

## THE EFFECT OF DHIKR ON COGNITIVE RESPONSE, CORTISOL LEVEL AND SCORE OF DEPRESSION IN PATIENTS WITH HEART FAILURE

Fanni Okviasanti

**Introduction:** Depression is common comorbid conditions in patients with heart failure (HF). Low depression scores were found in HF patients who practices dhikr. Objective of this study is to explain the low depression scores were found in HF patients who practices dhikr.

**Method:** This research type is quasi experiment. Sample size of 18 respondents, consist of 9 respondents of control group and 9 respondents of treatment group. The independent variable is the intervention of dhikr and the dependent variables are cognitive response, cortisol level, and depression. Cognitive response and depression scores data were collected using questionnaires, whereas cortisol level with venous blood sampling, measured by enzyme linked fluorescent immunoassay (ELFA) metode. Statistic analysis in this study was using t-Test, Mann Whitney, and Wilcoxon Sign Rank Test with significance level of  $\alpha < 0,05$ .

**Result and analysis:** The result showed that: 1) dhikr improves the cognitive response in patients with HF ( $p = 0,000$ ), 2) dhikr decrease the level of cortisol in patients with HF ( $p = 0,015$ ), 3) dhikr decrease the level of depression in patients with HF ( $p = 0,000$ ).

**Discussion and conclusion:** Dhikr improves cognitive response in patients with heart failure in the form of right stress perception. Right stress perception make adaptive stress response in the form of decrease levels of cortisol and depression. Further research is needed to use dhikr intervention as alternative solution to cope with depression in larger population of patients with heart failure by either increasing the research metode, sample size, as well as the range of the study population.

**Keyword :** dhikr, cognitive response, level of cortisol, depression, heart failure