

Research Article

Anxiety's level of bantenes patient's: the effect of dhikr therapy before surgical procedure

Indah Wulandari^{1*}, Aty Huriyati²

¹Sekolah Tinggi Ilmu Kesehatan FaletehanSerang Banten, Indonesia

²Dr. Drajat Prawiranegara Hospital Serang Banten, Indonesia

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***Correspondence:**

Indah Wulandari,

E-mail: alkaddihan@gmail.com

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ABSTRACT

Background: Anxiety is a subjective feeling which people's feels when they faced a surgical procedure. Spirituality approach such as, dhikr can be used to reduce patient's anxiety, especially when they are facing a medical-surgical procedure. In Banten, dhikr is an act of worship that people did, especially when they will under-taken the medical-operation. The purpose of this study was to determine the effect of dhikr therapy to the decreasing of anxiety level of patients with pre-operative procedure.

Methods: The research design was quasi-experiment without control-goup, and have measure the pre-operative patient's anxiety before and after dhikr therapy. Statistical analysis by using dependent paired t-test. Samples from this study were patients who pre-operative appendectomy procedure with the total number 23 respondents that were selected by using purposive technique. Anxiety level was measured by using Hamilton Anxiety Rating Scale.

Results: The results of this research showed that there was found the effect of dhikr therapy to the decreasing of anxiety of pre-operative's patient with p value = 0.000, and the mean score before intervention is 3.13, while after intervention was 1.49.

Conclusions: In conclusion, anxiety can affect a person's health in particular who will undergo surgery. Anxiety can be reduced by one of them is religious approach as dhikr. With routine of dhikr someone will get a peace of mind. The inner peace will reduce the impact of stress hormones that are released when a person feels anxious.

Keywords: Dhikr therapy, Anxiety, Pre-operative patient, Hamilton anxiety rating scale

INTRODUCTION

Anxiety is a response of person's psychological to the stress. A variety of thoughts, feelings, and behaviours are associated with each of these response patterns. Adaptation is determined by the degree to which of thoughts, feelings, and behaviours interfere with an individual's functioning.¹ Anxiety may results from daily events that can be experienced by anyone. Anxiety is an emotional state without a specific object and the subjective experience of the individual as well and cannot be observed and seen directly. Anxiety is different with

fear. Fear is characterized as the existence of a specific source object and can be identified and can be explained by the individual while anxiety is defined as a state of confusion, fear of something that will happen with the cause or object is not clear and is associated with feelings of uncertainty and helplessness.² Feelings of anxiety are common in our society that they are almost considered universal. Fears of the unknown and conditions of ambiguity offer a perfect breeding ground for anxiety to take root and grow. Low levels of anxiety are adaptive and can provide the motivation that required for survival. Anxiety becomes problematic when the individual is

unable to prevent the anxiety from escalating to a level that interferes with the ability to meet basic needs.¹

Operating procedure can make a person feel the anxiety. Before the operation there is a problem that concerns to the patient's emotional response that often arises. It is anticipated the patient's response to an experience that is regarded as a threat to the patient's role in the life, physical integrity and even his life.² When surgery is recommended to an individual, the proposed operation, regardless of its extent, is perceived by the patient to be a major procedure. The cause of patient's anxiety are the unknown result of the operation, fear of medical and surgical treatment, concern about pain, and concern about safety. Besides that, patients will think about the recovery state and operative effect for their daily living, and also a fear about death and dying.³ A variety of therapeutic approaches have been made to reducing the anxiety before the operation, like music therapy, meditation, or spiritual therapy. Dealing with anxiety before surgery is often for human kind to being back to remember the creator, and resigned himself to his will. So, in the face of fear and anxiety of the patient, spiritual beliefs become an important role in pre-operative nursing care plan.²

Spirituality is a belief in the correlation between man and the Almighty, and the development of values and belief system. When someone in sickness, then the relationship with the Lord are getting close. A person with in pain condition is getting weak in every way; no one is able to raise from the healing power of the Almighty except.⁴ Spiritual closeness someone with god can be obtained through prayer, fasting, charity, pilgrimage, prayer and so on.

Spirituality is influenced by a culture that embraced. Islamic religion, especially cultivate prayer is one through dhikr, to get closer to the creator. By praying, a Moslem will feel the peace of mind and ultimately reduce anxiety. Cultural attitudes, beliefs and practices influence not only patient but also healthcare staff, including nurses. So, nurse must be concern how to increase communication skill for patient which undergoes surgery.³ Spirituality makes one feel the quietness. When calm, stress hormones will be reduced, so that the impact of stress hormones on wound healing can be minimized.^{4,5} When people have stress, the body will experience an increase in cortisol production. Excess cortisol can lead anxiety and depression.⁶

Dhikr is a method that uses for achieve relaxation state. When someone had an anxiety, they having tension related to stress hormone, is a contraction of skeletal muscle or smooth muscle, likes the head muscles, blood vessels and heart muscle, extremitas muscle or gastrointestinal muscle. At the time people are experience tension and anxiety that work is sympathetic nervous system, while the relaxed when working is parasympathetic nervous system. The system of nervous system is tried to activate the parasympathetic

relaxation.⁷⁻⁹ Relaxed state decreases the activity of the amygdala, relax muscles, and train individuals activate the parasympathetic nervous system works as a counter of sympathetic nervous system.⁷

Physiological symptoms of anxiety include the condition of the body, especially concerning the function of the nervous system that is shown on the expression as shaking, pale, biting nails, the activity of the adrenal gland, cannot sleep, nausea, excessive sweating, sweaty palms, like going to faint, dry feeling in the mouth or throat, difficulty speaking, shortness of breath, heart palpitations, trembling voice, weakness, difficulty swallowing, headache, neck or back stiffness, hand feels cold, abdominal pain or nausea, and diarrhea.^{7,8,9}

Initial survey at Dr. Drajat Prawiranegara Hospital showed that of 15 patients who will undergo surgery, 8 of them said it was difficult to have sleep in the evening before surgery. Besides that, 9 of 15 patients said decreased appetite, feeling tense and anxious after surgery scheduling. Even though two of the 15 other patients had a bad feeling when undergoing surgery and 3 patients said irritability. Initial observations also showed almost all patients undergoing surgery do not get spiritual guidance as appropriate. Nurses tend to leave it to each patient to pray according to their belief, whereas the majority of patients had the Islamic religion and dhikr is commonly done when a Moslem prayer.

METHODS

This study used a quasi-experimental design with one group pretest posttest approach in this design there is no comparison group (control), but most do not already made the first observation (pretest) that allows to test the changes that occur after the experiment, to see the effect of dhikr to decrease anxiety in patients with pre-operative procedure.

Populations of this research are patient undergoing appendectomy surgery in surgical ward at Dr. Drajat Prawiranegara Hospital, with 25 samples using consecutive design. Univariate analysis in this study used a frequency distribution. While the bivariate analysis using a paired t-test analysis. Testing the influence of dhikr on preoperative patient anxiety performed by paired t-test (paired sample t test).

RESULTS

The patient's anxiety after the act of dhikr can be seen in Chart 1. The chart showed that decrease anxiety levels before and after the intervention. It can be seen that before the intervention, there were 7 patients who experienced severe anxiety, but after a given intervention, range anxiety patients are no longer on the severe classification. From the Table 1 we can be seen that there is a decrease in average anxiety scores before and after intervention, where the mean score was 21.61 before the

intervention and after intervention was 6.61. In Table 2 we see that p value is 0,000, that mean there is an effect of dhikr to decrease patient anxiety with pre-operative procedure.

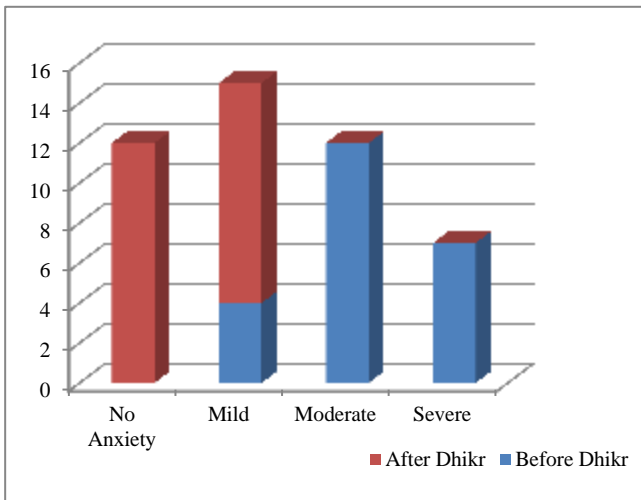


Figure 1: Level of anxiety of patient before and after surgery.

Table 1: Average pre-operative anxiety in patients before and after the intervention (n = 23).

Variable	Mean	SD	Min-Max	95% CI
Before the intervention	21.61	7.037	11-34	18.57-24.65
After the intervention	6.61	2.33	4-12	5.60 – 7.62

Table 2: Bivariate analysis.

Variable	Mean	SD	P Value	N
Before the intervention	21.61	7.037	0.000	23
After the intervention	6.61	2.33		

DISCUSSION

The results showed that almost half of the respondents have moderate anxiety when undergoing the surgical event. There is a problem before the surgery anxiety is an emotional reaction that patients often appear.^{2,8} It is anticipated the patient's response to an experience that is regarded as a threat to the patient's role in the life, physical integrity and even his life.

Anxiety experienced by respondents in the pre-operative periode is included of rational or realistic anxiety, as a result of the object that is threatened, where fear is considered a normal constituent of basic human defence mechanism. Increased anxiety may persist even though the situation really threaten nothing, and when it grows excessively emotional than the real danger. When it

became frightening patient, symptoms of the sympathetic nervous system then appears. Patients feel chest palpitations, sweating, sleeplessness, or mood disorders as a stimulation on individuals and is an attempt to protect himself from anything that threaten.^{2,7,8} Anxiety is closer to fear, because the source is apparent in mind.

Anxiety can be reduced through meditation.^{11,12} Dhikr is one way of meditation. In a conducted study, with the effect of relaxation training with dhikr to overcome anxiety pregnant women first obtained significant results with $p = 0.008$ ($p < 0.01$) that the group of subjects who followed the relaxation training with dhikr decreased anxiety compared to the control group.¹³ Habits do dhikr properly will lead to peace of heart. Dhikr of Allah is a worship that brings serenity and healing the soul. Hadist Baihaqi: mentioning of God is a healing and a mention of the man is a disease (disease meaning morals).

Many factors affect anxiety factors such as precipitation is a threat to the integrity of the person.¹⁰ This is shown through physiological inability to come or declining capacity to perform daily activities. In patients who will undergo surgery will certainly be considered to be a decline in function due to surgery. The research results showed that a majority of patients preoperative were anxiety. This condition requires nurses to be able to perform actions psychological treatment of patients.^{2,4} The act of psychological treatment is different from the handling of physical action, so nurses must have the ability to provide skills in psychological action, for example in the form of therapeutic communication or to provide intervention in the form of prayer like dhikr.^{3,10} In this study the action to be performed is dhikr.

The act of dhikr to help patient's pre-operative is one way to reduce the burden of a person in the face of problems. Usually only the behaviour of dhikr shown in afterthough while sitting by reading certain passages. In terminology sense of dhikr is often interpreted as a charitable charity greeting or qauliyah through certain passages to remember Allah.

The result of this research showed that patient anxiety after the act of dhikr in the form istighfar, takbir, tahmid and tahlil that most (52.2%) patients not experiencing anxiety, and only 47.8% had mild anxiety. These results indicate that although there was anxiety in patients with pre-operative after the act of dhikr but the level of anxiety only mild anxiety. Mild anxiety associated with tensions in daily events, increased vigilance, increased perception of the environment, can be a positive motivation to learn and generate creativity. People with anxiety can react physiological responses such as occasional shortness of breath, pulse and blood pressure increased slightly, mild symptoms in the stomach, face furrowed, as well as lip quivering. They can also have a cognitive response such as a complex capable of receiving stimulation, concentration on issues, resolve problems effectively, and stimulated to take action. Beside that, emerging a

behavioral and emotional responses such as cannot sit still, fine tremor of the hands, and sounds sometimes elevated.⁷⁻⁹

The act of dhikr can reduce patient anxiety before surgery as the patient's psychological action.¹³ Recitation has several kinds, including first, dhikr thought or meditation, namely remembering Allah by way of thinking, studying and pondering, the verses of Allah, both verses qauliyah (Al-Quran) or paragraph kauniyah (universe), His creation. Second, dhikr verbal (words) that dhikr of Allah is done by calling and remember Allah with the words spoken or read a particular dhikr reading and can be heard ear person concerned or others. In addition to these two forms of dhikr, the Qur'an also suggests other forms of zikr, the dhikr with hearts (heart) and zikr with 'amal (deeds). About dhikr hearts of God is revealed in the Qur'an.¹⁴

Dhikr used by Banten people as a religious approach. Because basically Banten people is the region of the Islamic cultural background, and community are accustomed to using prayer to create inner peace. It is becoming one of the approaches that can be used by nurses as a way to implement psychological support, especially in patients prior to surgery. Approach religion in Banten people are generally more readily accepted so that it can be applied in the real order of nursing care.

Based on the results of research and some opinions above, it can be concluded that nurses need to perform a psychological action to reduce patient anxiety caused by a number of conditions or circumstances of the patient. The act of dhikr can be done in order inpatient surgery and other inpatient care, where patients experience at Dr. Drajat Prawiranegara hospital. Spiritual needs in hospitalized patients who will be in operation have not been carried out specifically for dhikr. And need to develop standard operating procedures for the implementation of dhikr at hospital.

CONCLUSION

Almost all respondents (52.2%) had pre-operative anxiety was prior to intervention in the form of dhikr. While almost half of respondents (52.2%) patients with pre-operative procedure after the intervention in the form of dhikr, not experiencing anxiety, and only 47.8% had mild anxiety. There is the influence of dhikr to decrease pre-operative anxiety in patients before surgery in particular at Banten people.

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