

APPLICATION OF DZIKIR THERAPY ON MRS. P, A HYPERTENSION PATIENT WITH ANXIETY NURSING PROBLEMS IN GARUDA HOUSING AREA RT 43, JAMBI IN 2023

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Abstract

Background: Anxiety is a vague fear and cannot be supported by situations. Excessive anxiety has a detrimental effect on the mind and body and can even cause physical and psychological illnesses. So management or treatment is needed not only pharmacologically but also non-pharmacologically. Non-pharmacological management of anxiety includes deep breathing techniques, distraction, five-finger hypnosis and dhikr therapy. Method: Case study with data collection techniques through observation, interviews and physical examination. Results: From this study, it was found that after the client had performed dhikr therapy for four days, the anxiety experienced by the client decreased from severe to moderate anxiety levels. So the application of dhikr therapy is effective in reducing anxiety. Conclusion : Based on the evaluation after the dhikr therapy and deep breathing techniques were carried out in the case, it was found that anxiety decreased from severe to moderate. From the research, it was found that the benefits of dhikr therapy are putting a response in the form of calm, and reducing the level of anxiety.

Keywords: Anxiety, Dhikr Therapy, Hypertension

Introduction

Elderly is the final stage of adulthood, and is a natural process that is inevitable for every individual. In general, increasing age can cause changes in the elderly, both physical changes and psychological changes. These changes can cause psychological problems in the elderly, including difficulty sleeping, stress, depression, and anxiety. ¹
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Anxiety is a natural disturbance of feelings of fear or worry that are deep, ongoing, realistic judgment is still good, personality is still intact, behavior can be disturbed but still within normal limits. ^{3,4} Anxiety is a vague fear that cannot be supported by the situation. ^{5,6,7}

According to WHO (*World Health Organization*) in 2017. Depression and anxiety are common mental disorders with the highest prevalence. There are more than 200 million people worldwide (3.6% of the population) suffering from anxiety and 322 million people worldwide (4.4% of the population) suffering from depression and

almost all of them come from the Southeast Asia region. ² In the journal of American society it is stated that 3-14 out of every 100 elderly people have anxiety disorders. ^{6, 4}

Many factors cause anxiety, namely always thinking about the disease they suffer from, economic constraints, having very little time to gather with family, thinking about their unmarried children, often feeling lonely. ^{8,9}

Excessive anxiety has a detrimental effect on the mind and body and can even cause physical illnesses including suppression of the immune system, digestive disorders, short-term memory loss. ¹⁰ In addition, psychological impacts that can arise due to anxiety include irritability, worry, nervousness, motor activities without meaning and purpose such as tapping toes. Therefore, management or treatment is needed not only pharmacologically but also non-pharmacologically. ^{2, 11}

Non-pharmacological management can make the body always in a relaxed state. In general, people who are suffering from illness are followed by feelings of anxiety and restless souls. Non-pharmacological management to overcome anxiety includes deep breathing techniques, distraction, five-finger hypnosis and dhikr therapy. ^{2, 12}

According to Setyaningrum (2019) dhikr is a practice related to other ritual worship, dhikr can also be said to be a form of awareness that a person has in establishing a relationship with the creator. Each reading of dhikr contains a very deep meaning that can prevent tension from arising. ^{7, 13}

Several researchers have shown that dhikr relaxation therapy has a significant impact on reducing anxiety levels. Another study by Olivia Dwi Kumala in 2017 on the effect of dhikr relaxation therapy in increasing mental calmness in people with hypertension, showed an increase in calmness from a score of 78.56 to 98.33. ^{14,15} Also supported by the results of research (Setiyani, Agustina & Rahmawati, 2018) it was found that there was an effect of dhikr relaxation therapy on anxiety levels in elderly hypertensives. ¹⁶

The results of an interview with an elderly person who has various physical disorders including anxiety, fatigue, slow movement, and lack of agility, suffering from hypertension in the Kenali Besar Health Center work area found that the elderly person

has not been able to overcome the anxiety he is experiencing because the client still complains of anxiety all the time, the client also does not know that dhikr can reduce anxiety levels.

Based on the description above, the researcher is interested in conducting research on the Application of Dhikr Therapy with Nursing Problems of Anxiety in Mrs. P, a Hypertension Sufferer in the Garuda Housing Complex, RT 43, Kenali Besar Health Center Working Area in 2023.

Method

This study uses a case study method with a nursing care management process approach and literature studies related to dhikr therapy and anxiety. The respondent selection technique used is *purposive sampling*. The respondents selected were respondents with anxiety and did not know about dhikr therapy. Data collection in this study used interview methods, physical examinations and observations. The instruments used were the DASS (*Depression Anxiety Stress Scale*) questionnaire and SOP (Standard Operating Procedure) for dhikr therapy. Data analysis was carried out after the implementation of nursing care containing data and then analyzed with the analysis domain.

Results

Assessment

Based on the results of the assessment on Mrs. P (63 years old) conducted on June 12, 2023, the following data were obtained: the client said she was anxious when her headache and back felt heavy, the client also said she was anxious because she often felt tingling in her fingers, the client also said she had difficulty sleeping every night, the client said she suffered from hypertension, vertigo, and gastritis, the client did not want to seek treatment because she was afraid that if she found out all the diseases she was suffering from, it could cause prolonged thoughts, the client also did not maintain a diet because according to the client, eating or not eating prohibited foods would also

make her sick, but the client routinely exercises every morning. The client has a family history of hypertension and diabetes mellitus.

During a physical examination, the body weight was 7.5 kg, height 1.5.5 cm, blood pressure 1 52 / 113 mmHg, breathing 20x/i, pulse 8 6 x/i, temperature 36.5 °c, the client has no physical disabilities all within normal limits. When the assessment was conducted the client looked calm, friendly, and cooperative, the client looked restless when talking about the disease he was suffering from, the client looked sad when mentioning the disease he was suffering from, the client looked tense when telling about his illness. In conducting the assessment the client was seen speaking quickly. The client was able to carry out religious activities independently, the client performed the five daily prayers, the client always did dhikr after completing the five daily prayers or other sunnah prayers The client felt calmer after performing the five daily prayers.

From the results of the DASS questionnaire, a score of 15 was obtained, which means that the client is experiencing severe anxiety or worry.

Nursing Diagnosis

The diagnosis that appears in Mrs. P's case is anxiety. The diagnosis is based on the signs and symptoms that appear with reference to the Indonesian Nursing Diagnosis Standards. The signs and symptoms that appear include complaining of anxiety, complaining of worry, difficulty sleeping, appearing restless, appearing tense, increased blood pressure.

Nursing Interventions and Implementation

The first day was carried out on June 12, 2023. The nursing plan that was prepared was to identify the problems experienced. Each intervention can be implemented well, and the client is able to follow each activity.

The second day was carried out on June 13, 2023, the actions taken were to identify the problems experienced and train how to take deep breaths. The implementation carried out by students was in accordance with the interventions made. When the implementation was carried out, the client followed it well, the client was able to practice how to take good deep breaths again, the client was also willing to practice

deep breathing techniques and dhikr three times a day, when anxiety came, when finishing prayer, when going to bed.

The third to fifth day of the action carried out was to train how to take deep breaths and train how to overcome anxiety with spiritual activities (dhikr). The intervention that had been prepared had been carried out well, when the evaluation was carried out the client was able to practice taking deep breaths and dhikr, the client was also willing to practice deep breathing techniques and dhikr three times a day, when anxiety came, when finishing prayer, when going to bed. On the fourth and fifth days the client was able to do dhikr therapy independently.

Nursing Evaluation

At this first meeting, the client was not yet able to recognize anxiety. After the implementation on the second day, the client was able to recognize anxiety. On the third day after the implementation, the client was not able to do how to overcome anxiety. On the fourth day, the client was able to overcome anxiety by taking deep breaths and dhikr. On the fifth day after the dhikr therapy, the client was able to overcome anxiety independently and the client was also willing to apply it in the client's daily life. From the results of the last analysis on the DASS questionnaire, the total score was 13, which means that the client experienced moderate anxiety.

Discussion

Assessment Analysis

In the final report, a home visit was made to Mrs. P in RT 43, Kenali Besar Health Center working area on June 12, 2023, the results obtained were 63 years old, the client said she was anxious and the client looked restless when talking about her illness, the client looked sad when mentioning the illness she was suffering from, the client looked tense, the client spoke quickly.

From the questionnaire results, a score of 15 was obtained, which means that the client is experiencing severe anxiety. Anxiety is an individual mechanism, the endurance or adjustment of individuals to anxiety will differ from one another. According to research by Sari, et al. (2018) The Relationship between Stress Levels

and Hypertension in Outpatients at the Sidomulyo Inpatient Health Center in Pekanbaru City, it states that anxiety responses can be identified through individual characteristics. Strong emotions and intense and ongoing anxiety will transform into somatic reactions that directly affect blood circulation, thus affecting heart rate and blood circulation. The physiological response to stress will increase pulse rate, blood pressure, respiration, and arrhythmia.^{17,18}

Nursing Diagnosis Analysis

The diagnosis that emerged was anxiety. Anxiety is a natural disturbance of feelings of fear or worry that are deep, ongoing, realistic assessment is still good, personality is still intact, behavior can be disturbed but still within normal limits¹⁹. The diagnosis of anxiety is based on the signs and symptoms that appear in Mrs. P by referring to the Mental Health Nursing Care book. The signs and symptoms that appear include complaining of fear, anxiety, complaining of getting tired quickly, complaining of headaches, restlessness, appearing tense, and having difficulty sleeping. Based on the data obtained, a nursing diagnosis of anxiety is established by considering the importance of the problem to be addressed.

According to research by Ardian²⁰, et al (2018), hypertension can occur due to several factors, including anxiety. Anxiety that occurs in a person can cause an increase in blood pressure. Anxiety can trigger increased adrenaline levels. Anxiety will stimulate the sympathetic nerves which will cause an increase in blood pressure and increased cardiac output. Anxiety will increase if peripheral vascular resistance and cardiac output increase, thus stimulating the sympathetic nerves. So that anxiety will react to the body, including increased muscle tension, increased heart rate, and increased blood pressure^{21,22}.

Nursing Intervention and Implementation Analysis

The nursing action carried out is dhikr therapy. On the first and second days, dhikr therapy has not been carried out but deep breathing therapy has been taught. On the third to fifth days, training is carried out on how to overcome anxiety with spiritual activities (dhikr). Based on research conducted by Moch Maftuchul Huda (2022), it is explained that dhikr therapy is carried out for 3 days routinely with a duration of +- 15

minutes. The results of the study showed that rhythmic and slow dhikr readings can reduce stress hormones, activate endorphin hormones, create feelings of relaxation and divert from feelings of fear, anxiety and tension, improve the body's chemical system so that it can lower blood pressure and slow down breathing, heart rate, pulse and brain wave activity. A deeper breathing rate can create calm, emotional control and good metabolism.²³

This is in accordance with the research findings of Tria Widyastuti, Moh. Abdul Hakim, & Salmah Lilik (2019) who proved that dhikr therapy can reduce anxiety in the elderly in nursing homes. All subjects in the experimental group received positive benefits after participating in dhikr therapy. This was reinforced by the statements of the research subjects in the experience sharing session after the joint dhikr practice, the crystallization of the program at the last meeting (participants were asked to tell what they got and learned during the dhikr therapy), and the post-program interview. The benefits obtained were that the subjects felt calmer, more peaceful, slept better, were more open, had fewer negative thoughts, were more optimistic, and felt that all matters were made easier.²⁴

Nursing Evaluation Analysis

First day: The client still said she was anxious and the client still looked restless, tense, blood pressure 151/100 mmHg, pulse 86x/i, breathing 20x/i, temperature 36.5oC. The results of the DASS questionnaire showed a severe level of anxiety with a score of 15. At this first meeting, the client was able to recognize anxiety. According to Priyono's research (2020) on Anxiety of 67 Elderly Women with Hypertension, it explains that the longer a person suffers from hypertension, the higher the level of anxiety experienced by elderly women with hypertension. This can be caused by the respondent's concern about the disease that has not healed even though various efforts such as those conveyed by the integrated health post cadres and health workers from the health center have been made.²⁵ The client's blood pressure during the assessment was 152/113 mmHg and the client experienced a severe level of anxiety.

Second day: After the implementation, the client did not know how to overcome anxiety with dhikr therapy because they had not been taught how to overcome anxiety

with dhikr therapy, but on the second day, the client was taught deep breathing techniques. After the implementation of deep breathing exercises, the client was able to practice deep breathing again with the help of a nurse. According to research by Moh.Syukri (2017), most hypertension sufferers experience feelings of anxiety and often think about their hypertension. Some of them said they were worried about hypertension and had feelings of uncertainty and difficulty sleeping.²⁶

Day three: After the implementation, the client has not been able to independently overcome anxiety with dhikr therapy. According to research by Rika Purnika, et al. (2019), there was a significant change in the difference in average systolic blood pressure before and after being given dhikr meditation in hypertensive patients, namely 3.13 with a P value = 0.000, so there is a significant effect of giving dhikr meditation on changes in systolic blood pressure in hypertensive patients. The decrease in blood pressure is caused by meditation relaxation in principle is to position the body in a calm condition, so that it will experience a state of balance, thus meditation relaxation which is based on breathing will be a relaxed condition, all body systems will work well and in this condition the hypothalamus will adjust and there will be a decrease in the activity of the sympathetic nervous system and increase the activity of the parasympathetic system.²⁷

On the fourth day, the client was able to overcome anxiety by means of dhikr where the client was able to say Subhaanallah, Alhamdulillahirobbil aalamiin, Allahuakbar, Laailaahailallah and the client seemed fluent in saying the dhikr. According to research by Novita (2018), fear of anxiety in the elderly is characterized by feelings of tension, fear of facing death, discomfort and restlessness which are experienced consciously and are subjective in nature. Death is also defined as a feeling of fear or anxiety when people think about what happens after death.⁷

Day five: the client has been able to overcome anxiety independently by dhikr and the client is also willing to apply it in the client's daily life. From the results of the last analysis on the DASS questionnaire, a score of 13 was obtained, which means that the client is experiencing moderate anxiety. According to research by Santoso, et al. (2023) Application of Dhikr Therapy to Reduce Anxiety in Hypertension Patients in the

Internal Medicine Room of Kardinah Hospital, Tegal City, a comparison of the average anxiety before and after treatment in the intervention group showed a significant decrease, which was 8.5. While in the control group showed a decrease but not significant, which was 3.6. So it can be concluded that there is an effect of dhikr therapy on the anxiety of hypertension patients in the internal medicine room of Kardinah Hospital, Tegal City. ²⁸

Analysis of Dhikr Therapy Ability

On the first day, it was found that the client was able to mention some of the signs and symptoms of anxiety, the client said that he was not yet able to overcome anxiety independently. After the implementation, the client was able to recognize the signs and symptoms of anxiety and when the implementation was carried out, the client followed it well. On the second day, the client did not know how to overcome anxiety with dhikr therapy because he had not been taught how to overcome anxiety with dhikr therapy, but on the second day, the client was taught deep breathing techniques, after the implementation of deep breathing exercises, the client was able to practice deep breathing again with the help of a nurse.

The results of the third day's evaluation showed that the client was not yet able to overcome anxiety with dhikr therapy independently because on the third day the client was only taught dhikr therapy. The results of the fourth day's evaluation showed that the client was able to overcome anxiety by dhikr and was still assisted by the nurse, the client also understood that this dhikr therapy could overcome anxiety. The results of the fifth day's evaluation showed that the client was able to overcome anxiety independently by dhikr and the client was also willing to apply it in the client's daily life.

The results of the study prove that dhikr therapy can reduce anxiety, this is in accordance with previous research which found that religious or spirituality-related interventions have a positive effect on mental health, such as reducing anxiety (Hamka & Muhammad Yusuf, 2023). ²⁹

The results of Tria et al.'s (2019) study showed that all experimental group subjects received positive benefits after undergoing dhikr therapy. This was reinforced by

respondents' statements, namely that the subjects felt calmer, more peaceful, slept better, were more open, had fewer negative thoughts, were more optimistic, and felt that all matters were made easier. Based on post-program interviews, all experimental group subjects still routinely performed the dhikr taught during therapy even though the program had finished. This proves that the intervention given was successful.¹⁴ From the study, positive changes in experimental group subjects were influenced by dhikr therapy designed to reduce anxiety. In the cognitive aspect, the dhikr material in the first meeting aims for subjects to have knowledge and understanding of dhikr before practicing dhikr. In the practice of dhikr, subjects are not only invited to recite dhikr readings, but are also given an understanding of the meaning of the dhikr readings that are read so that dhikr is more absorbed.

This is related to Anward's research (2012) which revealed that dhikr provides positive understanding. In the affective aspect, positive understanding of dhikr fosters optimism that every problem can be faced. In the spiritual aspect, the initial stage of dhikr, namely reading tasbih, tahmid, takbir, tahlil aims to foster surrender to Allah SWT. When someone recites the dhikr "Subhanallah" which means Glory be to Allah, "Walhamdulillah" which means All Praise Be to Allah, "Lailaha'Ilallah" which means There is no God but Allah, "Allahuakbar" which means Allah is Great, always deepening its meaning automatically the mind will feel calm and foster a sense of enthusiasm, full of motivation and optimism. Thus it can make people more able to face problems so as to minimize anxiety.^{13, 30}

Conclusion

Based on the evaluation after the dhikr therapy was carried out in the case, anxiety decreased from severe to moderate. From the research, the benefits of dhikr therapy were found to provide a response in the form of calmness and a decrease in anxiety levels.

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