

**EDUCATION ON DHIKR THERAPY FOR ANXIETY
REDUCTION IN CA MAMMAE PATIENTS
WITH POCKET BOOKS**

Afifah Putri Agustin, Ika Silvitasari
Fifah9720@gmail.com
University of 'Aisyiyah Surakarta

SUMMARY

Background: Cancer Antigen Mammae in Indonesia reached 68.27 cases, and the incidence rate of Cancer Antigen Mammae in a staggered manner reached 92.2 new cases. In chemotherapy patients, they feel anxious because of the disease they suffer. Cancer Antigen mammae patients have side effects, one of which is psychological problems, such as anxiety, the impact of anxiety on patients includes increased pain, sleep disturbances, emotions, anxiety, fear, and disturbances in the quality of life, to deal with psychological problems in a non-pharmacological way, the intervention that can be done is the provision of dhikr therapy. **Methods:** one of the media used to deal with anxiety is to use pocket book media with the title *Bahagia Bersama Penyitas Cancer Antigen Mammae* which can educate and increase public knowledge, especially in Cancer Antigen Mammae patients. **Results:** After being given Dhikr therapy education, patients are able to understand and with this media can help patients with anxiety disorders or can be disseminated. **Conclusion:** the produced pocket book media can be used to increase knowledge and means of information, especially for ca mammae patients about anxiety reduction.

Keywords : CA Mammae, Anxiety, Dhikr Therapy, Pocket Book Media