



THE INFLUENCE OF APPLICATION OF THE RASUL SUNNAH ON VITAL SIGNS OF LUNG CANCER PATIENTS UNDERGOING CHEMOTHERAPY

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ABSTRACT

Lung cancer patients receive chemotherapy treatment. One of the effects of chemotherapy is that it can cause a physiological response to changes in vital signs. Applying the Sunnah of the Apostle can relax and influence vital signs in lung cancer patients undergoing chemotherapy. Objective: to determine the effect of applying the Sunnah of the Apostle on the vital signs of lung cancer patients undergoing chemotherapy. Method: Quasi experimental with one group pre test – post test with control design, sample of 42 lung cancer respondents. Assessment of vital signs using a Spymomamometer, stopwatch and thermometer. Data were analyzed using the Wilcoxon test. Results: The Wilcoxon test results obtained a p-value of 0.000 (p-value < 0.05). Conclusions: there is an influence of the application of the Prophet's Sunnah on the vital signs of lung cancer patients undergoing chemotherapy.

Keywords: chemotherapy; lung cancer; sunnah rasul; vital signs

First Received 12 March 2024	Revised 22 April 2024	Accepted 29 April 2024
Final Proof Received 20 May 2024	Published 01 August 2024	
How to cite (in APA style) Putri, D. S. R., Wulanningrum, D. N., & Suryandari, D. (2024). The Influence of Application of the Rasul Sunnah on Vital Signs of Lung Cancer Patients Undergoing Chemotherapy. Indonesian Journal of Global Health Research, 6(4), 2521-2532. https://doi.org/10.37287/ijghr.v6i4.3413 .		

INTRODUCTION

The World Health Organization (WHO) in 2020 shows that worldwide it is estimated that new cancer cases will reach 19.3 million and deaths due to cancer will reach 10 million. Lung cancer is the main cause of malignancy worldwide, accounting for 13% of all cancer diagnoses (Kemenkes RI, 2021). In 2018, Indonesia reported an increase in the prevalence of lung cancer, namely from 1.4% per 1000 population in 2013 to an increase in 2018 of 1.8% per 1000 population. Central Java is in second place with the highest number of cancer sufferers in Indonesia, namely 2.1% (Dinkes Jateng, 2018). The results of a preliminary study conducted by researchers on December 17 2021 at Dr Moewardi Hospital, Surakarta, showed that data from medical records on the number of cancer patients undergoing chemotherapy was 593 with the number of lung cancer patients undergoing chemotherapy being 61 patients obtained in December 2021. Lung cancer in a broad sense is all malignant diseases in the lungs, including malignancies originating from the lungs themselves (primary) as well as malignancies from outside the lungs (metastases). In clinical terms, what is meant by primary lung cancer is a malignant tumor originating from the bronchial epithelium (bronchial carcinoma) (Joseph, et al, 2020). Lung cancer generally attacks patients over the age of 55 years. This disease is rare in the early stages. At first, lung cancer does not cause significant symptoms, but over time general symptoms can be seen, including a cough that gets worse and doesn't go away, shortness of breath, constant chest pain, coughing up blood, frequent

coughing and cold, lung infections. , feelings of constant tiredness and unexplained weight loss (Iqbalawaty, 2019).

Several risk factors that influence the occurrence of lung cancer are smoking, exposure to chemicals that are carcinogens (asbestos and radon), family history, genetics, factors related to gender, diet, and other comorbidities (Robot, et al, 2021). The long lung cancer treatment process will affect the patient's physiological, psychological and social problems. Lung cancer treatment is divided based on type between NSCLC and SCLC. Generally, the therapy given is based on the stage of the cancer itself, including surgery, radiotherapy and chemotherapy (Joseph, et al, 2020). Chemotherapy is the provision of treatment using antineoplastic preparations which can kill cancer cells (Sitepu, 2021). Chemotherapy is a therapeutic modality that is often used, with all its benefits, of course this therapy also has several side effects (Sugiharto, et al, 2021). Patients undergoing chemotherapy will experience unpleasant physiological effects such as hair loss, nausea, vomiting, fatigue easily, apart from that, chemotherapy can also cause psychological effects including stress, fear of death, fear of being abandoned, fear of being a burden on the family, price disturbances. self and anxiety (Robot, et al, 2020). Unpleasant experiences during chemotherapy can also cause changes in hemodynamic status such as increased blood pressure, pulse rate and can also cause a decrease in oxygen saturation (Hasanah, 2021).

Actions that can be taken to control problems encountered during the procedure are pharmacological methods and non-pharmacological methods (Ilter, 2019). Nonpharmacological management that can be applied is Alternative Medicine (CAM) in the Mind-Body Therapy section. Mind-Body Therapy contains prayer, in Islam there is the Sunnah of the Prophet which is carried out in which there are activities carried out and prayer (Putri, 2018). According to research, there are similarities between dhikr and prayer, namely that both focus concentration on one focus, namely Allah. Reading words repeatedly also has the same therapeutic benefits as prayer and relaxation exercises (Putri, 2018), one of which is improving mood and reducing anxiety (Putri, 2018).

There are many problems that occur in cancer patients, namely changes in hemodynamic status which can cause physiological responses, changes in breathing, changes in oxygen saturation, anxiety, someone who experiences excessive anxiety will result in insomnia, reduced confidence in physical abilities, and low compliance in treatment, quality of life decreases (Wang, 2018; Romadoni, 2018). So nurses have a role in providing therapy with a non-pharmacological approach, one of which is implementing the Sunnah of the Prophet. The application of Sunnah Rasul to cancer patients to overcome poor sleep quality is very good because it can improve the quality of sleep which makes patients relax and can improve the quality of their sleep, stabilizing vital signs (Putri, 2018, Putri, 2021). This therapy has the effect of relaxing, reducing anxiety, stabilizing vital signs. Apart from that, carrying out sunnah rasul for lung cancer patients undergoing chemotherapy can bring them closer to the Creator or Allah SWT to increase spirituality during treatment and the rest of their life. This study aims to determine the effect of applying Sunnah Rasul on the vital signs of lung cancer patients undergoing chemotherapy

METHOD

This type of research is quantitative research with a quasi-experiment research method with one group pre test - post test with control design. The quantitative research method is a type of research whose specifications are systematic, planned and clearly structured from the start until the creation of the research design. The population in the study was 61 lung cancer

respondents undergoing chemotherapy. The sampling technique in this research uses Simple Random Sampling, which is a simple sampling technique because sampling from the population is carried out randomly without looking at and paying attention to the similarities or standards that exist in the population. This method is used if members of the population are considered homogeneous (Sugiyono, 2017). Based on the minimum sample size calculation for this research, the sample results were 42 respondents. Where the 42 respondents will then be divided into 2 groups, namely the intervention group and the control group, where each group will consist of 21 respondents, so that there are 21 respondents in the intervention group and 21 respondents in the control group. The instruments used in this research were observation sheets, Sunnah Rasul Leaflet, Sphygmomanometer, stopwatch, and thermometer. Data were analyzed using the Wilcoxon test.

RESULTS

Table 1.
Statistical Distribution of Respondents Based on Age (n=42)

N	Max	Min	Mean	Median
42	70	42	56	56

Based on table 1, it shows that the average age of respondents in this study was 56 years.

Table 2.
Frequency distribution of respondents based on gender (n=42)

Gender	f	%
Male	32	76.2
Female	10	23.8

Based on table 2, it shows that of the 42 respondents, the majority were male with a total of 32 respondents (76.2%).

Table 3.
Frequency distribution of respondents based on education (n=42)

Education	f	%
No School	1	19
SD	13	31
SMP	10	23.8
SMA	10	23.8
S1	8	2.4

Based on table 3, it shows that of the 42 respondents, the majority had elementary school education with a total of 13 respondents (31%).

Table 4.
Frequency distribution of respondents by job (n=42)

Job	f	%
Working	17	40.5
Not Working	25	59.5

Based on table 4, it shows that of the 42 respondents, the majority were not working with a total of 25 respondents (59.5%).

Table 5.
Statistical distribution of respondents based on duration of chemotherapy (n=42)

N	Max	Min	Mean	Median
42	18	42	4	3

Based on table 5, it shows that out of 42 respondents, the average duration of chemotherapy for respondents in this study was 4 times.

Table 6.

Distribution of vital signs in lung cancer patients before administering sunnah rasul (n=42)

Pre chemotherapy	N	Min	Max	Mean	Median
Systolic Blood Pressure	42	101	168	132.40	128
Diastolic Blood Pressure	42	65	135	86.14	85
Heart Rate	42	65	112	87.88	88
Respiratory Rate	42	21	26	22	22
Temperature	42	32.6	36.9	36.4	36.5

Based on table 6, it shows that the 42 respondents showed that the average systolic blood pressure was 128 mmHg, diastolic blood pressure was 86.14 mmHg, pulse rate was 88 x/minute, respiratory rate was 22 x/minute, and body temperature was 36.4. °C.

Tabel 7.

Distribution of vital signs in lung cancer patients after undergoing chemotherapy (n=42)

Pre chemotherapy	N	Min	Max	Mean	Median
Systolic Blood Pressure	42	95	140	124.67	125
Diastolic Blood Pressure	42	70	100	82.92	87
Heart Rate	42	65	104	85	85
Respiratory Rate	42	19	23	22	22
Temperature	42	34.6	36.9	36.7	36.4

Based on table 7, it shows that the 42 respondents showed that the average systolic blood pressure was 124.67 mmHg, diastolic blood pressure was 82.92 mmHg, pulse rate was 85 x/minute, respiratory rate was 22 x/minute, and body temperature was 36.7°C.

Tabel 8.

Analysis of the influence of Sunnah Rasul on vital signs in lung cancer

	Z	P-value
<i>Pre Test</i>	4.243 ^b	.000
<i>Post Test</i>	4.243 ^b	.000

Based on the table, it is known that the Wilcoxon test results show that the results of data analysis show a p-value of 0.000. This shows that the provision of Sunnah Rasul can have a significant influence on the vital signs of lung cancer patients undergoing chemotherapy with a p-value of 0.000.

DISCUSSION

Characteristics of Respondents Based on Age

Based on the results of research that has been carried out, it is known that the average age of respondents in this study is 56 years. In line with research conducted by (Hosseini, et al., 2022) that the majority of lung cancer sufferers are in the age range of 56-61 years. This is also in line with research conducted by (Purnamawati, et al, 2021) which states that the majority of lung cancer patients are aged >40 years. The majority of lung cancer starts in old adulthood. This is because the process of accumulating genetic mutations due to prolonged exposure to carcinogenic substances at a young age is accompanied by a decrease in the ability of the immunosurveillance system in old age, thus facilitating the process of carcinogenesis (Purnamawati, et al, 2021). Age is an important risk factor for cancer, the incidence of cancer increases with age, this is due to the increasing exposure to risk factors and the decreasing ability of cell repair. As you get older, the elasticity of your blood vessels decreases and your blood vessels narrow so that blood requires high pressure to flow throughout the body, which can cause high blood pressure (Sugiharto, et al, 2021). Increasing age will cause a decrease in pulse frequency, this is due to reduced muscle mass and reduced

maximum muscle power achieved, and body temperature will gradually decrease as we approach old age.

As a person ages, they will be exposed to more carcinogenic substances such as cigarettes, radon, silica and asbestos which can change the genetics in lung cells, resulting in a neoplastic phenotype. This research also states that as people get older, their immunity will decrease, DNA repair will decrease, and the human body's regulatory system will be lost, which will result in the body being susceptible to carcinogenesis (Alfarisa, et al, 2023). Decreased immunity at age over 40 years can increase the risk of lung cancer due to the function of adaptive immunity becoming less efficient. T cells function as adaptive immunity which plays an important role in several cancer immunoediting mechanisms (editing the immune system). The cancer immunoediting mechanism by tumor cells will be achieved if it has gone through 3 general stages, namely elimination, equilibrium and escape. The role of T cells is very important in the elimination stage, where T cells in this stage recognize and destroy tumors thereby providing protection to the host against cancer cells (Prasetyo et al, 2021). Based on the data above, according to the researchers' assumptions, cancer patients are more likely to attack those aged >40 years and above due to various risk factors that can cause lung cancer. So it can be concluded that age can influence changes in a person's blood pressure, pulse rate and body temperature.

Characteristics of Respondents Based on Gender

From the results of research conducted by researchers, in terms of the characteristics of respondents based on gender, the respondents in this study were mostly male, 32 (76.2%) respondents and female, totaling 10 (23.8%) respondents. According to the Indonesian Ministry of Health (2021), lung cancer is the main cause of malignancy in the world, reaching 13 percent of all cancer diagnoses. Apart from that, lung cancer also causes 1/3 of all cancer deaths, which is greater in men than in women. Lung cancer is more common in men because they smoke more frequently than women and men have high mobility so they are more exposed to carcinogenic materials such as cigarette smoke, industrial materials in the work environment, and heavy air pollution (Luo, 2019). The most common cancer suffered by men is lung cancer when cancer is a disease where cells in the body grow out of control or the growth of cells in the body is abnormal. When abnormal cell growth begins in the lungs, it is called lung cancer (CDC, 2019).

Lung cancer cases are mostly found in male patients, this is due to the habits of men who tend to be smokers compared to women. High mobility in men also increases the risk of exposure to air pollution, radiation and carcinogenic substances (Prasetyo et al, 2021). Sex hormones also have a significant influence on lung cancer. The results of a retrospective study conducted by Taioli E et al. showed that women taking estrogen therapy had an increased incidence of lung cancer. In vitro, estrogen increases the growth of healthy and malignant lung tissue so that anti-estrogen treatment can suppress tumor growth, indicating a role for hormones in carcinogenesis. Another research conducted by Saito S et al. There have also been reports indicating that women who received antiestrogen therapy showed a reduced incidence of lung cancer. This research shows that estrogen stimulates cancer cell proliferation through estrogen receptor-mediated signaling (Alfarisa, et al, 2023).

The spread of lung cancer shows that men are more dominant than women. Statistical data on the incidence of lung cancer in the world contained in GLOBOCAN 2020 states that there are more male lung cancer patients (31,500,000 cases) than women (14,600,000 cases). The dominance of the male gender in the incidence of lung cancer in the world, including Indonesia, is due to the tendency of the male population to have more smoking habits than

women and is supported by the activities of the majority of men in environments outside the home and workplace which are sources of exposure to carcinogenic substances. such as industrial materials in the work environment, cigarette smoke, radiation and air pollution (Purnamawati, et al, 2021).Based on the data above, according to researchers' assumptions, men and women can suffer from lung cancer, not just smoking, but the cause of lung cancer can occur from various factors, namely passive smoking, air pollution, radiation and many other factors. So it can be concluded that there are changes in blood pressure and pulse rate.

Characteristics of Respondents Based on Education

Based on the results of research that has been carried out, it is known that some of the respondents' education in this study was elementary school with 13 respondents (31%). This is in line with research conducted by (Jannah, 2020) which shows that the majority of research respondents had elementary school education, namely 52 (46.4%). A person's level of education will be able to influence cognitive thinking patterns, this is greatly influenced by the information obtained during the education period and the experiences experienced by a person (Prasetyo, et al, 2021). Knowledge itself is influenced by formal education factors. Knowledge is closely related to education. It is hoped that with higher education, the person's knowledge will become broader (Ratna, et al, 2021).

According to Riskawaty (2021), a person's education greatly influences a person's maturity and way of thinking in making the best decisions regarding the treatment they will receive. Education can influence a person's knowledge. Apart from that, a person's level of education will influence the reception of information about cancer, both regarding risk factors that can trigger it, what efforts can be made to prevent it and how to detect it early and understand the treatment of cancer (Dahlia, 2019). ccording to Anggraeni (2022) education is related to development and behavior change. Education is concerned with the transmission of knowledge, attitudes, beliefs, skills and behavior. It is hoped that the information obtained about disease, healthy living habits and ways to prevent disease will improve individual behavior. The higher the education, the easier it is for someone to absorb information and easily implement it into action. According to (Rahmiwati, et al, 2022) Low levels of education are related to the patient's level of knowledge and health behavior. Either in implementing healthy living to prevent health risks or knowledge actions in detecting cancer early. So that groups of people with low education tend to visit health facilities after experiencing disturbing health complaints, so that preventive measures cannot be taken. Based on the data above, according to researchers' assumptions, education does not affect the vital signs of lung cancer patients before and after undergoing chemotherapy.

Characteristics of Respondents Based on Occupation

The research results showed that the majority of cancer patients undergoing chemotherapy were 25 people (59.5%) and 17 people (40.5%) were unemployed. This is in line with research by Roza & Setiawati (2019) showing that 84 cancer patients undergoing chemotherapy were unemployed (70%) and 36 people (30%) were unemployed. According to previous research conducted by (Brink, et al, 2024), the results showed that the majority of respondents did not work, 63.4%. Knowledge, insight, understanding and ability to grasp information obtained based on a person's experience and work background are influenced by their work. Someone who works outside the home definitely has a higher social level than someone who doesn't work or stays at home. Those who were not working only knew about cancer briefly, mostly through television, posters at the scene, or from posters on the side of the road when travelling. They will only listen and read for a short time or not at all (Amelia, et al., 2021). Work can affect a person's busyness, so that a person pays less attention to the condition of their body. This is in accordance with Lee's theory (2018) which states that job

level has an influence on cancer, with dense activity can lead to an unhealthy lifestyle. According to the researchers' assumptions, it can be concluded that non-working status does not affect the respondents' vital signs.

Characteristics of Respondents Based on Number of Chemotherapy Times

Based on the results of research conducted by researchers, the average duration of chemotherapy for respondents was 4 times. This is in line with research (Wahyuni, 2020) showing that the largest number of respondents were those who had undergone chemotherapy for less than >6 months, 1-2 times chemotherapy (67.19%). One of the most common treatment methods for lung cancer patients is chemotherapy. Chemotherapy is a procedure that involves administering special drugs that aim to stop or kill existing cancer cells (George, et al, 2024). The frequency of chemotherapy that each respondent must undergo varies depending on the type of cancer, cancer stage, and drug dosage (Rahayu, 2018). Chemotherapy can have both physiological and psychological effects. Physiological impacts that can occur are fatigue, nausea, vomiting, changes in appetite, hair loss, constipation, and pain. And one of the psychological impacts that often arises is anxiety (Hafsah, 2022). The effects of chemotherapy treatment can also cause an increase in body temperature because it is caused by bacteria found in the body (Ota, 2019). Side effects arise because chemotherapy damages normal cells and cancer cells that grow and divide rapidly in the body. Normal cells include new blood cells in the bone marrow, cells in the mouth, stomach, skin, hair and reproductive organs (Darmawan, et al., 2019).

According to the researchers' assumptions, the chemotherapy time or how many times chemotherapy has been given to each cancer patient undergoing chemotherapy is different. For each patient, it depends on the type of cancer and stage of cancer experienced by each respondent. In cancer patients undergoing chemotherapy, it can have different effects on each patient. The effects that are felt usually occur after chemotherapy is carried out and the symptoms can include nausea, vomiting, decreased appetite and hair loss. In this case, it can be concluded that the time of chemotherapy carried out by cancer respondents can influence the vital signs of cancer patients obtained during the chemotherapy carried out by respondents.

Vital Signs of Lung Cancer Patients Before Being Given the Sunnah Rasul

Based on the results of research conducted by researchers on 42 respondents before undergoing chemotherapy, it showed that the average systolic blood pressure was 128 mmHg, diastolic blood pressure was 86.14 mmHg, pulse rate was 88 x/minute, respiratory rate was 22 x/minute, and body temperature is 36.4°C. Cancer sufferers must undergo therapy to recover. One of the recommended treatments is chemotherapy. Chemotherapy is a cancer therapy that kills tumor cells by interfering with cell function and reproduction for the purposes of healing, control and palliative care (Hafsah, 2022). Chemotherapy is the most common method of cancer treatment. administering chemotherapy through a vein, which makes it more effective at reaching cancer cells that have spread to other tissues. Anticancer drugs given to patients through infusion or injection are known as chemotherapy. According to the patient's condition and the type of anticancer drug used, the amount of chemotherapy given to each patient is different. Several studies have found that chemotherapy is given because it has many benefits, such as preventing metastases to other organs (Suyanto et al, 2021). However, most patients undergoing chemotherapy will experience worry, anxiety and fear of facing the threat of death and pain during therapy. This can affect hemodynamic status which can cause physiological responses to changes in breathing to increase, so that it can affect vital signs (Romadoni, 2018).

Patients with malignancies are often administered multiple systemic chemotherapy treatments during their treatment. This chemotherapy agent has several side effects such as febrile neutropenia, infusion reactions, and general fatigue. Chemotherapy-induced neutropenia is a life-threatening condition when neutrophils drop below normal which can increase morbidity, mortality, and financial costs in cancer treatment. The risk of increased febrile neutropenia, which refers to the occurrence of fever during a period of significant neutropenia, depends on the degree and duration of chemotherapy-induced neutropenia followed by several other factors such as age, comorbidities, and serum albumin levels (Wibisono, 2020). Unpleasant experiences during chemotherapy can also cause changes in hemodynamic status such as increased blood pressure, temperature, respiratory rate and pulse (Hasanah, 2021). According to researchers' assumptions, chemotherapy has dangerous side effects such as fever, neutropenia, infusion reactions, and general fatigue. In addition, unpleasant things during the chemotherapy process can affect the patient's hemodynamic status, which is indicated by changes in blood pressure, body temperature, respiratory rate and blood pressure.

Vital Signs of Lung Cancer Patients After Being Given the Sunnah Rasul

Based on the results of the research after being given the Sunnah rasul therapy, it showed that out of 42 respondents, the average systolic blood pressure was 124.67 mmHg, diastolic blood pressure was 82.92 mmHg, pulse rate was 85 x/minute, respiratory rate was 22 x/minute, and temperature body is 36.7°C. When cancer attacks a person, it will have a negative impact on various aspects of his life, including physical, psychological, social and spiritual. Physical consequences, cancer patients will experience pain due to the disease and its treatment, decreased appetite, fatigue, changes in body image, decreased sexual function, and sleep disorders. Psychological consequences, patients will experience rejection, fear, anxiety, sadness, emotional review, and depression. Spiritual problems, such as difficulty accepting illness and death, are another matter. Because cancer is a life-threatening disease and fluctuates at critical points during its course, anxiety is a common and normal response to a cancer diagnosis (Azwardi, et al., 2022).

Anxiety is one of the effects of lung cancer which can cause a physiological response to changes in vital signs in the form of increased blood pressure, rapid pulse rate, increased breathing and decreased oxygen saturation (Romadoni, 2018). When you are anxious, the adrenaline hormone increases, causing the heart to pump blood faster and causing high blood pressure (Rismawati, 2020). Blood pressure and pulse rate increase, this is due to the level of anxiety experienced by the patient, namely anxiety, emotions, stress and fear (Lesmana, 2019). Actions that can be taken to control problems encountered during the procedure are pharmacological methods and non-pharmacological methods (Ilter, 2019). Non-pharmacological management that can be applied is Alternative Medicine (CAM) in the Mind-Body Therapy section. Mind-Body Therapy includes prayer, in Islam there is the Sunnah of the Prophet which is carried out in which there are activities carried out and prayer (Putri, 2018). According to researchers' assumptions, cancer can affect various aspects of life, including physical, psychological, social and spiritual. Patients experience pain, fatigue, anxiety, and depression. Lung cancer anxiety causes physical changes such as increased blood pressure, rapid pulse, and increased breathing. The increased adrenaline hormone speeds up the heart rate and increases blood pressure. Therefore, there is a need for non-pharmacological measures to help patients, one of which is implementing the Sunnah rasul.

Analysis of the Influence of the Sunnah Rasul on Vital Signs

Based on the Wilcoxon test results, it shows that the results of data analysis show a p-value of 0.000. This shows that the provision of the Prophet's Sunnah can have a significant influence

on the vital signs of lung cancer patients undergoing chemotherapy with a p-value of 0.000. Actions that can be taken to control problems encountered during the procedure are pharmacological methods and non-pharmacological methods (Ilter, 2019). Nonpharmacological management that can be applied is Alternative Medicine (CAM) in the Mind-Body Therapy section. Mind-Body Therapy contains prayer, in Islam there is the Sunnah of the Prophet which is carried out in which there are activities carried out and prayer (Putri, 2018). Reading the Qur'an is done according to the Sunnah Rasul, namely dhikr. Dhikr is all deeds or deeds both external and internal, which bring a person to remember Allah and get closer (taqarrub) to Him, one of the activities is saying something repeatedly in certain conditions and at certain times. Zikr will bring happiness, calm the soul, and cure heart disease. People who are used to dhikr will feel close to Allah and protected by Him. This produces feelings of confidence, strength, security, peace, and happiness. In biopsychology, dhikr can make a person calm because it suppresses the sympathetic nervous system and activates the parasympathetic nervous system (Sarihat, 2021).

People who do dhikr are actually connecting with Allah, because dhikr is saying Allah's name regularly, which is usually called wirid. Zikr is divided into two categories. First, use your tongue and your heart, namely saying zikr and contemplating its meaning in your heart while remembering Allah. Second, using actions, namely doing good and pious things while remembering the power and greatness of Allah. By doing dhikr, you can automatically calm yourself and eliminate thoughts such as fear, despair, doubt, anxiety, restlessness and other sorrows (Sarihat, 2021). Peace of mind is the key to physical and spiritual health. Although doubt and anxiety are the source of various diseases. According to research, there are similarities between dhikr and prayer, namely that both focus concentration on one focus, namely Allah. Reading words repeatedly also has the same therapeutic benefits as prayer and relaxation exercises, one of which is improving mood and reducing anxiety (Putri, 2018). It can be concluded that carrying out the Sunnah Rasul can relax and influence vital signs in lung cancer patients undergoing chemotherapy.

CONCLUSION

The results of this study indicate that there is an influence of the Sunnah of the Apostle on the vital signs of Lung Cancer Patients after being given the Sunnah of the Apostle intervention at the Moerwadi Hospital, Surakarta. This is proven by the results of the Wilcoxon test, which obtained a P-value of 0.000 (<0.05). So it can be concluded that carrying out the Sunnah Rasul can relax and influence vital signs in lung cancer patients undergoing chemotherapy.

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