

# EFFECT OF DZIKIR THERAPY ON PERCEPTION OF HEALING IN POST-SURGERY PATIENTS IN JEPARA, CENTRAL JAVA

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## ABSTRACT

**Background:** Religious traditions across the world display beliefs in healing through prayer. For a multitude of reasons, research on the healing effects of prayer is riddled with assumptions, challenges, and contradictions, that make the subject a scientific and religious minefield. This study aimed to examine the effect of “dzikir” (prayer) therapy on perception of healing in post-surgery patients in Jepara, Central Java.

**Subjects and Method:** This was a quasi-experimental (non-randomized) study before and after with control design conducted at RA. Kartini Hospital, Jepara, Central Java. A sample of 22 post-surgery patients was selected for this study and divided in 2 groups: 11 patients with “dzikir” therapy and 11 patients without “dzikir” therapy. The dependent variable was perception of healing. The independent variable was “dzikir” therapy. The data were collected by questionnaire and analyzed by Mann-Whitney.

**Results:** Improvement in perception of healing in the “dzikir” therapy group was greater than the control group ( $p= 0.007$ ).

**Conclusion:** “Dzikir” therapy is effective to improve perception of healing.

**Keywords:** post-surgery, perception of healing, prayer therapy

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