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## The effect of *seft* combined zikir Towards depression of leprosy patients In leprosy hospital sumber glagah Mojokerto

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### ABSTRACT

**Introduction:** Leprosy is a disease that is still a public health problem in Indonesia and even in the world. Based on the results of interviews with leprosy patients, they explained that after being affected by leprosy physical health decreased so as to disrupt activities, increase anxiety, influence social relations with the environment, and so forth. This will affect depression in leprosy patients. This study aims to determine the effect of the remembrance combination seft on Depression in Leprosy Patients at the Sumber Glagah Leprosy Hospital in Mojokerto.

**Method:** The design of this study was Quasy-Experimental with a pre and post test control group design approach. The sample in this study was 36 respondents, 18 intervention groups and 18 control groups, using the Simple Samples technique of Random Random Sampling. The technique used was the lottery technique. Data was collected using a questionnaire. The analysis was carried out using a manova test with a 95% confidence interval ( $\alpha = 0.05$ ).

**Results and analysis:** Statistical tests using a manova test showed that there was an effect of the remembrance combination combination on Depression in Leprosy Patients in the Glagah Source Leprosy Hospital with p value = 0.001. Seft combination of remembrance consists of two aspects, namely spiritual and biological, which gives sincerity to patients who are depressed, so patients will receive positively the disease being experienced, through endurance, hope of recovery, and being able to take lessons from leprosy patients, with indicators improvements to physical, social and psychological aspects. Seft dhikr combination was chosen to increase depression because Seft zikir combination focuses on spiritual enhancement of leprosy patients.

**Discussion and Counseling:** Based on these descriptions, the researcher concluded that Seft remembrance combination had an effect on decreasing the rate of depression of leprosy sufferers at the Sumber Glagah Leprosy Hospital in Mojokerto. With the hope that it can be used as a mind body therapy contains a concept based on the belief that the mind affects the body in accordance with the concept of psychoneuroimmunology.

**Keywords :** Seft, zikir, Depression, Leprosy.

## 1. INTRODUCTION

Leprosy is a disease that is still a public health problem in Indonesia and even in the world. Indonesia is still ranked third in the world as the country with the most leprosy sufferers after India and Brazil. There are still 14 provinces and 150 districts that have not yet achieved elimination of leprosy (Indonesian Ministry of Health, 2018). In 2015 there were 21,537 people affected by leprosy in Indonesia, the number of new cases was 19,695 patients, 8.74% of patients had level 2 disabilities and 9.1% of patients were children (Ministry of Health, 2018). According to the 2000 national leprosy data, as many as 5% of patients experienced leprosy reactions (Amin, Rahman, Nani, & Makassar, 2014).

One of the provinces in Indonesia with the highest leprosy cases is East Java (Surabaya City Health Office, 2016). In East Java there are 782 PB leprosy patients and 4,628 MB lepers. The proportion of level II disability also shows that there is a delay in the discovery of patients, which is equal to 11%, the figure is still above the national target of 5%. This condition illustrates that the transmission of leprosy is still ongoing and public awareness in recognizing and handling leprosy is still lacking so that when found patients have experienced disability (Surabaya City Health Office, 2016).

Based on the results of interviews during the initial data collection on January 4, 2019 against leprosy patients, they explained that after this leprosy, physical health decreased so that it interfered with activities, increased anxiety, influenced social relations with the environment, and so on. This will affect depression in leprosy patients (Wewengkang, Palandeng, & Rombot, 2016). Currently the services available for leprosy in Sumber Glagah Leprosy Hospital are in the form of pharmacological treatment (Multi Drug Therapy), while non-pharmacological treatments are not yet available at the hospital. Dharma Seft combination therapy is a non-pharmacological therapy that focuses on the value of spirituality.

Psychological instability is one factor in reducing psychological well-being that will have a negative impact on lepers. Isolation to prevent transmission from *Mycobacterium leprae* can cause social stigma from the environment so that it affects psychologically in patients, namely the onset of depression, anxiety, and stress. The impact of the psychological burden on leprosy patients will worsen the health of leprosy patients. The helplessness of leprosy patients will cause changes in adaptation to psychological, social, and spiritual responses so that it will affect depression (Wiyaniputri, 2016).

Seft therapy consists of two aspects, namely spiritual and biological. The spiritual aspect consists of two steps, namely Set-Up which aims to ensure that our body's energy flow is directed appropriately. This step is carried out to neutralize "Psychological Reversal" or "psychological resistance", and contains a prayer of submission. The second step is Tune-In by feeling the pain we experience, then directing our mind to the place of pain (Self-Hypnosis) (Praptomo, 2015)

Roy's adaptation theory model. Roy in his theory explained four kinds of essential elements in nursing adaptation, namely: human, environment, health, and nursing. Roy's adaptation model describes how individuals can improve their health by maintaining adaptive behavior because according to Roy, humans are holistic beings who have adaptive systems that always adaptation.

Based on the description above so that researchers are interested in researching about "The Effect of Seft Combination of Dhikr on Depression in Leprosy Patients in the Glagah Source Leprosy Hospital".

## 2. METHODS

The research design used in this study was Quasy-Experimental with a pre and post test control group design approach. In this design, it involved two groups, namely the Seft group combination of remembrance and the Control Group. In each group the level of depression of the respondents will be measured. After that intervention was given. Then the respondent's level of depression was reassessed. The type of this study aims to determine the effect of remembrance combination seft on depression in leprosy patients at Sumber Glagah Leprosy Hospital.

## 3. POPULATION, SAMPLE, AND SAMPLING TECHNIQUES

### 3.1 Population

The population in the study is a subject (for example humans, clients) who meet the criteria that have been fixed (Nursalam, 2016). The population in this study were leprosy patients who received treatment in the Inpatient Room Melati of Sumber Glagah Leprosy Hospital

### 3.2 Research Samples

The sample consists of parts that can be used as research subjects through sampling (Nursalam, 2016). In this case the sampling, the study took samples at the Sumber Glagah Leprosy Hospital. The sample in this study is determined as follows, The sample selection was also based on inclusion and exclusion criteria. With the following criteria:

#### 3.2.1 Inclusion criteria in this study:

- a) Respondents are Mouslim
- b) Willing to be a respondent, taking part in research activities from the beginning to the end
- c) Can read and write
- d) Respondents can be cooperative with researchers
- e) Age of respondents ranged from 15-65 years
- f) Respondents underwent treatment in leprosy inpatient rooms

#### 3.2.2 Exclusion criteria in this study:

- a) There are other conditions or diseases that interfere with the measurement or interpretation of results
- b) Stop when the intervention activity takes place
- c) Ethical barriers.

### 3.3 Sampling Research

Sampling is the process of selecting portions of the population to be able to represent the population. Sampling technique is the methods taken in sampling, in order to obtain samples that are truly in accordance with the overall subject of the study (Nursalam, 2011). In this study the technique used in Simple Random Sampling is sampling randomly and the sample obtained is called a random sample, this random sampling technique should only be used if each unit or member of the population is homogeneous, this means that each member of that population has equal opportunity to be taken as a sample (Notoatmodjo, 2010). The technique used is a lottery technique that is taken on small pieces of paper, we write down the subject number, one number for each paper and we roll this paper. Inadvertently, we take 36 rolls of paper so that the numbers printed on the drawn paper rolls are the number of subjects for our study sample, then divided into two groups: 18 respondents in the intervention group and 18 respondents in the control group (Ari Kunto, 2006)

#### 4. RESULT

##### 4.1 Characteristics of Respondents

##### 4.1.1 Demographic characteristics of respondents' general data

Table of Characteristics of respondents in the intervention group and the control group of remembrance combination seft against depression in leprosy patients at the Leprosy Hospital Sumber Glagah Mojokerto. (n = 36)

Characteristics of Respondents	Intervention (n=18)		Control (n=18)		Total	
	f	%	f	%	f	%
<b>Age:</b>						
Late Adult (36-45)	1	6,66	0	0,0	1	2,77
Early Elderly (46-55)	7	38,88	10	55,55	17	47,22
Late Elderly (56-65)	5	27,77	5	27,77	10	27,77
Seniors (65 >)	5	27,77	3	16,66	8	22,22
Total	18	100	18	100	36	100
<b>Gender:</b>						
Women	9	50,0	7	38,8	16	44,4
Man	9	50,0	11	61,1	20	55,6
Total	18	100	18	100	36	100
<b>Education:</b>						
No school	5	27,7	3	16,6	8	22,2
basic education	12	66,6	14	77,7	26	72,2
Middle education	1	5,55	1	5,55	2	5,55
Total	18	100	18	100	36	100
<b>Work:</b>						
Does not work	8	44,4	5	27,7	13	36,1
Housewife	4	22,2	3	16,6	7	19,4
Farmer	4	22,2	6	33,3	10	27,7
Entrepreneur	2	11,1	4	22,2	6	16,6
Total	18	100	18	100	36	100
<b>Co-morbidities:</b>						
Hypertension	4	22,2	5	27,7	9	25,0
Rheumatoid Arthritis	1	5,55	1	5,55	2	5,55
Diabetes mellitus	1	5,55	1	5,55	2	5,55
Cronic Ulser Pedis	10	55,5	11	61,1	21	58,3
Os Cataracts	2	11,1	0	0	2	5,55
Total	18	100	18	100	36	100

Based on the table characteristics of respondents based on age, almost half have ages 46-55 years with the category of early elderly as many as 12 respondents with a percentage (33.3%). Characteristics of respondents based on gender, mostly male sex respondents as many as 20 respondents with percentage (55.6%). Characteristics of respondents based on the level of education most of the respondents' education level are basic education as many as 26 respondents with a percentage (72.2%). The characteristics of the respondents based on work were almost half did not work as many as 13 respondents with a percentage (36.1%) and respondents' characteristics based on comorbidities were mostly Cronic pedis ulcer as many as 21 respondents with a percentage (58.3%).

## 4.2 Research Results

### 4.2.1 level of depression in leprosy patients

Distribution of the results of the average score of depression before and after the administration of remembrance Seft combination therapy in the intervention and control groups in leprosy patients in Kusta Hospital Sumber Glagah Mojokerto.

Group		n	Mean	SD	Min	max	SE	P value
Intervension	Pre	18	28.72	7.11	11	39	1.67	.000
	Post	18	11.50	2.70	8	16	0.63	
Control	Pre	18	20.83	7.00	10	33	1.65	0,61
	Post	18	19.61	6.77	9	31	1.59	

Based on the table analysis shows that the average score of depression before the remembrance combination Seft intervention in the intervention group was 28.72 with a standard deviation of 7.11 after being given the Seft combination combination intervention obtained a decrease in the average depression score to 11.50 with standard deviation of 2.70. The paired t-test results p value <0.05, which is 0.00 which indicates that there is a difference between the average score of depression before and after the Seft remembrance combination intervention.

In the control group that received intervention according to hospital standards, the average score of depression before was 20.83 with a standard deviation of 7.00 and after being given action according to hospital standards, the average score of depression was 19.61 with standard deviation 6.77. The paired t-test results P value > 0.05, which is 0.61 which indicates that there is no difference between the average depression before and after intervention according to hospital standards.

### 4.2.2 Differences in the average depression difference in the intervention and control groups in leprosy patient

Variabel	Kelompok	Mean Δ	St.Dev	SE	df	p value
Depresi	Intervensi	-17.22	7.207	1.699	21.285	0.000
	Kontrol	-1.22	2.579	.608		

Based on table 6.7 the results of the statistical test showed the average value of the difference in depression levels in the intervention group -17.22 with a standard deviation of 7.207 and in the control group the value of the difference in depression level -1.22 with a standard deviation of 2.579. The results of the independent t-test statistical test p value <0.05, which is 0.00, meaning that there are differences in the level of depression between the intervention group and control in leprosy patients at the Sumber Glagah Leprosy Hospital in Mojokerto.

#### 4.2.3 Analysis multivariate analysis of variant

The effect of remembrance combination seft against depression in leprosy patients at Sumber Glagah Leprosy Hospital Mojokerto.

Variabel	df	Mean Squared	F	Sig.	R. Square
Depresi	1	2304.000	78.633	.000	.698

Based on the table above, the results of the Multivariate Analysis of Variant (Manova) analysis showed that depression p value = .000 and the value of R. Squared .698 which means the combination of remembrance influences the decrease in depression with a percentage of 69.8% and the rest is influenced by other factors with percentage 30.2%. it means that there is an effect of the therapy of remembrance combination seft against depression in leprosy patients at the Sumber Glagah Leprosy Hospital in Mojokerto.

## 5. DISCUSSION

Based on the results of the study showed an analysis of the data on the frequency distribution of depression levels obtained in the intervention group before and after the seft combination of remembrance was given a significant decrease in the level of depression. Whereas in the control group there was no significant decrease in the level of depression in leprosy patients at the Sumber Glagah leprosy hospital in Mojokerto.

These results are in accordance with the theory put forward by Dalami (2009) which mentions signs and symptoms that appear in moderate depression, among others, as follows: 1) Affective disorders, namely feeling depressed, anxious, angry, upset, crying, feeling hostile and low self-esteem ; 2) The process of thinking, including: narrow attention, slow thinking, hesitation, decreased concentration, complicated thinking, pessimism and despair; 3) Somatic sensation and motor activity, including: slow moving, heavy duty, weak body, headache, chest pain, nausea vomiting, constipation, decreased appetite, decreased body weight and sleep disturbances; 4) Patterns of communication, including: slow talk, verbal communication becomes less and non-verbal communication increases; and 5) Social participation, including: a person becomes withdrawn, does not want to work, is easily offended, hostile and does not pay attention to personal hygiene.

The theory is in line with the symptoms experienced by respondents during interviews, namely: 1) Affective disorders, including: low self-esteem; 2) The process of thinking, including: pessimism and despair; 3) Somatic sensation and motor activities, including: the task feels heavy, the body feels weak, and sleep disturbances occur; 4) Communication patterns, including: respondents appear when speaking slowly; and 5) Social participation, including: not wanting to socialize with other people, like being alone and not paying attention to personal hygiene.

Based on the description above, the researcher argues that Seft combination therapy can be used as an alternative non-pharmacological implementation in treating depression in patients undergoing hemodialysis. Seft is effective in reducing depression because it can create a feeling of calm, arouse hope, confidence and add to one's faith so that the psychological impact of disease and hemodialysis therapy can be overcome with this therapy. The combination of remembrance is able to change the chemical conditions of the brain contained in each of our hands which contain electromagnetic energy which makes electrical energy so that electrical energy flows in the nervous system and even covers the body's organs



and the whole body, acupuncturists call it "Chi", "Chi" energy flows in along the energy meridian pathway when this energy is blocked there will be emotional and physical disturbances

This is reinforced by the results of Sholeh (2007) that a positive emotional response or from the influence of psycho-religious therapy by prayer runs in the body and is received by the brain stem. After being formatted with the language of the brain, then transmitted to one part of the cerebrum, the thalamus, then, the thalamus transmits hippocampal impulses (a vital memory center to coordinate everything that is absorbed by the senses) to secrete GABA (Gama Amino Batiric Acid) which acts as a response controller emotion, and inhibits asetylcholine, serotonin and other neurotransmitters that produce cortisol secretion. So that there will be a process of homeostasis (balance) so that it will improve the disrupted neurotransmitter system and bring up optimism, and eliminate negative thoughts, so that positive thoughts will emerge (Sholeh, 2007).

The results of the study in the intervention group respondents after being given the combination combination remembrance intervention experienced a decrease in the level of depression, namely the respondents experienced mild depression, while in the control group respondents after being given standard hospital therapy most respondents still had moderate depression, meaning that there was no significant change at the level of depression.

These results are in line with the theory put forward by Dalami (2009) which explains that mild depression is a depression characterized by feelings of sadness, changes in the process of thinking, poor social relations, lack of enthusiasm and discomfort.

The theory is in accordance with the symptoms experienced by respondents, namely: feeling sad, changing thought processes, and not excited. Based on this, the researcher concluded that the level of depression felt by someone in the mild category included: the feeling of sadness, the change in the process of thought of social relations was not good, not enthusiastic and felt uncomfortable.

Depression is a reaction of an organism's reaction to a burdensome or life-threatening situation, so that individuals are unable to overcome threats both mentally, physically, emotionally and spiritually (Potter and Perry, 2009).

The perception of someone who is depressed is a term to describe the internal mental event which is interpreted as psychological stress in accordance with the concept of linderman-Caplan (Putra, 2011)

Researchers argue that depression in the life of an individual is influenced by various factors that are very difficult to avoid, especially in patients with leprosy. Severe depression can cause severity in people affected by leprosy which causes leprosy patients to experience a leprosy reaction or often referred to as recurrence in patients with leprosy. One of the effective therapies in dealing with depression is by giving a combination therapy of remembrance seft. The results of the interviews found that most respondents said that they were more comfortable and more calm and able to think positively in carrying out their lives when applying remembrance combination seft therapy when the research took place. the combination of remembrance can be used as a mind body therapy containing concepts based on the belief that the mind affects the body in accordance with the concept of psychoneuroimmunology.

The results of different test differences between before and after the remembrance combination combination intervention on leprosy patients who were depressed between the intervention group and the control group showed a decrease in the level of depression, the results of statistical test using the independent t test obtained p value at equal variances not assumed was 0,000 which means there was a significant difference in the average level of depression in the intervention group who received the dzikir combination seft intervention with the control group who only achieved the action according to the hospital standard, the average quality of life in the intervention group who received the dzikir combination seft intervention with the control group who only got the action according to hospital standards, so this result means that the research hypothesis failed to be rejected which means that there is an effect of the

therapy of dhikr combination seft against depression and quality of life in leprosy patients at the Sumberglagah Leprosy Hospital in Mojokerto.

Research conducted by the researchers found that there was a significant decrease in the level of depression in the intervention group after being given the combination of remembrance Seft intervention. The decrease occurred from the level of depression while before the intervention became mild depression when given intervention, then from mild depression to become a normal mood disorder, and from clinical boundaries depression becomes normal or normal. There was even one respondent who was experiencing moderate depression, after intervention his depression rate decreased to a level of mild depression.

This is supported by (Faisal, 2017) who says that someone with depression experiences a dysfunction with negative experiences, these things can be repositioned with someone's sincerity in undergoing each episode of his life. Ikhlas contains artifacts that accept all the provisions which Allah has determined for someone with full heart. Ikhlas also means not complaining, nor does it menentangatas what has been determined by Him.

Someone feels heavy living his life more because he is not accepting sincerely the problem he is facing. When a person can reposition the function of his beliefs with sincerity, the sincerity makes the problem a means of purifying himself from sin and mistakes he has made (Zainudin, 2012). When a person is truly in sincerity, that's when prayer or communion collaborates with vibrations of quanta energy, so that through invisible quantum mechanisms, the power of God is actually working. This is the actual artist of quantum sincerity, so she can help someone solve various life problems (Sentanu, 2007). In a heart condition that will make someone become calm and endure with various tests, so that it can make the effort process to maintain his health more positive and optimal (Gymnastiar, 2008).

## 6. CONCLUSIONS AND RECOMMENDATIONS

### 6.1. Conclusion

- a. Leprosy patients in the intervention group after being given an intervention such as the combination of remembrance experienced a decrease in the level of depression, namely respondents experiencing mild depression, while in the control group respondents after being given standard hospital therapy most respondents still had moderate depression, at Sumber Glagah Leprosy Hospital Mojokerto.
- b. The results of the study show that there is an effect of Seft remembrance combination on depression and quality of life in leprosy patients at Sumber Glagah Leprosy Hospital, Mojokerto.

### 6.2 Suggestions

#### 6.2.1 Hospital

The hospital can provide a policy regarding the administration of remembrance combination Seft interventions for leprosy patients who are depressed to improve the quality of life in the Glagah Mojokerto Leprosy Hospital so that the quality of nursing services increases.

#### 6.2.2 Field of nursing services

Nurses in the jasmine room specifically care for leprosy patients and outpatient installations can apply the results of this study in providing nursing interventions regarding the combination of remedies for Seft therapy to reduce depression and improve quality of life in leprosy patients at

1 Sumber Glagah Leprosy Hospital, Mojokerto.

#### 6.2.3 For educational institutions

This research is expected to provide additional knowledge in medical surgical nursing with multidisciplinary knowledge about handling the psychological problems of leprosy patients in a non-pharmacological manner.

#### 6.2.4 For further researchers

Future researchers are expected to be able to continue this research by increasing the number of different variables, such as stress, anxiety and self efficacy in leprosy patients undergoing treatment at the Sumber Glagah Leprosy Hospital in Mojokerto.

#### 6.2.5 For leprosy patients

For patients, a combination of remembrance therapy can be used as an effective therapy to overcome depression and improve the quality of life by giving a combination therapy of remembrance seft. so that it is more comfortable and calmer and able to think positively in living life when applying remembrance combination seft therapy when the research takes place. Seft combination can be used as a mind body therapy containing concepts based on the belief that the mind affects the body in accordance with the concept of psychoneuroimmunology.

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