

THE EFFECT OF DHIKR THERAPY IN REDUCING PREGNANT WOMEN'S ANXIETY AT PMB WIWIEK BANDAR LAMPUNG

Fitrika Putri¹, Sri Handayani²

fitrikaputri123@gmail.com

1,2 : Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Pregnant women experienced disturbing thoughts in the form of anxiety. Anxiety during pregnancy is caused by a physical changes, the fear of childbirth and the transition to be parenthood, for primigravida it is caused by no experience, and multigravida is caused by unpleasant experiences in previous pregnancies. Disturbing anxiety if not managed properly will have negative effects on the mother and also the fetus conceived. In mothers, it can interfere with diet due to stress which results in a lack of nutrients in the womb so that long labor can occur and babies born with low birth weight to premature. To prevent this from happening, non- pharmacological and pharmacological methods can be done. Pharmacological methods use drugs that can affect the pregnancy of the mother and fetus. Therefore, non-pharmacological efforts will be carried out in the form of spirituality activities (getting closer to Allah SWT.) by providing morning and evening dhikr therapy to pregnant women who are in the third trimester (gestational age 28-42 weeks), both primigravida and multigravida mothers. **Purpose:** To determine the effect of dhikr on reducing the anxiety level of pregnant women in PMB Wiwiek Bandar Lampung. **Methods:** The design of this study was pre-experimental, the research design was in the form of one group pretest posttest. The sample was taken using the Consecutive Sampling technique consisting of 20 pregnant women in the third trimester who experienced anxiety. **Results:** The results of the research analysis using the Wilcoxon test obtained a significance of 0.000 ($p < 0.05$). **Conclusion:** There is an effect of dhikr on reducing the level of anxiety of pregnant women. This dhikr therapy is recommended to reduce the level of anxiety of pregnant women.

Keywords: pregnant women, pregnancy, anxiety, dzikir, morning-evening.