


The Effect Of Zikir On Psychological Conditions Student Medical

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Article Info	ABSTRACT
Keywords : Dhikr, psychology, medical students	Psychological is defined as a condition that exists within a person that can affect the attitudes and behavior of that individual, medical students are more vulnerable to psychological problems due to the difficult educational process and the mismatch between reality and expectations. The process causes medical students to face various kinds of stressors such as a large academic load , time pressure , adjustment to the campus environment and relationships with peers. Dhikr is a mental state in which a person remembers Allah. The dhikr method can also be applied to the learning of the medical profession. The relationship between psychological conditions and religion , such as the relationship between religion as a belief and mental health , depends on how a person submits himself to the Most High. Positive feelings such as happiness , joy , contentment , or security will arise due to a similar nature of surrender.
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INTRODUCTION

Based on the perspective of Sufism, mental illness is anxiety, worry, and restlessness related to psychological problems, often occurring in modern people who are materialistic and hedonistic, who are always busy with worldly life problems, until they finally lose their faith. (Nawawi, 2021). In general, psychological conditions are conditions, situations that are psychological in nature. Psychological complaints can be in the form of feelings of worry, anxiety, panic, fear of death, fear of losing control, fear of being infected, and being easily offended, as well as feelings of discomfort, uncertainty or feeling very afraid as a result of a threat or threatening feeling where the real source of the anxiety is not known for sure. (Syamsurijal and Sarwan, 2021) (Ministry of Health of the Republic of Indonesia, 2020).

The most difficult factors for medical students during college are the large number of exams, little time, too much material to study, falling behind on work, conflicting demands, not completing work on time, heavy workload, financial problems, lack of sleep, exposure to problems, and patient death. (Sari, Oktarlina and Septa, 2017) .

Riskesdas data by the Research and Development Agency of the Ministry of Health (Kemenkes) was conducted on 300,000 household samples (1.2 million people) in 34 provinces, 416 districts, and 98 cities. From a number of health data and information, points on mental disorders reveal a significant increase in proportion. When compared to the 2013 Riskesdas, it increased from 1.7 percent to 7 percent. This means that per 1,000 households

there are 7 households with (People with Mental Disorders) ODGJ, so the number is estimated to be around 450 thousand severe ODGJ. (Kemenkes RI, 2020) .

According to several studies in several countries, there is a positive correlation between following religious teachings and psychological conditions, namely that performing worship in various forms can help prevent mental disorders and increase peace of mind. (Hadi, 2020) Zikir is a way to remember Allah. It can also be interpreted as verbal speech, body movements, or vibrations of the heart in the way taught by religion. The purpose of zikir is to get closer to Allah and eliminate negligence and forgetfulness by always remembering Him. (Daryono, 2021) .

Research conducted by Maulana Yusuf Daryono on the relationship between the intensity of dhikr and the level of anxiety of preclinical students of the Faculty of Medicine, UIN Syarif Hidayatullah Jakarta provided significant results between the intensity of dhikr and the level of anxiety in preclinical students of the Faculty of Medicine, UIN Syarif Hidayatullah Jakarta. (Daryono, 2021) . Based on the background above, the researcher's research is different from the research conducted by Maulana Yusuf Daryono, namely the researcher on the subject of MPPD or clinical students while the previous research was on preclinical students. In addition, the conditions to be observed are psychological conditions in the form of depression, *anxiety* , and stress. While only anxiety conditions have been studied. The researcher is interested in conducting research on the effect of the relationship between morning and evening dhikr on the psychological condition of students in the medical profession program at the Muslim University of Indonesia. This is because the researcher wants to know the habits of the psychological condition of students in the medical profession program at the Muslim University of Indonesia before and after doing morning and evening dhikr.

METHOD

The type of research in this study uses a narrative design. Review, which is a research method to analyze and synthesize relevant literature comprehensively. Narrative A review aims to provide a comprehensive overview of a particular topic by gathering information from a variety of published literature sources. This design allows researchers to identify research gaps, evaluate existing findings, and provide critical insights and recommendations based on the data collected. This method is often used to explore topics that have varying findings or when researchers want to understand a concept in depth from both theoretical and empirical perspectives.

The data used in this study are secondary data sourced from international and national accredited scientific journals, previous research citations, literature reviews, and textbooks relevant to the topic of study. Secondary data was chosen because it is able to provide a broad scope of information and support the discussion with a strong scientific basis. By relying on these sources, the study can present a critical review of the topic being studied, both in the context of theory and its implementation. In addition, the validity and credibility of the data are also guaranteed because the sources used come from publications that have gone through a peer review process. review.

RESULTS AND DISCUSSION

Zikir comes from the word زَكَرَ, which means to mention, to say, to remember, to understand, and to do good. Zikir is a mental state in which a person stores (remembers) information; this is comparable to memorizing. Remembering includes existing knowledge, while memorizing is done when you have not yet obtained what you have obtained. This word can also mean the presence of something in the tongue or heart. Therefore, zikir is divided into two categories: dhikr in the heart and dhikr verbally. (Heryana *et al.*, 2022)

Some experts argue that the word originally meant to say with the tongue, but then developed into remembering, because sending the tongue to say something means remembering something. (Heryana *et al.*, 2022). Mentioning, remembering, thinking, experiencing, or contemplating are general terms for dhikr and words that have the same root. In the Qur'an, many words have meanings. Here are some examples: in the surah al baqarah verse 200

فَإِذَا قَضَيْتُمْ مَنَاسِكَكُمْ فَاذْكُرُوا اللَّهَ كَذِكْرِكُمْ آبَاءَكُمْ
أَوْ أَشَدَّ ذِكْرًا فَمَنْ الْكَاسِرُ مِنَ النَّاسِ مَنْ يَقُولُ رَبَّنَا آتِنَا فِي الدُّنْيَا
وَمَا لَهُ فِي الْآخِرَةِ مِنْ خَلْقٍ ﴿٢٠٠﴾ وَمِنْهُمْ مَنْ يَقُولُ رَبَّنَا

"When you have completed your Hajj, then make dhikr by mentioning Allah, as you mentioned (boast) your ancestors, or (even) make dhikr more than that. So among humans there is someone who prays: "Our Lord, give us (good) in this world", and there is no (pleasant) share for him in the afterlife." And Surah Al- Baqarah chapter 152

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ ﴿١٥١﴾

" So remember Me, I will remember you. Give thanks to Me, and do not disbelieve in Me." (Muhammad, 2021) .

One of objective main from dhikr is presence heart. The perpetrator must try hard For achieve it, think about it meaning the dhikr he read, and understood meaning. Highly recommended For think about meaning dhikr moment do it too. As a result, people who do dhikr recommended For say " *Laa Allah Illallah*" (no) There is Lord besides Allah) throughout saying they, according to valid opinions and choices. Mentioned thus Because There is chance For consider its meaning, and the opinions of Salaf scholars and imams from circles error about problem This Already known in a way general. Then Imam An-Nawawi said "dhikr can be done with the heart and it can also be done verbally. The more important remembrance is that which is carried out verbally and by heart. If you want to do just one of them, the dhikr in your heart will be more complete. (Nawawi, 2018) .

According to the World Health Organization (WHO), mental health is when a person feels healthy and happy, is able to face life's difficulties, can accept others as they should be,

and has a positive attitude towards themselves and others. (Ministry of Health of the Republic of Indonesia, 2020) . Psychological conditions can be interpreted as conditions or situations that are psychological in nature. Psychological conditions are also defined as conditions that exist within a person that can influence the individual's attitudes and behavior. (Cahya Prameswari, 2022) .

Usman an -Najati, an expert in Islamic psychology, defines mental health as emotional and social maturity, a person's harmony with the universe, the ability to bear responsibility, and the readiness of each person to accept the reality of life with willingness and happiness. (Heryana et al., 2022) . In the realm of psychology, it is explained that a behavior that appears can be influenced by factors originating from the individual or from outside the individual. In the theory of personality psychology, the term locus is known. of control, which means how individuals understand that they are able to control things that will have an influence on them. Locus of control is divided into two, namely external location of control (individuals understand that things that happen to them are controlled by environmental factors beyond their control) and internal locus of control (individuals understand that they are able to control things that happen in their lives). (Rahmatika, 2017) .

Locus of Internal control is more related to more active goal achievement, more spontaneous engagement in achievement activities, better interpersonal relationships, better emotional adjustment, a sense of self-well-being, and higher levels of performance, information seeking, alertness, and automatic decision making. Whereas people with a positive locus of control are more likely to of External control is associated with depression, anxiety, and less ability to cope with stressful life experiences. (Rahmatika, 2017) .

Medical education in Indonesia aims to produce doctors who are in accordance with the needs of public health services. To achieve this goal, the Faculty of Medicine must develop a curriculum based on the Indonesian Doctor Competency Standards. This process causes medical students to face various stressors such as a large academic burden, time pressure, adjustment to the campus environment and relationships with peers. (Anissa et al., 2022) .

In addition to the daily challenges medical students face, including the difficulty of the medical knowledge they are learning, the financial debt they often incur, and the lack of free time compared to their peers, they also have to make decisions about their careers when they leave medical school. This systematic review found that 52.7% of medical students in Asia cited stress as one of the problems they faced at university, indicating a high likelihood of mental health problems. (Cuttilan, Sayampanathan and Ho, 2016) .

Medical education is known as a longer and more expensive process than other majors. Although the medical profession is highly respected, medical students are more vulnerable to mental health problems due to the difficult educational process and the mismatch between reality and expectations. (Sari, Oktarlina and Septa, 2017) . The medical curriculum is related to stressors experienced by students. Difficult and demanding environments put students under significant pressure, which can affect their personal and professional lives. (Sari, Oktarlina and Septa, 2017) .

The most difficult factors for medical students during college are the large number of exams, little time, too much material to study, falling behind on work, conflicting demands,

not completing work on time, heavy workload, financial problems, lack of sleep, exposure to problems, and patient death. (Sari, Oktarlina and Septa, 2017) . Various factors, including gender, race (ethnic minority), marital status (married), poor academic achievement, socioeconomic status, parental education, family relationships, and BMI above 25 kg/m², contribute to psychiatric problems in medical students. (Sari, Oktarlina and Septa, 2017) .

Gender has the potential to differentiate a person's level of mental disorder. In addition, several previous studies have shown that gender can affect a person's susceptibility to psychological disorders. This may be due to the rapid hormonal changes that occur in women, which cause rapid changes in mood, mood, and perception of something. Women experience stress more often because of their cognitive tendency to worry about things. (Prasetio and Triwahyuni, 2022) .

They found that childhood trauma and adolescent violence were factors that differentiated the level of psychological disorders in students. Childhood trauma and violence that occurred in adolescents increased the likelihood of depression and suicide attempts in adulthood. Basically, trauma and violence can cause anxiety, depression, and inability to control emotions. Students who have been exposed to violence since childhood are more likely to experience symptoms of psychopathology because of its impact on brain development and hormone circulation. (Prasetio and Triwahyuni, 2022) .

In addition, some common stress factors found include adjusting to the medical environment, high educational costs, difficult patients, poor learning environment, overwhelming information, and career planning. These stressors can lead to depression, anxiety disorders, decreased academic achievement, medical errors, and dropout. (Sari, Oktarlina and Septa, 2017) . Psychological conditions experienced by students include depression, stress, anxiety.

Depression

Depression is a very common mental disorder, with approximately 280 million people worldwide suffering from it. This disorder results in a loss of quality of life for patients and their families, and is associated with increased physical morbidity and premature mortality. Depression is characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, sleep disturbances, appetite disturbances, feelings of tiredness, and poor concentration. (Anissa et al., 2022) , (Cuijpers et al., 2023)

Depressive disorders include disruptive mood dysregulation disorder, major depressive disorder (including major depressive episode), persistent depressive disorder (dysthymia), premenstrual dysphoric disorder, substance/medication-induced depressive disorder, depressive disorder due to another medical condition, other specified depressive disorder, and depressive disorder not otherwise specified. Unlike DSM-IV, this chapter “Depressive Disorders” has been separated from the previous chapter “Bipolar and Related Disorders.” The common feature of all these disorders is the presence of sad, empty or irritable mood, accompanied by somatic and cognitive changes that significantly interfere with the individual's ability to function. The differences are in terms of duration, timing, or presumed etiology. (J. KUPFER, MD, 2020) .

Anxiety

Anxiety disorders include disorders characterized by excessive fear and anxiety and associated behavioral disturbances. Fear is an emotional response to a real or perceived threat, while anxiety is the anticipation of a future threat. Obviously, these two states overlap, but they are also distinct, with fear more often associated with the surge of autonomic arousal necessary for fight or flight, thoughts of imminent danger, and escape, and anxiety more often associated with muscle tension and vigilance in preparation for future danger and cautious or avoidant behaviors. Sometimes the level of fear or anxiety is reduced by widespread avoidance behaviors. Panic attacks feature prominently in anxiety disorders as a specific type of fear response. Panic attacks are not unique to anxiety disorders, but can occur in other mental disorders as well. (J. KUPFER, MD, 2020) .

Anxiety disorders differ from each other in the types of objects or situations that induce fear, anxiety, or avoidance behavior, and in the associated cognitive ideas. Thus, although anxiety disorders tend to have high comorbidity with each other, they can be distinguished by careful examination of the types of situations feared or avoided and the content of associated thoughts or beliefs. (J. KUPFER, MD, 2020) .

Anxiety disorders differ from normative fears or anxieties in that they are excessive or persistent beyond a developmentally appropriate period. They differ from transient fears or anxieties, often caused by stress, in that they are persistent (e.g., typically lasting 6 months), although the duration criteria are intended as general guidelines with allowance for some degree of flexibility and are sometimes shorter in duration in children (as in separation anxiety disorder and selective mutism). (J. KUPFER, MD, 2020) .

Stress

Stress is something that is often encountered and difficult to avoid in everyday life, without stress, there would be no life. Stress is a non-specific response from the body to all demands, both positive and negative responses. (Musabiq and Karimah, 2018). The characteristics of this category are not only on the basis of the identification of symptomatology and disease course, but also on the basis of one of two triggering factors: an extraordinary life stress, which causes an acute stress reaction, or a significant change in life, which causes a continuous uncomfortable situation, resulting in an adjustment disorder. (Maslim, Sp.Kj.M.Kes, 2013) . Disorders in this category are always a direct consequence (direct) consequence) of severe acute stress or ongoing trauma, the stress that occurs or the ongoing uncomfortable state is the main causative factor, and without it the disorder will not occur. (Maslim, Sp.Kj.M.Kes, 2013)

These disorders can be considered as maladaptive responses to severe or prolonged stress, in which coping mechanisms are mechanism) is not successful in overcoming it, thus causing problems in its social function. (Maslim, Sp.Kj.M.Kes, 2013). The relationship between psychological conditions and religion, such as the relationship between religion as a belief and mental health, depends on how a person surrenders himself to the Most High. Positive feelings such as happiness, joy, satisfaction, or security will arise because of a similar nature of surrender. Logotherapy where "logos " means "meaning" and "spiritual" is a branch of psychology that belongs to humanistic psychology. Logotherapy is based on insight and

philosophy of human life that recognizes the social dimension in human life. (Sri Eka Handayani, 2022) .

Zikr will make the tongue busier so that it avoids backbiting (backbiting), namimah (fighting against each other), lies, and bad and dishonest actions. With dhikr, problems will become easier, heavy burdens will become lighter, and problems will find a solution. (Udin. MA, 2021) .

Zikr brings a person closer to Allah according to his level. The more a person stops doing zikr, the further he will be from Him. Those who do dhikr will be closer to Allah and with Him in a different way, not only in the sense that He knows or covering His servants. They will also receive guardianship, love, help, and guidance from Allah through this togetherness. (Udin. MA, 2021) .

If we look at the reality that modern society, especially western society which is called post-industrial society, has reached the peak of prosperity and material enjoyment, the fact is the opposite. They are filled with anxiety so that they are not aware of their human integrity and are trapped in a very inhumane technological rationality system. (Udin. MA, 2021) .

Finally, they do not have a stable life grip. In addition, moral decadence, brutal acts, and acts that are considered deviant appear. In fact, basic human needs and other aspects of value cannot be met by the philosophy of rationality. Humans experience mental disorders due to spiritual emptiness. (Udin. MA, 2021) . By doing dhikr, a person can draw himself closer to Allah so that he is included in the group of people who do ihsan, that is, worship Allah as if they see him. (Udin. MA, 2021) .

Inabah, or returning to Allah 'azza wa jalla, will be achieved through dhikr. The more a person makes dhikr of Allah, the more his heart will return to Him. A person's ma'rifah (introduction to Allah) will increase along with the number of zikr performed. Sakinah (calmness) and mercy descend from dhikr, and angels surround us. (Udin. MA, 2021) .

According to Prof. Dr. dr. H. Dadang Hawari, "Zikir and Prayer from the perspective of psychiatry or mental health are psychiatric therapies, one level higher than ordinary psychotherapy. This is because zikr and prayer contain spiritual, religious elements, which can raise hope and self-confidence in clients or sufferers, which in turn increases immunity and psychic strength, and accelerates healing. (Udin. MA, 2021)

In this case, therapy should be combined with drugs and other medical procedures without neglecting them. Therefore, it shows that medical therapy combined with dhikr and prayer is a holistic approach in the world of contemporary medicine. (Udin. MA, 2021). Prayer and dhikr have a strong psychotherapeutic effect. Religious psychotherapy is more important than psychiatric psychotherapy because it has spiritual and spiritual power that increases self-confidence and optimism for healing. Both of these things are very important for healing stress, anxiety, or depression. (Udin. MA, 2021) .

CONCLUSION

Can concluded that dhikr is remembering Allah, this improves human relations with creation

which can raise students' hopes and self-confidence, strengthening the psyche which is closely related to healing students' psychological conditions. This dhikr method can also be applied to the learning of medical students, by remembering Allah, students can have a good relationship with Allah SWT.

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