

DMR METHOD (DZIKIR, MEDITATION, RELAXATION) CAN OVERCOME THE ANXIETY OF BOOK-READING EXAMINATION STUDENTS AT THE SALAFIYAH ISLAMIC BOARDING SCHOOL KAUMAN BANGIL PASURUAN

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Cite this paper: Siti Maimunah, Iis Noventi, Rusdianingsing, Nety Mawarda Hatmanti M.Shodiq (2024) DMR METHOD (DZIKIR, MEDITATION, RELAXATION) CAN OVERCOME THE ANXIETY OF BOOK-READING EXAMINATION STUDENTS AT THE SALAFIYAH ISLAMIC BOARDING SCHOOL KAUMAN BANGIL PASURUAN. *Frontiers in Health Informatics*, 13 (3), 7081-7089

Abstract

Anxiety is a physiological condition that has an impact on the heart rate increasing rapidly. This condition will occur when someone is in a state of stress which makes them unfocused and restless, someone who feels anxiety is one of the psychological problems they will face. Anxiety often appears but with unknown circumstances and conditions. One way to reduce anxiety can be using the DMR Method (Dzikiri, Meditation, Relaxation).

This research aims to find out about the effectiveness of the DMR method (Dzikiri, Meditation, Relaxation) in reducing anxiety in students before facing the Book exam. This research uses a pre-experiment type with a two group pre test – post test design with a questionnaire sheet. The sample used was 20 people using purposive sampling.

Results: Based on the results of statistical tests, the p-value = 0.002 for meditation relaxation and p-value = <.001 for dhikr. It can be seen that there is significant effectiveness or influence on anxiety in students before and after the DMR Method (Dzikiri, Meditation, Relaxation). Which means H₀ is rejected and H_a is accepted.

Conclusion: Based on the results of research conducted, there is effectiveness between the DMR Method (Dzikiri, Meditation, Relaxation, meditation and dhikr against anxiety in students before facing a book reading exam as a requirement for students to graduate

Keywords : DMR method (dhikr, meditation, relaxation), anxiety

INTRODUCTION

The DMR (Dhikr, Meditation, Relaxation) method can be done by anyone, especially people who are experiencing anxiety, restlessness, stress which makes them feel uneasy. Apart from that, this meditation relaxation is suitable for students who are experiencing anxiety when taking national exams. In monitoring the development of abilities and knowledge in the field of education, examinations or tests are held over a certain period of time. By being a benchmark for learning success, exams or tests are very important and must be carried out so that they can later be used as a form of evaluation of the learning process. However, it was discovered that carrying out exams or tests made several individuals who were in education, whether at the beginning or end, feel worried and unprepared. This causes anxiety which is called test anxiety or anxiety about exams. The phenomenon of exam anxiety is widespread among students.

This is reinforced by the existence of research on the level of exam anxiety where the results showed that

out of 150 students, there were 3.4% who had no anxiety, 51.3% had mild anxiety, 40% of students had moderate anxiety, and 5.3% had severe anxiety level (Walasary et al., 2015). From these data it can be seen that students have stress regarding exams at their respective levels. The urgency related to exam stress is also reinforced by research conducted at Kuta Vocational School where in the 2017/2018 academic year, out of a total of 40 students it was found that 10% of students had low anxiety, 45% of students had moderate stress, 37.5% experienced high stress, and another 7.5% with very high anxiety. Signs and symptoms of stress include feeling nervous, panicking, faster heartbeat, cold sweats, trembling hands or body parts, difficulty speaking, difficulty concentrating or always thinking about unwanted things, etc.

One effort to get closer to the Creator is through dhikr. Dhikr has relaxing powers that can reduce stress and bring peace of mind. The dhikr sentence used to overcome stress in students using the dhikr *laa ilaha illaallah* has several benefits, one of which is that it makes things easier in times of difficulty. This is the difficulty that students will face when facing madrasa exams, students will feel stressed. As for the dhikr of *Lailahailallah*, it contains the true meaning that there is no God worthy of worship except Allah SWT, there is an affirmation of worshiping only Allah in a belief. Spiritually capable individuals have a strong belief in their God. This belief allows for a strong sense of control, as well as the ability to interpret and accept any unpleasant event in a more positive way and be confident that someone is controlling every event throughout the universe. In this way, individuals can quickly reduce anxiety, overcome health problems and increase strength quickly.

Other research shows that by doing dhikr, meditation and relaxation, all worries that can create feelings of stress can be reduced, because by dhikr a person will be closer to Allah SWT and make that person feel calmer. This is what usually happens in Salafiyah Islamic boarding schools, especially to female students, where when facing madrasa exams they feel stressed, this anxiety can cause female students to not be able to answer questions carefully. This Salafiyah Islamic boarding school is a Salaf-based Islamic boarding school whose learning is still traditional, so when carrying out madrasa exams, at this boarding school there are several tests, one of which is an oral exam or deposit of letters and *nadhom-nadhom*. This usually triggers feelings of anxiety felt by students, which can lead to less than optimal exam results. Anxiety can be cured in several ways, one of which is by applying dhikr which is applied by practices given by the leader of the lodge.

From here, researchers were interested in examining students' anxiety when facing exams. This research takes the title "The DMR Method (Dhikr, Meditation, Relaxation) Can Reduce Anxiety Facing the Book Reading Exam at the Kauman Bangil Salafiyah Islamic Boarding School".

LITERATURE REVIEW

Anxiety is a physiological condition that has an impact on the heart rate increasing rapidly. In this condition, it occurs when someone is in a state of stress which makes them feel uneasy. Every individual who experiences anxiety becomes a psychological problem that arises. Anxiety itself often appears but in unclear circumstances (Mahfud & Gumantan, 2020).

The Yellow Book Reading Test is an evaluation of students who will complete their education at Islamic boarding schools. It is a special requirement for students to be declared graduated from Madrasah Aliyah education at the Bangil Salafiyah Islamic Boarding School. which states that evaluation of students, educational units and educational programs is carried out by independent institutions periodically, transparently, comprehensively and systematically to assess the achievement of students being able to read the yellow book. Linguistically, dhikr comes from the word *dzakara*, which means remembering, paying attention, reminiscing, knowing, understanding and taking lessons. In the Koran, it means dhikr Allah, which means remembering Allah. Dhikr is usually done by contemplating while saying *lafadz lafadz Allah*. Apart from that, dhikr is also

usually said to be a spiritual practice to present Allah in the human heart by chanting Allah's name and attributes while remembering and remembering Allah's greatness. (Kumala et al., 2017)

According to language, dhikr comes from the words dzakara, yadzuru, dzukr/dzikr, which means an action verbally (mentioning, saying, saying) and with the heart (remembering and saying). Therefore, dhikr is defined as purifying and glorifying, it also means mentioning and pronouncing the name of Allah or keeping it in memory (remembering).

Dhikr is heart and verbal worship that has no limits or time. People who believe in dhikr are those who always mention their Lord, whether standing, sitting or even lying down. Therefore, dhikr is not only worship that is said verbally, but is also felt in the heart. Imam Nawawi stated that afdhal is done simultaneously verbally and in the heart. If you have to do one of them, then dhikr with your heart is the most important thing. However, you must present the meaning in your heart, understanding the meaning is something that is attempted in dhikr. Meditation is a conscious state of the human body to focus the mind to become still, calm, conscious, wise, balanced so that the body becomes relaxed. Some people are looking for supernatural powers or a release or spiritual discipline that involves concentrating only on God. Meditation is usually always associated with things that are mystical, supernatural, or related to the unseen world (Juniartha, Made G, Anjani, 2021).

Relaxation Relaxation is a technique that can be done to reduce the tension experienced by individuals by relaxing the muscles in the body. This therapy was first introduced by Jacobson through his research on tension reduction techniques. Relaxation in general aims to stretch the muscles so they don't suffer tension. Masters added that one of the effects of relaxation training is increasing the ability to master cognitive activities, including focusing attention (concentration). (Hanna Fatma Sari and Murtini, Humanitas Journal, Vo.12, No.1, p.14)

Relaxation is a technique in behavioral therapy. Relaxation is a method or technique used to help humans learn to reduce or control physiological reactivity that causes problems for them. The aim of relaxation is to reduce the individual's level of physiological agitation and bring the individual to a calmer state both physically and psychologically, stating that tension is a contraction of skeletal muscle fibers, while relaxation is an extension of these muscle fibers. When people experience tension and anxiety, it is the sympathetic nervous system that works, while when they are relaxed, it is the parasympathetic nervous system that works. Relaxation tries to activate the work of the parasympathetic nerves. A relaxed state reduces amygdala activity, relaxes muscles, and trains individuals to activate the work of the parasympathetic nervous system as a counter to sympathetic nervous system activity. (Annisa Maimunah and Sofia Retnowati, Vol.8, No.1, 2011, pp.4-5.

RESEARCH METHODS

The research design that will be used in this research is quantitative research with a Quasy Experiment design. The research design used was a pre test and post test design with two groups of 20 respondents, 10 respondents did relaxation meditation and 10 respondents did the DMR method (Dzikiri, Meditation, Relaxation). With the pre-test (before) an assessment is carried out regarding the presence of anxiety, while the post-test (after) is carried out research on whether there is an influence of the DMR Method (Dzikiri, Meditation, Relaxation) in overcoming anxiety in students who take the book reading exam as part of their Madrasah Aliyah graduation.

DISCUSSION AND RESEARCH RESULTS

1. Univariate Analysis of the DMR Method (Dhikr, Meditation, Relaxation) Can Overcome Students' Anxiety in Book Reading Exams at the Putri Salafiyah Islamic Boarding School Kauman Bangil

Research Results on the Effectiveness of Relaxation Meditation Dhikr Against Anxiety Before Facing the

Yellow Book Reading Exam at the Kauman Bangil Salafiyah Islamic Boarding School. Starting from April 20 to May 1 2024 with a total of 20 respondents in the study. The research results can be seen below.

Table 1. Frequency Distribution of Respondent Characteristics Based on Gender and Age Meditation Relaxation

Variabel	Frekuensi	Presentase
gender		
Woman	20	100%
Total	20	100%
age		
16 year	8	40%
17 year	12	60%
Total	20	100%

The results of the analysis show that based on the results of meditation relaxation carried out by women, there were 20 people (100.0%). The distribution of respondents based on age showed that the distribution of respondents with the lowest age was 16 years (40%), and the highest age was 17 years (60%)

Table 2. Frequency Distribution of Respondent Characteristics Based on Age

Variabel	Frekuensi	Presentase
Jenis Kelamin		
Perempuan	20	100%
Total	20	100%
Usia		
14 Tahun	8	40%
15 Tahun	12	60%
Total	20	100%

Source: Primary data processing

The results of the analysis show that based on the distribution of respondents based on age, it is known that the distribution of respondents with the lowest age is 16 years (40%), and the highest age is 17 years (60%).

2 Table 3. Frequency Distribution of Anxiety Before and After Meditation Relaxation for 7 Days

		Mean	SD	Max	Min
anxiety	before	26,4	10,3	48	15
	after	20.0	6,31	31	12

Source: Primary data processing

Table 4. Distribusi Frekuensi Kecemasan Sebelum Dan Sesudah Dilakukan Dzikir Meditasi, Relaksasi Selama 7 Hari

		Mean	SD	Max	Min
anxiety	before	27,3	12,4	55	15
	after	16.9	10.7	42	7

The table showing the distribution of anxiety before doing relaxation meditation shows that the average is 26.4 with a standard deviation of 10.3. And the highest anxiety value is 48 while the lowest anxiety value is 15. The distribution of anxiety after meditation relaxation shows that the average value is 20.0 with a standard deviation

of 6.31. The highest anxiety value is 31 and the lowest anxiety value is 12.

Table 5. Categories of Anxiety Levels Before the Implementation of Meditation Relaxation and Dhikr for 7 Days**

Kategori	Kecemasan	Jumlah (n)	Presentase (%)
Relaksasi Meditasi			
1	Mild Anxiety	2	20%
2	Moderate Anxiety	5	50%
3	Severe Anxiety	2	20%
4	Very Severe Anxiety	1	10%
Total			100%
Dzikir			
1	Mild Anxiety	4	40%
2	Moderate Anxiety	2	20%
3	Severe Anxiety	3	30%
4	Very Severe Anxiety sekali	1	10%
Total			100%

From the categories above, it can be seen that the value of meditation for mild anxiety is 2 or 20%, moderate anxiety is 5 or 50%, severe anxiety is 2 or 20%, very severe anxiety is 1 or 10% and Dhikr for mild anxiety 4 or 40%, moderate anxiety 2 or 20%, severe anxiety 3 or 30%, very severe anxiety 1 or 10%.

Table 6. Categories of Stress Levels After Relaxation Meditation Dhikr for 7 Days

Category	Stres	amount (n)	Presentase (%)
Dzikir			
1	No stress	1	60%
2	Mild stress	6	10%
3	Moderate stress	3	20%
4	Severe stress	4	10%
Total			100%
RelaxationMeditation			
1	No anxiety	6	10%
2	Mild anxiety	1	60%
3	Moderate anxiety	2	30%
Total			100%

From the categories above, it can be seen that the value of meditation for no stress is 1 or 10%, mild stress 6 or 60%, moderate anxiety 3 or 30%, very severe stress 1 or 10% and Dhikr for no anxiety 6 or 60%, anxiety mild stress 1 or 10%, moderate stress 2 or 20%, severe stress 1 or 10%.

1. Analysis Bivariat

Table 7. Wilcoxon Normality Test Results

Group	N	Measurement	P-Value
Meditation Relaxation	0,068	Pre-Post Test	0,068
Dzikir	0,447	Pre-Post Test	0,447

Source: Primary data processing

Based on table 7 above, after carrying out a normality test in the meditation relaxation group using the Wilcoxon test, the results show that the data is normally distributed with a p-value >0.05. Meanwhile, in the dhikr group, normality tests were carried out on pre and post test measurements using (Shapiro-Wilk). Both groups showed a P-value >0.05, so that both groups showed normal distribution values.

Table 8. Dependent Test Results Paired T Test Effectiveness of Dhikr Meditation Relaxation

Source: Primary data processing

Kelompok	N	Mean	SD	SE	P-Value
Dzikir					
Pretest	10	27,3	12,37	3,91	<,001
Posttes	10	16,9	10,69	3.38	
Meditasi dan relaksasi					
Pretest	10	26,4	10,30	3,26	0,002
Posttes	10	20,0	6,31	1,99	

Based on the results of the Dependent T paired test, the average anxiety before being given meditation relaxation was (26.4) with a standard deviation of (10.30), while the average anxiety after being given meditation relaxation was (20.0) with a standard deviation of (6.31). The statistical test results obtained a p value of 0.002, meaning that there was significant effectiveness or influence on the average anxiety before and after meditation relaxation.

Based on the results of the Dependent T paired test, the average anxiety before dhikr was (27.3) with a standard deviation of (12.37) while the average anxiety after dhikr was (16.9) with a standard deviation (10.69). The results of statistical tests obtained $p < .001$, meaning that there was effectiveness or a significant influence on the average anxiety before and after dhikr.

1. Data Distribution of Pre-test and Post-test Results for Dhikr

This study shows the statistical test results using the Paired Sample T-Test. The average anxiety level before performing dhikr was 27.3 with a standard deviation of 12.4, while the average anxiety level after performing dhikr was 16.9 with a standard deviation of 10.7. The statistical test results showed a p-value of <0.001. Therefore, since the p-value is smaller than $\alpha < 0.05$, H_a is accepted. It can be concluded that there is a significant difference in anxiety levels among students before and after performing meditation relaxation.

This finding aligns with research conducted by Dylan Danny Arista (2019), whose hypothesis testing results indicated a significant change in death anxiety in the experimental group, with a significance value of (0.00 < 0.05), meaning that dhikr therapy had a significant effect on death anxiety among the elderly. This was evident from the evaluation sheets, where 100% of participants reported feeling calm, relaxed, and peaceful after receiving the religious sermons and dhikr therapy (Khasanah, 2019).

Dhikr Therapy is a method that can help individuals resolve issues, whether mental or physical. Dhikr is one

form of therapy that can treat psychological disorders, specifically anxiety disorders. In the Quran, Hadith, and the teachings of Islamic scholars, guidance is provided on how to reduce feelings of anxiety, stress, conflict, and tension in life, as well as depression, by increasing dhikr and prayer to Allah, the Ultimate Healer. According to the scholar Muhammad Shalih, dhikr is the primary sustenance for the heart and soul.

According to the research assumption, dhikr therapy has a calming effect that can reduce anxiety levels. The impact of dhikr on negative emotions and behaviors includes freedom from anxiety, despair, worldly stress, and depression, while also fostering a focused and highly ambitious personality. This aligns with the opinion of Radzi et al. (2014), who stated that dhikr (praising the name and greatness of Allah) can help cleanse the human heart and protect it from Satan. Through dhikr, the mind is directed to always remember Allah and all the positive elements in life, thus reducing anxiety.

There is an influence of dhikr on anxiety based on the researcher's assumption because dhikr can lower anxiety levels, offering freedom from anxiety, despair, worldly stress, and depression. This is evidenced by a significant result of $p = 0.0447$, indicating that the study proves dhikr is more effective in reducing anxiety in students facing national exams, whereas meditation relaxation shows a significant result of $p = 0.068$ in reducing anxiety in students facing exams.

2. Distribution of Pre-Test and Post-Test Results After Meditation Relaxation

The statistical test results using the Paired Sample T-Test showed that the average anxiety level before meditation relaxation was 26.4, with a standard deviation of 10.30. After meditation relaxation, the average anxiety level was 20.0, with a standard deviation of 6.31. The statistical test yielded a p-value of 0.002, meaning the p-value is smaller than $\alpha < 0.05$, which indicates that H_a is accepted. It can be concluded that there is a significant effect of meditation relaxation on reducing anxiety levels in students before and after the relaxation practice.

This finding is in line with Herman's (2019) study, which found a reduction in anxiety levels among elderly individuals with hypertension after performing meditation. Previous research has shown that meditation can lower anxiety levels, as meditation is a method to clear the mind. Meditation is a process of concentrating attention, consciously focusing, and serves as a self-help tool to assist in managing anxiety.

Moreover, Made Artaguna's (2019) research found a decrease in anxiety levels among nurses before meditation, with an average score of 23.96, and after meditation, the average score dropped to 9.65. This demonstrates the impact of meditation training on reducing anxiety levels among nurses working in the COVID-19 Isolation Ward at Rumkit TK.II Udayana, with a p-value of 0.001 (Artaguna & Sukmandari, 2022).

Meditation relaxation techniques are a quick and easy way to manage anxiety because they do not address the root cause but only operate at the level of conscious thought, while the source of anxiety is often stored in the subconscious mind. Therefore, meditation relaxation techniques are needed as a solution.

Meditation relaxation exercises can reduce anxiety because, in principle, meditation puts the body in a calm state, leading to relaxation and eventually balance. By focusing on breathing, meditation increases oxygen circulation to the muscles, causing them to relax, which, in turn, reduces anxiety (Suryani, 2018).

According to the researcher's assumption, meditation relaxation can reduce muscle tension at the physical level by lowering the response to anxiety. Deep breathing in meditation improves oxygen circulation, causing the muscles to relax. From a mental and cognitive perspective, meditation can enhance creativity and concentration for those who practice it regularly, which can improve awareness and focus, making it easier to find solutions to problems.

CONCLUSION

Based on the research on the effectiveness of dhikr, meditation, and relaxation (DMR) methods on stress among students at Salafiyah Islamic Boarding School in Bangil, the following conclusions can be drawn:

1. The majority of respondents experiencing stress in this study were female students from Salafiyah Islamic Boarding School, with an average age of 15 years from a total of 20 respondents.
2. The results of the study before applying the DMR (Dhikr, Meditation, Relaxation) method showed that students experienced moderate stress before facing the exam for reading classical Islamic texts (kitab kuning).
3. The results after applying the DMR (Dhikr, Meditation, Relaxation) method indicated that the anxiety level of the students before facing the exam was normalized.
4. There is an effect of dhikr on anxiety before facing the exam among students at Salafiyah Islamic Boarding School, with a p-value of <0.001 .
5. There is an effect of meditation relaxation on anxiety before facing the exam among students at Salafiyah Islamic Boarding School, with a p-value of 0.002.

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