

**EFFECT OF DZIKIR (RELIGIOUS CHANTING) THERAPY ON THE ANXIETY LEVEL  
OF THIRD-TRIMESTER PREGNANT WOMEN FACING LABOR****Dayu Linda Sari<sup>1</sup>, Ana Mariza<sup>2\*</sup>, Wayan Aryawati<sup>3</sup>, Yuli Yantina<sup>4</sup>**<sup>1-4</sup>Malahayati University

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**ABSTRACT**

Anxiety in the third trimester of pregnancy is often related to impending labor and childbirth. In Indonesia, 28.7% of pregnant women in the third trimester experienced anxiety. The negative impact of anxiety during pregnancy includes the risk of miscarriage and fetal abnormalities. Non-pharmacological therapies based on Islam, such as dzikir (religious chanting) therapy, have been developed. To determine the effect of dzikir (religious chanting) therapy on the anxiety level of third-trimester pregnant women facing labor in the working area of Bandar Negeri Suoh Primary Health Care in the year 2023. This research was quantitative in design and employed a pre-experimental design with a one-group pretest and posttest design. The population of this study consisted of third-trimester pregnant women in the working area of Bandar Negeri Suoh Primary Health Care in July. The total was 35 people, with 30 people as the sample. The sampling technique used is purposive sampling. Moreover, the data analysis involved univariate and bivariate analyses with the Wilcoxon test. The results of this research showed that the average anxiety level of third-trimester pregnant women facing labor before undergoing dzikir (religious chanting) therapy was 21.4, and after undergoing dzikir (religious chanting) therapy, it decreased to 10.7. Bivariate analysis revealed that there was an effect of dzikir (religious chanting) therapy on the anxiety level of third-trimester pregnant women facing labor, with a p-value of 0.000. An effect of dzikir (religious chanting) therapy on the anxiety level of third-trimester pregnant women facing labor in the working area of Bandar Negeri Suoh Primary Health Care in the year 2023.

**Keywords:** Anxiety, The Dzikir (Religious Chanting) Therapy, Pregnant Women**INTRODUCTION**

The third trimester of pregnancy begins at 28 weeks of gestation to 40 weeks. Trimester III is often called the period of waiting with vigilance. There is usually a feeling of anxiety in this period, considering the baby can be born anytime. Pressure in third-trimester pregnant women is also often caused by the labor and birth they will face (Dartiwen & Nurhayati, 2019).

According to data from the World Health Organization (WHO), around 5% of pregnant women do not experience anxiety, 8-10% experience anxiety during pregnancy, and anxiety increases to 13% before delivery. The anxiety problem in pregnant women in developing countries is still poorly managed, with estimates of anxiety in women in Asia and Africa ranging

from 8.7% to 30%. In Indonesia alone, it was reported that 28.7% experienced anxiety in third-trimester pregnant women (Siallagan & Lestari, 2018).

In the third trimester, anxiety often arises because pregnant women will be frightened by the excruciating pain when giving birth and even the risk of death. This is because pregnant women often listen to stories from neighbors and mothers who have given birth. Can he do the process of pushing correctly so that the delivery process takes place smoothly (Sukarni I, 2013). In Indonesia alone, it was reported that 28.7% experienced anxiety in third-trimester pregnant women (Siallagan & Lestari, 2018).

Causes of anxiety during pregnancy, especially in the third trimester of pregnancy, in this case, such as fear of pain, injuries during childbirth, thinking about the health of the baby, thinking about whether you can be a responsible mother and how your relationship with your husband changes, sleep disturbances, and other problems faced before childbirth (Dartiwen & Nurhayati, 2019).

The negative impact of anxiety on pregnant women is that they can experience miscarriage and fetal abnormalities. Pregnant women's anxiety increases towards the end of pregnancy, primarily due to fear of childbirth and labor pains (Kiruthiga, 2017). In addition, anxiety in pregnant women can also cause premature labor and low birth weight (Hasim, 2018; Pinar et al., 2018).

Based on the impact caused by anxiety in pregnant women, it is necessary to provide treatment to reduce anxiety in pregnant women. A non-pharmacological therapy based on Islam has been developed, namely dhikr. Dhikr is a series of sentences uttered to remember

Allah and always carry out all His commands and avoid all His prohibitions (Winarko, 2014). Physiologically, dhikr will produce several medical and psychological effects. Namely, it will balance the levels of serotonin and norepinephrine in the body. This is a natural morphine that works in the brain, making the heart and mind feel calm after dhikr (Rahman, 2020).

Solemn recitation of remembrance can have a calming and relaxing effect. The dhikr sentence contains a positive meaning so that the negative thoughts experienced by someone anxious will be replaced with positive thoughts. Positive sentences are believed to produce positive thoughts and emotions when someone always says positive sentences. Positive emotions can stimulate limbic work to produce endorphins. Endorphins can cause euphoria, happiness, and comfort, create calm, and improve one's mood to energize one (Fitriyani & Sulistiawati, 2021).

The results of the pre-survey conducted on five third-trimester pregnant women in Suoh Village using the interview method used seven questions which included gestational age, how many pregnancies, history of miscarriage, feelings of anxiety in facing childbirth, ways to reduce anxiety, causes of anxiety, and therapy can reduce anxiety, it was found that 40% of mothers said they were apprehensive about childbirth because they had no experience giving birth, 40% said they were worried about childbirth but still prepared themselves for childbirth by attending classes for pregnant women, and 20% of pregnant women said they were not worried. After conducting interviews, it was discovered that pregnant women did

not know how to deal with anxiety during pregnancy.

Based on the background description above, the problem in this research can be formulated as "Is there an effect of dhikr therapy on the anxiety level of pregnant women in the third trimester in facing childbirth in the Bandar Negeri Suoh Health Center Work Area in 2023?"

This research aims to determine the effect of dhikr therapy on the anxiety level of pregnant women in the third trimester when facing childbirth in the Bandar Negeri Suoh Community Health Center Work Area in 2023.

#### LITERATURE REVIEW

Anxiety is a mental condition that other people almost always feel. This often arises, especially when someone faces serious problems or stressful situations, resulting in anxiety, panic, confusion, unease and so on (Priyoto, 2015).

Anxiety can be measured with a pressure-measuring tool called HARS (Hamilton Anxiety Rating Scale). The HARS scale is a measurement of Anxiety that is based on the appearance of symptoms in individuals who experience Anxiety. Each item observed is given 5 levels of scores between 0 and 4 (Rahman, 2020).

Dhikr frees oneself from negligence by always presenting the heart with Al-Haqq (Allah). The presence of Allah in the heart will always give an attitude of returning everything to Allah so that it will always make the heart grateful and feel sufficient. This feeling of contentment will make us gain peace and tranquility of soul. Another opinion says that Dhikr repeats the name of Allah in the heart or verbally. This can be done by remembering the pronunciation of Jalalah (Allah), His nature, His law, His deeds or a similar action (Al-Sakandari, 2013).

#### RESEARCH METHOD

This type of research is quantitative and pre-experimental design with one group pretest and posttest design. The population in this study were third-trimester pregnant women in the Working Area of the Bandar Negeri Suoh Public Health Center in July, with a total of 35 people and a sample of 30 people. The sampling technique used purposive sampling. The anxiety assessment instrument uses the HARS scale. The dhikr intervention was carried out once a day for four consecutive days after the dawn prayer. Data analysis in this study was univariate and bivariate using Wilcoxon.

#### RESULT

**Table 1**  
The average anxiety of third-trimester pregnant women facing labor before being given dhikr therapy

Average anxiety	n	Means	Standard Deviation	Min-Max
Before being given dhikr therapy	30	21.40	2,581	18-27

Based on the table above, it is known that the average anxiety

before being given dhikr therapy is 21.4 (moderate anxiety) with a

standard deviation of 2.581, a minimum anxiety score of 18, and a maximum of 27.

**Table 2**  
The average anxiety of third trimester pregnant women in facing labor after being given dhikr therapy

Average anxiety	n	Means	Standard Deviation	Min-Max
After being given dhikr therapy	30	10,7	2.103	6-15

Based on the table above it is known that the average anxiety after being given dhikr therapy is 10.7 (no

anxiety) with a standard deviation of 2.103, a minimum anxiety score of 6 and a maximum of 15.

**Table 3**  
The effect of dhikr therapy on the anxiety level of third trimester pregnant women in facing labor

Average anxiety	n	Means	P-value
Before the intervention is given	30	21,4	0.000
After the intervention was given	30	10,7	

Based on the table above it is known that the average anxiety before being given dhikr therapy was 21.4 and after being given dhikr therapy it decreased to 10.7. The results of the Wilcoxon test obtained a p value of 0.000 <0.05, meaning

that there is an effect of dhikr therapy on the anxiety level of third-trimester pregnant women in facing childbirth in the Work Area of the Bandar Negeri Suoh Health Center in 2023.

## DISCUSSION

### 1. The average anxiety of third-trimester pregnant women in facing labor before being given dhikr therapy

The results of this study indicate that the average anxiety before being given dhikr therapy is 21.4, with a standard deviation of 2.581, a minimum anxiety score of 18, and a maximum of 27.

During pregnancy, the mother experiences significant changes in her physiological and psychological functions. The process of adjusting to this new situation then creates anxiety.

Anxiety in pregnancy is an emotional reaction that occurs in pregnant women related to the mother's worries about the welfare of herself and her fetus, the continuity of pregnancy, childbirth, the period after childbirth, and when she has played the role of mother (Rora et al., 2023).

Anxiety that many pregnant women experience can hurt the unborn baby and the mother. The mother's psychological condition can have an impact, namely, stimulation of contractions in the uterus. This condition can

increase blood pressure, so it is feared that it can cause a miscarriage (Ramadani & A'yuni, 2023).

This research aligns with research conducted by Umamy et al. (2021), which showed that out of 20 respondents, mothers giving birth before dhikr therapy had an average anxiety value of 61.5 and a standard deviation of 6.51. While the minimum anxiety score is 46 and the maximum is 76. It is supported by (Fitriyani & Sulistiawati, 2021) which shows that the average anxiety value of primigravida pregnant women in trimesters I and III before the dhikr therapy treatment is 26.

According to researchers, anxiety in pregnant women is common, especially in primigravida pregnant women. This is because they have never felt anxiety like this before; some can adapt or deal with it well. A possible reason for increased anxiety is anxiety about the fear of giving birth and worry about their child.

## **2. The average anxiety of third-trimester pregnant women facing labor after being given dhikr therapy**

The results of this study indicate that the average anxiety after being given dhikr therapy is 10.7, with a standard deviation of 2.103, a minimum anxiety score of 6, and a maximum of 15.

Dhikr is an effective coping strategy for reducing anxiety during pregnancy. (Yusuf et al., 2022) argue that dhikr in healing and therapy is not new for Muslims. Dhikr is a physical and mental activity that can shape reflections, attitudes, and attitudes to life processes that remind us of God, which can calm the mind and play a role in

determining one's behavior. Dhikr is a tradition of worship that is good and most pleasing to Allah, which is the lightest and most accessible to implement without having certain conditions and rules (Wahab & Atta, 2015).

The advantages of dhikr therapy are that dhikr is an easy-to-use form because it only takes a short time to eliminate negative emotional impacts and can be done anywhere. Kumala et al. (2017) have conducted research that revealed that increased negative emotions such as anger and anxiety could be a source of stressors that impact subjective well-being and mental comfort in each individual. However, using an Islamic-based intervention, namely dhikr, is a strategy that can increase peace of mind and reduce the intensity of these negative emotions (Kumala et al., 2017).

This research is in line with research conducted by Solikhati (2021), which showed that of the 11 pregnant women in the group who were given educational therapy, it was found that the mean value of anxiety for pregnant women pre-test was 14.36 and post-test was 8.82 (Solikhati & Qurrotu Aini, 2021).

According to the researchers, a decrease in anxiety levels can occur because as long as the mother is given dhikr relaxation therapy, it can have a calming and comforting effect on pregnant women. So that mothers can feel calm, relaxed, and relaxed. This aligns with the theory that dhikr has relaxing powers that can reduce tension (anxiety) and bring peace of mind.

### 3. The effect of dhikr therapy on the anxiety level of third-trimester pregnant women facing labor

This study showed that the average anxiety before being given dhikr therapy was 21.4, and after being given dhikr therapy, it decreased to 10.7. The results of the Wilcoxon test obtained a p-value of  $0.000 < 0.05$ , meaning that there is an effect of dhikr therapy on the anxiety level of third-trimester pregnant women facing childbirth in the Work Area of the Bandar Negeri Suoh Health Center in 2023.

The dhikr method helps the individual to neutralize the mind and clear the mind, then dhikr, full of feelings, can put the individual in a comfortable and calm state. The physiology of the body will be in balance. Balance functions to facilitate blood flow and relatively stable movement of body cells. The body's response that is in balance will result in the body's work system running normally and making the body healthier. Continuous application of dhikr exercises makes individuals accustomed to and trained, and it becomes easier to maintain this balance (Winarko, 2014).

Dhikr will trigger the release of endogenous morphine or endorphins as a natural calming agent in the brain. Continuous application of dhikr exercises makes individuals accustomed to it, making it easier to maintain this balance. Finding, strengthening, and digging for coping resources is an effective way to prevent the arrival of stressors and anxiety. Based on the explanation above, dhikr therapy is effective and has

influence and a positive impact on reducing anxiety.

This research is in line with research conducted by (Yusuf et al., 2022), which showed that there was a significant difference after being given treatment in the experimental group and the control group with a value of  $z = -2,309$ ,  $p = 0.021$  ( $p < 0.05$ ). It is supported by Fitriany's research (2021) which shows that there is an effect of giving dhikr therapy on the anxiety of primigravida pregnant women in the first and third trimesters at the Bone Bawang Baru Inpatient Health Center UPTD. According to Mariza (2020), reciting verses from the Koran can create a sense of calm.

According to the researchers, when viewed from the characteristics of the respondents, it is known that the decrease in anxiety occurs quite significantly in respondents aged 20-35 years. According to the theory (Handayani, 2015), one's ability to respond to anxiety can be influenced by age. Someone with a mature mindset more widely applies suitable coping mechanisms than younger or older age groups (<20 years or >35 years).

Based on parity, it was found that respondents with primipara parity experienced a significant decrease in anxiety scores. According to Fajrin (2018), this is related to the experience of childbirth; the readiness to deal with labor is immature, and anxiety increases. A woman who has never given birth at all will cause more significant anxiety because she has no experience in the birth process.

Besides that, seen from the average education of the

respondents, they were in high school, so when they were advised to do dhikr therapy, they could apply it skillfully. This is what causes a decrease in anxiety in pregnant women. According to Suyani (2020), education level significantly influences a person's anxiety. A person's education level is related to his knowledge about a specific problem, which is also high. So the higher the level of one's knowledge, the lower the level of anxiety.

The influence between before and after giving dhikr therapy on the anxiety level of pregnant women is caused by dhikr therapy can help pregnant women form positive perceptions, namely the belief that anxiety will be dealt with God's help. Pregnant women are more optimistic and have positive thoughts about going through their pregnancy. They are more sincere or surrender to Allah SWT, who has determined the course of life and are more confident that Allah SWT will give them the strength to go through and deal with the pregnancy process. Solemn recitation of remembrance can have a calming and relaxing effect.

The dhikr sentence contains a positive meaning so that the negative thoughts experienced by someone anxious will be replaced with positive thoughts. Positive sentences are believed to produce positive thoughts and emotions when someone always says positive sentences. Positive emotions can stimulate limbic work to produce endorphins. Endorphins can cause euphoria, happiness, and comfort, create calm, and improve one's mood to energize one (Nor, 2019).

## CONCLUSION

1. The average anxiety of pregnant women in the third trimester facing labor before being given dhikr therapy in the Work Area of the Bandar Negeri Suoh Health Center in 2023 was 21.4.
2. The average anxiety of pregnant women in the third trimester facing labor after being given dhikr therapy in the Work Area of the Bandar Negeri Suoh Community Health Center in 2023 was 10.7.
3. There is an effect of dhikr therapy on the anxiety level of third-trimester pregnant women in childbirth in the Work Area of the Bandar Negeri Suoh Health Center in 2023 with a p-value of 0.000.

## Suggestion

It is hoped that future researchers will pay more attention to the factors that influence anxiety and control them as much as possible, examine the long-term effectiveness of dhikr therapy interventions on a large and wider group of subjects, explain in detail the determination of control groups and experimental groups, carry out monitoring independently when subjects are given homework, look for research subjects with different backgrounds, and create more varied practical modules or guides.

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