



SYSTEMATIC LITERATURE REVIEW: THE EFFECT OF DZIKIR ON THE MENTAL HEALTH OF NURSES

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ABSTRACT

Background: Mental health of nurses become issue crucial in the middle height pressure work in critical units like room emergency emergency department (ER) and intensive care unit (ICU). **Method :** Research This use method Systematic Literature Review (SLR) with through two processes , namely the review process and the identification process journal with systematic use Preferred Reporting Items for Systematic Reviews and MetaAnalyses (PRISMA) guide

Result: Based on search journal relevant articles with mental health in nurses obtained 149 journals sourced articles from publications in Science Direct, PubMed, and Google Scholar which were then filtered Then after screening with notice title , keywords , and access journal article the obtained 35 journals articles and produce 5 relevant articles with topic study .

Conclusion: Results Practice dhikr as therapy relaxation psychospiritual proven effective in reduce level anxiety and stress in nurses . Home hospitals and institutions health recommended develop training programs therapy dhikr in a way professional as part from the improvement strategy mental health of nurses in a way sustainable .

INTRODUCTION

Mental health of nurses is increasingly global issues urgent , especially in the middle height demands work in the sector health . According to *World Health Organization* (WHO, 2022) , manpower health , including nurse , experienced anxiety , depression , or burnout due to burden hard work . Conditions This aggravated by the environment Work full

pressure , such as in the emergency unit emergency and ICU (Shanafelt et al., 2022) . During the COVID-19 pandemic , the challenges the more increase Because nurse must give service best at a time arrange role double as power health and mothers House stairs , which makes it harder mental burden (Mallapiang et al., 2023) . Non-pharmacological interventions , such as

spiritual approach through dhikr , seen as effective solutions in increase mental resilience of nurses (Koenig, 2018) .

Factor social and duration work also plays a role important to condition psychological power work . study in the social medicine framework shows existence connection significant between length of service with level anxiety in workers formal sector , although No found connection meaningful with depression (Mallapiang et al., 2025) . Findings This confirm that duration and intensity long work increase vulnerability to disturbance psychological , including nurses who work in the environment full pressure .

Pressure psychological similar experience also other professions with role double , for example female teachers school basic . A studies report majority respondents experience stress on category currently until tall consequence overlapping overlap between demands work and responsibilities answer domestic , especially during COVID-19 pandemic (Mallapiang et al., 2022) . Conditions This in line with burden experienced nurse women , where the combination work professional and home ladder impact on stress Work as well as lower mental well-being .

Dhikr as proven Islamic spiritual practices play a role in reduce stress and anxiety . Meta- analysis by Glavas et al. (2017) show that practice religious , including dhikr , activating response relaxation system nerve so that lower stress . Faridzal et al. 2(024) also found that dhikr structured for 30 minutes a

day during a month lower level cortisol by 25% of participants . In context nursing , Oviedo et al. (2022) as well as Sholihah et al. (2024) prove that practice dhikr increase welfare psychological and provide calm inner through more spiritual support near with God.

Mechanism dhikr in increase mental health can explained through neuroscience . Newberg (2014) states that repetition sentence dhikr influence activity of the amygdala, the area of the brain that regulates emotions , so that lower response stress . Besides that , spiritual practices such as meditation and dhikr proven capable increase resilience psychological power health workers working in the environment full pressure (Hidayat et al., 2023) .

Therefore that , research This aim analyze more deep influence dhikr to mental health of nurses through systematic literature review, with hope can develop intervention models based standardized dhikr For support mental well-being of nurses .

METHODS

Approach systematically carried out in study This that is *Systematic Literature Review* (SLR) with through two the process is the review process and the identification process journal with systematic use guide *Preferred Reporting Items for Systematic Reviews and MetaAnalyses* (PRISMA). PRISMA is A flowchart - based and evidence - based guides For help writer review make literature systematic (Pati & Lorusso, 2018) . In use SLR

method important writer make critical evaluation Because will give good impact to readers , therefore writer make related evaluations with criteria inclusion and exclusion . In review center based on PRISMA there is three benefits , namely : 1) defining question in a way methodical and explicit ; 2) determine criteria inclusion and exclusion , and 3) determining the literature database scientific in the time that has passed determined (Shaffril et al., 2018) .

Database in study literature This use *Google Scholar*, *Science Direct* , and PubMed to make it easier writer in look for publication required journals in accordance with the desired keywords . The keywords used For search publication journal namely " Dhikr " AND " *Mental Health* " AND " *Nurse* " without determine *range* time and last accessed on August 11, 2025.

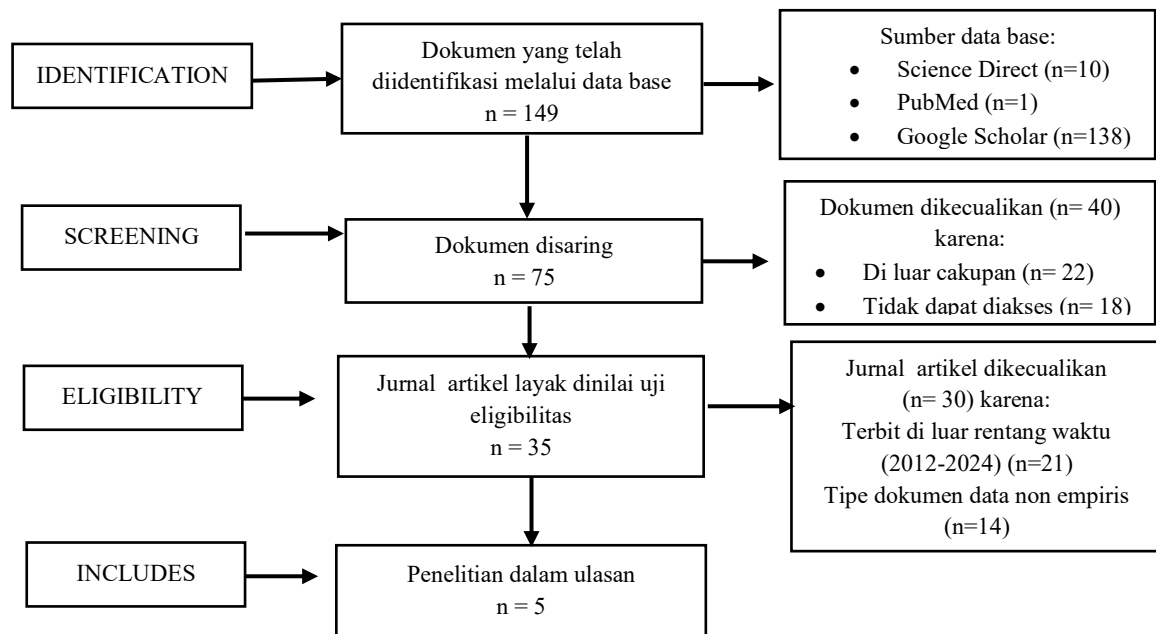
At the stage screening , researchers will sorting literature in a way systematic . Stage This will determine summary and conclusion which document will be studied . Next , at stage eligibility , author add or reduce document based on criteria stability and

inspection suitability document . It is recommended that articles that have been through review extensive For issued from procedure review systematic research This use three criteria among them is : journal articles published in the period 2012-2024 time and type documents used For study This that is documents that contain empirical data . The following PRISMA *flowchart* shows channel study this is in figure 1.

RESULTS

Based on search journal relevant articles with mental health in nurses obtained 149 journals sourced articles from publications in *Science Direct* , PubMed, and *Google Scholar* . Then after screening with notice title , keywords , and access journal article the obtained 35 journals relevant articles with topic research and can accessed .

Criteria study This consists of from journal articles published in the period 2012-2024 period and using empirical data . The substance from articles and research including : title , researcher , year , method , and results is as below in table 1.



Gambar 1. PRISMA *flowchart*

Table 1 Study Document Selected

No.	Title	Writer	Year	Method	Results
1.	<i>The Effect of Dhikr Relaxation Therapy on Reducing Anxiety Levels of ER and ICU Nurses in Public Hospitals</i>	Ema Zati Baroroh and Qurratul A'yin	2024	Qualitative and quantitative with design <i>pre experimental design using a One-group Pretest-Posttest Design</i>	Based on results study quantitative and qualitative , can proven that training therapy relaxation dhikr can reduce level anxiety in nurses in the Emergency Unit Emergency (ER) and Treatment Unit Intensive Care Unit (ICU). Based on results quantitative data processing , there is difference level anxiety in ER and ICU nurses before and after treatment . In addition that , based on qualitative data results , can concluded that anxiety in nurses in the ER and ICU can overcome with do therapy dhikr relaxation , things This can seen from feeling comfort and calm felt by participants after follow training therapy dhikr relaxation .
2.	Mental Health Overview of Nurses in the Inpatient Ward of Labuang Regional Hospital Wedge Makassar Year	Devi Lupianti, AM Multaza Ella Andayani	2022	Descriptive approach quantitative	Study This show that description mental health of nurses in the room care Labuang Regional Hospital inpatient Makassar wedge level anxiety tend experience anxiety while 71 people (60.7%), the majority nurse tend experience stress at the level mild 117 people (100.0%), while those who experienced depression tend to be at the level of mild 60 people (51.3%) were found that majority nurse in the room

					care Labuang Regional Hospital inpatient Makassar wedge tends to experience anxiety at the level moderate , stress at the level mild , and depression at the level of light .
3.	Workload Relationship With Mental Health in Nurses in Inpatient Rooms at Home Sick Ahmad Yani Metro Regional Public	Septi Apriyani	2022	Quantitative with analysis <i>chi-square</i>	Analysis results state that there is connection between type gender , age , work shift, marital status , length of service , workload Work with mental health (p-value <0.05). No there is connection between level education with mental health (p-value>0.05).
4.	Related Factors with Mental Health of Female Nurses at Home Sick Nabire Regional Public Hospital (RSUD) Central Papua Province	Doctria Thamarisca Simajuntak	2023	Observational analytic approach <i>cross-sectional study</i>	Research result show that No there is connection between work <i>shifts</i> with mental health with <i>p</i> - value= 0.202 (<i>p</i> > 0.05), exists connection between burden mental work with mental health with <i>p</i> -value = 0.038 (<i>p</i> ≤ 0.05), no there is connection between <i>interpersonal relationship</i> with mental health with <i>p</i> -value = 0.682 (<i>p</i> > 0.05), and there is connection between <i>work family conflict</i> with mental health with <i>p</i> -value = 0.015 (<i>p</i> ≤ 0.05) in nurses women at home Sick Nabire Regional Public Hospital (RSUD) Central Papua Province .
5.	Dhikr As Psychotherapy Regarding Mental Health (<i>Mental Disorders</i>) According to the Qur'an	Oktana Dipentah Amrullah	2024	Qualitative	Research result show that dhikr offer benefit significant in increase mental health , including improvement serenity , mental resilience , and optimism . Dhikr also facilitates deeper relationship in with God, who plays a role as source strong spiritual support . Findings This show that integration spiritual practices such as dhikr to in therapy conventional can give approach holistic in treatment mental disorders , offering alternative or complement to method therapy traditional .

DISCUSSION

Influence dhikr to mental health of nurses can analyzed based on results studies contained in the table as well as supported by other studies that are in line . In general general , research in document This show that practice dhikr and therapy relaxation that involves dhikr play a role significant in reduce level anxiety and increase mental health of nurses , in particular those who work in units with pressure tall such as the ER and ICU.

First , research by Baroroh & Qurratul (2024) show that therapy relaxation dhikr effective reduce anxiety in nurses in the emergency unit emergency and intensive . The dhikr process contains Islamic spiritual values help participant reach condition calm and comfortable which reduces anxiety they . Research this also confirms that exercise guided dhikr professional become method effective intervention in overcome stress psychological nurses , optimizing results relaxation conventional with spiritual touch . This result in line with more findings widely in other literature which states that integration spiritual practices such as dhikr to in mental therapy provides approach holistic that can support resolution mental disorders and increase calmness , resilience , and optimism individual (Isdianto et al., 2025; Suyani & Wardaningsih, 2023) .

Second , study descriptive study conducted at Labuang Regional Hospital Baji Makassar describes that majority nurse

experience anxiety level moderate and stressed light , showing need will interventions that can reduce this mental burden in a way effective . Condition This supported by research that shows that burden work and conflict between work with family (*work-family conflict*) is factor significant influence mental health of nurses , especially women . As example , research Fitriani et al. (2020) and studies Mohd Hanifa et al. (2020) confirm existence connection between burden mental work and conflict work-family with disturbance mental health , including stress and depression light .

Third , research by Septi Apriyani (2022) shows there is connection between type gender , age , work shift, marital status , length of service , workload work and mental health (p-value <0.05). no there is connection between Education level with mental health (p-value >0.05). where burden Work staff nurses in service care stay usually more tall than in the room other . In give maintenance everyday , nurse interact No only in a way direct with patient nurses also face direct with family and colleagues work . He also interacts with doctor , regulations place work . And Sentimental Musdalifah (2021) revealed that condition patients who always change , desire For work , documentation care nursing , the average number of hours of care exceeds level capabilities and demands high- paying jobs everything influence burden Work nurse .

Besides approach relaxation dhikr , literature also supports importance integration

spiritual aspects in general in mental therapy . Spiritual therapy does not only strengthen calm inner and improve Power stand psychological , but also provides meaning and purpose capable life moderate effect stress Work overburdening of nurses . Approach psychospiritual can increase quality live and give support deep emotions through consistent spiritual beliefs and practices (Leon, 2023) .

More Furthermore , the high mental workload in the ICU and other critical units is source main stress and anxiety nurses . Covid-19 research and beyond show that high mental workload correlated with fatigue , dissatisfaction work , and burnout in nurses so that lower quality service health . Method relaxation that contains spiritual elements such as dhikr capable help reduce burden This in a way psychological and facilitating feeling calm and confident oneself to the nurse , who at the same time repair their mental well-being (Farida et al., 2025; Nasirizad Moghadam et al., 2021) .

Fourth , Research by Doctria Thamarisca Simanjuntak found No There is connection between work shifts with mental health nurses , however found There is connection between burden Work with Mental Health, Work Family Conflict with Mental Health in Nurses women . So that needed role House Sick For more pay attention to the mental health of existing health workers especially nurse Woman with hold a sharing session or seminar on mental health in need expert psychiatrist or

psychologist as well as do related internal monitoring and supervision implementation , distribution task principal , discipline time work and schedule shift division evenly so that it doesn't hinder the patient transfer process to the room that causes pile it up patients and causes stress to nurses until impact on mental health.

Fifth , Octane Dipenta Amrullah (2024) shows that dhikr offer benefit significant in improving mental health, including improvement mental peace and optimism . Dhikr also facilitates deeper relationship in with God, who plays a role as source strong spiritual support . With Thus , the approach dhikr as part from psychotherapy and relaxation proven effective and aligned with other findings in knowledge mental health and spirituality . Recommendations for power health and institutions House Sick is For develop training programs therapy relaxation guided dhikr in a way professional , as well as integrate handling burden work and conflict family use increase mental health of nurses in a way comprehensive and sustainable .

CONCLUSION

Practice dhikr as therapy relaxation psychospiritual proven effective in reduce level anxiety and stress in nurses , especially in the environment full- time work pressure such as the ER and ICU. Dhikr help increase calm inner and mental resilience through strengthening spiritual relationship with God as source support main . Mental workload and

conflict work with family contribute in a way significant to disturbance mental health of nurses , so that intervention combined dhikr with management burden work and support family can become solution effective holistic

home hospitals and institutions health recommended develop training programs therapy dhikr in a way professional as part from the improvement strategy mental health of nurses in a way sustainable .

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