

Overcoming Anxiety Disorders Using an Islamic Psychological Approach

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Abstrak

Anxiety Disorder yang merupakan keadaan emosional secara fisiologis, betuk perasaan yang tidak menyenangkan dan perasaan khawatir sesuatu yang buruk akan segera terjadi. Tujuan dari Penelitian ini mengkaji apa itu kecemasan, serta bagaimana penelitian terdahulu dalam mengkaji cara mengatasi kecemasan. Penelitian ini menggunakan sudut pandang psikologi umum dan psikology Islam khususnya Psikoterapi Islam. Metode penelitian yang digunakan adalah metode penelitian *literature reviews*. Pengumpulan data melalui dokumentasi dengan mendeskripsikan temuan ataupun telaah dalam buku, artikel dan jurnal ilmiah serta berbagai sumber tertulis lainnya, untuk dikaji teknik apa saja yang bisa menurunkan kecemasan. Hasilnya diperoleh bahwa selain psikoterapi secara umum, psikoterapi Islam juga sudah mulai digunakan untuk menurunkan tingkat kecemasan individu.

Kata Kunci: *gangguan kecemasa, psikoterapi, psikoterapi islam*

Abstract

Anxiety Disorder which is a physiological emotional state forms unpleasant feelings and feelings of worry that something bad will happen soon. The purpose of this study is to examine what anxiety is, as well as how previous research studies ways to deal with anxiety. This research uses the point of view of general psychology and Islamic psychology, especially Islamic psychotherapy. The research method used is the literature reviews research method. Data collection through the documentation by describing findings or studies in books, articles, and scientific journals as well as various other written sources, to study any techniques that can reduce anxiety. The results show that apart from psychotherapy in general, Islamic psychotherapy has also begun to be used to reduce individual anxiety levels.

Keywords: *anxiety disorder, psychotherapy, islamic psychotherapy*

INTRODUCTION

Anxiety Disorder is a common term we hear about anxiety, which is a disorder of feeling excessively anxious about something or some information. Especially considering the covid19 pandemic which adds to our confidence in this general term. Information whose source is unclear adds to the feeling of panic, fear, and anxiety in society. The existence of Covid 19 has created anxiety in society (Republika, 2020). Psychology views anxiety itself as diverse, many theories and techniques are researched and developed to overcome this anxiety problem. Anxiety is a topic that is never lonely for research because anxiety is the starting point for diagnosing several other personality disorders. Anxiety is beneficial when it prompts us to take regular check-ups or motivates us to study, for example ahead of a test, as well as anticipating bad things to happen. Anxiety is also defined as a state of tension that motivates us to do something (Apriani, 2021). And anxiety is an appropriate response to threats. But of all that, anxiety can become abnormal, if the level is not in proportion to the threat and if it comes without any reason. Anxiety is considered one of the inhibiting factors in a person doing something that can interfere with the performance of a person's cognitive functions, such as concentrating, and remembering (Abdul Basith, 2021). Our anxiety lately is more about worrying about something that may not necessarily happen, especially with the current pandemic situation. This state

of society is following the opinion previously expressed by Bastaman that the current anxiety is more shifting to how individuals experience the emptiness of life. It is further said that to overcome this, a way is needed to find the 'meaning' of life for someone. It is natural for every individual to experience anxiety, in certain situations, sometimes a situation causes anxiety for someone but is something that is considered normal for other individuals, for example, anxiety when facing a new environment for some students, the new environment causes anxiety (Rohmadani, 2019). But the new environment is also commonplace for other students. Anxiety is commonly felt by many people, from teenagers, adults, and even parents. Based on research conducted by Stefany Livia Prajogo and Ananta Yudianto Anxiety Disorder can be experienced by many individuals regardless of age or gender. The causes of this anxiety disorder are quite varied so that in this anxiety disorder it is also divided into several types, namely phobias, social anxiety disorder, separation anxiety disorder, panic disorder, dan generalized anxiety disorder (Stefany Livia Prajogo, 2021).

The main causes of different anxiety, according to some psychologists, are due to differences in viewpoints in analyzing what causes individuals to experience anxiety. Anxiety from the perspective of social psychology is caused because individuals who are afraid of experiencing rejection or fear of not being accepted by groups or society. Some psychological scientists, especially in Indonesia, study anxiety and various efforts to overcome it. If we search through Google scholar with the keyword anxiety, thousands of the latest research will appear on this matter. Researchers found that in Nurul Annisa's research, students' anxiety could also be overcome by spiritual and spiritual activities. For example, it will affect the level of anxiety when carrying out an abnormal personality test, it will hit the ego when a person faces prolonged stress, ablution therapy as a means of purifying oneself, healing to normalize mental torment has an impact on anxiety with the freshness of the water, in ablution, it makes the mind relaxed and fresh again. thus in applying ablution in all activities, the work we do will have an impact on ourselves to be confident in everything and whatever we do. This makes the heart calm and peaceful (Nurul Annisa Amir, 2021). Many scholars express anxiety that can be overcome using general psychology, so this research is looking at reviewing discussions on Islamic psychotherapy that can overcome anxiety disorders, which then develops Islamic values as an alternative solution to anxiety. These Islamic values must look at conditions and adapt to the culture of Indonesian society in general. So that in this case, the researcher is doing an update on this research which is regarding, overcoming Anxiety Disorder through Islamic psychotherapy.

According to Jeffrey S Nevid, anxiety is a state of apprehens that complains that something bad will happen soon. (Dewi, 2020). There are many things to worry about, for example, our health, social relations, exams, careers, international relations, and environmental conditions are some of the things that can be a source of worry. (Septi Dewi Aisyah, Endah Tri Wijayanti, dkk, 2020). It is normal, even adaptive, to be a little anxious about these aspects of life. Anxiety is beneficial when it prompts us to go for regular medical check-ups or motivates us to study for exams. Anxiety is an appropriate response to a threat, but anxiety can be abnormal if its level is out of proportion to the threat, or if it seems to come without any cause that is when it is not a response to changes in the environment. In its extreme form, anxiety can interfere with our daily activities (Jendra & Sugiyo, 2020). Anxiety can also be interpreted as an ego system in humans towards a situation that is considered dangerous so that humans can prepare adaptive reactions. Anxiety itself according to the study of Islamic psychology, referring to the Qur'an is explained as the emotion of fear. Abdul Hasyim further explained in (Cahyandari, 2019) that the word Khassyah and its derivations are mentioned 39 times in the Quran. The fear here is more to the meaning of fear of Allah SWT, fear of punishment, fear of not getting His pleasure. In the verses of the Qur'an in letter Al-Baqarah 155 it is also explained that humans will be tested with fear, the meaning of the verse is as follows: "And We will test you with a little fear, hunger, lack of wealth, lives and fruits. . And convey the good news to those who are patient, (QS. Al-Baqarah: 155) ". The conclusion that can be drawn from the explanation of the notions of anxiety above is that the anxiety that is discussed in this study has an irrational meaning of fear, is experienced by all individuals, and is an individual's natural response to an event, the emotional reaction of fear makes an uncomfortable feeling, so can manifest in the individual's behavior.

Aspects of anxiety according to Nevid et al., are divided into three aspects, that is:

1. Physical Aspect; Disorders that occur in individuals who experience anxiety include the production of more sweat, shaking, feeling nauseous, chills, racing heart, shortness of breath, anxiety, feeling weak, diarrhea, and urinating more often than usual.
2. Behavioral Aspect; The behavior of individuals who experience anxiety will be different than usual, includes avoidance behavior, dependence on others, and individuals tend to avoid or leave situations that can trigger anxiety.
3. Cognitive Aspect; Individuals who experience anxiety will feel worried and overthink something that is about to happen. Individuals will feel threatened by someone or events that will occur, and feel confused and worry about being left alone (Pramesti A.M, 2019).

According Nevid, Factors Causing Anxiety Disorder can be influenced by four factors, among others;

1) Environmental Social Factors; This factor includes traumatic events or threatening, lack of social support, and a response in the form of fear of others. 2) Biological Factors; These factors include genetic predisposition factors, neurotransmitter function and abnormalities in brain functioning that signal danger and inhibit repetitive behavior. 3) Behavioral Factors; These factors include using aversive stimuli and previously neutral stimuli, relieving feelings of fear and anxiety by performing rituals that reduce anxiety, and avoiding anxiety-provoking situations or fear-inducing situations and objects. 4) Cognitive and Emotional Factors; These factors include unresolved psychological conflicts, irrational beliefs, oversensitivity to threats, and low self-efficacy (Nanda Salsa Ayu Karina, 2022).

Anxiety can also be caused by 5 factors: 1. Age; Increasing age someone, the more mature and experienced that person is, although not an absolute guideline. 2. Gender; Anxiety is more often experienced by women than men. This event can be explained because women are more sensitive feelings. Men see an event more globally, on the other hand, women see an event in more detail. 3. Education; a high individual education level will affect his ability to solve the problem. 4. Coping mechanisms; When someone experience anxiety, coping mechanisms play a role in overcoming it, if a person is less able to carry out coping mechanisms constructively, there is a chance that other pathological behaviors will occur. 5. Health Status; After a person enters old age, he will begin to have multiple pathological physical ailments, which of course affects his ability to deal with anxiety From the explanation of anxiety above, we can conclude that in dealing with anxiety, certain techniques or ways are needed so that we can adapt, which is better known in psychological terms as psychotherapy. (Sarwono, 2017) explains that psychotherapy is a method of intervention by a trained psychotherapist so that clients can overcome their problems, in this case, their anxiety. Meanwhile, Islamic Psychotherapy is a treatment of mental disorders that originate from two main sources the most trusted by Muslims, namely the Qur'an and Hadith (Sumarni, 2020)). It was further explained that the purpose of this Islamic Psychology intervention is to improve a person's quality of life, for example, perceived happiness, resilience, humility, compactness, durability, and toughness are increasing. On the other hand, it also aims to reduce various problems and problems in human life, such as anxiety, stress, depression, and others. Psychotherapy is treatment using psychological methods for problems that are closely related to thought patterns, feelings, and behavior. Psychotherapy (Psychotherapy) consists of two words, namely "Psyche" which means soul, mind, or mental, and "Therapy" which means healing, treatment, or care (Andini et al., 2021). Islamic psychotherapy is an effort to heal the human soul (nafs) spiritually which is based on the demands of the Al-Qur'an and Al-Hadith, with the method of empirical essential analysis and understanding of everything that appears in humans. From the existing explanations and elaborations, it can be drawn that Islamic psychotherapy is an attempt to treat psychological problems using different methods refers to Islamic principles that refer to the Al-Qur'an and Al-Hadis (Aprison, 2021).

METHOD

The research method used is a Literature review or literature study. This is carried out by studying various theories through literature from books, scientific journals, e-books, the internet and various facts found. The results of various literature reviews are used to explain the Islamic psychotherapy used

to overcome anxiety. The researchers limit the search for scientific journals to the period time 2017-2022. Literature reviews of this kind are usually carried out by collecting data and information from various library sources which are then presented in a new way or for a new purpose. new thoughts or ideas or as a basis for dedicating existing knowledge, so that a new theoretical framework can be developed or as a basis for dissecting problems.

Data analysis techniques. In this research, researchers conducted the selection, evaluation, and interpretation of all research results that are by and closely related to the contents of the problem. The researcher obtained 20 research papers that were suitable for research and made them into the 4 most frequently used psychotherapy techniques and made a summary of the results of the research. includes the identity of the researcher, the year the manuscript was published, the number of subjects, the measuring instruments used, and the research results. Next, the researcher draws a common thread regarding psychotherapy techniques that are often used to treat anxiety, and another perspective, namely what Islamic psychotherapy is used to reduce anxiety.

RESULTS AND DISCUSSION

The results of the research that will be discussed first are about how to deal with anxiety with psychotherapy in general. 3 psychotherapy methods are often used in dealing with anxiety, namely; Listening to Music, then hypnosis, and relaxation. Then Islamic psychotherapy that is often used to overcome anxiety is Dhikr, Prayer, reading Al-Fatihah, and praying and listening to Murrotal.

1. Overcoming Anxiety through psychotherapy

The first discussion is according to research conducted by (Luvita & Hidajat, 2017) that listening to music can create positive emotions such as happiness, foster motivation, reduce pain, increase relaxation, and improve quality of life in patients after experiencing a stroke who experience depression, feel depressed and experiencing anxiety. This study was conducted on 3 first stroke patients, who had previously been given the DASS (Depression Anxiety Stress Scale) measuring instrument and showed that the subjects experienced a decrease in quality of life, but after being given therapy by listening to music for 2 weeks, these 3 patients experienced the quality of life multiple dimensions. This was also expressed in Petronawati's research regarding overcoming patient anxiety with music therapy. The results of Petronawati's research are that music can support the theory put forward. The level of anxiety between the control group and the treatment group obtained a significant hypothesis test $p < 0.001$ ($p < 0.05$). Giving Mozart classical music to the treatment group found a lower level of anxiety than the control group. The results of this study can also support Herlye Tangkere's research, by listening to Mozart's music there is a significant decrease in anxiety in patients who have never had tooth extraction (Petronawati et al., 2017). So it can be concluded that listening to music can reduce a person's anxiety level.

Next is how the hypnosis technique affects the decrease in the anxiety of mothers who will give birth using Sectio Caesarea (SC) surgery. Research (Fadilah, et al., 2018) explains that, Psychologically, SC surgery has an impact on fear and anxiety about the pain that is felt after the effects of painkillers disappear. However, the administration of hypnosis therapy is proven to significantly reduce the anxiety of mothers undergoing SC births. The research procedure was carried out by comparing 30 subjects, with initial conditions classified as experiencing moderate anxiety, 2 experiencing mild anxiety, and 2 experiencing severe anxiety. Then after the hypnosis treatment, the results obtained were that 27 subjects were in moderate anxiety and 3 became mild anxiety. the state of the mother who is focused and calm makes pain (pain), as well as all the burdens of thoughts that the mother feels distracted, then the mother affirms positive things, that is the reason why hypnosis can reduce anxiety (Fadilah, et al., 2018). This was also revealed in Arianti's research which stated that five-finger hypnotic therapy for pregnant women with anxiety in Kuranji sub-district, Padang city, which was carried out by a community service team, received a positive response from pregnant women. In the implementation of five-finger hypnotic therapy which is a non-pharmacological action to overcome anxiety, it can be done independently and practically, anywhere and anytime that does not require other tools. With this activity, pregnant women begin to understand how to deal with anxiety experienced during pregnancy

(Arianti & Susanti, 2022) In conclusion, anxiety can also be overcome using hypnosis methods or techniques.

Further studies regarding relaxation are used in overcoming anxiety to increase control and self-confidence as well as reducing the stress and anxiety felt in patients before surgery. In his research (Warnis Wijayanti, 2018) used the Hamilton Anxiety Rating Scale (HARS), to determine the patient's anxiety level. The results obtained show that before knowing how to do the guided imagination relaxation technique almost all respondents were in the moderate anxiety category (66.67%) and after getting the guided imagination relaxation technique almost all respondents were in the mild anxiety level (66.67%). Relaxation is a great way to relieve pain and anxiety. Perfect relaxation can reduce muscle tension, boredom, and anxiety. The 3 main things doing relaxation are an appropriate attitude, a resting mind, and a calming state (Warnis Wijayanti, 2018). In addition to the research presented by Wijayanti, there is also research from Ambarwati which states that the process of reducing anxiety by using progressive muscle relaxation can be done by tensing and relaxing muscles located in several parts of the body so that relaxation can affect the hypothalamus and reduce the work of the sympathetic nervous system. by increasing the work of the parasympathetic nervous system. The decrease in the sympathetic nervous system causes a response to a decrease in blood pressure, metabolism, and respiration so that it can reduce oxygen use, muscle tension, pulse, anxiety and overcome stressors. Several physiological changes in the body will occur after relaxation, namely decreasing blood pressure, heart, and respiratory rates and reducing muscle tension, besides that relaxation will also focus the mind, create focus, increase concentration, and improve the ability to overcome sources of anxiety. So it can be concluded that reducing anxiety can also be done through relaxation therapy.

2. Overcoming anxiety through Islamic psychotherapy

Examining the findings above which are reviewed on how to deal with anxiety using psychotherapy in general, then further refined or added, Islamic psychotherapy is used in overcoming anxiety, the results of this research analysis are as follows; Islamic psychotherapy that is often used to overcome anxiety is Dhikr, prayer, fasting, reading Al-Fatihah and praying and listening to Murrotal. Islamic psychotherapy is used in overcoming anxiety, the results of the analysis of this study are as follows;

Dzikir; The results of Aisyatin Kamila's research showed that dhikr can affect anxiety in a person, by being given dhikr therapy decreases anxiety. Research shows that through dhikr psychotherapy, a calming effect will be obtained for the perpetrator, deep surrender to Allah regarding His power and compassion which is implied from the thayyibah sentence which is recited many times in dhikr activities so that one does not feel afraid, worried and anxious in live their old age. In addition, through dhikr, positive suggestions are built that contribute to creating confidence, strength, and an attitude of optimism for a person in facing their old age in a better and quality way. (Aisyatin Kamila, 2022). On the other hand, in Fitriani & Supradewi's research, it was found that Systematic desensitization therapy with dhikr relaxation was able to reduce symptoms of physical and psychological anxiety, so there was a difference in the level of phobia of the research subjects, which initially had a severe phobia, decreased to moderate phobia and mild phobia (Fitriani & Supradewi, 2019). In line with this research, in a literature review that has been conducted, it was found that Rahman stated that dhikr therapy can reduce anxiety in pregnant women. This event is caused by a series of dhikr therapies that help individuals build perceptions and beliefs that all conflicts will be able to go through properly with the help and permission of Allah SWT. Dhikr affects a person's psychological dynamics, which can be explained as follows; Dhikr is believed to make the heart calm. Peace of mind produces a clean mind and a healthy body (Rahman, 2020). Dhikr will bring one's thoughts and soul condition to be directed and balanced. More Rahman, explained that when a Muslim makes it a habit to recite dhikr, he will find himself close to the Creator, feel cared for and receive His protection, then which will generate self-confidence, strength, feelings of security, peace, and happiness. Dhikr is valuable as worship and one of many ways to get a servant closer to Allah SWT, it is the calmness when doing dhikr that can reduce the anxiety experienced by individuals. Research shows that anxiety in pregnant women can be

reduced (Rahman, 2020). As for the sentences of dhikr that are recited, they are sentences of istighfar: "*Astagfirullahal'azhiim* (I ask forgiveness from Allah the Highest) and sholawat. The sentence of dhikr is repeated over and over again to be a learning process and train the spirit of never giving up and sincerity for the cause get *Ridho*, the love of Allah SWT. This therapy can bring a sense of *tumakninah*, namely a feeling of peace and very comfortable because of the grace of Allah SWT. It is explained in more depth, that continuous recitation and remembrance of Allah SWT (*dzikrullah*) create psychological conditions that will develop in the realm of consciousness, and give rise to inspiration for the existence of the Most Compassionate God and Merciful. This awareness influences his behavior, that he has Allah SWT who is always there. Dzikrullah with soft words can have a relaxing and serene effect. In such a person, anxiety and anxiety will not exist disturbing him, instead a sense of calm that covers him.

Shalat; in Mutiara Andini's research, et al., prayer has a very big influence. As a therapy for anxiety and anxiety, performing prayers solemnly will bring a sense of calm, serenity, and peace. The Messenger of Allah always prayed when he was overwritten by a problem that made him anxious. Hudzaifah RA said; "If the Prophet Sallallahu Alaihi Wasallam felt anxious about something, then he would pray" (HR. Abu Dawud). Prayer is reading or listening to the verses of the Qur'an as a medicine that cannot be found in pharmacies and hospitals. So it can be determined the important of prayer rituals to create a sense of comfort and will not feel excessive anxiety (Andini et al., 2021). This is also in line with research by Rahmadan Arifin who states, As..the word..Allah in the Qur'an Surah al-Baqarah juz 2:45 which teaches His servants to make patience and prayer as a means of asking Him for help. Prayer can bring the human spirit closer to God which makes the heart calm, strong and spacious, happy, and peaceful. Such a heart is protected from heart disease that will damage a person's soul, he will become a person who can suppress passions, is blessed by Allah, is happy to help, and is not overwhelmed. Anxiety (Rahmadan, 2020).

Read Al-Fatihah; Islamic psychotherapy often uses the intermediary of the Koran as a tool or means of obtaining healing for health problems, both physical and psychological health or mind. Therapy using the Qur'an is divided into two, namely: 1) High focus when reading, using standard or according to the rules which have been specified. For example, someone who recites will have an impact, both on the individual who reads it or on the one who is prayed for with the reading of the Qur'an. The strains of sound and tempo offered by the Sufis when reading the Qur'an are believed to be able to eliminate mental disorders and have the power to maintain mental health. 2) Be able to know the meaning in certain verses, according to what is needed. Technically, someone starts by reading and understanding the content of its meaning (Sumarni, 2019). In the journal is done by reading Al Fatihah in an intuitive reflective way. The results of a review of the research conducted by Julianto prove that reading the intuitive reflective Al Fatihah can reduce students' anxiety about speaking in front of a large audience. Students' anxiety tends to decrease because certain parts of the brain are affected by this so it increases serotonergic neurons which inhibit one's fear and ends in the subject daring to speak in public. A more detailed explanation is as follows, sound waves are captured by the brain, through reading Al-Qur'an therapy the body's cells become active so that there is a process of increasing the absorption of enterochromaffin cells which can increase the hormone serotonin in dorsal periaqueductal gray matter. This increase causes a state of relaxation to inhibit fear. In addition, through the activation of the body's cells, sound waves also receive their contents from the primary visual cortex and are transmitted to the left angular gyrus, which translates the visual form of words into auditory code and transmits to Wernicke's area then triggers the appropriate response respectively in the arcuate fasciculus, Broca's area and motor cortex then elicit the appropriate speech sound. Finally, with this process with the media Al Fatihah someone dared to speak in public (Julianto et al., 2018).

Listening to Murottal and Prayer, Research (Alivian et al., 2019) was carried out by making a comparison (comparative study) of the results of two types of treatment (queasy experiment) which was given to two groups by purposive random sampling (randomizing the population according to the inclusion criteria). The research subjects were measured before and after being given the treatment

(pre and post-test) to determine the effect of each treatment. This research performed on patients who were going to undergo hemodialysis, totaling 30 subjects, 15 subjects were treated with *Murottal* therapy and 15 others with prayer therapy. *Murottal* listening therapy and prayer from a statistical review both can reduce the value of anxiety in hemodialysis patients, found no significant difference between *murottal* therapy and prayer therapy. *Murottal* listening therapy and prayer from a statistical review both can reduce the value of anxiety in hemodialysis patients, found no significant difference between *murottal* therapy and prayer therapy. The prayer referred to in Alivian's research is to attach ourselves to Allah SWT by listening and saying silent prayers in a serious and focused manner. Prayer is a healing agent capable of bringing peace, positive motivation, surrender, a sense of optimism, and enthusiasm for life, so it is following the theory of anxiety management, namely increasing adjustment to feelings of depression and psycho-religious therapy (Alivian et al., 2019). This is also in line with Retno Twistiandayani's research, which in her research was that there were also treatment and control groups so that as a whole it can be concluded that *murottal* Al-Quran has a significant effect on stress, anxiety, and depression. Therapeutic listening to *murottal* Al Quran Surah Al Fatihah and Surah Ar Rahman can reduce stress, anxiety, and depression levels in CKD V patients undergoing Hemodialysis (Twistiandayani & Prabowo, 2021). According to the author's review, reading prayers and listening to the *Murottal* Al-Qur'an in this study are believed to be able to penetrate the conscious and subconscious minds of students who are research subjects. Because research subjects become aware of the meaning, both the literal meaning of the text they read also affect their behavior. This then results in feelings of calm, relaxation, and self-confidence. In treating or overcoming a complaint and disease besides needing to be considered for handling as a whole, covering all individual aspects namely from the biological side (drugs and other medical therapy), psychological (psychotherapy), sociological (social aspects, family support) and spiritual (religious by praying or worshiping) to get healing. Meaning of prayer according to (Sumarni, 2020) is worship to Allah SWT by asking all his hopes, only to Him according to His commands. Prayer also has psycho-spiritual power which is closely related to one's beliefs. Apart from being believed to be a form of worship, praying is also one of the demands of worship taught by Rasulullah SAW, so prayer is not only valuable as worship but also as a form of treatment from the spiritual realm.

CONCLUSION

Based on the description above, the researcher has the assumption that psychotherapy in general is also able to overcome anxiety and we have often encountered this practice, and can also be refined using an Islamic psychotherapy approach that can affect the level of anxiety in a person when viewed from existing aspects. As well as judging from some of the findings in the journal disclosed above. Allah will protect someone from feeling anxious if that person has a strong belief in the presence of Allah as a helper. Anxiety can also be kept away from someone by dhikr, solemn prayer, reading the holy verses of the Koran, and listening to *murottal* or prayers.

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