

## SUMMARY

### RELAXATION OF ZIKIR AND PRAYER TO PREGNANT WOMEN TO PREPARE FOR CHILDBIRTH VIA VIDEO MEDIA

Anggisna Ayu Riestalia (2017)

Diploma III Midwifery Study Program

'Aisyiyah University Surakarta

Endang Sri Wahyuni, SST. M.Keb, Rita Riyanti Kusumadewi, SST. M.Kes

**Background:** One of the changes in the psychological condition of pregnant women in the third trimester of pregnancy is anxiety. Excessive anxiety will lead to stress which can complicate the delivery process, a condition that makes the body's muscles tense, especially the muscles in the uterus to become stiff and hard. Efforts that can be made by pregnant women so that they are adequate with dzikir and prayer relaxation techniques that emphasize efforts to rest and relax through reducing tension or psychological pressure through dzikir relaxation videos and prayers. **Purpose:** to increase public knowledge about dzikir relaxation and prayer in pregnant women to prepare for childbirth. **Methods:** dzikir relaxation videos and prayers can be given during pregnancy to delivery, can be applied anytime and anywhere by listening to and following the lafadz in the video. **Result:** output has been produced in the form of dzikir relaxation videos and prayers for pregnant women to prepare for childbirth. **Conclusion:** the output media in the form of videos can increase public knowledge about the relaxation of dhikr and prayers for pregnant women to prepare for childbirth.

**Keywords:** Zikir and Prayer, Pregnant Women, Childbirth