

THE EFFECT OF DHIKR RELAXATION TECHNIQUES ON STRESS LEVEL IN HYPERTENSION PATIENTS LITERATURE REVIEW

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ABSTRACT

Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. People with hypertension is easy to have stress. If people with hypertension feel stress so long, it will be causing complications. So to manage stress, relaxation techniques can be made, one of which is spiritual relaxation, namely dhikr relaxation. The purpose of the study is to determine the effect of dhikr relaxation techniques on stress level in hypertension sufferers. The purpose of this study was to determine the effect of dhikr relaxation techniques on stress levels in patients with hypertension. The purpose of the study is to determine the effect of dhikr relaxation techniques on stress level in hypertension sufferers. This research used literature review design with traditional review. As for totally of journal reviewed is 15 journal contain of 5th national journal and 10th international journal. The results of hypothesis testing in 15 journals with any test of hypothesis we got result if there is a significant effect of spiritual relaxation techniques : dzikr on stress level in hypertension sufferers. Dhikr relaxation techniques decrease stress level, the stress level from high to moderate and the level of stress moderate become light after doing dhikr relaxation techniques. Th result of journal analysys could be suggest to additional courses on complementary therapy and add knowledge to nursing student about dhikr techniques and also could be applied as nursing implementation.

Keywords: dhikr relaxation technique; hypertension; stress level

INTRODUCTION

Non-communicable diseases (NCDs) are the leading cause of death in the world, accounting for 63% of all annual deaths. The prevalence of hypertension in the world shows that around 1.13 billion people have hypertension, which means that 1 in 3 people in the world have been diagnosed with hypertension and only about 36.8% of them are taking antihypertensive drugs. The total number of people with hypertension in the world continues to increase every year, it is estimated that in 2025 there will be 1.5 billion people affected by hypertension and every year 9.4 million people die from hypertension and complications. Based on data from the *World Health Organization* (WHO), hypertension ranks first as the most common disease suffered by people in the world and ranks fourth in Indonesia (WHO, 2015).

The highest incidence of hypertension in Indonesia is in South Kalimantan as much as 44.1%, followed by West Java 39.6% and East Kalimantan is in third place with a prevalence of 39% (Riskasdas, 2018). According to data obtained from the Samarinda City Health Office, it is known that hypertension is the second highest disease in 2018 suffered by the community with an average of 2,420 people every month who have checked themselves at the nearest Puskesmas.

Hypertension is a condition where a person's blood pressure is 140 mmHg (systolic pressure) and or 90 mmHg (diastolic pressure) (JNC VIII, 2014). Uncontrolled hypertension will cause several complications. Complications that often occur due to hypertension are brain blood vessel damage, stroke, kidney failure, and coronary heart disease. Where stroke and coronary heart

disease cause around 9.4% of deaths worldwide each year (Ministry of Health, 2015). People who have hypertension tend to be more prone to stress. When a person experiences stress, the body will produce hormones that can increase blood pressure, an uncontrolled increase in blood pressure that triggers hypertension complications (Pramesti, 2012). The patient already knows that he suffers from hypertension and if he does not take proper treatment, his hypertension will get worse and other diseases can appear. Things like this are a polemic in patients and can trigger stress in patients who take hypertension medication if there are only complaints. If stress is prolonged, it will result in blood pressure remaining high so that hypertension becomes uncontrolled (Albaar, 2019).

Stress conditions will activate the hypothalamus which in turn controls the neuroendocrine system, namely the sympathetic system and the adrenal cortex system. The sympathetic nervous system, will activate various organs and smooth muscles under its control, one of which increases heart rate. The sympathetic nervous system also signals the adrenal medulla to release epinephrine and norepinephrine into the bloodstream. Then it will increase peripheral vascular resistance and cardiac output so that it will trigger blood vessel vasoconstriction which ends with an increase in blood pressure (Price & Wilson, 2013).

To prevent complications of hypertension caused by stress, stress management can be carried out. With stress management, blood pressure can be controlled so as to minimize the occurrence of complications. Stress management can be done with non-pharmacological actions, namely regulating a healthy daily lifestyle (food, activity, exercise habits), advocating emotional control and *solving problems* (Taukhit & Haryono, 2018). In addition to implementing a healthy lifestyle and controlling emotions, stress management can also be done with relaxation techniques. Relaxation techniques are a type of intervention that can be used to reduce tension and anxiety. The types of relaxation techniques that can be done include breathing relaxation techniques, autosuggestion relaxation, hydrotherapy, muscular relaxation and spiritual relaxation techniques (belief) (Albaar, 2019).

One of the popular spiritual relaxation therapies in Islam is to do dhikr relaxation techniques. This dhikr therapy focuses on certain prayer words or sentences that are said repeatedly with a regular rhythm accompanied by an attitude of surrender to God so that there is an increase in the process of traveling neurotransmitter signals that reduce the regulation of the *hypothalamic pituitary adrenal axis (HPA axis)* thereby reducing the production of stress hormones, namely cortisol. (Church, 2012). Research conducted by Supriyadi et al in 2017 obtained a *p value* = 0.001 ($p < 0.05$), which indicates there is a significant difference in stress scores after Dhikr Jaher. Another study by Kumala et al in 2017 also proved that dhikr is effective in giving a person peace of mind so that they can reduce stress. Dhikr therapy has also been proven to reduce stress in hypertension sufferers when research is conducted on hypertension patients in Krembengan Village, Surabaya (Albaar, 2019).

Based on theoretical support and literature studies conducted on hypertension sufferers by providing dhikr relaxation techniques as a non-pharmacological effort to deal with stress, the authors are hereby interested in conducting a *literature review* of journals related to the effect of dhikr relaxation techniques on stress levels in hypertension sufferers.

METHOD

This type of research is a descriptive study using the *Literature Review* method with a *traditional review* research design. The number of journals reviewed in this study were 15 journals consisting of 5 national journals and 10 international journals obtained from *Google Scholar* as many as 7 journals, *Research Gate* as many as 4 journals and *Science Direct* as many as 4 journals.

RESULTS

Table 1.
Research Results and Analysis

No.	Writer	Year	Journal Name, Volume, Number	Article Title	Method (Design, Sample)	Research result
1.	Widuri Anggraini and Subandi	2014	Journal of Psychology, ISSN 8909-7898	The Effect of Meditation Relaxation Therapy Interventions to Reduce Stress in Patients with Hypertension ESSENTIAL	Design : Quasi experiment with purposive sampling method, <i>One-Group pre test and post test</i> Sample : 50 people with essential hypertension	Based on the results of the Mann-Whitney test, a p value of $0.006 < 0.05$ was obtained, so it can be concluded that there is a significant effect between dhikr relaxation therapy and stress reduction in patients with hypertension.
2.	Desti Fatmasari, Rahma Widyana, Famous Budiyan	2019	Journal of Psychology, Vol. 15, No 1, September 2019, 10-19 P- ISSN: 1858-3970, E-ISSN: 2557-4694	<i>Spiritual Emotional Freedom Technique</i> (SEFT) to Reduce Stress in Hypertensive Patients	Design : Quasi Experiment, with <i>one group pretest-posttest design</i> method Sample : 30 hypertension patients at Moyudan Health Center Yogyakarta	Based on the results of the Willcoxon test, a p value of $0.0001 < 0.05$ was obtained so that it was found that there was a significant change in the stress level of hypertension sufferers between before and after the SEFT technique was performed.
3.	Suci Sutioningsih, Sri Suniawati, Suhuda Hamsanikeda	2019	Journal of Professional Nursing (JKP) Volume 7, Number 1 February 2019	The Effect of Meditation Therapy (Dhikr) on Stress Levels in the Elderly	Design : Quasi experiment with purposive sampling method, <i>One-Group pre test</i>	The results of the <i>paired t-test</i> with the provisions of $p = 0.015 ; = 0.05$). From the

			p-ISSN: 2355-679X		and post test Sample : elderly at Panti Werdha Mojopahit Mojokerto in 2012 with a large sample of 20 respondents	results of the study, it is known that value = 0.015 <0.05, which means that there is an effect of implementing meditation therapy (dhikr) on stress levels in the elderly.
4.	Ragwan Albaar	2019	Journal of Islamic Studies Doctoral Program Dissertation ISSN 1128-2134, No. 56, Vol : 23	Remembrance Therapy Rātib Al-'atī As in Reducing Stress in Hypertension Patients in North Krembangan Village, Surabaya	Design : <i>quasi experiment</i> with <i>purposive sampling method pretest – posttest with intervention control group design</i> Sample : 22 people with hypertension in the North Krembangan Village area	The results of bivariate analysis with paired t-test showed that Rātib al-'Attās remembrance therapy was effective in reducing stress in patients with hypertension, obtained a significance level of $0.003 < 0.05$, it can be seen that, there is a difference in stress levels in hypertension patients between before and after being given treatment in the experimental group,
5.	Yvette C. Cozier, DSc, Jeffrey Yu, MPH, Lauren A. Wise ScD, Tyler J. VanderWeele, PhD, Tracy A. Balboni, MD	2018	<i>Society of Behavioral Medicine</i> 2018. <i>ann. behav. med.</i> (2018) 52:989–998	<i>Religious and Spiritual Coping and Risk of Incident Hypertension in the Black Women's Health Study</i>	Design : <i>Cross sectional study</i> Sample : 21,686 women with controlled and uncontrolled hypertension	The results of the linear regression test showed a p value of $0.000 < 0.05$ with an accuracy level of 95% where this study concluded that there was a significant relationship between spiritual coping or spiritual

						meditation with a reduced risk of hypertension incidence.
6.	Zahra Kamali, Mahin Tafazoli, Mehdi Ebrahimi, Mohammadali Hosseini, Azadeh Saki, Mohammad Reza Fayyazi - Bordbar, Zahra Mohebi - Dehnavi, Ala Saber - Mohammad	2021	<i>Journal of Education and Health Promotion</i> IP: 140.213.66.1]	<i>Effect of spiritual care education on postpartum stress disorder in women with preeclampsia</i>	Design : <i>randomized clinical trial</i> Sample : 72 pregnant women with gestational age 34-38 weeks who have hypertension due to pre-eclampsia in a hospital, Mashhad	Based on the results of the Mann Whitney test, a p value of 0.001 < 0.05 was obtained, so it can be concluded that there is a significant effect of spiritual therapy educational intervention on the stress level of women with pre-eclampsia.
7.	Samia I Hassan, Ahlam Mohammed Ibrahim Gouda, Ahmed El-Monshed, Hanan Abderahman Mostafa Kandeel	2020	<i>American Journal of Nursing Research</i> , 2020 Vol. 8, No. 2, 269-277	<i>Effect of Spiritual Therapy on Anxiety, Stress, Depression, and Coping Pattern among Pregnant Women with Preeclampsia</i>	Design : <i>quasi experiment</i> with purposive sampling method Sample : 86 women with pre-eclampsia in Mansoura University Hospital.	Based on the results of the paired t-test, a p-value of 0.0001 < 0.05 was obtained, so it can be concluded that there is a significant effect of spiritual therapy on anxiety, stress and depression in pre-eclampsia women.
8.	Fatemeh Ahmadinezhad, Marzieh Akbarzadeh	2019	<i>Health, Spirituality and Medical Ethics</i> . 2019;6(4):2-9	<i>Investigating the Relationship of Spiritual Wellbeing with Perceived Stress and Perceived Social Support among Women with Preeclampsia</i>	Design : <i>Descriptive study</i> with convenience sampling method Sample : 112 pre-eclampsia women in Shiraz Hospital	Based on the results of the ANOVA test, the p value of 0.001 < 0.05, so it can be concluded that there is a significant relationship between the value of spiritual intervention with stress levels and social support

						in pre-eclampsia women.
9.	Madhavi Thombre Kulkarni	2017	<i>Journal of Epidemiology - Doctor of Philosophy</i> ISSN 9089-0978	<i>Depression, Anxiety, Antidepressant, Anxiolytic Medications And Their Associations Relaxation With Maternal Hypertension</i>	Design : Cross sectional with purposive sampling technique Sample : 315 hypertensive patients	Based on the results of multiple linear regression, p value 0.000 was obtained, so it can be concluded that there is a significant effect between before and after anxiolytic treatment and relaxation therapy including spiritual relaxation on decreasing anxiety levels, stress levels and depression levels.
10.	Oluwaseyi O. Isehunwa, Erica T. Warner, Donna Spiegelman, Tianyi Huang, Shelley S. Tworogeri, j , Blake Victor Kent, Alexandra E. Shields	2021	<i>Comprehensive</i> 7 (2021) 100064	<i>Religion, spirituality and diurnal rhythms of salivary cortisol and dehydroepiandrosterone in postmenopausal women</i>	Design : Cross Sectional Sample : 216 postmenopausal women	Based on the results of the linear regression test, the data showed that the p value was 0.0000 <0.05 so it could be concluded that there was a significant relationship between religious values and spiritual therapy on the hormones cortisol and dehydroepiandrosterone.
11.	Ying Chen, Eric S Kim, Tyler J Vander Weele	2020	<i>International Journal of Epidemiology</i> , 2020, 2030–2040	<i>Religious-service attendance and subsequent health and well-being throughout</i>	Design : prospective cohorts with a systematic random sampling technique	Based on the results of multiple linear regression, p value was 0.000, so it can be concluded

				<i>adulthood: evidence from three prospective cohorts</i>	Sample : 1,600 adults with certain chronic diseases such as stroke, diabetes and hypertension	that there is a significant relationship between spiritual intervention and mental health as measured by levels of stress, anxiety and depression.
12.	Joy Mocer	2018	<i>Leadership Connection 2018 (15-18 September) e-ISSN : 2345-6543</i>	<i>The Unique Power of Mindfulness on Blood Pressure and Stress Reduction in a Priest Community</i>	Design : <i>quasi experiment</i> with simple random sampling method <i>pretest – posttest with intervention control group design</i> Sample : 11 people with hypertension	Based on the results of the paired t-test, a p value of 0.000 <0.05 was obtained so that it was concluded that there was a significant effect of mindfulness relaxation therapy (which consists of relaxed thinking, relaxing and believing in the power of God) on stress values and changes in blood pressure.
13.	Narendra Kumar Arya, Kamlesh Singh, Anushree Malik	2017	<i>The International Journal of Indian Psychology ISSN 2348-5396</i>	<i>Impact of Five Days Spiritual Practice in Himalayan Ashram of Sahaj Marg on Well-Being Related Parameters and Selected Physiological Indicator</i>	Design : <i>quasi experiment</i> with simple random sampling method <i>pretest – posttest with intervention control group design</i> Sample : 55 people with stage 1 pre-hypertension at a Uttarakhand Hospital, India	Based on the results of the paired t-test, a p value of 0.0001 <0.05 was obtained, so it can be concluded that there is a significant effect between spiritual intervention with stress levels and changes in blood pressure values.
14.	Rudi Haryono, Iman Permana, Nur Chayati	2016	JOURNAL OF NURSING NOTOKUSUM	The Effect of Combination of Back Massage	Design : Quasi experiment with purposive	Based on the results of the paired t-test, a

			O VOL. IV, NO. 1, AUGUST 2016 ISSN 2338- 4514	and Dhikr on Stress Levels in Hypertensive Patients	sampling method, <i>One- Group pre test and post test</i> Sample : 30 people with hypertension in the work area of Pengasih II Public Health Center, Kulon Progo	p-value of 0.0001 < 0.05 was obtained, so it can be concluded that there was a significant effect of decreasing stress scores between before and after the combination intervention of back massage and dhikr was given.
15.	Maryam Ayazi, Kayla T. Johnson, Marcellus M. Merritt, Michelle R. Di Paolo, Christopher L. Edwards, Harold G. Koenig, Gary G. Bennett Jr., Keith A. Whitfield2, and Camela S. Barker	2018	<i>Journal of Black Psychology</i> 2018, Vol. 44(4) 295–321	<i>Religiosity, Education, John Henryism Active Coping, and Cardiovascular Responses to Anger Recall for African American Men</i>	Design : <i>quasy experiment with pre-test and post- test research wit h control group</i> Sample : 74 men with an age range of 23- 47 years, nationality of African- American	Based on the results of the Annova analysis test, the p value of 0.0000 < 0.05 was obtained, so it can be concluded that there is a relationship between spiritual interventions carried out with individual coping and cardiovascular responses.

DISCUSSION

These fifteen journals conclude that there is an effect of dhikr relaxation techniques on the stress level of hypertension sufferers. A total of 10 journals analyzed that hypertension sufferers with high stress levels after the dhikr relaxation technique will experience a decrease in stress levels to moderate, while 5 other journals analyze that, hypertension sufferers with moderate stress levels after the dhikr relaxation technique will experience a decrease in stress levels to be mild. About 60% of all journals use research instruments to measure stress levels using the *Perceived Stress Scale* (PSS) while 40% of other journals use the *Depression Anxiety Stress Scale* (DASS) research instrument where the DASS contains stress, depression and anxiety scales, so that stress levels can also be measured using the DASS.

Prolonged stress causes blood pressure to rise, if it continues to increase and persists, it becomes a triggering factor for essential hypertension with complications of other diseases. To prevent further complications of hypertension, complementary therapy is needed to reduce stress. Non-pharmacological therapies that can be used in stress management include *biofeedback*, relaxation,

yoga, pilates, psychotherapy, hypnosis, transcendental meditation (Rice, 2019). One of the effective non-pharmacological therapies to reduce stress in patients with essential hypertension is to perform relaxation techniques. Relaxation techniques are interventions that are carried out to increase the body's relaxed response to reduce stress in people with hypertension (Fu, 2018). According to various studies, relaxation techniques that are proven to be able to reduce stress are spiritual relaxation techniques. The types of spiritual relaxation include relaxation of prayer, relaxation of reading scriptures, meditation therapy for the word of God (for Christians), relaxation of beliefs (*positive beliefs*) and relaxation of dhikr (Khoiriyah, 2017).

Dhikr is part of a spiritual relaxation technique that involves the belief factor. The relaxation response that involves the belief held will accelerate the occurrence of a relaxed state or in other words the combination of the relaxation response involving the belief will multiply the benefits derived from the relaxation response. The stronger one's belief combined with the relaxation response, the greater the effect. With the method of dhikr, all worldly problems are leaned on Allah, the one who overcomes everything. Once the teachings of Islam are perfect, not a single problem is overlooked in the book of the Qur'an, so that matters of the soul or spirit, therapy of the heart and various aspects of life are all arranged in a complex unit (Alatas, 2015). This is in accordance with the word of Allah QS. Ar Ra'du verse 28 which reads: "(namely) those who believe and their hearts find peace in the remembrance of Allah. Remember, only in the remembrance of Allah does the heart find peace." The results of another study showed a significant decrease in the anxiety scale and stress scale between before and after massage therapy.²⁵ Massage and aromatherapy can significantly reduce anxiety scores, improve several patterns in EEG recording, reduce cortisol levels in saliva (proving to reduce short-term stress).

The theory above is in line with research conducted by Anggarini & Subandi (2014) with the aim of research to determine the effect of remembrance relaxation therapy to reduce stress in patients with essential hypertension. Based on the results of the *Mann Whitney* test, a *p value* of $0.006 < 0.05$ was obtained, so it can be concluded that there is a significant effect between dhikr relaxation therapy and stress reduction in patients with hypertension where initially having severe stress levels become moderate and moderate stress levels become mild. Theoretically, when someone is doing dhikr, there is a temporary reduction in the blood vessels of the brain due to a chemical response when someone is doing dhikr. The supply of blood flow (decreased levels of oxygen and glucose) to brain tissue is decreased. This situation is immediately responded by the brain with a yawning reflex which massively enters oxygen through the lungs to the brain accompanied by widening of the diameter of the blood vessels. As a result, the supply of oxygen and glucose into the brain tissue increases rapidly. This condition will revitalize all cellular and microcellular elements that have an impact on the strength and vitality of brain cells. In addition, the supply of oxygen in large quantities, the mitochondria as the respiratory center of the cell will be active again and work normally. It is at this time that the human body feels relaxation or relaxation of the nerves so that mental tension including stress will decrease until it disappears.

Another study conducted by Desti et al (2019) regarding the *Spiritual Emotional Freedom Technique* (SEFT) which can reduce stress in elderly hypertension sufferers also stated that

another term for dhikr relaxation is the *Spiritual Emotional Freedom Technique* (SEFT) *technique*. SEFT is a combination of techniques that use psychological energy and spiritual strength as well as prayer to overcome negative emotions, while the prayers offered are not only in the form of hope but in the form of sentences of praise to Allah SWT in the form of sentences of dhikr. Based on the research above, we can conclude that another term for the relaxation technique of dhikr is known as the *Spiritual Emotional Freedom Technique* (SEFT). Based on the results of the *Willcoxon* test, a *p value* of $0.0001 < 0.05$ was obtained so that it was found that there was a significant change in the stress level of hypertensive patients between before and after the SEFT technique. the physiological response of the body resulting in a decrease in blood pressure, pulse and respiration. The relaxation response that involves the belief held will accelerate the occurrence of a relaxed state or in other words the combination of the relaxation response involving the belief will multiply the benefits derived from the relaxation response. The stronger one's belief combined with the relaxation response, the greater the effect obtained so that the emotional response can be stable which causes a decrease in stress levels.

The research above is in line with the research conducted by Suci et al (2019) with elderly respondents who have hypertension. Where the purpose of this study was to determine the effect of meditation therapy (dhikr) on stress levels in the elderly. Based on the results of the *paired t-test*, it is known that *value* = $0.015 < 0.05$, which means that there is a significant effect of implementing meditation therapy (dhikr) on stress levels in the elderly. As for before the dhikr meditation technique was carried out, almost all of the elderly had high stress levels and a small proportion had moderate stress levels, but after the dhikr meditation technique was carried out it was found that, most of the elderly had moderate stress levels and a small proportion had mild stress levels. Theoretically described in Yurisaldi (2018), it is stated that the process of dhikr by saying sentences containing the letters *jahr*, such as sentences of monotheism and *istighfar*, increases the disposal of CO₂ in the lungs. When someone is doing dhikr, there is a temporary reduction in the blood vessels of the brain due to a chemical response when someone is doing dhikr. The supply of blood flow (decreased levels of oxygen and glucose) to brain tissue is decreased. As a result, the supply of oxygen and glucose into the brain tissue increases rapidly. This condition will revitalize all cellular and microcellular elements that have an impact on the strength and vitality of brain cells. So that the body's physiology will respond to an increase in the work of the parasympathetic nerves which makes the body more relaxed and relaxed and causes a stable emotional response to a decrease in stress levels.

Another study was conducted by Albaar (2019) regarding the effect of dhikr relaxation techniques on patients with hypertension. The results of bivariate analysis with *paired t-test* showed that Rātib al-'Attās remembrance therapy was effective in reducing stress in patients with hypertension, obtained a significance level of $0.003 < 0.05$, it can be seen that, there is a difference in stress levels in hypertension patients between before and after being given *treatment* in the experimental group, and between the control group who were not given *treatment*. Dhikr has a high belief value of trust and surrender to God so that a relaxed response will arise from within the body. The relaxation that appears can reduce stress and increase peace of mind. The value of belief when doing dhikr includes surrendering everything to God that what happens is His power and everything has been arranged so that we as humans can

only live it but it is not us who decides. That way the feeling of worry in living the day will decrease so that the emotional response and stress will also decrease (Bogar & Killacky, 2016).

According to the World Health Organization (WHO) in 2015, full human health is indicated by four things, namely physically healthy (biological), mentally healthy (psychologically), socially healthy, and spiritually healthy (spiritual). A fully healthy human is a human who fulfills the four pillars of health. In the development of his personality, humans have 4 holistic dimensions, namely organo-biological, psycho-educative, socio-cultural, and spiritual. The theory above is in line with the research conducted by Cozier et al (2018) while the results of the linear regression test show a *p value* of $0.000 < 0.05$ with an accuracy level of 95% where this study concludes that there is a significant relationship between spiritual coping or spiritual meditation with a reduced risk of hypertension incidence. . Spiritual therapy is useful as stress therapy because it can reduce psychological stress and improve coping of individuals with hypertension.

A total of 3 international studies were conducted in different years, namely research by Ahmadinezhad & Maezieh (2019), Samia et al (2020) and Kamali et al (2021) with pre-eclampsia women as their research respondents. Based on the results of the bivariate analysis of the three types of research, it concluded that there was a significant influence between spiritual relaxation therapy interventions on changes in stress levels in pre-eclampsia women, where before spiritual intervention almost all respondents had high stress levels and some had moderate stress levels. However, after the spiritual relaxation intervention, it was found that most of the respondents had moderate stress levels and most of the other respondents had mild stress levels. Theoretically these three types of research suggest that spiritual healing with prayer and hope can penetrate all parts of the body even into every cell of the body itself. This will affect the body (physically) by feeling the vibrations of the feeling that are weak and penetrate throughout the body. It is at this time that the human body feels relaxation or relaxation of the nerves so that mental tensions (stress) resulting from not meeting the needs, both physical needs and spiritual needs will be reduced and even disappear.

A similar study was conducted by Oluwasyi et al (2021) on postmenopausal women. From the results of his research through the linear regression test, it was found that the *p value* of $0.0000 < 0.05$ so that it can be concluded that there is a significant relationship between religious values and spiritual therapy on the hormones cortisol and dehydroepiandrosterone. This shows that the presence of religious values and spiritual healing makes postmenopausal women more relaxed and calm, resulting in a decrease in the hormone cortisol. With a decrease in the hormone cortisol, stress levels are reduced and followed by a stable blood pressure value. The previous research conducted by Madhavi (2017) with 315 respondents with hypertension showed multiple linear regression test results with a *p value* of 0.000 so it can be concluded that there is a significant effect between before and after *anxiolytic* treatment therapy and relaxation therapy including spiritual relaxation on decreasing levels of anxiety, stress levels and depression levels. This is because regular treatment supported by spiritual relaxation techniques will stabilize blood pressure and increase the production of endorphine hormones so that emotions can be stable which causes stress to decrease.

In addition to the combination of the use of medicine and spiritual therapy, there are also other studies that discuss the effect of a combination of back massage and dhikr on stress levels in patients with hypertension. This research was conducted by Haryono et al. (2018) based on the results of the *paired t-test*, it was found that the *p-value* was $0.0001 < 0.05$, so it can be concluded that there was a significant effect of decreasing stress scores between before and after the intervention was given a combination of back massage and dhikr. Biologically, dhikr therapy will stimulate the release of *adrenocorticotrophic* hormone which stimulates the release of *glucocorticoids*, glucagon to drive energy, endorphins to block pain, and vasopressin which also plays a role in responding to cardiovascular stress. Endorphins function to relieve pain or pain in the body and cause a feeling of calm after dealing with traumatic feelings. In addition, endorphins also appear to produce feelings of euphoria. In general, feelings of euphoria can occur when endorphins are released after doing sports such as running, swimming, cycling, and aerobics Doctor & Shiromoto (Rahmah, 2016).

Therefore, stress hormones that initially increase, namely cortisol, epinephrine, and norepinephrine released by the adrenal glands, can then decrease after doing dhikr therapy accompanied by the release of endorphins that can overcome pain (the pain experienced so that the subject who performs the technique of remembrance). SEFT will feel calmer, more comfortable and relaxed after doing the SEFT technique. This is in line with the results of Lane's research (Rofacky, 2015) which shows that with the presence of endorphins, it can control cortisol, reduce pain, slow down heart rate, reduce anxiety, and reduce stress. control the autonomic nervous system so that it can create a sense of calm and relaxation. This condition will affect the work of the heart by reducing cardiac output which will have an impact on lowering blood pressure and lowering emotional levels so as to reduce stress.

The researcher's assumption regarding the analysis of the journal above is that the Dhikr relaxation technique has a relaxing power that can reduce tension, emotional stress and bring peace of mind because of the condition of remembering God during dhikr. Feelings of strong belief in God create strong control, so that they can interpret and accept every unpleasant event in a more positive direction and believe that someone is in control of every event that occurs in the world. With the peace of mind that is felt, the body's physiological system will respond to the release of endorphins that can control cortisol, slow down the heart rate, reduce anxiety, control the autonomic nervous system so that it can relax. This condition lowers the emotional level so that it can reduce stress. From the results of the analysis of the research above, it can also be seen that the more frequent the dhikr relaxation intervention, the better, where the stress level will decrease.

CONCLUSION

Based on the results of the analysis of 15 journals consisting of 5 national journals and 10 international journals, the results showed that there was a significant effect of dhikr relaxation techniques on changes in stress levels in hypertension sufferers. The relaxation technique of dhikr can reduce stress-inducing hormones (cortisol, epinephrine, and norepinephrine) released by the adrenal glands accompanied by the release of endorphins that can control the hormone cortisol, reduce pain, slow down heart rate, reduce anxiety, control the autonomic nervous system so that

it can create stress. feeling calm and relaxed, as well as lowering the emotional level so that it can reduce stress

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