

Applying Hauqolah Zikr Therapy to Relieve Anxiety

Siti Khadijah¹, Ridhona², Ariu Lahesi³

¹²³Universitas Islam Negeri Raden Fatah Palembang

*Corresponding Email: sitikhadijah0014@gmail.com

ABSTRACT

The purpose of this study was to determine the effect of Hauqolah dhikr therapy on reducing anxiety levels in individuals. Dhikr can be interpreted as verbal utterances, body movements or heart vibrations in accordance with religious teachings in an effort to get closer to Allah SWT, with the intention of eliminating forgetfulness and negligence. Anxiety is a physical condition that causes the heart rate to increase rapidly or when someone is in a state of distress so that they feel uncomfortable. Individuals who experience anxiety tend to have underlying psychological problems. The therapeutic use of Hauqolah dhikr, which translates as "There is no power and strength except with Allah", has been shown to be an effective strategy for reducing anxiety. This therapy involves chanting words or phrases that are meant to increase awareness of Allah and instil a sense of faith in Him. Therefore, this therapy can be an effective alternative to reduce anxiety and improve mental health. This study used a descriptive qualitative approach. Data were collected through in-depth interviews and observations. The subject of this research is a woman with the initials IM who experiences anxiety disorders. The results showed that Hauqolah Dhikr therapy had a significant effect on the anxiety experienced by the subject.

Kata Kunci: *Kecemasan, Dzikir, Terapi zikir Hauqolah.*

Introduction

Work is a routine activity carried out by humans. Humans work to fulfill their needs, not only psychological needs but also material needs. Psychologically, the meaning of work creates a sense of identity, status or social function (Kamisasi: 2018). In working there is a work environment that greatly affects, if the work environment is good it will satisfy and improve employee performance, otherwise if it is bad it will reduce employee performance. The work environment can affect the psychological health of employees, especially a person's anxiety level. Anxiety is a psychological state full of worry and fear of what is happening (Hakim: 2021). In general, anxiety is a feeling of distress and uneasiness and chaotic thoughts accompanied by a lot of regret (Az-Zahrani: 2005).

Anxiety is something that is naturally experienced by everyone at work. Heavy workloads, risky work environments, and high professional demands can cause stress that affects individual motivation and enthusiasm at work (Dinar: 2019). The dynamics of the work environment can have progressive or undesirable effects on interpersonal relationships, personal control, and individual employee motivation. Hassan (2018) mentioned in his research that aspects of the work environment can affect employees' psychological health, and in complex ways.

According to Shah (Ghufron & Rini: 2012), there are three aspects of anxiety, namely: (1) physical aspects, such as dizziness, headaches, sweaty hands, nausea in the stomach, dry mouth, nervousness, and others. (2) emotional aspects, such as panic and fear. (3) mental and cognitive aspects, such as disturbances in attention and memory, worry, irregularity in thinking, and confusion.

According to Bandura (Safaria & Saputra: 2012) explains that there are two factors that affect anxiety, namely (1) self-efficacy is an individual's belief in his own ability to overcome situations. (b) Outcome Expectancy is an individual's belief in the possibility of certain consequences that may affect the individual in suppressing anxiety. Meanwhile, according to Sarason et al (Dinda & Anatasia: 2019) suggest that anxiety has several influencing factors, namely (1) self-belief, individuals with high self-confidence will have less anxiety. (2) social support provided in the form of providing information, providing assistance, behavior or material obtained from familiar social relationships that make individuals feel cared for so as to reduce anxiety levels. (3) modeling, can change individual behavior, namely by seeing other people do something.

Everyone experiences anxiety and sometimes it is difficult to overcome it. In such conditions, we all desire inner calm. Finding inner peace is not impossible. Allah SWT. teaches us how to achieve it, namely by always remembering Him so that our hearts are at peace. If we rarely remember Allah, our hearts will become dry and arid. We must believe that everything in the heavens and on earth belongs to and is created by Allah. In Islam, many verses and Hadith provide guidance for humans to be healthy as a whole, physically, mentally, socially, and spiritually (Kamila: 2020).

In the Qur'an Surah Ar-Ra'd verse 28, Allah says which means: (i.e.) those who believe and their hearts are calmed by the remembrance of Allah. Remember, it is only with the remembrance of Allah that the heart is at peace. The verse explains that dhikr is a method that comes directly from Allah. Dhikr here is positioned as a life that can calm the psychological turmoil experienced by a person (Al-Jauziyah: 2002). It can be concluded that anxiety management can be done through dhikr psychotherapy.

Dhikr (dhukru) according to language is remembering. According to the term is remembering Allah SWT with the intention of getting closer to him (Abdul: 2017). According to Anshori (in Arsi et al: 2023) dhikr is useful for controlling behavior. The influence that is caused continuously, will be able to control one's behavior in everyday life. Someone who forgets to dhikr or forgets about Allah, sometimes unconsciously commits sins, but if he remembers Allah, his self-awareness as a servant of Allah will return. Dhikr relaxation therapy is one way to reduce anxiety levels and help someone control their anxiety so that it can be used as a psychotherapeutic method, because a lot of dhikr will make the heart calm, calm and peaceful (Ramadhan et al: 2019).

The dhikr method helps individuals neutralize thoughts and clear the mind, soulful dhikr can put individuals in a comfortable and calm condition. The physiological body will become balanced. Balance functions to facilitate blood flow and the movement of body cells is relatively stable. The body's response to being in balance will cause the body's work system to run normally and make the body healthier. The application of dhikr exercises continuously, making individuals will be accustomed and trained and it will be easier to maintain this balance (Utami: 2017).

Method

This research uses descriptive qualitative methods by conducting in-depth interviews and observations. The subject in this study is a woman with the initials IM, 20 years old and currently working in a food company. The instruments of this research are 3 researchers who have their respective roles during the interview session, namely as interviewers, observers, and minutes. The

data sources used are primary data sources that come from sources directly and secondary sources obtained from documentation. Data collection methods were carried out by means of interviews, observation, documentation obtained from one source. Data collection begins with giving Informed Consent to the subject as an agreement to become a subject in this study, the researcher also explains about this research. Next is an interview session where the subject is asked questions related to aspects of anxiety that affect him at work. The media used in this therapy are flyers about hauqolah dhikr therapy, digital prayer beads, interview and observation guidelines, note sheets, and hauqolah dhikr self-therapy evaluation sheets.

Results

Everyone, including workers, can experience anxiety when doing their jobs. This anxiety occurs due to the perceived challenges or obstacles they face. Anxiety that occurs in excess falls under Generalized Anxiety Disorder (GAD). Generalized Anxiety Disorder (GAD) is excessive worry that does not seem to stop, even in the absence of a stimulus or situation that causes fear (Fletcher. Emma, 2009). Based on research conducted on the subject, he has generalized anxiety, especially when it comes to serving customers while working. However, this anxiety does not always occur every day, and does not affect the subject's work performance at the food company.

Based on the results of the subject's interview, he did not experience severe physical symptoms when anxiety occurred, only occasional headaches and did not last long, but the subject was able to overcome it by taking headache medication. Sometimes anxiety can feel worried about something for a few days then it will decrease and some time later it will return to feeling that worry again, as well as what was experienced by the subject who felt afraid or panicked when working lunch shifts, because of the large number of lunch customers at the food company, so he and his coworkers panicked and were afraid that they would make mistakes in orders from customers or serve customers incorrectly.

According to Ruchi (Leblebici, 2012), employee performance is largely determined by the environment in which they work. The work environment involves all aspects of acting and reacting on the body and mind of the employee. Under organizational psychology, the physical, mental and social environment in which employees work and work should be analyzed for better effectiveness in improving performance. The condition of the work environment can be said to be good if the work environment is healthy, comfortable, safe and pleasant for employees in completing their work. Likewise experienced by the subject, one of the things that makes him feel at home working at the company is the comfortable interaction in his work environment, so that the anxiety he experiences is not too heavy. Every day the subject always gets support from his family or friends, which makes the subject's mood feel good and excited about doing work and activities.

A comfortable work environment can improve quality of work life, which in turn can reduce individual stress and anxiety. A better quality of work life can improve an individual's mental and cognitive performance, including thinking ability, learning ability, and adaptability. The subject revealed that at the beginning of his work he had difficulty receiving information related to his work procedures, and it was quite difficult to interact with many people, but now that he is used to it he is more relaxed in doing his job. The anxiety he experienced has not bothered him too much, but lately

the subject has felt anxious about the future and things that have not yet happened in the future. So that anxiety sometimes invades his mind, but does not bother him too much while working. For now, the subject remains committed to continuing to work at the food company, because he loves his comfortable environment and social interactions that make him feel at home in his work. So that he does not always think negatively when interacting at work and quickly decides to solve his work problems.

After evaluating the independent hauqolah remembrance therapy by the subject for one week, he suggested that this therapy was very effective in relieving anxiety, especially recited after performing fardhu prayers. The subject is likely to routinize this hauqolah dhikr therapy after performing fardhu prayers. According to Anshori (2015) dhikr is useful for controlling behavior. The influence that is caused constantly, will be able to control one's behavior in everyday life.

Discussion

Anxiety is a mental condition that is often experienced by many people in this modern era. Various factors, ranging from work demands, family problems, to stressful social situations, can trigger anxiety in individuals. If not handled properly, anxiety can have a negative impact on a person's physical and mental health. According to Kartini Kartono (1989), anxiety is a form of fearlessness plus anxiety about things that are not clear. In line with that, Sarlito Wirawan Sarwono (2012) explains that anxiety is fear that has no clear object and no clear reason. Blacburn & Davidson (in Triantoro Safaria & Nofrans Eka Saputra, 2012) explain the factors that cause anxiety, such as the knowledge that a person has about the situation he is feeling, whether the situation is threatening or not threatening, and the knowledge of his ability to control himself (such as emotional state and focus on his problems).

Therefore, an effective approach is needed to relieve anxiety. One alternative that can be applied is hauqolah remembrance therapy. Zikr hauqolah, which is the recitation of "Laa hawla wa laa quwwata illa billaah" (There is no power and strength except with the help of Allah), is one of the spiritual practices that can help calm the mind and reduce symptoms of anxiety. When a person familiarizes himself with dhikr, then he will feel himself close to Allah SWT, being under His protection which will then lead to self-confidence, strength, feelings of security, peace and happiness (Najati, 2005).

Dhikr therapy can improve the quality of a person's awareness of God, regardless of whether the person realizes that different types of dhikr mean remembering God. Remembering is not just saying the Names of God verbally or with the mind and heart, but remembering means remembering the essence, nature, action, then saying it in life means surrendering your death to God, and yourself needing nothing. They fear or tremble in the face of danger or challenge.

In practice, the dhikr of hauqolah can be performed anytime and anywhere. Individuals can repeat this dhikr solemnly, both when facing problems that cause anxiety and as part of their daily routine. Through solemnity in dhikr, individuals can feel inner calm and improve their ability to

manage stress. According to Hamsyah & Subandi (2017), chanting dhikr can calm, arouse self-confidence, feel safe, peaceful and provide a feeling of happiness.

In line with research conducted by Reza (2016) states that the habit of remembering Allah SWT either by reciting tasbih, istighfar, tasbih can make a person feel calm and peaceful. Dhikr can bring psychological balance and produce a calm condition. Dhikr therapy has a significant and large effect on reducing anxiety in the subject. Dhikr therapy, which can be done when finished doing fardhu prayers, has been able to affect the body's neurotransmitters, as well as increase parasympathetic nerve activity and suppress nervous activity, thereby achieving a relaxed state and reducing the subject's anxiety. Several studies have also shown that dhikr therapy is able to reduce anxiety in preoperative patients and in patients with chronic renal failure (Saleh, 2010).

After one week of applying hauqolah dhikr therapy regularly, the subject felt a calmer and more focused mind. Zikr hauqolah helped improve concentration and calm the mind that was previously filled with worry and tension. This calmer and more focused state of mind will help the subject in managing the anxiety experienced. Dhikr therapy has a calming effect that can reduce anxiety levels. Dhikr has an effect on all negative emotions and actions, free from fear, despair, worldly stress and depression, and the growth of a person who has high concentration and ambition.

This is also in line with the opinion of Radzi, et al (2014) which states that dhikr (praising the name / majesty of Allah SWT) can help cleanse the human heart and protect from demons, through dhikr the human mind is directed to always remember Allah and all the positive elements that exist in life, therefore anxiety can be reduced. In this case, hauqolah dhikr therapy can help improve an individual's ability to manage emotions. Through the repetition of dhikr, individuals learn to control excessive emotional responses to anxiety-provoking situations. Thus, individuals will be better able to cope with the anxiety that arises and maintain emotional balance.

According to the researcher's assumption, hauqolah dhikr therapy helps to calm the mind that is filled with worries and fears about the future. When individuals focus on saying dhikr, their minds will be centered on positive things, instead of being trapped in negative thoughts that trigger anxiety. This helps the individual gain inner peace and release themselves from burdensome mental stress. In addition, hauqolah remembrance therapy also plays a role in increasing individual self-confidence. Through repetition of dhikr sentences, individuals will feel close to the Creator and gain confidence that everything is in His control. This belief will reduce the fear and anxiety that previously hindered individuals in facing life's challenges.

Conclusion

Hauqolah remembrance therapy helps to calm the mind and improve focus. Repetition of the hauqolah dhikr sentence "Laa hawla wa laa quwwata illa billaah" (There is no power and effort apart from Allah) can divert attention from negative thoughts that trigger anxiety. This calmer and more focused state of mind will make it easier for the subject to manage the anxiety experienced. A

comfortable and supportive work environment can improve the quality of work life, reduce stress and individual anxiety. Subjects feel at home at work because of the pleasant work environment and good social interactions. After doing hauqolah remembrance therapy for a week, the subject felt that this therapy was effective in relieving his anxiety, especially when done after the fardhu prayer. The subject plans to routinize the dhikr therapy. Overall, the anxiety experienced by the subject did not interfere too much with his work, supported by a comfortable work environment and the effective application of dhikr therapy.

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