

The Relationship Between Tahajud Prayer and Anxiety Levels Among the Elderly in Darmorejo Village, Madiun Regency

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Abstract.

The Relationship of Tahajud Prayer with the Level of Anxiety in the Elderly in Darmorejo Village, Madiun Regency. Anxiety is a state of excessive tension that can be characterized by feelings of worry that arise because there is a response to stressful conditions, such as sweating, racing heart and difficulty breathing. In Indonesia, anxiety is very high for ages 55-65 years, the prevalence of anxiety scores 6.9%, while 9.7% are at the age of 65-75 and 13.4% are aged 75 years and over. In Islam there is a way to deal with anxiety, namely by means of a religious approach, one of the religious approaches that can be done is the tahajud prayer. Therefore, the purpose of the researchers conducting this study was to analyze the relationship between tahajud prayer and the level of anxiety in the elderly in Darmorejo village, Madiun regency. This study used a cross sectional quantitative design. The sample to be studied is the elderly in Darmorejo Village, Madiun Regency who meet the inclusion and inclusion criteria. The technique for taking samples is carried out by total sampling. Data collection techniques include filling out tahajud prayer questionnaires and Zung Self Anxiety Rating Scale. Data analysis for hypothesis testing using Rank spearman. The results of the study There is a significant relationship because the value of $p < 0.05$ with the results of the.

Keywords: Tahajud prayer, Anxiety and level.

I. REFERENCE

Depression and anxiety are among the most common mental health problems experienced by the elderly. Approximately 10–20% of older adults experience depression accompanied by anxiety disorders. In Switzerland and France, the prevalence of anxiety disorders ranges from 3.2–14.2%, while in China, 21.63% of elderly individuals with physical illnesses experience anxiety (Setyarini *et al.*, 2022). Anxiety among the elderly in Indonesia is also considered very high. Among individuals aged 55–65 years, the prevalence of anxiety is reported at 6.9%, while 9.7% occurs among those aged 65–75 years, and 13.4% among those aged over 75 years (Adawiyah, Anwar and Nurhayati, 2022) (Mila Triana Sari, 2017):

Anxiety is defined as a condition of excessive tension characterized by the emergence of feelings of worry as a response to stressful situations. This condition occurs due to demands for adjustment to continuously changing circumstances (Rahmadani, 2020). Fear and anxiety are almost similar; however, in general, anxiety is characterized by worry about unexpected dangers in the future, whereas fear is a response caused by direct threats. Anxiety is described as a negative emotional state characterized by somatic symptoms and feelings of tension, such as difficulty breathing, sweating, and rapid heartbeat (Annisa and Ildil, 2016).

Various approaches can be used as solutions in managing anxiety disorders, including religious approaches. Religious approaches have long been applied in the treatment of psychological disorders. Centuries ago, prophets and their companions implemented therapeutic systems using religious approaches to cure various illnesses. One of the religious approaches that can be practiced to overcome anxiety is performing prayer (shalat) (Rahman, 2016). Allah SWT states in Surah Al-Israa verse 79: “And during the night, wake up and pray Tahajjud as an additional act of worship for you; it may be that your Lord will raise you to a praised station” (QS. Al Isra 17:79) (QS. Al Isra 17 : 79)” (“Al-Qur’an”, no date).

Referring to the verse above, it can be understood that humans are commanded by Allah to awaken at night to perform tahajud prayer. Allah strongly emphasizes that tahajud prayer is an additional act of worship promised to elevate a person to an honorable position when performed consistently. From both health and religious perspectives, tahajud prayer provides many benefits. Individuals who continuously remember Allah may experience psychological effects, including peace and tranquility obtained through

performing tahajud praye (Sholeh Moh, 2012). Based on the explanation above, the author was encouraged to examine “the relationship between tahajud prayer and anxiety levels among the elderly in Patihan Hamlet, Darmorejo Village, Majayan District, Madiun Regency.”

II. METHOD

This study was conducted in Patihan Hamlet, Darmorejo Village, Majayan District, Madiun Regency, East Java Province, in December 2023 using a descriptive analytic method with a cross-sectional quantitative research design. The respondents in this study were obtained through total sampling, consisting of 34 elderly individuals who met the inclusion criteria, namely being Muslim, aged over 60 years, and willing to participate as respondents by signing informed consent forms. Anxiety levels were measured using the Zung Self Anxiety Rating Scale questionnaire and tahajud prayer questionnaire. Data collection was carried out through questionnaires distributed to respondents and completed directly by them. Data analysis consisted of univariate and bivariate analyses. The relationship between the two variables was statistically analyzed using the Spearman rank test with SPSS (Statistical Product for Social Science). This study had received ethical clearance from the Health Research Ethics Committee (KEPK) No.1266/EA/KEPK/2023.

III. RESULT

The characteristics of the respondents in this study are presented as follows:

Table 1. Distribution of Univariate Analysis Data

Characteristics			Frequency	Percentage (%)
Tahajud Prayer				
Good			15	44,1
Moderate			11	32,4
Poor			8	23,5
Anxiety Level				
-	No	Anxiety	25	73,5
-	Symptoms		9	26,5
-	Mild	Anxiety	0	0
-	Symptoms		0	0
-	Moderate	Anxiety		
-	Symptoms			
-	Severe	Anxiety		
-	Symptoms			

Based on Table 1 above, the results showed that 15 respondents (44.1%) had a good level of tahajud prayer practice. In terms of anxiety levels, 25 respondents (73.5%) had no anxiety symptoms, while 9 respondents (26.5%) experienced mild anxiety symptoms.

Table 2. Spearman Rank Correlation Test Between Tahajud Prayer and Anxiety Level

		Anxiety Level								P value
		No Symptoms		Mild		Moderate		Severe		
		n	%	n	%	n	%	n	%	
Tahajud Prayer	Good	15	100	-	0	-	0	-	0	0,000
	Moderate	10	90,9	1	9,1	-	0	-	0	
	Poor	-	0	8	100	-	0	-	0	

Based on Table 2, the Spearman rank correlation test showed a p-value of 0.000 (<0.05), indicating a significant relationship between tahajud prayer and anxiety levels among the elderly in Patihan Hamlet, Darmorejo Village, Madiun Regency. The correlation coefficient was -0.745 , indicating a strong relationship between the level of tahajud prayer and anxiety level, with a negative correlation direction. This means that the more frequently tahajud prayer is performed, the lower the level of anxiety experienced.

IV. DISCUSSION

Based on the results of the bivariate analysis, a relationship was found between tahajud prayer and anxiety levels. These findings are consistent with the evidence presented by Alfiana (2022), which showed that tahajud prayer was associated with anxiety levels ($p=0.000$) (Alfiana, 2022). Similarly, a study conducted by Rhaisya (2018) demonstrated that individuals who regularly performed tahajud prayer tended to have lower anxiety levels (not anxious) ($p=0.000$), indicating a significant relationship between tahajud prayer and anxiety levels (Rhaisya, 2018).

Furthermore, this finding is supported by a study conducted by Pramita (2022), which showed that the higher the practice of tahajud prayer, the lower the level of anxiety experienced ($p=0.004$) (Pramita PN, 2022). These results are also in line with the findings of Fahri (2023), which demonstrated that tahajud prayer had an effect on reducing anxiety ($p=0.000$) (Fahri Daziwar, 2023).

Spiritual activities such as prayer, supplication, and meditation can induce feelings of relaxation, thereby reducing symptoms of anxiety. In a relaxed state, the body experiences a sense of calmness. Feelings of calm can decrease adrenal and cortisol hormone levels while increasing endorphin and serotonin hormones, which play important roles in creating feelings of happiness and tranquility (Phillipe and Nuss, 2015).

Tahajud prayer performed at midnight is related to the cycle within the human body known as the circadian rhythm. Circadian rhythm is associated with the regulation of cortisol hormone release. Cortisol is a hormone involved in responding to disturbances such as stress and anxiety. During the night, cortisol hormone levels naturally decrease; therefore, tahajud prayer performed solemnly at midnight may enable individuals to better control their emotions and develop more positive perceptions (Phillipe and Nuss, 2015).

When anxiety and stress stimuli enter the hypothalamus, the hypothalamus secretes corticotropin releasing factor (CRF). CRF subsequently activates the hypothalamic-pituitary-adrenal (HPA) axis. In addition, the hypothalamic nucleus is connected to the locus coeruleus, causing the HPA axis to also activate the autonomic nervous system. Neurotransmitters that increase CRF secretion include serotonin and acetylcholine, whereas neurotransmitters that inhibit CRF secretion are gamma aminobutyric acid (GABA) and cortisol. The hippocampus functions as a controller of emotional responses and regulates the HPA axis. Anxiety may be triggered by decreased GABA receptors. GABA receptors decrease because, during anxiety or stress, the body releases GABA antagonists. Therefore, tahajud prayer performed solemnly and sincerely at night in a calm state and with full devotion may normalize cortisol secretion and GABA antagonists, resulting in a more stable psychological condition (Phillipe and Nuss, 2015).

V. CONCLUSION

Based on the results of this study, there is a relationship between tahajud prayer and anxiety levels among the elderly.

Suggestion

Future studies are recommended to involve a larger number of subjects and further explore the various factors that influence anxiety among the elderly.

Acknowledgments

The authors would like to express their deepest gratitude to the Head of Darmorejo Village for granting permission to conduct this research in the area. The authors also extend their sincere appreciation to the Scientific Writing Supervisory Team of the Faculty of Medicine, Universitas Muhammadiyah Semarang, for providing guidance and direction in the preparation of this scientific paper.

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