

## Efek Terapi Dzikir pada Kualitas Tidur pada Lansia: Literature Review

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### ABSTRAK

Kebutuhan tidur manusia dipengaruhi oleh beratnya aktifitas fisik dan factor bertambahnya usia. Kualitas tidur yang tidak optimal menunjukkan adanya permasalahan dari lamanya jam tidur dan kedalaman tidur. Banyak lansia mengalami kualitas tidur yang kurang baik, yang berpengaruh kesehariannya. Terapi Dzikir menjadi alternatif solusi untuk mendapatkan kualitas tidur yang optimal. Penelitian ini menggunakan metode literatur review dengan menggabungkan teori dan hasil penelitian sebelumnya dengan pencarian artikel menggunakan kata kunci dzikir dan kualitas tidur. Terapi dzikir memiliki korelasi searah dengan kualitas tidur. Semakin tinggi intensitas dzikir maka akan mendapatkan kualitas tidur yang baik. Terapi dzikir dapat diterapkan pada seseorang yang mengalami kesulitan tidur agar mendapatkan tidur yang optimal.

**Keywords:** *Dzikir, Kualitas Tidur, Lansia, Terapi*

## Effect of Dhikr Therapy on Sleep Quality on Eldery People: A Literature Review

### ABSTRACT

*The need for human sleep is influenced by the severity of physical activity and the increasing age factor. Sleep quality that is not optimal indicates a problem with the length of sleep and sleep depth. Many elderly experience bad sleep quality that's affect on this daily living. Dhikr therapy is an alternative solution to get optimal sleep quality. This study uses the literature review method by combining the theory and results of previous studies by searching articles with the keywords dhikr and sleep quality. Dhikr therapy has a direct correlation with sleep quality. The higher the intensity of dhikr, the better quality of sleep you will get. A dhikr therapy can be applied to someone who has difficulty sleeping in order to get optimal sleep.*

**Keywords:** *Dhikr, Eldery, Sleep Quality, Theraphy*

Daily physical activity requires a lot of energy from the body, so at the end of the day the human body needs rest from the tiredness of the day's activities. The way to restore lost energy after daily activities is to sleep. Sleep variations for each person vary depending on the severity of daily activities and a person's age. Sleep is a condition characterized by decreased awareness of the human body, but the activity of the heart still regulates various physiological, psychological, and spiritual functions (Nashori & Wulandari, 2017). A person's sleep needs are not only indicated by the length of time they sleep, but also the quality of sleep they get. Sleep quality that is not optimal indicates a problem in a person's sleep both in terms of quantity (sleep hours) and quality (sleep depth). Sleep cannot be underestimated in life activities if the quality of sleep can be maintained properly it will produce good things such as being able to maintain one's mood, energy needs can be met, etc. If people don't sleep, they can quickly lose energy and feel angry easily. If a person does not sleep for two days it will result in difficulty concentrating and is easily distracted, if for more than three days he does not sleep it will be difficult to think clearly, hear and see clearly (Purwanto, 2016).

Humans experience a process of development and growth over time, starting from the age of children, adolescents, adults, to the elderly or what is commonly referred to as the elderly. The process of aging in line with the development and growth of a person will cause a decrease in the body's ability. Decreased body capacity is often accompanied by health problems. Research from Rahmani A et al (2020) out of 53 elderly, 34 people (64.2%) had poor sleep quality, while 19 people (35.8%) had good sleep quality. Research from Putu et al (2020) found that 76.3% of the elderly had poor sleep quality, while 23.7% had good sleep quality. Research from Hasibuan & Hasna (2021) on 233 elderly as many as 15.2% had poor sleep quality, 74.7% of the elderly had moderate sleep quality, 8.1% of the elderly had light sleep quality and 2% of the elderly had good sleep quality. Sleep quality can be seen from the depth of sleep, while the quantity of sleep can be assessed from the number of hours slept. In general, the ideal sleep duration is 7-9 hours per day, whereas in the elderly the normal sleep duration is around 6 hours per day (Fitria & Aisyah, 2020) . Good sleep quality in the elderly does not only assess the calmness in sleep, but also the sleep cycle. The characteristics of good sleep are reduced body activity, varied changes in consciousness, physiological changes, decreased response to external stimuli (Amanda et al., 2017).

Quality of sleep is a state in which the sleep an individual lives produces freshness and fitness when awakened. The optimal sleep process and conditions during sleep describe the high quality of a person's sleep (Nashori & Wulandari, 2017). According to Purwanto (in Nashori & Wulandari, 2017) sleep is an activity to refresh energy and mentally in the body. Factors that affect sleep quality

according to Utami et al (2021) are: (1) Environment; (2) Psychological; (3) Nutrition; (4) Lifestyle; (5) Physical Activity; (6) Sleep quality.

There have been many therapeutic and intervention studies that can be used to improve or improve sleep quality using both pharmacotherapy and non-pharmacotherapy. Research conducted by Utami et al (2021) there are several interventions that can be carried out to improve sleep quality in the elderly including: (1) Brain Games; (2) Therapeutic Touch; (3) Cognitive training; (4) Footbath Therapy; (5) Aromatherapy; (6) Reminiscence Therapy; (7) Acupressure. In addition to the above therapies, there is a therapy that is easy for the elderly to do, namely Dhikr therapy. Dhikr is an alternative therapy to improve sleep quality that is easy to do. Dhikr is worship that is easy to do, anytime and anywhere. Dhikr is an activity that involves the body which includes the body, mind, heart and soul which is then harmonized into one unified movement (Purwanto, 2016). Dhikr is often interpreted as getting closer to Allah, by dhikr we will always remember Allah in the joints of our lives.

To be able to improve good sleep quality in the elderly, research is needed that supports the influence of dhikr on sleep quality, especially in the elderly. Research conducted by Vanida Vanida (2023) shows that dhikr can improve sleep quality. Apart from that, research from Yusfar & Hani (2021) shows that dhikr therapy can improve sleep quality in 30 elderly people. This study aims to provide a description of the effect of dhikr therapy on sleep quality in the elderly.

### **Methods**

The research method used is Library Research by collecting data and research results related to dhikr and sleep quality. The sample in this study was 7 articles from national journals related to the keywords "Dhikr" and "Sleep Quality". The articles used are national journal articles for the years 2016-2023. Data search uses Google Scholar database sources, Garuda Portal, Neliti, Research Gate. The articles obtained consisted of journals and books related to the research topic.

### **Result**

From a total of 7 journals obtained from 2016-2023. The journal search uses sources derived from the Google Scholar database, Garuda Portal, Neliti, Research Gate. Of the 7 journals that were obtained, 1 journal with general subject subjects, 1 journal with student subjects, 1 journal with patient subjects, 2 journals with student subjects and 2 journals with qualitative methods.

No	Years	Authors	Title	Methods	Subjects	Results	Conclusions
1.	2016	Setyo Purwanto	Hubungan Antara Intensitas Menjalankan Dzikir Nafas Dengan Latensi Tidur	Observational with Cross sectional approach	21 Common People	From the Wilcoxon Signed Ranks test it shows a value of $p = 0.00$ with a value of $Z = -4.016$ .	There is a very significant relationship between the intensity of breathing dhikr and sleep latency, the higher the intensity of doing one's breath dhikr, the lower the sleep latency.
2.	2017	Yulia Martha Fandiani, Wantiyah *, Peni Perdani Juliningrum <sup>3</sup>	Pengaruh Terapi Dzikir Terhadap Kualitas Tidur Mahasiswa Program Studi Ilmu Keperawatan Universitas Jember	Quasi experimental design (pretest-posttest with control group design)	34 students	Dependent t test results obtained $p$ value = 0.001 ( $p < 0.05$ )	There is a significant difference between the average value of sleep quality before and after being given dhikr therapy to students of the Jember University Nursing Study Program
3.	2019	Imardiani, Ayu Nopita Sari, Windy Astuti Cahya Ningrum	Pengaruh Terapi Dzikir Asmaul-Husna Terhadap Kualitas Tidur Pada Pasien Intensif Di Rumah Sakit Islam Siti Khadijah Palembang	<i>Quasi experimental design: One group pretest-posttest design.</i>	15 patients	From the Wilcoxon test, it was obtained a significant value of $p$ value = 0.000, because the $p$ value $< 0.05$	There is a significant effect of sleep quality before and after the Asmaul-Husna dhikr therapy.
4.	2021	Faridah, Iin Indrawati	Pemenuhan Kebutuhan Istirahat dan Tidur pada Lansia dengan Terapi Dzikir	Community Service with Discussion, recommendation	37 elderly	The results achieved are that the response of the elderly is very good and they	Dhikr therapy can affect sleep difficulties in the elderly

			Di PSTW Tresna Werda Budi Luhur Jambi	and demonstration		are willing to do this remembrance therapy activity if they have difficulty sleeping.	
5.	2021	Yusfar , Hani	Hubungan Perilaku Dzikir Dengan Kualitas Tidur Pada Lanjut Usia Di Desa Campakamulya	Cross sectional	30 elderly	Results of Spearman's Rank coefficient is 0.603	There is a direct and significant relationship between dhikr behavior and sleep quality in the elderly.
6.	2021	Annisya Fitriani, Fahmi Arief, Nurhalim Shahib	Scoping Review: Pengaruh Terapi Dzikir Terhadap Tingkat Insomnia pada Lansia	Study of literature	5 Articles	Dhikr therapy can effectively reduce insomnia level scores in the elderly.	Dhikr therapy can reduce the level of insomnia in the elderly
7.	2023	Jihan Syahira Vanida	Efektifitas Terapi Dzikir Terhadap Kualitas Tidur	Descriptive qualitative and historical analysis	Journal, article and relevant source  (Not mentione d)	Dhikr therapy can induce calm and have an effect on sleep quality	Dhikr therapy is effective for correcting and improving poor sleep quality

### Discussion

Sleep quality is a state of a person's sleep that can produce freshness and well-being when awakened from sleep (Nashori & Wulandari, 2017). The more optimal a person's sleep process shows the better quality of sleep. According to Utami et al (2021) sleep quality is also influenced by factors (1) Environment such as lighting, density, noise and room area; (2) Psychological stress such as traumatic events, household problems, feelings of anxiety; (3) Nutrition, poor nutritional status can cause a decrease in health status; (4) Lifestyle such as daily activities; (5) Physical activity, according to finding research difficulty sleeping indicates poor physical activity; (6) Sleep quality, including sleep quality, sleep latency, sleep duration and subjective aspects such as night sleep and rest.

The aging process causes the elderly to experience a decrease in physiological functions such as hearing, vision, pulmonary system, joints and bones. Decreasing physical abilities can cause the elderly to become stressed and feel like a burden to others. Psychologically, the elderly feel overshadowed by their bad past, easily feel anxious, feel that they have no meaning in life, are easily depressed, lose interest, cry easily, feel ignored and feel lonely (Kaunang et al., 2019). Physically, it is difficult for the elderly to get good sleep due to environmental influences such as temperature which can make a person uncomfortable while sleeping. In addition to pain being a disease when you get older, pain can be a disturbance to a person while sleeping which causes a person to be awake at night. Pain can arise due to physical diseases such as rheumatism, gout, hypertension etc. Organs that are not functioning optimally make a person susceptible to disease. These conditions can disrupt sleep both in terms of quality and quantity (Hasanah & Hidayati, 2012).

In a study conducted by Faridah & Indrawati (2021) it was found that 50% of the elderly had positive dhikr behavior, while 50% of the elderly had negative dhikr behavior. There were 22 elderly people with poor sleep quality (73.3%), and 8 elderly people with good sleep quality (26.7%). The results of the study from Yusfar & Hani (2021) used the Spearman Rank analysis which carried out a coefficient of 0.603, which means that there is a unidirectional and significant relationship between dhikr behavior and sleep quality in the elderly. The results of the research from Fitriani et al (2021) show that the results of dhikr therapy can effectively reduce insomnia level scores in the elderly, which means that dhikr therapy can also improve sleep quality in the elderly.

Whereas research conducted by Fandiani & Juliningrum (2017) using the Quasi experiment method with a pretest-posttest design with a control group design showed that the results of the sleep quality of the respondents before dhikr therapy were 8.59 and after dhikr therapy decreased to 4.35. The results of the statistical test showed a p value = 0.001, which means that after the dhikr therapy, the quality of sleep in students is getting better. Students are able to sleep early, the frequency of waking up at night is reduced, feeling fit and refreshed when they wake up in the morning. Research from Imardani et al (2019) on hospital patients with a one group pretest-posttest group design from the results of Wilcoxon analysis found a p value of 0.000 <0.05, which means that there is an effect of Dzikir Asmaul Husna therapy on sleep quality in ICU patients at Siti Khadijah Islamic Hospital Palembang. This can be seen at the time of treatment the patient feels sleepy and some fall asleep. A similar study conducted by Purwanto (2016) on 21 people from the Wilcoxon Signed Rank test analysis showed a value of p = 0.00 and Z = -4.016, which means that there is a significant relationship between dhikr breath and sleep latency, the higher the intensity of one's breath dhikr, the higher sleep latency. Dhikr is a form of religious relaxation, in addition to having a relaxing effect

on the body, dhikr is also useful in increasing faith and the possibility of experiencing transcendence (Purwanto, 2006).

Dhikr combines the senses and the brain simultaneously, the benefits of dhikr can balance and create a calm, peaceful atmosphere for the soul and the body can be controlled. Conversely, if people are negligent, they will attract negative energy from the environment which makes a person susceptible to disease and so on (Yumnah & Khakim, 2019). According to dhikr therapy, it has a relaxing effect on the body, the hypothalamus will activate the pituitary gland which functions to boost the immune system and increase melatonin and produce relaxing hormones which will make blood vessels and heart rate decrease (Fitriani et al., 2021). With dhikr will create alpha waves that are calm.

### **Conclusion**

Based on a review of journals, there is a unidirectional relationship between dhikr therapy and sleep quality in the elderly. The higher or the higher the intensity of dhikr, the better the quality of sleep in the elderly. Conversely, if the intensity of dhikr is less, the sleep quality of the elderly will get worse. Dhikr can produce certain hormones that make the body feel comfortable so it's easy to fall asleep. In addition, dhikr brings the benefit of increasing one's faith to be able to achieve transcendence experience.

### **Suggestion**

From the results of the research, the authors suggest that dhikr therapy can be applied and campaigned for the elderly who have difficulty sleeping or to obtain good quality sleep. This research has the limitation of the lack of journals which are the source of the data used so that it is less comprehensive. For further researchers, they can add data sources for review so that more detailed results can be obtained.

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