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THE INFLUENCE OF DHIKR ASMAUL HUSNA ON ANXIETY LEVELS IN PRE-SURGERY PATIENTS AT THE CENTRAL SURGICAL INSTALLATION OF CIMACAN REGIONAL GENERAL HOSPITAL

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ABSTRACT

Surgery is a medical procedure involving invasive techniques, with stages that involve exposing the treated body part. The surgical process consists of three stages: pre-surgery, intra-surgery, and post-surgery. Pre-surgery mental preparation is crucial to face the surgery as anxiety is commonly present in patients. According to Carpenito, 90% of pre-surgery patients are prone to anxiety. In this context, the recitation of Asmaul Husna (the Beautiful Names of Allah) becomes an option. The purpose of this study is to determine the influence of reciting Asmaul Husna on the anxiety levels of pre-surgery patients in the Central Surgical Installation of Cimacan Regional General Hospital. The research method employed is Quasi-Experimental with a one-group Pretest-Posttest. The study sample comprises 15 respondents selected through a purposive sampling technique. The results of this study demonstrate that there is an influence of reciting Asmaul Husna in the intervention group on the anxiety levels of preoperative patients, with a result of $p = 0.000 < \alpha = 0.05$. These findings are expected to serve as independent interventions and reference standard operating procedures (SOP) for nurses in providing patient care.

Keywords: Asmaul Husna, Pre-surgery, Anxiety

INTRODUCTION

The number of surgical patients has increased drastically from year to year. The number of surgical patients was 1.2 million, and 32% of patients underwent laparotomy in Indonesia in 2017. West Java Province in 2017 amounted to 3,884 cases (36.38%); from 2016 to 2017, the incidence of surgical procedures increased by 89.95%. Cimacan Regional Hospital is a Regional General Hospital that provides surgical services, according to data from the Central Surgical Installation Register of Cimacan District Hospital, Cianjur. The number of patients with surgical procedures recorded in October was 155 patients, 8.15%; in November, 137 patients, 7.20%; in December, 177 patients, 9.31%.

Surgery is any treatment using invasive procedures, with the stages of opening or exposing the part of the body being treated. [2] The surgical stage is divided into three stages of perioperative nursing, which include the pre-surgery, intra-surgery, and post-surgery.

Pre-surgery mental preparation must also be prepared for surgery because there is always anxiety for every patient, especially regarding injections, wound pain, anesthesia, and even the possibility of disability or death. Carpenito stated that 90% of pre-surgery patients have the potential to experience anxiety.

One type of musical relaxation that can be applied using sound and rhythm is Dhikr therapy. Listening and Dhikr will create a process of approaching the creator, which will bring a relaxed condition to the body that listens to the audio portal. One of the benefits of Dhikr is that it brings calm and enlivens the heart [13]. As stated in the words of Allah SWT: "O you who believe, make dhikr (by mentioning the name of) Allah, dhikr as much as possible." (Q.S Al Ahzab 33:41)

Dhikr Asmaul Husna is dhikr by chanting the names of Allah SWT. Asmaul Husna means the good and beautiful names of Allah SWT because these names contain the qualities,

perfection, glory, and majesty of Allah SWT. Asmaul Husna dhikr therapy is a form of using the Al-Quran in the healing process, which can create calm. Listening to, chanting, or dhikr Asmaul Husna can be used to treat anxiety or pain in various diseases and make a person calmer.

RESEARCH METHOD

This research used a quasi-experimental design with a one-group pretest-posttest, with a total of 15 respondents. Research respondents were patients in the pre-operative stage who received surgery and were given the intervention of listening to Asmal Husnah chanting for 30 minutes. Before and after the intervention, a pre-test and post-test was carried out using the HARS questionnaire.

1. Univariat Analysis

Table 4.1 Frequency Distribution of Anxiety Levels in Pre-surgery Patients at the Central Surgical Installation of Cimacan Regional Hospital Before and After Being Given Asmaul Dzikir Therapy Husna

Anxiety Level	Before		After	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
No Anxiety	0	0	7	46,7
Mild	4	26,7	8	53,3
Average	8	53,3	0	0
Heavy	3	20	0	0
Severe	0	0	0	0
Total	15	100	15	100

2. Bivariat Analysis

Table 4.3 Presentation of Results of Analysis of the Effect of Dhikr Asmaul Husna Before and After on Anxiety Levels in Pre-surgery Patients in the Central Surgical Installation of Cimacan Regional Hospital

	Posttest		Total	P
	No	Light		
Pretest	Mild	1	3	0,000
	Average	4	4	
	Heavy	2	1	
Total	7	8	15	

The results of statistical tests using marginal homogeneity in the intervention group before and after treatment were $p = 0.000$ ($< \alpha = 0.05$).

The conclusion is that there is an influence of the remembrance of Asmaul Husna on the level of anxiety in pre-surgery respondents.

DISCUSSION AND CONCLUSION

1. Description of Anxiety Levels in Pre- and Post-surgery Patients at the Central Surgical Installation of Cimacan Hospital, before Dhikr Asmaul Husna Therapy.

The results of the pre-intervention research showed that respondents who underwent surgery experienced mild, moderate, and severe levels of anxiety. Some people view surgery as an action that causes pressure and threats. It can have psychological effects on patients such as anxiety, stress, and depression. Each patient's response is different when undergoing procedures, especially surgery. (7)

Respondents did not know and received therapy to reduce anxiety levels. Based on the results of the researcher's observations, respondents said they were still anxious, their hands felt cold, it was difficult to breathe and they often went to the bathroom. (13)

Meanwhile, at post-intervention there were 8 respondents (53.3%) in the mild anxiety category and 7 respondents (46.7%) did not experience anxiety. The Al-Qur'an explains the virtues of dhikr which makes the heart calm and Allah SWT says: one of the benefits of dhikr is that it brings calm (3). One of the benefits of Asmaul Husna is for healing. The names contained in Asmaul Husna which are useful for healing are As-Salam (The Savior), Al-Ghafur (The Forgiving), Asy-Syakur (The recipient of gratitude), Al-Majid (The Most noble), Al-Hayyu (All-living). It is believed that if these names are read (heard) to a sick person, they can reduce or provide healing to the sick person (2).

2. The Influence of Asmaul Husna Dhikr Therapy on Anxiety Levels in Pre-surgery Patients at the Central Surgical Installation of Cimacan Regional Hospital

Dhikr therapy by listening to the chanting of Asmaul Husna provides a relaxing effect by stimulating the secretion of endorphins which will inhibit hormone production by suppressing excess production of the hormone cortisol and epinephrine. Apart from that, endorphins function to increase feelings of relaxation, reduce stress and tension in the body and influence the body's metabolism which in turn can reduce anxiety (10).

One of the benefits of dhikr is that it brings calm and enlivens the heart. In the Qur'an, Allah SWT explains the virtues of dhikr which makes the heart calm, Allah SWT says: "(Namely) those who believe and their hearts become peaceful by remembering Allah, remember that only by remembering Allah the heart becomes peaceful" (QS. Al-Ra'd verse 28). (3)

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