

## **Dhikr Therapy to Overcome Stress Which Impacts Sleep Quality**

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### **ABSTRACT**

The activity of dzikir or remembering Allah is a form of worship in Islamic teachings that can provide calm. Dzikir has various physical and spiritual benefits, one of which is that it can prevent mental disorders such as stress which causes sleep disturbances because it can have a positive effect in the form of calm or emotional stability. Sleep quality itself is defined as an individual's ability to meet their sleep needs to achieve the maximum amount of sleep. In some people, sleep disturbances can be caused by stress and, more seriously, by trauma. This research was conducted with the aim of analyzing the relationship between stress levels and sleep quality. Applying dhikr therapy by: sitting comfortably, closing your eyes, and saying the names of Allah such as Astagfirullahaladzim, Subhanallah, Alhamdulillah, and Allahu Akbar 33 times. Focus your attention on repeating the dhikr sentence slowly and solemnly. Don't forget to regulate your breathing. Self-therapy is carried out when symptoms of stress appear while reading dhikr, when you have difficulty sleeping, read dhikr before bed. Dhikr therapy is carried out consistently every morning and evening before bed. If the condition has improved, dhikr therapy can be done after every prayer.

**Keywords:** Stress, Sleep quality, Therapy Dzikir

### **Introduction**

Every human being in everyday life is certainly a failure or non-conformity of the reality faced by previous hopes. This condition can direct him to an uncomfortable situation, which makes himself sad, anxious, hesitant, or confused. This condition is one of the characteristics of psychic disorders, which in the field of psychology is known as a stressful condition.

Research shows that stress contributes 50 to 70 percent of the emergence of most diseases such as cardiovascular disease, hypertension, cancer, skin diseases, infections, metabolic diseases and hormones, and so on. When someone experiences severe stress, will show signs of being easily tired, headaches, loss of lust, easy to forget, confused, nervous, loss of sexual arousal, digestive disorders and high blood pressure. Living people cannot avoid stress for that we must be able to address and manage stress well so that the quality of our lives gets better.

Stress is a body response caused by demands from outside individuals who exceed the ability to meet the demands to overcome and resolve the problem, then Selye also reveals that stress is a nonspecific body response to all existing demands and concludes that all threats to the body and influence the specific will trigger a general response to stress. One of the stressful impacts that is felt is the lack of breaks where this break is very necessary by our body.

Rest is the physiological requirement of every human being. The need for breaks of each individual difference is influenced by sleep quality, health status, pattern of activity, lifestyle and age, one of the impacts that arises due to lack of rest, namely a disruption of sleep quality changes, namely

a decrease in sleep quality, daily activities disrupted, reducing the body's immune system (rigid et al., 2012). If the quality of sleep is disrupted, the regeneration of the body's cells will not be maximized so that the body is more susceptible to disease (Friesa, 2007; Safrudin, et al., 2009).

Sleep quality is a situation experienced by someone to ensure freshness and health after waking up. Sleep quality includes quantitative aspects such as sleep duration and sleep latency, as well as subjective aspects such as sleep well and rest. Sleep disorders are one of the most common health problems in the elderly and can be caused by sleep latency (Oktora et al., 2016). Good sleep often produces better mental health, better concentration, and better stress management. Instead, poor sleep quality can trigger problems such as fatigue, difficult to concentrate, and mood disorders. According to the Ministry of Health, the average healthy adult requires around 7 to 9 hours of sleep every night to ensure optimal physical and mental health. However, the right amount of sleep varies from people to people, and some people may feel comfortable with more or less sleep. Sleep enough to feel fresh and focus all day.

Therapy that can be given to someone who experiences sleep disorders due to stress thinking about the task or thinking of the future, namely dhikr therapy by mentioning the names of God such as subhanallah, Alhamdulillah, and Allahu Akbar as many as 33 x when before going to bed and after prayer. The meaning of Subhanallah, Alhamdulillah, and Allahu Akbar is subhanallah, "Allah is holy," meaning Allah is holy from all the bad and holy nature of weakness. Allah's holy, you can admire God's creation. God is cruel and is therefore holy. He is very merciful so it can't be cruel. Allah is holy from all people miser and he is merciful so it is impossible for him to become unclean. Therefore, try to always think positively, because the generation of positive emotional reactions can prevent stress reactions (sholeh, 2005). Alhamdulillah, it is an attitude of being grateful for the fortune that God gives us. One of the impacts of gratitude for health has been studied by Krouse (2006) which shows that increased gratitude to God can reduce the impact of stress on health. Allahu Akbar means the power of God is truly extraordinary. Optimism arises because of God's wealth is so great, so is His creation. Optimism is a new life source of life and eliminates feelings of despair in dealing with situations and problems that disrupt the soul, such as diseases, failures, depression, stress and other psychological disorders (Az-Zumaro, 2011). Reading Dhikr can make peace, calm and peaceful, to be suitable for stress patients.

There is a sense of therapeutic therapy on the sleep quality of someone who suffers from stress and Ricky ET research, AL (2020) shows there are many benefits from listening to MureMal Quran against the quality of the ease of sleep. In addition, the research from Muhimmatul Hasanah (2019) addresses stress can be overcome through prayer, dzikir and other worship. Research from Sujono (2020) also shows that dzikir therapy can affect the loss of sleep.

## **Method**

This research method is a descriptive qualitative method. Sukmadinata (2006) explains that the definition of research using descriptive methods is the characteristics of research that specifically reveals various social and natural phenomena that exist in people's lives. This method focuses more on collecting descriptive and qualitative data, such as observation, interviews, or document analysis, to understand the context and characteristics of a phenomenon. Data source used

are primary data sources that come from sources directly and secondary sources obtained from documentation. MMAN is the subject of this research, 20 years old fourth semester student. Data collection techniques in this research used several techniques, namely (1) direct interviews with subjects, (2) providing informed consent sheets, (3) Self-Therapy checklist sheets. Qualitative data analysis was carried out individually and aimed to explain stress processes through dhikr relaxation therapy for each individual. The qualitative data analysis process was carried out using descriptive analysis by processing data obtained from observations and interviews during the therapy process.

## **Results**

Every human being in everyday life is certainly a failure or uncertainty facing the reality with previous hopes. This condition can direct him to an uncomfortable situation, which makes himself sad, anxious, hesitant, or confused. This condition is one of the characteristics of psychic disorders, which in the field of psychology is known as a stressful condition.

Stress is a body response caused by demands from outside individuals who exceed the ability to meet the demands to overcome and resolve the problem, then Selye also reveals that stress is a nonspecific body response to all existing demands and concludes that all threats to the body and influence the specific will trigger a general response to stress. The felt stress also not only has an impact on individual psychological conditions.

Psychological stress (psychological stress), is a term in discussing stress associated with how we receive and adapt to the encouragement and events that make individuals feel stress. Not everyone who experiences the same psychosocial stressor will experience stress, depending on personality and how coping is done when stress is experienced. The stress experienced by individuals can also lead to different effects.

Based on the research conducted, the resource person considers that his body cannot respond to the outer side properly at the time of the high school to lecture where the lecture is drinking a lot of energy, energy and mind because of the assignments and the task deadline adjacent to the narrasumber concrete stress And it has an impact on the lack of rest, sleep disorders and even the speakers have never slept for up to 2 consecutive days, where the psychological impact continues in a long period of time.

Rest is the physiological requirement of every human being. The need for breaks of each individual is different influenced by sleep quality, health status, activity patterns, lifestyle and age, the speakers say that the break needs to be but he cannot rest well because his mind is disturbed by the task and thinking how he lives in the future, this makes the speaker Can't sleep because of a messy mind.

On the other hands the speaker said when his mind was a mess of the speakers to divert his world by playing a gawe from Maghrib to dawn and it made the source stay updrawal or not sleep semalem, the speaker also said that he was a lot of tasks He will do the task close to the time limit of the task is collected because the speaker does not understand what the command of the task is. Name of the speakers once thought that he needed someone to change himself to be a better person and he could rest with enough so that the quality of sleep he was not disturbed anymore.

In this study we provide dhikr therapy by mentioning the names of God such as *astagfirullahalazim*, *subhanallah*, *alhamdulillah* and *Allahu Akbar* is 33x read when he feels stressed or anxious and read before going to bed and after prayer. After doing this dhikr therapy for approximately 7 days the client felt a change against him who was emotionally emotionally, rested and could not sleep now it became more calm in facing everything in his daily life, becoming more relaxed and regular hours of sleep.

According to the resource person, the positive change will only occur after someone does a struggle or intend to change himself. The struggle in question refers to the acceptance of all the bitter events that he has experienced in the past, and is able to accept whatever happens in the future. In this study, the speakers chose to bring themselves closer to the rulers of heaven and earth, namely God and invited their friends to do positive things and were not worried about things that had not happened.

Narasumber revealed that even though he had experienced stress of changes in his life and stressed thinking of his own future until he could not sleep but he still believed that there was a way to be able to change himself better even though he was broken and thought that everything would remain like that but his thoughts were wrong when he told me to His friend and was given *Solhsi* so that his life could be even better than before.

## **Discussion**

After applying dhikr therapy for 7 days, there was a significant change in the source's stress level, where stress can be caused by academic pressure and lecture assignments, this is in line with research conducted by Livana (2020) which states that there is a relationship between tasks and learning loads with academic stress of nursing students, the heavier the learning tasks, the higher the student stress level. The stress experienced by the resource person has an impact on the quality of sleep, this is based on the theory of Susanto et al., (2022) Several factors that affect sleep quality include psychological factors such as isolation, loneliness, loss, depression, and anxiety, as well as irregular physical activity. other factors that affect sleep quality according to Kasiati & Rosmalawat, (2016) Inconsistent sleep patterns and excessive napping can also affect sleep quality. The series of forms of Islamic psychotherapy carried out in Islamic self psychotherapy include psychotherapy through faith, psychotherapy through worship and psychotherapy through *ruqyah*. A person can only use forms of psychotherapy through faith and psychotherapy through worship, without doing psychotherapy through *ruqyah*. This is done if the individual does not fully understand the procedures for carrying out psychotherapy through *ruqyah* independently. Even though it is a precautionary measure. If Islamic self-psychotherapy is done well and correctly, it can also be an independent treatment carried out by oneself.

In the process of therapy, the informant is asked to sit as comfortably as possible and is carried out in a relaxed state, the informant is asked to inhale and then exhale before starting dhikr. the results obtained show that after meditation, the brain produces more *alpa* waves associated with calm or relaxed conditions (Haryanto, 2002). Afterward, the speaker was asked to recite the dhikr among them, namely:

The first reading is Astagfirullahaladzim according to Yurisaldi (2010) that the process of dhikr by saying sentences containing the letter *Jahr*, such as the sentences *tauhid* and *istigfar* will increase the removal of carbon dioxide in the lungs.

The second reading is *Alhamdulillah*, *alhamdulillah* is an attitude of gratitude for what has been given by God. The effect of gratitude on health has been studied by Krouse (2006) who proved that the effects of stress on health can be reduced by increasing gratitude to God.

The third reading is *Allahu Akbar* which means how great the power of God is. The greatness and wealth of God so that it can lead to an optimistic attitude. An attitude of optimism, a source of new energy in life and erasing a sense of hopelessness when a person faces circumstances or problems that disturb his soul, such as illness, failure, depression, and other psychological disorders (Nur Anggraeni, 2014).

And the last is *Subahanallah*, which is the holy of holies, where God is holy from all despicable characteristics, holy from weakness. *Maha suci Allah* can also feel amazed at Allah's creation. Allah is holy from cruelty it is impossible for him to be cruel because he is very loving. Therefore, always think positively because the emergence of positive emotional responses can avoid mental disorders and stress.

The dhikr therapy can help reduce stress levels in sources and can improve the quality of sleep of sources. these results support the theory of Fitriani et al. (2021) which states that dhikr therapy can have a relaxing effect on the body, affect the hormone system such as increasing melatonin production, and creating a balance of neurotransmitters that can calm the body. From the point of view of mental health, dhikr contains deep psychotherapeutic elements. psychoreligious therapy is no less important than psychiatric psychotherapy because it contains spiritual spiritual power that arouses self-confidence and a sense of optimism. Putra said that the effect of reciting dhikr stimulates the hypothalamus to influence the pineal gland to increase immune function and produce melatonin. Optimal melatonin secretion is mediated by the relaxation response arising from the recitation of dhikr. In this condition, organs, cells, and all substances in the body move to function in a balanced state, resulting in a sense of calm in the body. According to Wulandari & Nashori, a calm state of the soul can create a balance in the body that can increase immunity and can improve sleep quality. (Retno Yuli Hastuti, etc 2019).

## **Conclusion**

Based on the results of the study, it can be concluded that dhikr therapy can overcome and reduce individual stress levels and can improve the quality of individual sleep. dhikr itself is a prayer where it will remember and express feelings, desires and desires. so that people who think will get peace of mind and inner relief, because they will remember themselves and feel reminded by Allah SWT (Saifulloh, 2012). As well as with dhikr, individuals will realize that the tests given by Allah in their lives are the result of past sins. Therefore, this awareness will encourage individuals to ask Allah for forgiveness and be determined not to repeat it again so that the problems faced feel lighter (Shihab, 2018).



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