

The Effect of Dhikr Therapy on Stress Reduction: Literature Review

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ABSTRACT

Stress is a bodily response caused by external demands that exceed an individual's ability to cope with and resolve the problems. One of the methods used to reduce stress is Dhikr therapy. The purpose of this study is to determine the effect of Dhikr therapy on stress reduction. This study employs the literature review method. The database used in this study is Google Scholar, with several categories and searched based on various keywords. The results of this study show that many studies and research state that Dhikr therapy significantly influences stress reduction.

Keywords : Dhikr Therapy, Stress, Stress Reduction

Introduction

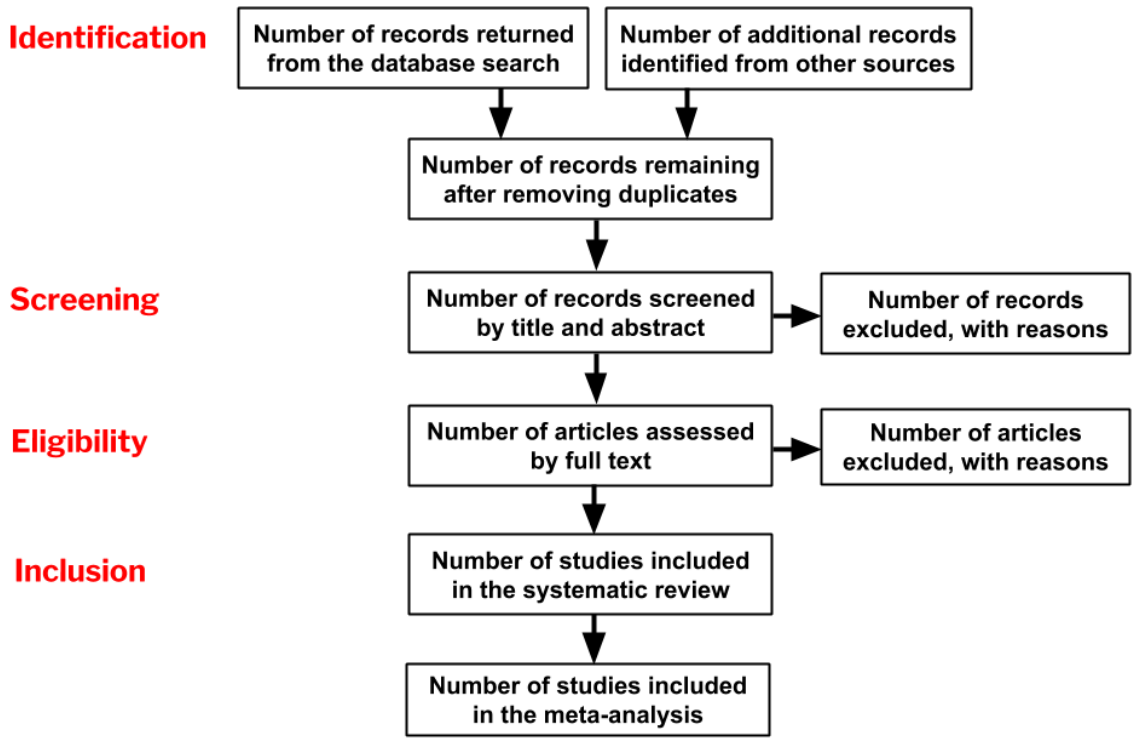
Every human being, in the course of their daily life, encounters many difficulties, and these difficulties can weigh on an individual. Individuals experiencing feelings of pressure or tension are commonly known by the term 'stress'. In a general sense, stress is a form of pressure or something that weighs on a person. According to McGrath in Weinberg and Gould as cited in Sukadiyanto (2010), stress is defined as 'a substantial imbalance between demand (physical and/or psychological) and response capability, under conditions where failure to meet that demand has important consequences.' This means that stress arises in an individual when there is an imbalance or failure to meet their needs, both physically and mentally. Stress is a bodily response caused by external demands that exceed an individual's ability to cope with and resolve the problems (Sarafino in Hasana, 2019). The condition of individuals experiencing stress can be observed both physically and psychologically. Physical symptoms of stress in individuals include: heart palpitations, high blood pressure, muscle tension, headaches, cold palms and/or feet, shortness of breath, dizziness, nausea, digestive problems, difficulty sleeping, menstrual irregularities for women, and sexual dysfunction (impotence) (Waitz, Stromme, Railo, in Sukadiyanto, 2010). When experiencing stress, the body releases stress hormones that can have negative effects on the body and daily activities. During stress, the body also reacts by preparing itself to fight or flee, leading to a tense physical state. Stressors are events or conditions that can trigger stress. Stressors can originate from an individual's psychological state or their social environment, such as daily marital issues, problems with parents, poor interpersonal relationships, pressurizing and unsupportive surroundings, financial problems, trauma, physical illness and injuries, work and education-related challenges, and others (Saputri, 2020). From all these sources, there are three potential causes of stress: the environment, the organization, and the individual. In facing stressors, it means providing individuals with skills to cope with similar stressors in the future. There are various ways to restore the body to a calm state, help the body repair itself, and prevent physical damage caused by stress. Some methods that can be employed include meditation techniques (Sena and Ulansari, 2020), muscle relaxation therapy (Magfirah, Sudiana, and Widyawati, 2015), as well as religious therapies like reading the Qur'an (Nugroho and Kusrohmaniah, 2019), and dhikr techniques.

Dhikr (remembrance of Allah) possesses a relaxing power that can reduce tension (stress) and bring tranquility to the soul. Every recitation of dhikr contains profound meanings that can prevent the emergence of stress. The first recitation, 'La ilaha illallah,' means there is no god worthy of worship except Allah SWT. This recitation affirms the belief in worshipping only Allah. Individuals with high spirituality believe strongly in their God. This conviction will lead to a strong sense of control, the ability to interpret and accept any unpleasant events that occur, guiding oneself towards a more positive direction, and trusting that there is a higher power governing every event in the universe. As a result, individuals can reduce tension (stress), address health problems, and quickly enhance their mental strength. The second recitation, 'Astagfirullahaladzim,' the process of dhikr by uttering phrases that involve deep breathing, such as the declaration of monotheism and seeking forgiveness (istighfar), will increase the exhalation of CO₂ from the lungs. The third recitation, 'Subhanallah,' means glorified is Allah, where Allah is free from any despicable attributes and weaknesses. Glorifying Allah can also lead to being amazed at His creations. Allah is pure and full of mercy. Allah is far from stinginess, as He is the most generous. Therefore, maintaining a positive mindset perpetually and responding with positive emotions can protect oneself from stress reactions. The fourth recitation is 'Alhamdulillah,' which is an expression of gratitude for the sustenance that Allah has bestowed upon us. The fifth recitation is 'Allahu Akbar,' which signifies the greatness of Allah's power, wealth, and creations, fostering an optimistic attitude. An optimistic attitude serves as a source of new energy in life's spirit and eradicates feelings of despair when facing challenging situations or issues that disturb the soul, such as illness, failure, depression, and other psychological disturbances, including stress (Anggraieni and Subandi, 2014).

The purpose of this study is to provide a systematic review regarding the influence of dhikr therapy on stress reduction.

Method

This research is a literature review using Meta-Analysis as the synthesis of results. The articles were sourced from a single database, Google Scholar. The keywords used were "Dhikr Therapy," "Dhikr Therapy for Stress," and "stress reduction." The publication timeframe for the articles was between 2017 and 2021, written in the Indonesian language, and the author did not restrict the subjects in this research, so any journal containing relevant keywords was included. The author excluded theses, papers, and books. The PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis Protocols) method was employed to obtain eligible articles. By using the PRISMA method, several scientific steps were carried out, including identifying articles based on keywords, filtering, assessing the eligibility of articles, and analyzing articles that meet the inclusion criteria.



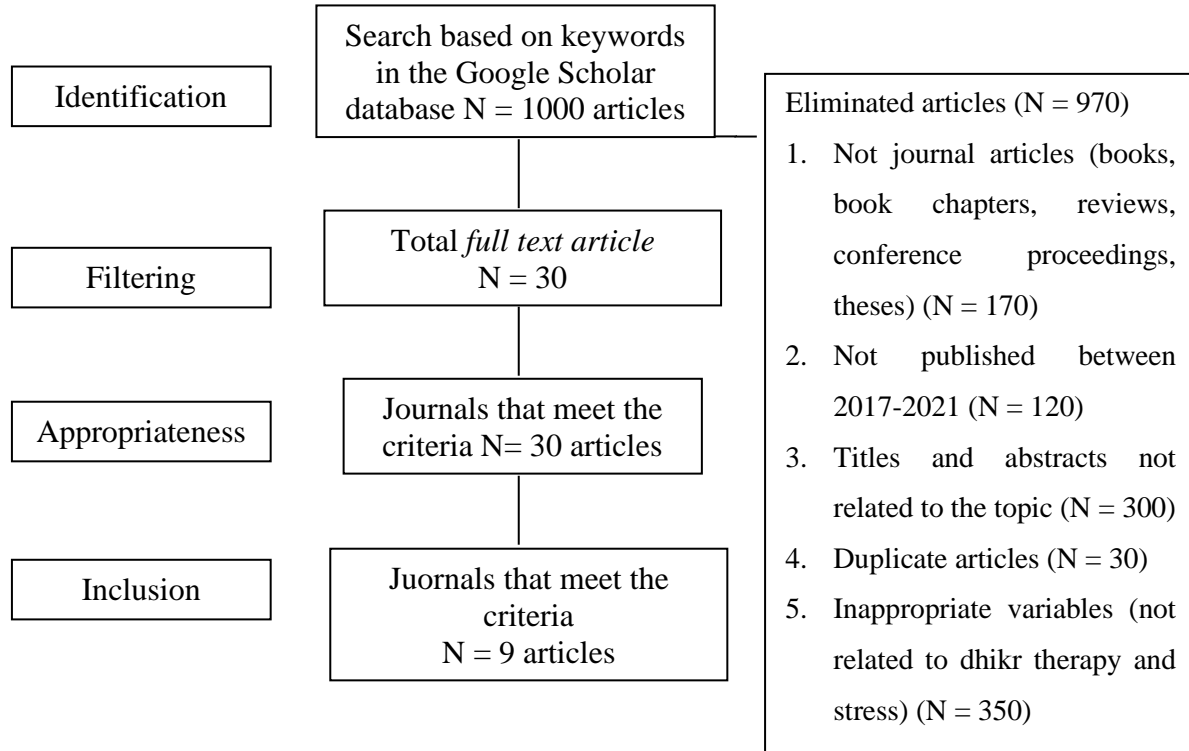
Pict 1. Diagram PRISMA

Results

Database

The search for articles through the Google Scholar database yielded 1000 records, including research articles, books, letters to editors, theses, and article review sheets. From the database search process, a total of 30 articles were reviewed, and in the end, 9 articles met the inclusion criteria.

Tabel 1.
Search results from the database and registry



Tabel 2. Results of literature review

No	Tittle	Author	Research sample	Method	Instrument	Intervensi	Result
1	Penerapan Terapi Relaksasi Zikir Terhadap Stres Pada Klien Dengan Hipertens	Merid Lechan dan Margiyati (Jurnal Keperawatan Sisthana Vol 6 No. 1, 2021)	Two respondents with essential hypertension and moderate stress levels.	Descriptive research using the case study approach method	The DSS (Distress Symptom Scale) measuring instrument scale with 42 items	Application dhikr relaxation therapy 4 times in 2 weeks (2 times a week)	the average decrease in stress levels of the two subjects after dhikr relaxation from an average score of 63 to 38.

	i Esensial Di Wilayah Binaan Puskesmas Rowosari Semarang						From the results of this study, giving dhikr therapy can be used as an intervention to reduce stress levels in clients with hypertension essential.
2	Efektivitas Relaksasi Zikir Untuk Menurunkan Tingkat Stres Pada Penderita Diabetes Melitus Tipe II	Saulia Safitri, H. Fuad Nashori, dan Indahria Sulistyarini (Jurnal Intervensi Psikologi Vol. 9 No. 1, 2017)	15 patients, and classified in groups experimental and control groups.	Design quasi-experimental research pre-test and post-test	Data collection methods are Used by is the method Interviews , observations and scales. Scale used is a scale to measure stress levels From Brooks and Roxburg.	This dhikr relaxation therapy is carried out using modules compiled by Anggraeni and Subandi (2014)	The results of this study showed a value of $p = 0.014$ ($P < 0.05$). The results showed that there was a decrease in stress levels in the experimental group if compared to the control group.
3	Pelatihan Relakasi	Yoga Achmad	There were 23 tahfidz	The experiment used was a	Methods of interviews	Intervention given in the	From the results of the ANOVA test,

	Dzikir Untuk Menurunkan Stres Santri Rumah Tahfidz "Z"	Ramadhan, dan Ayu Kusumadewi Hudi Saputri (Motiva : Jurnal Psikologi Vol 2, No 1, 2019)	house students, experimental group (n = 12) and control group (n = 11)	quasi prepost control group experiment design.	, observation, and providing a stress measurement scale, namely the stress scale from Putri (2011)	form of therapy breathing relaxation, and dhikr relaxation for 2 weeks.	the results obtained were $F = 457,877$ and $p = 0.003$ ($p < 0.01$). The results of this study it can be concluded that dhikr relaxation training has a significant effect on decreased stress levels in the students of the Tahfidz "Z" House.
4	Penanganan Stress Dengan Metode Dzikir Lisan Di Pondok Pesantren Tetirah Dzikir Berbah Sleman	Najuba Zain, Irena Wahyu Damayanti, Nikmatul Choyroh Pamungkas, dan Nadia Saphira (Al-Isyraq: Jurnal Bimbingan, Penyuluhan, dan Konseling Islam, Vol. 1, No. 2, 2018)	60 patients at the Tetirah Islamic boarding school dhikr	Field research (field research) with a qualitative approach	Observation and documentation	Dhikr is held after every fardhu prayer for 45 minutes	Pondok Tetirah dhikr has been successful in treating patients who experience mental health problems in the form of stress disorders so that these disorders can be reduced or cured by using oral dhikr therapy.
5	Pengaruh	Novilia	60	Using a	Using the	Responde	The results of

	Pemberian Dzikir Terhadap Stres Dan Gula Darah Acak Pada Pasien Diabetes Mellitus	Qurotun Nisbah, Harmayetty Harmayetty, and Lingga Curnia Dewi (Psychiatry Nursing Journal: Jurnal Keperawatan Jiwa, Vol. 2, No. 1, 2020)	Diabetes Mellitus patients, aged 40-60 years, divided into treatment groups = 30 dan intervention n = 30 people	quasi-experimental approach prepost test with Control group design	Diabetes Distress Scale (DDS) questionnaire to measure stress as well glucometer to measure random blood sugar levels.	nts were given therapy dhikr 5 times in 2 weeks with a duration of 15 minute. patient read alfatihahs a lot of 3x and continue read dzikirbaqi yatusshalihah for 10 minutes	the study show the level of stress after the intervention Dhikr and prayer reduces stress and anxiety
6	Pengaruh Dzikir Terhadap Potensi Menurunkan Tingkat Stres Mahasiswa Dengan Indikator Tekanan Darah	Muhammad Helmi Hakim, Dan Ratika Sekar Ajengan Ananingtyas (briliant: Jurnal Riset dan Konseptual Volume 5 Nomor 2, 2020)	sample that used by 3 students	The method in this study is analytic observational	using a measuring device sphygmomanometer to obtain blood pressure and heart rate data, and the interview method	The measurement was repeated for e times after the Dhikr therapy was given	Obtained results for measurement blood pressure due to the influence of dhikr shows a decrease in numbers even though there is rate of increase but still within range normal. For the number of heart beats measured

	Dan Detak Jantung						tends to decrease in students 1st, 2nd and 3rd respectively by 2.67/minute, 4.33/minute and 0.33/minute, so This indicates the potential for dhikr which can reduce stress levels
7	Pengaruh Terapi Dzikir Menjelang Tidur Terhadap Skor Depresi, Kecemasan Dan Stres Pada Wanita Menopause Di Kecamatan Maos Cilacap	Esti Oktaviani Purwasih, dan Siti Rochana (Media Berbagi Keperawatan, Vol. 3 No. 1 dan 2020)	A total of 60 people who met the inclusion criteria. Respondents were divided into control and intervention groups. each group amounted to 30 respondents.	This research is a quasi-experimental study with two pretest-posttest control groups design.	Using the DASS Depression Anxiety Stress Scale (DASS)	The intervention group received dhikr therapy before going to bed. Treatment given 1 times a day, at bedtime, carried out for 7 days	DASS scores after treatment in the intervention group decreased significantly and in the control group. Therefore Dhikr can reduce stress significantly.
8	Pengaruh	Ridha	Eight	This study	Sa scale	It is	Shows that

	terapi zikir terhadap penurunan stres pada mahasiswa Magister profesi psikologi	Sucinindyasputeri, Citra Indriani Mandala, Anisah Zaqiyatuddin, dan Andi Muhammad Aditya S. (Inquiry : Jurnal Ilmiah Psikologi, Vol 8, No. 1, 2017)	first semester psychology professional master's students	uses a quasi-experimental approach Control group design with pretest and posttest.	that uses the scale developed by Lovinbond and Lovinbond namely depression Anxiety stress scale	carried out in one full day which consists of 2 sessions, namely the first is relaxation and the second session is dhikr therapy	there is no difference in stress before and after being given dhikr training.
9	Pengaruh Dzikir Jaher Terhadap Stres Pada Lansia Dengan Hipertensi	Supriyadi, Ramelan Sugijana, Shobirun (Jurnal Ilmu Keperawatan dan Kebidanan (JIKK), Vol. III No. 1, 2017)	40 respondents which were divided into two groups, namely the treatment group with dhikrjaheer and control group, each numbering 20	This type of research is Quasy-experiment with a Pretest-Posttest with Control Group Design	Data collection tools used on this study is a questionnaire to measure stress levels and standard operating procedures for Dzikir Jaher treatment	Researchers do not do monitoring on the implementation of gingerbread dhikr independently so that the implementation of dhikr for each respondent, length of time, and depth dhikr is not the same.	Dzikirjaher has a very important role good for reducing stress levels with other words that dhikrjaher can reduce stress in the elderly with hypertension.

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Discussion

From the results of the literature study presented in Table 2, there are 8 articles indicating that dhikr therapy has a significant effect on reducing stress. However, there is 1 article stating that statistically, dhikr therapy does not have an impact on stress levels. Out of the 9 articles, 6 articles utilize quasi-experimental design with pretest and posttest measurements. In this method, the samples are divided into two groups: the control group and the experimental or intervention group. Stress levels are measured for both groups before the intervention, then the intervention is applied to the experimental group, and afterward, stress levels are measured again for both groups. On the other hand, the other three articles use different methods. One article employs a case study approach, which is a research method used to describe or depict a phenomenon occurring in society. Another article adopts a qualitative field research method, generating data in the form of written observations from subjects. The third article utilizes observational analysis. Among the 9 articles, 8 of them report a reduction in stress levels in the samples after the intervention. The interventions vary, although 2 articles do not specify the duration of the interventions used.

Dhikr (remembrance of Allah) can permeate the entire body, including all cells, and thus has an impact on a person's physical state. When engaging in dhikr, it induces a relaxation response and nerve stimulation, which can reduce mental tension arising from unfulfilled physical and spiritual needs. The relaxation effect during dhikr can enhance neurotransmitter signals that lower the regulation of the hypothalamic-adrenal axis (HPA axis), thereby reducing the production of the stress hormone cortisol. Additionally, in a relaxed state, the body produces endorphins through the brain, hormones that increase feelings of pleasure and reduce pain, making dhikr therapy function as a pain reliever. Moreover, the relaxation effect also activates the parasympathetic nervous system, responsible for lowering heart rate, respiratory rate, and blood pressure. Besides the benefits of relaxation, dhikr therapy can also increase faith and confidence in Allah's love, protection, and good attributes, resulting in feelings of tranquility and safety (Lechan & Margiyati, 2021).

Conclusion

Based on the literature review conducted, it can be concluded that dhikr therapy has a significant effect on reducing stress. Dhikr therapy can enhance relaxation, triggering hormones that contribute to stress reduction, alleviating pain, and generating feelings of pleasure. This, in turn, has a positive impact on the body's physiological and mental condition, leading to decreased stress levels and improved overall well-being.

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