



Dhikr Relaxation Training in Pregnant Women Classes In Purbosari Posyandu Purbayan Village

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Abstract

Pregnancy is a vulnerable period with psychological disturbances in the mother. Anxiety can arise due to worries about the pregnancy and the fetus it contains. Especially when the Covid-19 pandemic emerged, causing anxiety for pregnant women, especially the fear of being infected with Covid-19. The aim of PKM (community service) activities is to improve skills in performing dhikr relaxation techniques in pregnant women. Method of Implementation: The partner for this PKM activity is the class of pregnant women at Posyandu Purbosari in Purbayan Village, Sukoharjo district. It is carried out by holding training using lecture and discussion methods, simulations and demonstrations. Then the pregnant women are accompanied to practice dhikr relaxation technique skills. The training conducted has been able to increase the ability of pregnant women to relax dhikr by 100%. The average anxiety level of pregnant women measured by the HARS scale is a score of eight, meaning that pregnant women are in the mild anxiety category. Based on the interview results, the majority of pregnant women said they felt calmer and more relaxed after doing dhikr relaxation exercises. Pregnant women are committed to continuing the practice independently using the dhikr relaxation guide video at their respective homes. Conclusion: Pregnant women are able to practice the dhikr relaxation method taught, feel more relaxed and calm after doing the training. The results of the evaluation in the last week showed that mothers were able to do dhikr relaxation exercises independently at their respective homes using the video guide provided.

1. Introduction

At the beginning of 2020, the whole world was shocked by the emergence of a new virus, namely a new type of coronavirus called SARS-CoV-2 and the disease caused by this virus is called Coronavirus disease 2019 (COVID-19) (Amin, et al., 2023). The condition of the pandemic certainly has a great effect on the psychology of pregnant women, concerns arise about their pregnancy, fear of being infected with Covid-19 when checking health services or when going into labor (Maulani, 2022; Hasanah & Inayati, 2021).

Apart from the elderly group with comorbidities or those with a history of respiratory tract disease, the group of women with pregnancy is also included in the group of patients who are prone to the progression of COVID-19 symptoms. The clinical presentation in pregnant patients with COVID-19 can be atypical with normal temperature (56%) and leukocytosis (Liu et al., 2020). However, just like patients who are not pregnant, from 55 pregnant patient respondents with COVID-19 symptoms were found which could include coughing (84%), fever (24%), dyspnea (18%), and other symptoms of COVID-19. Fetal complications were also found with IUGR (9%), stillbirth (2%), and preterm labor (43%) (Dashraath et al., 2020).

The period of pregnancy, childbirth and the postpartum period is a vulnerable period with psychological disturbances in the mother, both during a pandemic and not. In addition to the susceptibility factor to virus transmission, this mental health condition can be exacerbated by a lack of direct family support and social support during pregnancy, childbirth and the postpartum period. Even though the pandemic situation and the implementation of screening for pregnant women are known to affect the mother's mental condition, there have not been many reports or literature reporting this in detail (Bender et al., 2020).

Psychological disorders during pregnancy in literacy are associated with various complications, such as premature birth, low birth weight, stunted fetal growth, and postnatal complications. In addition, this psychological disorder is also associated with the emergence of hypertension during pregnancy, preeclampsia, and gestational diabetes (Durankuş & Aksu 2022). The problem of psychological disorders during pregnancy, such as anxiety experienced by mothers is still a serious health problem among the public. Therefore, community service for pregnant women is important to do with the aim of knowing more about anxiety disorders in pregnant women during the COVID- 19 pandemic. Service activities by providing pregnancy assistance with the thibbun nabawi approach through relaxation of dhikr and prayer in virtual classes on pregnant women will be useful for reducing pregnancy risk complications due to anxiety for the mother and also knowing the readiness of pregnant women during a pandemic.

Relaxation is a non-pharmacological technique in behavior therapy with the aim of calming one's mind and body so that one can avoid the mental, physical or emotional stress one is experiencing (Wahyuni, 2022; Maulida, 2020). Relaxation techniques can be combined with dhikr activities, namely remembering the Creator. Dhikr means remembering Allah, remembering this is not just saying the name of Allah orally or in the mind and heart, but the dhikr that is meant is remembering His Essence, Attributes and deeds then surrendering life and death to Him. So that they are not afraid or afraid to face all kinds of dangers and trials. Dhikr in the sense of remembering Allah can be done anytime and anywhere, both verbally and silently. Both in the morning, afternoon and evening or after performing fardhu and sunnah prayers. Dhikr can be done sitting, lying down or standing (Wahyuni, 2022; Setyaningrum & Suib, 2019).

Based on interviews with pregnant women at the Posyandu Purbosari, Purbayan Village, 100% of the pregnant women group expressed fear or anxiety about COVID-19. The increased levels of anxiety symptoms in this high cohort of pregnant women suggest that the psychological impact of the outbreak may be of particular concern to individuals who are pregnant. This increase in anxiety in general was also reported by a comparison of anxiety data during pregnancy with a meta-analysis that reported a prevalence of 18-25% and a general prevalence prevalence (Cella et al., 2019; Naini, 2020). Therefore the team carried out PKM activities by training pregnant women in Dhikr relaxation. The output target of the activity is to reduce the anxiety level of pregnant women and improve the mental health of mothers. devotion.

2. Methods of Implementation

The method used in solving the problem is the analytical method. The method used in solving the problem is by training to provide skills as an effort to empower women for health. The targets in this community service proposal are: pregnant women at Posyandu Purbosari, Purbayan Village, Baki Sukoharjo Sub-District. The method of implementing PKM activities with training for pregnant women directly with the following stages:

- a. Preliminary studies: this activity aims to explore existing problems in the community, determine activity targets and plan solutions to problems found.
- b. Licensing process: this activity is in the form of asking permission from the Purbayan Village Head to use it as a training location and determining the schedule of activities, dividing small groups of training participants, and giving invitations to training activities to pregnant women.
- c. Training: this activity is carried out in the form of providing health education skills and knowledge on how to relax to reduce anxiety with relaxation dhikr. This stage of the training starts with the presentation of the material with lectures and discussions, followed by simulations and demonstrations (demonstrating how to relax with dhikr).
- d. Reflecting and closing: At this stage the team reflects and discusses with participants about the material that has been presented. At this stage an interpersonal session was carried out between the participants and the resource person. In each session, the presenter evaluates as well as conducts more in-depth communication and education (a team of presenters guides two participants).
- e. Making a service report: at this stage the team reported the results of the activities that had taken place in the class of pregnant women at Posyandu Purbosari. Demonstrations and role plays for wound care and training will also be given to find out how to do dhikr relaxation for pregnant women.

3. Results and Discussion

a. Implementation of Activities

Dhikr relaxation training for pregnant women classes at the Posyandu Purbosari was held on Tuesday, May 24 2022 at the PAUD building, Purbayan Village, Baki, Sukoharjo which is depicted in figure 1.



Figure 1. Implementation of dhikr relaxation training in the class of pregnant women at Posyandu Purbosari, Purbayan Village, Sukoharjo District.

b. Evaluation of Activities

1) Structure

- a) Media and training materials were prepared two days before the presentation of the material.
- b) The place and time contracts were carried out two weeks before the implementation and the place and equipment settings were carried out one hour before the event started.

2) Process

The activity was attended by ten pregnant women (the number was limited due to the pandemic and adjusted to existing facilities), one village midwife, three Posyandu cadres and five students. The activity went smoothly starting with registration, followed by pre-test and measurement of anxiety scale using the HARS method. Then blood pressure measurements and anamnesa were taken by the local village midwife and recorded in the MCH book. Next, the speaker delivered material about dhikr relaxation, its benefits and how to do it, which is depicted in figure 2. The practice process of doing dhikr relaxation is continued with the voice of the media guide, the YouTube video of the presenter. After the training is completed, the knowledge and skills of pregnant women are measured through a post test which is depicted in figure 3.



Figure 2. Giving material from the PKM team leader and direction from the Purbayan village Midwife



Figure 3. Process of data review and informed consent by students as PKM team members

3) Results

- a) 100% of attendees attended by invitation.
- b) Discussions of pregnant women were very active, reflecting the seriousness and interest of the pregnant women class participants in the training process
- c) Knowledge and skills of pregnant women about dhikr relaxation increase.
- d) Evaluation of knowledge and skills in conducting dhikr relaxation, is carried out before the training is carried out and after the training is carried out. Out of the total number who participated in the training, there were 14 mothers. An overview of their knowledge and skills is presented in the following figure 4:

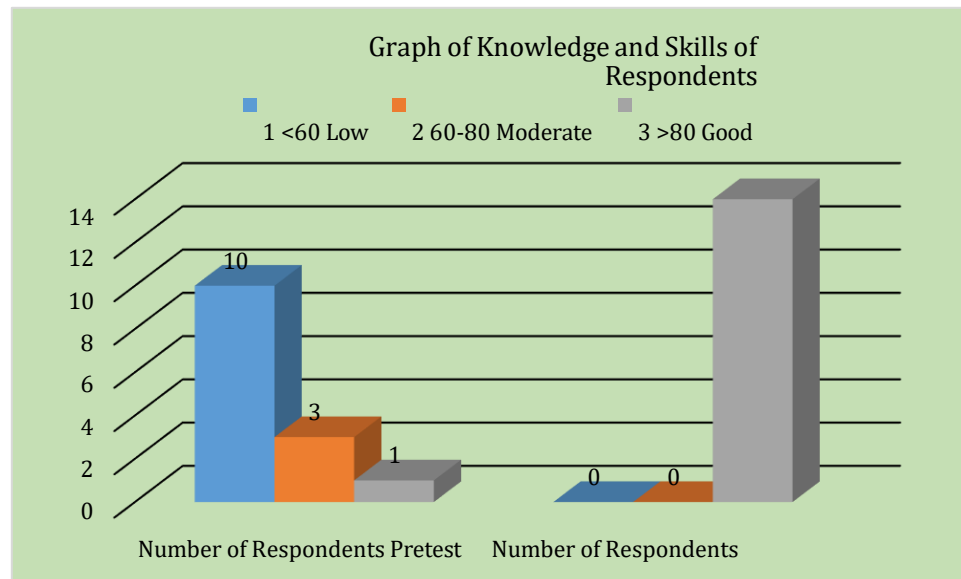


Figure 4. Graph of respondents' knowledge and skills in doing dhikr relaxation

4. Conclusion

Pregnant women are able to practice the dhikr relaxation method taught, feel more relaxed and calm after doing the training. The results of the evaluation in the last week showed that mothers were able to do dhikr relaxation exercises independently at their respective homes using the video guide provided.

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