

**DZIKIR TO REDUCE STRESS LEVELS IN PATIENTS  
WITH CHRONIC KIDNEY DISEASE  
THROUGH BOOKLET MEDIA**

Sela Dewi Kartika Sari, Ika Silvitasari

[seladewikartika07@gmail.com](mailto:seladewikartika07@gmail.com)

University of 'Aisyiyah Surakarta

**SUMMARY**

**Background:** *Chronic Kidney Disease (CKD) is a progressive and irreversible kidney disorder, which can cause a person to experience stress. Stress is the body's response or reaction to psychosocial stressors, mental stress, and life's burdens. One of the effective interventions to reduce stress levels is by way of dhikr.* **Method:** *The method used is dhikr to reduce stress levels. This method is expected to increase the knowledge of people who experience stress events.* **Result:** *The resulting output is in the form of a booklet with the theme of dzikir to reduce stress levels with the title Come on Dzikir to Reduce Stress, and contains information about dzikir reading and dzikir procedures with an attractive design.* **Conclusion:** *Dzikir can be used to reduce stress levels in patients with chronic kidney failure and the use of booklets is effective as a medium of communication, information, and education because it contains information about dzikir readings and dzikir procedures with an attractive design so that it can focus and the material is more easily accepted.*

**Keywords:** *Chronic, Kidney, Disease, Stress, Dhikr.*