

Prayer and Dhikr as Islamic Psychotherapy in Dealing with Anxiety

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Abstract: *In the era of digitalization and rapid technological development, accompanied by various changes in the social environment and spiritual life, mental health has become an aspect that requires serious attention. One of the most common mental disorders arising from these changes is anxiety, particularly during adolescence and old age. One form of psychotherapy or healing method that can be used to address anxiety is Islamic psychotherapy through dhikr (remembrance of God) and prayer. This study aims to examine the effectiveness of dhikr and prayer as forms of Islamic psychotherapy in managing anxiety, especially among adolescents and the elderly. The method used in this study is a Systematic Literature Review (SLR), which enables researchers to analyze relevant literature without conducting field data collection. SLR is a process of reviewing, evaluating, and interpreting existing research that is relevant to the topic or problem being studied. The results of the review, based on five journal articles that met the criteria, show that dhikr and prayer are effective forms of Islamic psychotherapy in alleviating anxiety, particularly among adolescents and older adults.*

Keywords: *Islamic Psychotherapy, Prayer and Dhikr*

Abstrak: Di era digitalisasi dan perkembangan teknologi yang semakin pesat seperti saat ini, disertai dengan berbagai perubahan dalam lingkungan sosial dan kehidupan spiritual, kesehatan mental menjadi aspek yang perlu mendapatkan perhatian serius. Salah satu gangguan mental yang sering muncul akibat perubahan tersebut adalah kecemasan, khususnya pada masa remaja dan usia lanjut. Salah satu bentuk psikoterapi atau metode penyembuhan yang dapat digunakan untuk mengatasi kecemasan adalah psikoterapi Islam melalui dzikir dan doa. Penelitian ini bertujuan untuk mengetahui efektivitas doa dan dzikir sebagai bentuk psikoterapi Islam dalam menangani kecemasan, khususnya pada remaja dan lansia. Metode yang digunakan dalam penelitian ini adalah Systematic Literature Review (SLR), yang memungkinkan peneliti untuk menganalisis literatur tanpa perlu melakukan pengumpulan data langsung di lapangan. SLR merupakan proses meninjau, mengevaluasi, dan menginterpretasikan penelitian-penelitian yang relevan dengan topik atau permasalahan yang dikaji. Hasil telaah dari lima artikel jurnal yang memenuhi kriteria menunjukkan bahwa doa dan dzikir efektif digunakan sebagai

bentuk psikoterapi Islam dalam mengatasi kecemasan, terutama pada remaja dan lanjut usia.

Kata Kunci: Psikoterapi Islam, Doa dan Dzikir

Introduction

Nowadays, especially in the era of digitalization and technology that is developing very rapidly and continues to evolve and also experiences changes in social and spiritual life. In relation to these developments and changes, mental health is an important aspect. Because mental health is directly related to the quality of life and also in facing challenges in everyday life. According to the World Health Organization (WHO) in 2021, mental disorders that often occur in today's era such as stress, anxiety, and depression are increasing in today's modern society due to the increasingly complex pressures of life.¹

Anxiety is one of the mental health disorders. According to the Psychology dictionary, anxiety is a mixed feeling and contains fears and concerns related to the future without a specific cause.² These fears are often considered as long-term reactions that focus on the future, which are generally often associated with various threats. According to Ghufon and Risnawita anxiety or often called anxiety is a subjective experience that is also unpleasant where someone experiences feelings of anxiety.³ So from the previous explanations it can be concluded that anxiety is a state of nervousness and a temporary feeling of fear when faced with an experience that is considered difficult in living life.

Anxiety can be experienced by anyone, especially those in adolescence and also the elderly. Adolescence is a person who is in a transition phase of development from childhood to adulthood, during this period there are major changes in cognitive, physical and social changes in a person.⁴ Changes that occur in a person who is in adolescence can cause anxiety in the teenager. This adolescence can generally be understood as a risky period that occurs in the stage of human development. Where at this time it is important to maintain mental health so as not to experience anxiety because of the changes that occur during this period. There are several factors that cause anxiety in adolescence according to Cholilii et al. there are 5 factors

¹ WHO, "Mental Health and Well-Being. Retrieved From," World Health Organization, 2021, https://www.who.int/mental_health/en/.

² J.P Chaplin, *Kamus Lengkap Psikologi*, Kesembilan (Jakarta: PT. Raja Grafindo Persada, 2004).

³ Ghufon and Risnawati, *Teori-Teori Psikologi* (Yogyakarta: Ar-Ruzz Media, 2017).

⁴ Diane E Papalia, Sally Wendkos Old, and Ruth Duskin Feldman, *Human Development (Psikologi Perkembangan) Bagian V s/d IX*, Edisi Kese (Jakarta: Kencana Pernada Media Group, 2008), hlm : 534.

that can cause anxiety in adolescents are, hormonal changes, social changes, mental health disorders, trauma or traumatic experiences and technology.⁵

Anxiety that can also be experienced by the elderly is a psychological impact experienced by someone who is in the elderly phase. Elderly is the period or phase of a person who is at the age of 60 years and above, this phase is the longest phase of life compared to the previous phase of life.⁶ The aging process that occurs in the elderly does not only involve physical changes, but also causes an aging process that makes a person weak and also has an impact on the psychology of a person who experiences this phase.⁷ Such as changes in irregular emotions, changes in cognitive conditions and also feelings of anxiety about something, which can result in an elderly person having difficulty sleeping.

To overcome anxiety experienced by adolescents and the elderly, a method is needed to handle mental health problems today, especially among adolescents, considering that Indonesia will move towards the golden Indonesia which is predicted to occur in 2045. Various methods have been developed to handle these mental health problems, including providing psychotherapy. Psychotherapy is a treatment, a healing process using an approach that is based on or refers to psychology. Psychotherapy includes various ways or techniques that aim to help someone overcome psychological disorders experienced by changing the person's thoughts, feelings and behavior, so that the person is able to develop themselves more easily and avoid psychological disorders that can hinder daily activities faced by adolescents and the elderly.

Psychotherapy that can be used is through Islamic psychotherapy. Islamic psychotherapy according to Khairunnas Rajab is a religious approach by applying Islamic values that refer to the Qur'an and As-Sunnah as a guideline for problematic mental psychotherapy through the process of prevention, curation and reconstruction and also rehabilitation.⁸ One of the Islamic psychotherapies that can be used to treat anxiety in adolescents and the elderly is through prayer and dhikr psychotherapy.

Prayer and dhikr psychotherapy are effective in reducing anxiety in adolescents and the elderly. As in the results of a study by Widyastuti and colleagues in 2019 who provided dhikr therapy as an intervention to reduce

⁵ Abd Hamid Cholili et al., "Studi Literatur : Analisis Fenomena Pemberian Psikoterapi Dzikir Dalam Mengurangi Tingkat Kecemasan Remaja," *Jurnal Resilience* 1, no. 1 (2024): 41–53.

⁶ J.W Santrock, *Life-Span Development* 12th. (McGraw-Hill, 2008) hlm : 544.

⁷ Ruhil Fithry, "Intervensi Terapi Dzikir Dalam Meningkatkan Psychological Well Being Lansia: Literatur Review," *Nathiqiyyah: Jurnal Psikologi Islam* 5, no. 1 (2022): 1–8, <https://doi.org/10.46781/nathiqiyyah.v5i1.390>, hlm: 1.

⁸ Rajab Khairunnas, *Psikoterapi Islam Filsafat Islam* (Jakarta: Amzah, 2019), hlm : 15.

anxiety in the elderly. The results of this study showed that through dhikr therapy as an intervention that can reduce anxiety in the elderly.⁹ In line with this, research conducted by Cholili and friends in 2024, on the provision of dhikr psychotherapy in reducing anxiety levels in adolescents. The results of the study explain that providing dhikr psychotherapy is an effective method for reducing anxiety levels in adolescents.¹⁰

The relevance of prayer and dhikr in Islamic psychotherapy is further strengthened by the findings of research by Rahman (2018), which shows that this worship practice can increase the psychological resilience of adolescents and the elderly by fostering an attitude of patience, trust and optimism.¹¹ This proves that Islamic-based psychotherapy can be an effective alternative in efforts to improve mental health and reduce anxiety, especially for adolescents and the elderly who have strong spiritual beliefs. Based on the problems and several previous research results on the provision of dhikr and prayer psychotherapy in adolescents and the elderly, this article aims to examine prayer and dhikr psychotherapy as a treatment for anxiety in adolescents and the elderly (elderly) through a literature review.

Method

This article uses a research method, namely Systematic Literature Review (SLR). Systematic literature review is a process of reviewing, evaluating and interpreting existing research that is relevant to the formulation of the problem or topic to be discussed or studied. Systematic literature review has an important function, namely providing a summary of the latest state of knowledge in a field, in addition, literature review will also answer questions that cannot be answered by individuals. Literature review provides or produces and even evaluates theories that explain how and why a phenomenon can occur.¹²

In this study, the researcher used the eSLR method with the PRISMA model. PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) is a tool and guideline used in systematic reviews and/or

⁹ Tria Widyastuti, Amoh.Abdul Hakim, and Salmah Lilik, "Terapi Zikir Sebagai Intervensi Untuk Menurunkan Kecemasan Pada Lansia," *Gadjarh Mada Journal of Profesional Psychology* 5, no. 2 (2019): 147-57, hlm : 152.

¹⁰ Abd Hamid Cholili et al., "Studi Literatur : Analisis Fenomena Pemberian Psikoterapi Dzikir Dalam Mengurangi Tingkat Kecemasan Remaja," *Jurnal Resilience* 1, no. 1 (2024): hlm: 48.

¹¹ F Rahman, *Islam and the Psychological Well-Being: A Spiritual Perspektive* (London: Routledge, 2018), hlm : 115.

¹² Rizka Rahmayanti et al., *Langkah Demi Langkah Systematic Literature Review Dan Meta-Analysis*, PT. Raja Grafindo Persada (Depok, 2023), p : 1.

meta-analyses.¹³ With this tool, researchers can be helped to review and analyze data systematically, to produce useful, valid and reliable findings.

In this study, Google Scholar and Open Knowledge Maps were used as databases to search for articles and references related to prayer and dhikr psychotherapy in dealing with anxiety in adolescents and the elderly. The search results showed more than 100 publications related to this study. This shows the fact that the databases on the internet collect a number of articles, books, proceedings, reports and other publications from various different scientific fields. In this study, the following criteria were used to make publications:

1. Publications that discuss the psychotherapy of prayer and dhikr in dealing with anxiety in adolescents and the elderly.
2. Publications of trusted and accredited journal articles
3. Publications that can be accessed with clear information
4. Publications that use Indonesian that is easy to understand for the general public.

After the researcher found journal articles and references that met the criteria, the next step was for the researcher to read and also look at the title and abstract of the publication as an effort to ensure that the journal articles in particular were in accordance with the criteria of this study. The researcher managed to collect 6 journal articles that met the criteria, including: Tria Widyastuti et al in 2019, Abd Hamid Cholili et al in 2024, Gigi Setianto et al in 2023, Aisyatin Kamila in 2022, Andri Yan Zani & Weni Widya Shari in 2024 and Qonita Tsabitah Azmi & Shifa Salsabilah in 2022.

Result and Discussion

Islamic psychotherapy in the perspective of language, the word psychotherapy actually consists of 2 words, namely "psyche" and "therapy" where the word psyche means soul and heart, but in Arabic it can be compared with the word "nafs" which means soul, spirit, blood, body, person, self, and self. While the word "therapy" has a meaning that comes from English which means treatment and healing, and in Arabic which means to cure.¹⁴ According to Hamdani Bakran Adz-Dzaky, psychotherapy is a complex and holistic treatment process, which aims to overcome mental and emotional disorders. This process involves a spiritual approach, special techniques, and religious beliefs, as well as support from experienced teachers or friends. Thus, psychotherapy can help individuals to overcome difficulties and develop the ability to face life's challenges.

¹³ Rizka Rahmayanti et al., *Langkah Demi Langkah Systematic Literature Review Dan Meta-Analysis*, PT. Raja Grafindo Persada (Depok, 2023), p : 103.

¹⁴ Triyani Pujiastuti, *Psikoterapi Islam*, CV. Elsi Pro (Bengkulu, 2019), hlm : 3.

Meanwhile, Islamic Psychotherapy is a comprehensive and integral treatment approach, which includes mental, spiritual, moral, and physical aspects. This approach is based on the teachings of the Qur'an and the Sunnah of the Prophet Muhammad SAW, which emphasize the importance of faith, trust, and obedience to Allah SWT. Thus, Islamic psychotherapy can help individuals to develop spiritual awareness, improve quality of life, and achieve true happiness.

According to James P. Chaplin, psychotherapy has two dimensions. First, as a specific therapy to overcome mental problems and adjustment difficulties. Second, as a broader healing process, including religious beliefs and emotional support through talks with spiritual teachers or friends.

After conducting a search and selecting journal articles or references in this study, the researcher then classifies the results of the screening. The results of the selection of journal articles in this study can be seen in the table below.

Table 1. Research Result

Title	Author	Method	Research result
Terapi Zikir sebagai Intervensi untuk Menurunkan Kecemasan pada Lansia	1. Tria Widyastuti 2. Moh. Abdul Hakim 3. Salma Lilik	The method used is an experimental method with a randomized pretest-posttest control group design.	The results of this study indicate that dhikr therapy is effectively able to reduce anxiety in the elderly in nursing homes. This can be seen from the anxiety scores that decreased from pretest to posttest in the experimental group. This study was conducted in several sessions or meetings, by providing daily dhikr materials and assignments. ¹⁵
Studi Literatur: Analisis Fenomena Pemberian Psikoterapi	1. Abd Hamid Cholili 2. Dievya Nurill 3. Moh amirul	The method used in this research is library	The results of this study are that the phenomenon of dhikr will help reduce anxiety levels and can also provide peace of

¹⁵ Tria Widyastuti, Amoh.Abdul Hakim, and Salmah Lilik, "Terapi Zikir Sebagai Intervensi Untuk Menurunkan Kecemasan Pada Lansia," *Gadjah Mada Journal of Profesional Psychology* 5, no. 2 (2019): 147-57, hlm : 152.

Title	Author	Method	Research result
Dzikir dalam Mengurangi Tingkat Kecemasan Remaja	4. Rosnida 5. Isnaeni 6. Asriana Elfa Eka Widyasari	study/literature study.	mind by reducing feelings of fear, worry and anxiety. Many studies have shown that dhikr is one of the effective methods in reducing anxiety levels in adolescents. ¹⁶
Dzikir dan Do'a sebagai Psikoterapi bagi Lansia	1. Gigi Setianto 2. Risdiani 3. Jamaludin Yusuf	The method used is community service in the form of training.	The results of this study are that after the training was carried out, there was an increase in understanding among the elderly about the procedures for dhikr and prayer which can be a psychotherapy in overcoming psychological problems experienced by the elderly. ¹⁷
Psikoterapi Dzikir dalam Menangani Kecemasan	Aisyatin Kamila	The method used is the literature review method.	The results of this study are from dhikr psychotherapy to be one of the alternatives that can help people with anxiety disorders. Because through dhikr psychotherapy will get a calming effect for those who do this therapy, deep surrender to the provisions of Allah SWT

¹⁶ Cholili et al., "Studi Literatur : Analisis Fenomena Pemberian Psikoterapi Dzikir Dalam Mengurangi Tingkat Kecemasan Remaja". *Jurnal Resilience* 1, no. 1 (2024): hlm: 48"

¹⁷ Gigih Setianto, Risdiani, and Jamaludin Yusuf, "Dzikir Dan Doa Sebagai Psikoterapi Bagi Lansia," *Nanggroe: Jurnal Pengabdian Cendikia* 2, no. 9 (2023) hlm : 107.

Title	Author	Method	Research result
			and about His power and compassion implied in the sentence thayyibah which is said repeatedly when doing therapy. ¹⁸
EFT, Terapi Doa dan SEFT untuk Mengurangi Tingkat Stres, Kecemasan dan Depresi: Literatur Review	1. Andri Yan Zani 2. Weni Widya Shari	The method used is the literature review method.	The results of this study are that after conducting a literature review, it shows that EFT therapy, prayer therapy and SEFT can reduce the levels of stress, anxiety and depression in clients with certain cases. ¹⁹
Regulasi Kecemasan dengan Dzikir dalam Sudut Pandang Psikologi Tasawuf	1. Qonitah Tsabitah Azmi 2. Shifa Salsabilah	The method used is the literature review method with content analysis techniques.	The results of the study show that dhikr is one of the psychospiritual methods recommended in overcoming or minimizing anxiety. The study also stated that there have been many studies conducted which show that dhikr can reduce levels of anxiety and depression, even experienced by patients in hospitals. ²⁰

Psychotherapy with Dhikr to Treat Anxiety

¹⁸ Aisyatin Kamila, “Psikoterapi Dzikir Dalam Menangani Kecemasan,” *Happiness, Journal of Psychology and Islamic Science* 4, no. 1 (2022) hlm : 42.

¹⁹ Andri Yan Prima Zani and Weni Widya Shari, “Eft, Terapi Doa, Dan Seft Untuk Mengurangi Tingkat Stres, Kecemasan Dan Depresi: Literatur Review,” *Jurnal Ners Universitas Pahlawan* 8, no. 2 (2024) hlm : 1243.

²⁰ Qonitah Tsabitah Azmi and Shifah Salsabillah, “Regulasi Kecemasan Dengan Dzikir Dalam Sudut Pandang Psikologi Tasawuf,” *Al-Tarbiyah : Jurnal Ilmu Pendidikan Islam* 2, no. 4 (2024), hlm: 123 .

Anxiety that occurs in adolescents and the elderly occurs due to changes that occur in each phase of life, especially in the adolescent and elderly phases where physical changes occur that will cause anxiety. Based on the literature that has been reviewed, one way to deal with anxiety effectively is through dhikr and prayer psychotherapy. There are many benefits that can be provided by dhikr and prayer,²¹ which can be felt when doing dhikr and prayer psychotherapy in dealing with anxiety in adolescents and the elderly. The benefits of dhikr and prayer are as follows :

1. Can provide peace of mind, when a teenager and elderly person feels anxious and does dhikr and prayer therapy, it will foster a sense of peace when doing it.
2. By doing dhikr and prayer will also get forgiveness and great rewards
3. Facilitates the coming of Allah SWT's help

The process of dhikr and prayer psychotherapy that can be carried out to deal with anxiety in adolescents and also in the elderly, according to Aisyatin,²² is as follows:

a) Start by reading Istighfar 3 times

b) Then read

Allahumma antas salaam, wa minkas salam, tabaarakta ya dzal jalaali wal ikraam
(1x)

c) Then read

Allahumma antas salaam, wa minkassalaam, tabaraktarabbana ya dzaljalaali wal ikram (1x)

d) Next read:

Tasbi (*Subhanallah* 33x)

Tahmid (*Alhamdulillah* 33x)

Takbir (*Allahu Akbar* 33x)

Equipped with reading:

Lailaahaillallahu syarikala, wahdahu lahu laa mulku walahulhamdu wahuwa 'ala kulli syaiin qadir (1x)

- e) The final step of this therapy is to perform a closing prayer according to what is expected and what is felt to be able to reduce the anxiety experienced.

After doing dhikr therapy on teenagers and elderly, there is a change in their psychological condition. Because dhikr psychotherapy is intended to provide peace of mind, so that teenagers and elderly do not feel anxiety about something that has not necessarily happened which is caused by changes that occur in themselves. With this dhikr therapy, teenagers and elderly can not

²¹ Aisyatin Kamila, "Psikoterapi Dzikir Dalam Menangani Kecemasan" *Happiness, Journal of Psychology and Islamic Science* 4, no. 1 (2022) hlm : 43."

²² Kamila, "Psikoterapi Dzikir Dalam Menangani Kecemasan." hlm: 47.

feel afraid, worried and anxious. The psychological condition after dhikr will have a positive impact on the psychological condition experienced because through dhikr the heart feels calm. Dhikr psychotherapy that has been carried out will reach a stage where the ability to assess reality has recovered and self-understanding is good.

Many studies state that Islamic psychotherapy with dhikr and prayer is effective in dealing with anxiety even in patients who are in the hospital. Such as research conducted by Anggun et al.²³ who then conducted a study on chronic kidney patients (hemodialysis) treated at the Purwokerto Islamic Hospital, who experienced anxiety and depression as many as 12 patients, 6 people as the experimental group and 6 people as the control group. The results of the study showed that by doing dhikr in the experimental group it was proven that dhikr could reduce the level of anxiety and depression in hemodialysis patients.

Through Islamic psychotherapy, namely dhikr, a calming effect will be obtained for those who do this dhikr psychotherapy, a deep surrender to Allah about His power and mercy implied by the sentence *thayyibah* which is said repeatedly, when doing this dhikr psychotherapy a person does not feel afraid, worried about the changes that occur. And through this dhikr psychotherapy, positive suggestions are built which then have a role in creating a belief, strength and also an optimistic attitude for a person, in facing the changes that occur.

Psychotherapy with Prayer Dealing with Anxiety

In addition to dhikr therapy, prayer therapy is also very effective in dealing with anxiety in adolescents and the elderly. Prayer literally means worship, *istigfar* (asking for help and assistance), conversation, calling and praising. Prayer in terms is giving birth to guidance and humility and expressing desires and submission to Allah SWT.²⁴ The essence of prayer is actually a form of politeness and respect that grows from the awareness that humans always depend on Allah SWT in all circumstances, and this is also an obligation for a servant towards his Creator.²⁵ This is because in any situation we will always need everything from Allah SWT. Moreover, we are experiencing feelings of anxiety about the changes experienced, especially in

²³ Anggun et al., "The Effect Of Dhikr On Anxiety And Depression Level In Hemodialysis Patients At Purwokerto Islamic Hospital" *IJIM*, 2. no. 1(2021), hlm: 17.

²⁴ Darajat Ariyanto, "Psikoterapi Dengan Doa," *Suhuf* 13, no. 1 (2006) hlm: 3-26.

²⁵ Tina Musyofah, Hartini Hartini, and Idi Warsah, "Analisis Terapi Do'a Dalam Menyelesaikan Masalah Peserta Didik Melalui Layanan Konseling Individual," *Al-Madrasah: Jurnal Pendidikan Madrasah Ibtidaiyah* 6, no. 3 (2022) hlm: 788.

the very risky adolescent development phase and changes in the elderly phase which will also cause feelings of anxiety.

Praying can be an alternative healing especially for mental disorders, namely anxiety according to Prof. Dr. Zakiah Daradjat, an expert and practitioner of Islamic counseling and psychotherapy, revealed that prayer can provide a sense of optimism, enthusiasm for life and can eliminate feelings of despair when someone faces a problem that is less pleasant for him, namely anxiety. By doing prayer psychotherapy in dealing with anxiety becomes effective

The following are the stages of prayer psychotherapy according to Syamsidar ²⁶ are as follows:

- a) Stages of Consciousness as a Servant
The essence of this therapy is to develop awareness of one's position as a servant of God, which includes recognition of human weaknesses and limitations.
- b) The stage of awareness of the power of Allah SWT
At this stage, as a servant, he is aware that whatever happens to him is under the power of Allah SWT. Belief in the power of Allah SWT, by realizing that Allah has planned the best with the scenario that Allah has arranged in such a way, believe that there will be a way out from Allah SWT.
- c) Communication stage
After realizing and admitting one's weaknesses and being aware of the greatness of Allah, the next stage is the communication stage, namely:
 - 1) Disclosure and confession of all the mistakes and sins that have been committed so far.,
 - 2) Disclosure of anxiety and worry.
 - 3) The stage of asking for healing for the problem being experienced. and
 - 4) The stage of waiting for him with a heart that continues to ask for requests from Allah SWT.
- d) The stage of surrender to the provisions of Allah SWT.

Prayer can be a method of Islamic treatment or psychotherapy in dealing with anxiety in adolescents and the elderly is very effective so that adolescents and the elderly can easily do it. As prayer has a healing meaning for anxiety. Prayer has various significant benefits in maintaining mental health, especially in adolescents and the elderly. In addition to functioning as a prevention against mental disorders and anxiety, prayer also plays a role in building and increasing the spirit of life. Thus, prayer has three important functions, namely curative (healing), preventive (prevention), and constructive (development) to achieve optimal mental balance. In a study

²⁶ Syamsidar, (2019) hlm: 17.

conducted by Mustakim et al in 2023 ²⁷ which found that by doing Islamic psychotherapy, namely praying, prayer is a useful method for treating anxiety disorders. Mental disorders and neurosis can occur when someone loses balance between spiritual and soul aspects. Islamic psychotherapy offers a comprehensive solution to overcome these mental health problems. One of the effective methods in Islamic psychotherapy is prayer therapy, which can help the psychological recovery process and achieve inner balance.

The Effectiveness of Prayer and Dhikr in Relieving Anxiety

Anxiety is a common form of psychological disorder experienced by individuals at various stages of development, including adolescence and old age. In adolescents, anxiety is often triggered by academic pressure, physical, social and emotional changes. Whereas in the elderly, anxiety can arise due to feelings of loneliness, declining physical condition, or concerns about death and loss of loved ones. Prayer and dhikr in the Islamic tradition are forms of worship that have a significant impact on psychological health. Both are included in religious coping mechanisms that have been shown to be effective in reducing anxiety and increasing inner calm.

In adolescence, the practice of dhikr and prayer can be a means of regulating emotions. By repeating dhikr sentences such as Subhanallah, Alhamdulillah, and Allahu Akbar, adolescents can shift their focus from anxious thoughts to calming spiritual awareness. Research by Cholili et al. (2024)²⁸ stated that providing consistent dhikr therapy can reduce anxiety levels in adolescents, with a calming effect and increasing inner focus. In addition, prayer can foster feelings of optimism and hope. Prayer has a psychotherapeutic effect because it strengthens the individual's belief that he is not alone in facing difficulties, but that there is a divine power that supports him.

In the elderly, prayer and dhikr serve as reminders of the meaning of life and as a means to reduce feelings of fear and worry about the future. Widyastuti et al in 2019 found that elderly people who received dhikr intervention experienced a significant decrease in anxiety scores. ²⁹ The process of dhikr carried out routinely helps the elderly achieve relaxation and accept life conditions more sincerely. Psychophysiologically, dhikr and prayer also affect the activity of the parasympathetic nervous system, lower

²⁷ Mustakim et al., (2023) hlm: 51.

²⁸ Cholili et al., "Studi Literatur : Analisis Fenomena Pemberian Psikoterapi Dzikir Dalam Mengurangi Tingkat Kecemasan Remaja". *Jurnal Resilience* 1, no. 1 (2024): hlm: 49."

²⁹ Tria Widyastuti, Amoh.Abdul Hakim, and Salmah Lilik, "Terapi Zikir Sebagai Intervensi Untuk Menurunkan Kecemasan Pada Lansia," *Gadjah Mada Journal of Profesional Psychology* 5, no. 2 (2019): 147-57, hlm : 152

heart rate, and reduce muscle tension, as explained by Zani & Shari in 2024 in their literature study on spiritual therapy.³⁰

A study conducted by Kamila in 2022 shows that dhikr psychotherapy not only provides a spiritually calming effect but also forms a strong religious coping mechanism.³¹ Dhikr that is done routinely and consciously provides a positive suggestive effect that brings individuals into a more peaceful inner state. In her research, Kamila emphasized that dhikr gives rise to a sense of surrender and trust in Allah SWT, so that individuals who experience anxiety can release excessive mental and emotional burdens. This sense of surrender is not a form of helplessness, but rather an active acceptance of the reality of life with the belief that all is in the will and power of Allah. This helps reduce symptoms of anxiety such as tension, worry, and uncontrolled fear. Furthermore, dhikr also has a physiological impact, where this activity stimulates the parasympathetic nervous system which is responsible for calming the body, lowering the heart rate, and reducing the secretion of stress hormones such as cortisol. Thus, the practice of dhikr has been proven effective in helping individuals, both adolescents and the elderly, overcome anxiety with a holistic approach that includes spiritual, psychological, and biological aspects.

Based on the explanations above, it can be seen that prayer and dhikr as part of Islamic psychotherapy have proven effective in helping to reduce anxiety, both in adolescents and the elderly. Both work not only on the spiritual side, but also touch the emotional and physical aspects of a person. In prayer, a person can express feelings of anxiety and ask for help from God, which ultimately provides a sense of calm and hope. Dhikr that is done repeatedly and solemnly can also calm the mind, slow the heart rate, and reduce body tension. In addition, this spiritual practice helps a person to accept the reality of life with more sincerity and gratitude. Therefore, therapy through prayer and dhikr is not only religious, but also provides real psychological benefits and can be an alternative way to maintain mental health, especially in dealing with the pressures of life that often arise in adolescence and old age.

To provide a more systematic picture of the effectiveness of prayer and dhikr in reducing anxiety, especially in adolescents and the elderly, the author summarizes several relevant previous studies. The following table presents a summary of the results of studies that show that a spiritual approach based on worship such as prayer and dhikr can have a positive impact on the psychological condition of individuals experiencing anxiety.

³⁰ Andri Yan Prima Zani and Weni Widya Shari, "Eft, Terapi Doa, dan Seft Untuk Mengurangi Tingkat Stres, Kecemasan dan Depresi: Literatur Review," *Jurnal Ners Universitas Pahlawan* 8, no. 2 (2024) hlm : 1244.

³¹ Aisyatin Kamila, "Psikoterapi Dzikir Dalam Menangani Kecemasan" *Happiness, Journal of Psychology and Islamic Science* 4, no. 1 (2022) hlm : 44."

Table 2. Positive Impact of Do'a and Dhikr Psychotherapy for Anxiety

No	Researcher	Journal	Method	Main Findings
1	Tria Widyastuti et al in 2019	Gadjah Mada Journal of Professional Psychology, Vol. 5 (2)	Eksperimen (pretest-posttest)	The results of the study showed a significant decrease in the level of anxiety in the elderly after being given a structured dhikr therapy intervention. The therapy was carried out in several sessions with reinforcement of spiritual material and daily dhikr as a practical task. ³²
2	Abd Hamid Cholili et al in 2024	Jurnal Resilience, Vol. 1 (1)	Studi Literatur	Based on literature review, dhikr has been proven to provide positive psychological effects on adolescents, in the form of reducing fear, worry, and anxiety, as well as increasing feelings of calm and peace. This method is recommended as a form of spiritual intervention that can be applied widely. ³³
3	Aisyatin Kamila in 2022	Happiness, Vol. 4 (1)	Kajian Pustaka	Dhikr is understood not only as worship, but also as a soul healing technique that strengthens the sense of trust and surrender to Allah. This provides a calming effect on individuals who

³² Tria Widyastuti, Amoh.Abdul Hakim, and Salmah Lilik, “Terapi Zikir Sebagai Intervensi Untuk Menurunkan Kecemasan Pada Lansia,” *Gadjah Mada Journal of Profesional Psychology* 5, no. 2 (2019): 147–57, hlm : 152.”

³³ Cholili et al., “Studi Literatur : Analisis Fenomena Pemberian Psikoterapi Dzikir Dalam Mengurangi Tingkat Kecemasan Remaja.”

				experience anxiety and emotional tension. ³⁴
4	Andri Yan Prima Zani & Weni Widya Shari (2024)	Jurnal Ners Universitas Pahlawan, Vol. 8 (2)	Literatur Review	This study concluded that spiritual techniques such as dhikr, prayer therapy, and SEFT are effective as alternative approaches to overcome stress, anxiety, and depression in various clinical and non-clinical cases, both healthy individuals and patients. ³⁵

Conslusion

The conclusion based on the discussion of several articles is that the Islamic psychotherapy method through prayer and dhikr in dealing with anxiety is one of the effective psychotherapy methods used, especially for anxiety regarding changes that occur in the development phase, namely in the adolescent and elderly phases, because in this phase there are many changes, especially physical changes that will cause mental disorders, namely anxiety.

The psychological condition of a person after undergoing Islamic psychotherapy through dhikr and prayer has a positive impact on the person's psychology. Where when doing this Islamic psychotherapy, the heart becomes calm and peaceful. In the context of Islamic psychotherapy, prayer and dhikr can be taught to adolescents and the elderly as part of a coping strategy to deal with stress such as changes that occur, academic pressure on adolescents, social problems, and anxiety about the future. Thus, Islamic psychotherapy through prayer and dhikr can be a useful method for adolescents and the elderly in dealing with anxiety and building their psychological well-being.

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³⁴ Aisyatin Kamila, "Psikoterapi Dzikir Dalam Menangani Kecemasan" *Happiness, Journal of Psychology and Islamic Science* 4, no. 1 (2022) hlm : 44."

³⁵ Andri Yan Prima Zani and Weni Widya Shari, "Eft, Terapi Doa, Dan Seft Untuk Mengurangi Tingkat Stres, Kecemasan Dan Depresi: Literatur Review," *Jurnal Ners Universitas Pahlawan* 8, no. 2 (2024) hlm : 1243."

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