

## ABSTRAK

### PENGARUH TERAPI DZIKIR *ASMAUL HUSNA* DAN KALIMAT *THOYYIBAH* UNTUK MENURUNKAN KECEMASAN DAN NYERI PADA PASIEN KANKER PAYUDARA YANG MENJALANI PROGRAM KEMOTERAPI DI RSUD DR. SOEHADI PRIJONEGORO SRAGEN

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Pasien kanker payudara yang sedang menjalankan kemoterapi dapat mengalami kecemasan dan nyeri akibat efek samping kemoterapi. Penanganan kecemasan dan nyeri salah satunya menggunakan tehnik nonfarmakologi, dengan terapi dzikir. Seseorang yang melakukan dzikir dengan mengingat Allah otak berespon mengeluarkan *endorphine* yang mampu menimbulkan perasaan bahagia, nyaman. Tujuan peneliti untuk mengetahui pengaruh terapi dzikir *Asmaul husna* dan kalimat *Thoyyibah* terhadap penurunan kecemasan dan nyeri pada pasien kanker payudara yang menjalani program kemoterapi.

Penelitian ini menggunakan *Qurasi-Eksperimen control time series design*. Populasi penelitian ini adalah pasien kanker payudara yang menjalankan kemoterapi. Jumlah sampel penelitian ini adalah 50 responden, terbagi dalam 25 kelompok intervensi, 25 kelompok kontrol dengan total sampling. Kriteria sampel yaitu pasien kanker payudara stadium I, II, pasien beragama islam menjalankan sholat 5 waktu, pasien berumur > 20 tahun, pasien yang mengalami kecemasan dan nyeri.

Hasil penelitian *uji wilcoxon* analisis kecemasan, nyeri kelompok intervensi sebelum, dan sesudah intervensi didapatkan *p value* 0,000. Hasil uji *mann whitny* kecemasan, nyeri kelompok intervensi dan kelompok kontrol didapatkan  $p=0,000$ .

Kesimpulan penelitian adalah terapi dzikir *Asmaul husna* dan kalimat *Thoyyibah* berpengaruh terhadap penurunan kecemasan, nyeri pada pasien kanker payudara yang menjalani program kemoterapi. Terdapat perbedaan yang signifikan antara kelompok intervensi terapi dzikir dan kelompok kontrol.

Kata kunci: Dzikir, Kanker Payudara, Kecemasan, Nyeri,

**ABSTRACT**  
**THE EFFECT OF ASMAUL HUSNA DHIKIR THERAPY AND THOYYIBAH**  
**SENTENCE TO REDUCE ANXIETY AND PAIN**  
**IN BREAST CANCER PATIENTS ARE RUNNING PROGRAM THE**  
**CHEMOTHERAPY HOSPITAL DR. SOEHADI PRIJONEGORO SRAGEN**

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*Breast cancer patients undergoing chemotherapy may experience anxiety and pain due to chemotherapy side effects. Handling anxiety and pain one of them using nonfarmakologi technique, with dhikr therapy one of the nonpharmacology therapy to anxiety and pains patient is using dzikr therap. Someone who performs dhikr by remembering God's brain responds to release an endorphine capable of causing a happy, comfortable feeling. Dzikr therapy with remembering God cause brain responds to release an endorphine that cause happiness and comfortable feeling. The objective of the research is to determine the effect of Asmaul husna dzikr therapy and thoyyibah sentence to reduce anciety and pain patient with breast cancer that undergoing chemotherapy. The purpose of the researcher to determine the effect of dhikr therapy Asmaul Husna and Thoyyibah sentence to decrease anxiety and pain in breast cancer patients who run program chemotherapy.*

*This study used the Quasy-Experiment control time series design. The population of this study were breast cancer patients who undergoing chemotherapy. The sample was 50 respondents, divided into 25 intervention groups and 25 control groups with total sampling technique. The sample criteria were breast cancer patients stage I, II, Islamic patients performed the 5 day prayer, patients > 20 years old, patients with anxiety and pain.*

*The results of the wilcoxon test of anxiety analysis, intervention group pain before, and after intervention obtained p value 0,000 the result of the wilcoxon statistik to anxiety and pain analisys showed that pain and anxiety of intervention group before and after intervention is obtained p value 0,000 . Mann whitny anxiety test results, intervention group pain and control group obtained p = 0,000. Mann whitny test to anxiety and pain between intervention and control group showed the result p = 0,000.*

*The conclusion of the study is dhikr therapy Asmaul husna and Thoyyibah sentence have an effect on decrease of anxiety, pain in breast cancer patient who run chemotherapy. The conclusion of this research is asmaul husna dzikr therapy and thoyyibah sentence can decrease of anciety and pain patient with bearst cancer who undergoing chemotherapy. There was a significant difference between the intervention groups of dhikr therapy and the control group.*

**Keywords: Anxiety Breast Cancer, Dzikr, Pain**