

DZIKIR THERAPY FOR ANXIETY IN TRIMESTER PREGNANT WOMEN III

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ABSTRACT

Pregnancy is a time when the mother experiences changes, both physical changes and psychological changes. Pregnant women usually experience changes in feelings that are continuous and erratic, especially in the third trimester of pregnant women. The cause of third trimester pregnant women experiencing anxiety is feeling worried about pain, the condition of the baby being born, whether the mother is able to give birth smoothly and so on. If the pregnant woman does not respond to her anxiety as early as possible, it will have a negative impact on both the mother and the baby.

Pregnant women who are Muslim can reduce anxiety by means of dhikr. Dzikir is a practice of worship by remembering Allah SWT. which can bring rewards, as well as therapy for various psychological ailments such as stress, worry, anxiety, depression and physical illness. In biopsychology, dzikir can suppress the work of the sympathetic nervous system and activate the parasympathetic nerve work which can make the mother feel calm (Perwitaningrum, 2016). So that the need for information for pregnant women in the third trimester who are Muslim to apply dhikr in order to reduce their anxiety through a pocket book media that contains discussion about anxiety in pregnant women up to the steps of dhikr, because with pocket book media it can make it easier for readers to understand because of its concise content , its small size so you can put it in your pocket, and you can read it anywhere.

Key words: Dzikir, anxiety, third trimester of pregnant women