

UNIVERSITI TEKNOLOGI MARA

**A Study on the Effectiveness of Zikir Therapy on
Anxiety among Nursing Students during Practical
Session**

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Author's Declaration

We hereby declare that the dissertation entitled "A study of effectiveness of zikir therapy on anxiety among nursing student during practical session" submitted to the Universiti Teknologi Mara (UiTM), Puncak Alam in partial fulfillment of the requirement for the award of the bachelor (Hons) of Nursing. This dissertation presented in this project is our own work and has been carried out under the supervision of Madam Sharifah Shafinaz binti Sharif Abdullah.

This work has not been previously submitted to any other university of any examination.

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ABSTRACT

Introduction: Anxiety is one of the major factors among nursing students. The purpose of this study was to examine the effectiveness of zikir therapy in reducing anxiety among nursing students. **Method:** A Quasi experimental design was conducted. Forty-seven students were divided into intervention and control group through convenient sampling. The students in the intervention group were given five days zikir intervention during clinical session. While, the student in control group not received any intervention. **Result:** Anxiety level score among students showed there is significant different between intervention and control group by using non parametric test (Mann Whitney test). The finding detected that zikir intervention reduce anxiety level ($p= 0.027$ to 0.003). While using non parametric test (Wilcoxon Signed test) there is no significant different for pre and post test score in control group ($p= 0.41$). However, in intervention group there is significant different in pre and post test score ($p<0.05$). **Conclusion:** Therefore, the result indicated that zikir therapy decreased in level of anxiety after the intervention compared to control group. Thus, the result suggested that zikir therapy is effective at anxiety reduction.

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