

ZIKR THERAPY TO REDUCE ANXIETY IN THE ELDERLY DURING THE COVID-19 PANDEMIC

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SUMMARY

Background: Indonesia and the rest of the world are being hit by a global pandemic that is not known when it will end, namely covid-19. Viruses that attack the respiratory system. Everyone is at risk of being exposed to this covid-19 virus. The elderly, as a group vulnerable to exposure to the covid-19 virus, often experience anxiety. Anxiety is a person's emotional condition characterized by feelings of tension, anxious thoughts, and physical changes. One way to reduce anxiety is by doing zikr therapy.

Purpose: To determine the procedure for implementing zikr therapy to reduce anxiety in the elderly during the covid-19 pandemic. ***Methods:*** using IEC (Communication, Information, Education) media, namely posters as a tool to increase knowledge of the elderly in reducing anxiety during the covid-19 pandemic. ***Conclusion:*** posters as a persuasive medium, education and information for the elderly do zikr therapy to reduce anxiety in the elderly during the covid-19 pandemic.

Keywords: Covid-19, Zikr Therapy, Elderly, Anxiety, Poster