

APPLICATION OF DHIKR THERAPY ON ANXIETY LEVELS OF PRE-OPERATING FRACTURE PATIENTS AT RSUD dr. MOEWARDI SURAKARTA

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ABSTRACT

Background : *The preoperative period is the period before surgery, from the preparation until the patient is transferred to the surgical bed. Fracture is a break in bone continuity, which is seen based on its nature and extent. One of the non-pharmacological therapies to reduce anxiety is by remembering Allah or dhikr. Objective: To determine the results of the application of dhikr therapy on the anxiety level of pre-operative fracture patients in the Flamboyan 5 Room, RSUD Dr. Moewardi Surakarta. Method :* *This study uses a descriptive approach with a case study design. Dhikr therapy was performed on preoperative patients treated in Flamboyan Room 5. Anxiety was measured before and after the intervention to determine the effectiveness of dhikr therapy. Results :* *The results of the application showed a significant decrease in anxiety levels after being given dhikr therapy. This therapy provides a relaxation effect that helps reduce anxiety levels. Conclusion :* *Reduces preoperative patient anxiety levels. The final result :* *Experiencing significant changes before and after being given dhikr therapy, Mrs. M moderate anxiety with a score of 47 to mild anxiety with a score of 51 and Mrs. W moderate anxiety with a score of 39 to mild anxiety with a score of 41*

Keywords : *Pre-Operation, Non-pharmacological Therapy, Dhikr Therapy, Anxiety Level*