

**APPLICATION OF DZIKIR ON THE ANXIETY LEVEL OF PRE OPERATIVE MAJOR SURGERY PATIENTS IN FLAMBOYAN BANGSAL 7  
RUMAH SAKIT UMUM DAERAH Dr. MOEWARDI SURAKARTA**

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**ABSTRACT**

**Background:** Surgical operations have become an essential component of health services in many countries in the world. According to the World Health Organization (WHO), the number of clients undergoing surgery has increased significantly every year. It is estimated that every year 165 million surgical procedures are performed throughout the world. It was recorded that in 2020 there were 234 million clients in all hospitals in the world. Operations/surgical procedures in Indonesia in 2020 reached up to 1.2 million people. Symptoms of anxiety experienced by preoperative patients can cause signs of sympathetic stimulation and stress to appear. To overcome anxiety, non-pharmacological therapy is dhikr. **Objective:** to find out the results of the application of "Dhikr Therapy on the Anxiety Level of Patients Pre-Major Surgical Surgery in Flamboyan Ward 7, RSUD dr. Moewardi Surakarta". **Method:** Application is descriptive, this case study research design uses One group Pretest and Posttest, sample of 2 respondents, Zung Self-rating Anxiety Scale (ZSAS) questionnaire research instrument, application uses dhikr therapy. **Results:** shows that the data after the application of dhikr therapy was obtained The patient experienced a decrease in anxiety while in flamboyant ward 7. The results obtained were that Mrs. E and Mrs. W experienced mild anxiety. **Conclusion:** dhikr therapy carried out in the flamboyant ward 7 can reduce the level of anxiety in pre-operative patients who before it was carried out were categorized as moderately anxious and then down to mildly anxious.

**Keywords:** Dhikr Therapy, Anxiety, Major Surgery