

**PENGARUH DZIKIR DAN DOA TERHADAP PENURUNAN NYERI
PADA PASIEN POST SECTIO CAESARIA
DI RSUD ISLAM KLATEN**

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ABSTRACT

Background: Post-cesarean section pain is a common complaint that can hinder the mother's recovery process, including breastfeeding and infant care. At Klaten Islamic Hospital, there are an average of 70 post-cesarean section patients in one month. One of the non-pharmacological pain management that can be provided is a spiritual approach of dhikr and prayer. Reciting dhikr and prayer makes the mother feel calmer, thus stimulating the release of endorphin and serotonin hormones as natural analgesics to suppress the cause of pain. Objective: To determine the effect of dhikr and prayer on reducing pain in post-cesarean section patients at Klaten Islamic Hospital. Method: Quantitative with a pre-experimental one group pretest-posttest design. A sample of 62 respondents was taken using consecutive sampling technique. Interventions in the form of dhikr and prayer were given for 30 minutes, and the pain scale was measured using the Numeric Rating Scale (NRS) before and after the intervention. Data were analyzed using the Wilcoxon test. Results: Before receiving dhikr and prayer, 41 respondents (66.1%) experienced moderate pain and 21 respondents (33.9%) experienced severe pain. After receiving dhikr and prayer, 32 respondents (51.6%) experienced moderate pain, 29 (46.8%) experienced mild pain, and 1 respondent (1.6%) experienced severe pain. Statistical tests showed a significant decrease in pain intensity ($p < 0.000$) after the intervention. Conclusion: There is an effect of dhikr and prayer on reducing pain in post-cesarean section patients at the Klaten Islamic Hospital.

Keywords: Dhikr, Prayer, Pain, Cesarean Section, Non-Pharmacological Pain Management