participa ted in the training. Subject AWP was the most detailed	The subject was only able to write 2 things that he felt after doing relaxatio n,	The subject lacks details in writing what has been obtained from the relaxation material.	The subject only wrote 2 things obtained after doing the relaxatio n and the subject wrote in less detail. The subject was not very focused on doing the	The subject has been able to focus when doing relaxation independe ntly, the tujihing that makes the subject uncomfort able is adjusting the breath by being guided.	The subject was able to respond and relax quite well on the first day while on the second day the subject becsmr less focused because he felt tired and sleepy but finally the subject found a more comfortabl e way to	Quite a visible chang e.

excessive	in	dhikr	refocus
anxiety.	writing	relaxatio	namely
	down	n	doing
	the	training	dhikr
	anxiety	and felt	relaxation
	he felt at	sleepy.	independe
	work.		ntly.

Based on the results of the worksheets on the first day and the second day, it was found that the subject was able to do this deep breath relaxation and dhikr relaxation exercise quite well and the subject could focus on this training activity so that the subject could understand the material about dhikr relaxation well and then the subject could feel very good benefits when he had done dhikr relaxation. In the worksheet, questions are given about what is felt after doing the relaxation. There is one participant whose initials are U expressing what he has felt when doing this relaxation and the subject feels very calm, there is a warm feeling in the body and the view seems wider. Thus the subject feels that doing this relaxation is very useful to do every day. This is also because subject U has been able to understand that this relaxation makes him better than before, because previously the subject found it difficult to control himself and there were pressures felt by the subject so that there were feelings of anxiety felt. By understanding dhikr relaxation, the subject has been able to make himself better and feel calm with this relaxation so that the subject can control himself.

The participants of this dhikr relaxation training are able to carry out the relaxation task well and can write the results of the application of relaxation on the worksheet that has been given. Participants on the first day seemed eager to listen to this relaxation material so that participants could practice this relaxation in a relaxed and comfortable manner. Then continued with the second day, where some participants looked tired and sleepy when participating in this training because they finished working at night, but this did not make the participants become discouraged but the participants were still happy and calm following this training until it was finished.

When viewed qualitatively, there can be changes on the first and second days, namely the participants who initially felt a feeling of anxiety, fear to feel a lot of burden to be accepted then after going through the relaxation training process on the first day the participants could feel a fairly calm feeling so that there was a change that initially felt anxious and then could become calmer, then on the second day there were changes that appeared from the participants, namely the participants were more able to make themselves more comfortable than the first day because they had relaxed using dhikr. If seen, the subject is able to feel calm when doing relaxation using dhikr. Thus, this dhikr relaxation training is able to improve the situation better than before so that the participants get a pretty good impact after participating in this dhikr relaxation training.

Of the six subjects who participated in the training, there were two subjects who could show high anxiety and very good changes after doing dhikr relaxation. This was obtained from the results of the worksheets on the subjects EL and U who showed very good changes and initially these two subjects also had a fairly high level of anxiety so that they could change for the better after being given training in dhikr relaxation therapy. This significant change can be shown by the subject while in the field. Subject EL can mention the feelings of anxiety she feels such as chest pounding, feeling upset and the demands of work that cause anxiety in subject EL, but subject EL can also show quite good changes after doing dhikr relaxation therapy training. There are several things that subject EL felt when she finished doing dhikr relaxation therapy, such as feeling calm, feeling relieved, not sleepy and the headache disappeared. In addition, subject EL can also show a much more positive attitude change after doing this training. Subject U initially wrote down some of the symptoms of anxiety he felt such as cold hands and feet, palpitations and feeling dizzy, then the cause of the anxiety felt by subject U was if the work target was not achieved. When starting to practice deep breath relaxation therapy, the subject can show changes little by little and then at the time of training relaxation dhikr the subject can show very good changes such as, feeling there is energy flowing in the body, feeling very calm and feeling something enveloping, so that this subject feels much better than before. Thus these two subjects can provide good results of changes to the dhikr relaxation therapy training.

Discussion

This research has been carried out with various objectives. The purpose of the research that has been mentioned is that this quantitative and qualitative research can answer the results contained in the research results. The first objective is to reveal the effect of dhikr relaxation therapy on reducing anxiety levels in ER and ICU nurses.

This first objective can be answered through quantitative data processing which can show that there is a change in scores on descriptive results. There are differences in anxiety scores before and after treatment (can be seen in table 1), this can be an interesting thing to discuss in an effort to provide a good intervention to the subject. In line with this, this intervention also tested significant in providing the effect of dhikr relaxation therapy on anxiety in ER and ICU nurses. Thus this study can prove that this dhikr relaxation therapy can reduce anxiety levels in ER and ICU nurses. This can be proven based on the results of data processing that has been done. So this can answer the hypothesis in the study. The hypothesis is accepted, that can show the effect of the results of dhikr relaxation on anxiety (can be seen in table 2).

The second objective is to understand the description of changes in the subject after the training. The second objective is the result of qualitative data processing carried out by making direct observations in the field and looking at the worksheets that have been given to the subjects. Thus the descriptive qualitative results were obtained in the form of feelings of anxiety with different symptoms felt by the subject. Then it was found that this dhikr relaxation therapy was able to overcome anxiety in the subject because the subject was able and felt comfortable after doing this dhikr relaxation therapy. Results

Qualitative results are shown by qualitative descriptive data and worksheet entries that show the occurrence of developments in the subject (can be seen in table 3). Thus these qualitative results can also prove that dhikr relaxation therapy is able to reduce anxiety levels. This can also be seen from the condition of the subjects who initially had a fairly high intensity of anxiety, then the subjects were able to take part in this training

seriously and enjoy this training session well so that the subjects could receive good results, namely a decrease in anxiety levels with dhikir relaxation therapy that had been carried out in the right way and seriously, besides that the subjects could also understand the dhikir that was read so that the subjects got the goodness after doing this dhikir relaxation therapy. This therapy is the development of conventional relaxation therapy and adds dhikir treatment.

Relaxation therapy is an activity that can make oneself calmer so that it can provide benefits such as reducing the level of anxiety felt (Mayasari & Isviyanti, 2021). Thus the benefits of this relaxation in addition to reducing anxiety levels are that it can regulate the emotions and physicality of the individual so that anxiety can be reduced. This dhikir relaxation therapy can be combined with dhikir so that it can be expected to get better results if it is added with dhikir. coupled with dhikir. This is because the involvement of dhikir in the relaxation therapy process also involves a religious process that can be the greatest potential of each individual.

This is in line with the opinion (Andriyana et al., 2021) that the correct understanding and experience of religion can solve the problems and anxiety experienced by a person. Thus, by getting closer to Allah SWT through dhikir, it can help a person in reducing the level of anxiety experienced. Therefore, the results that this dhikir relaxation therapy can be proven through quantitative and qualitative data processing.

This is in accordance with the opinion (Himawan et al., 2019) that dhikir relaxation therapy has a significant effect on reducing anxiety levels in subjects before and after being given dhikir relaxation intervention. Thus, this dhikir relaxation therapy has a good influence to reduce anxiety levels if done correctly and seriously.

At the time of providing training to the subject, the subject said that in general he already knew and felt able to do dhikir relaxation and was able to do this dhikir relaxation. After being given feedback through a question to the subject whether they can feel the effect of calmness after doing relaxation before this? All subjects agreed to answer that they cannot feel calm, with this, there is an appropriate context of need for this dhikir relaxation therapy training. When the subject has been taught and explained about dhikir relaxation therapy and then the subject can do this dhikir relaxation therapy, the subject can feel the therapeutic effect. This therapeutic effect can have a good effect on things regarding healing and this therapeutic effect becomes an activity centered on the subject's recovery (Randang, 2019). In simple terms, it means that the subject of the healing effect is being carried out by the subjects. Thus, if this intervention is to get a therapeutic effect, the intervention can be done in the right way.

This is in line with the opinion (Purnama Rozak, 2021) that the meaning of reading dhikir is an activity found in every form of worship and if dhikir is interpreted correctly, it will get better results. Thus it can be proven that by doing this dhikir relaxation therapy correctly, it will get a good healing effect on anxiety.

In line with this, this study also gave home assignments to subjects to apply dhikir relaxation therapy as a means of practice. This dhikir relaxation training is also very useful for the subject so that the subject can practice more deeply about the subject's skills with consistent ability, the results that will be obtained will be better. This is in line with the opinion (Bachtiar, 2021) that with the application of this home assignment, participants will feel more comfortable if they do the training independently at home, because they remember that the conditions at home are more comfortable to do this training. Thus, the subject can carry out this dhikir relaxation therapy independently at home and can be done repeatedly if the subject has understood well about the dhikir relaxation therapy exercise.

The various elements above are also emphasized and instilled in the subject during the training of dhikir relaxation therapy. Thus, if the application of the three elements above can get a better effect during learning and make this dhikir relaxation very useful. This is in line with the opinion of subject EL who stated that she felt very lucky to be able to learn dhikir relaxation therapy because she knew that this dhikir relaxation was very useful and useful for treating the anxiety she had felt so far. This is in line with the opinion (Wahyuningsih & Tamimi,

2021) that dhikr when viewed from the health aspect can have a positive impact that can provide a stable body balance. So this is very necessary by providing interventions that also involve spiritual aspects to the subject. Thus, the application of dhikr relaxation to the condition of ER and ICU nurses who experience anxiety can be a very useful experience and lesson.

The experience that makes the effect of dhikr relaxation more impactful, after the subject can know the material about Dhikr and Peace of Mind. The participants also said that everything that is done with confidence and accompanied by prayer and dhikr, then everything will be good and get extraordinary results. This is in line with the opinion (Rochmah et al., 2021) that the recitation of dhikr can provide calmness, generate confidence, strength, feelings of security, peace and provide a feeling of happiness.

In addition, there are elements of excellence in this research, which can support good results. The strength of this research lies in the values that have been instilled in the participants, which are based on Islamic values. Islamic values were given as the main value in this intervention. This is shown by the involvement of Allah and surrender to Allah in the healing process. In addition, there is also an explanation of dhikr from a psychological perspective and the application of dhikr as a healing method. Dhikr has also become a daily recitation for Muslims, so there is a good opportunity to make dhikr a means of healing when combined with psychological interventions.

Referring to this, in this training, participants are also guided or trained to be able to make dhikr as an effective means to reduce anxiety. This is in line with the Qur'anic verse in surah Ar-Rad verse 28 which means: "(i.e.) those who believe and their hearts become peaceful with the remembrance of Allah. Remember, it is only with the remembrance of Allah that the heart becomes peaceful". Based on the interpretation of Min Fathil Qadir, which makes the heart calm and peaceful, namely by remembering Allah by oral means such as reading the Qur'an, bertasbih, bertakbir, tahlil and listening to dhikr (Ismail et al., 2022). This can be interpreted that the feeling of fear that is being faced but this can be overcome by applying Islamic things within oneself so that it can provide a calmness if you can practice dhikr correctly.

This is in line with the opinion of (Kumala et al., 2017) that with the belief in Allah and the feeling of calm when remembering Allah, it can be a picture of peace of mind. When we look at the context of dhikr application in society in general, dhikr has not been able to bring optimal impact in its application. However, if the community is able to understand dhikr well and is able to make dhikr a medicine against disease, then dhikr can already provide a sense of comfort to someone. Thus if Thus, if someone can feel comfortable if they can remember Allah, as well as if someone applies therapy combined with dhikr, they will feel peace of mind because they have made dhikr a cure for the fear experienced.

This is in line with one of the statements of subject EL who also feels motivated and will do this dhikr relaxation more often in everyday life. Thus, if someone can apply this dhikr, they will get extraordinary inner calm and someone who is able to recite dhikr every time will feel happiness and have a positive outlook on life. If this dhikr relaxation can be applied properly and always done without coercion, then this dhikr relaxation can be useful for oneself. If a person already has good mental calmness then he is able to do positive things in his life, can be motivated and enthusiastic in living his daily life with this calm feeling.

In addition, there are also advantages of this study, namely the systematic application of procedures and triggering participants to be actively involved in this training in a two-way manner. According to (Susilowati, 2019) a systematic procedure model can provide good changes and development for intervention participants if carried out properly through active participation from the subjects. This

This can be shown in the systematic procedure of the design and can be seen by being able to be carried out with sufficiently detailed stages and so on. Then, the two-way involvement can be shown by the worksheets that can keep the participants active in providing feedback for the presenters and the training. In addition, there are useful exercises to train participants to master the expected competencies. These competencies

can be related to dhikir relaxation.

This dhikir relaxation therapy in addition to getting the benefits of relaxation but will get benefits such as being able to increase faith and will get good experiences after doing dhikir relaxation (Pujowati, Sarjono, 2023). Thus it can be seen that this dhikir relaxation therapy can make individuals get closer to God by applying dhikir as a form of relaxation.

God by applying dhikir as a soul tranquilizer. Especially in the midst of the hustle and bustle of this world. Often the journey of life is not easy. As Allah SWT says in the Al-Qur'an surah Al-Baqarah verse 155 which means: "And we will surely test you with a little fear, hunger, lack of wealth, soul and fruit. And give good news to those who are patient". Based on the interpretation of Sayyid Qutb contained in the book *Fi Zhilalil-Qur'an* the meaning of the verse is that if a person experiences trials and suffering he should be able to be patient, because with this patience all the problems and trials of life can be overcome and controlled properly (Qutub, 2000). It can be understood that trials will always exist and it is *sunatullah*. Whatever problems occur either in the surrounding environment or problems with oneself, then the best choice is the right one to solve it.

One way to solve the right problem is to be able to understand and apply dhikir relaxation therapy training techniques by understanding dhikir relaxation techniques so that we will continue to process with the situation and can remain calm, then with this calm will lead to patience and sincerity.

From the description above, it can be understood that dealing with anxiety that is felt in oneself should not only be resolved with reason but can involve conscience so that individuals can be able to solve a problem properly and have a big heart. If a person can be patient with everything he feels and then he can solve all the problems he faces, he will have peace of mind because he can overcome all feelings of anxiety or fear as well as possible.

However, this research is not free from weaknesses, namely related to the choice of experimental design which still uses a low level, namely pre-experimentation. Future research with similar topics should be upgraded to a true experiment with a pre-test post-test design with control group design. By having two groups, the results can be more confident that this change can actually occur intervention. In addition, in the next training, there should be a co-trainer as the guide of the intervention activities to be able to provide games to the participants so that they are not bored and make the forum dynamic.

Conclusions

Based on the results of quantitative and qualitative research, it can prove that dhikir relaxation therapy training can reduce anxiety levels in ER and ICU nurses. Based on the results of quantitative data processing, that there are differences in anxiety in ER and ICU nurses before and after treatment. In addition, based on the results of qualitative data, it can be concluded that anxiety in ER and ICU nurses can be overcome by doing dhikir relaxation therapy, this can be shown by the feeling of comfort and calmness felt by participants after conducting dhikir relaxation therapy training.

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