DHIKR FOR OVERCOMING ANXIETY WHEN HAVING MENOPAUSE.

Linda Nurliawati, Hendro Prabowo, S.Psi
Undergraduate Program, 2006

Gunadarma University
http://www.gunadarma.ac.id

Key Words: Dhikr, ANXIETY, MENOPAUSE.

ABSTRACT:
This study aims to look at the effectiveness of dhikr in overcoming anxiety at the time the menopause. Menopause is a time where a woman is no longer menstruating, once a sign of transition from adolescence to old age. At the time of menopause is a major change in women themselves, the physical changes are obvious, such as the emergence of symptoms hot flash, wrinkled skin and others. Along with these physical symptoms are psychological changes were also made, one of the most common psychological symptoms experienced by the emergence of anxiety without any obvious causes? The cause of this anxiety is because she started to feel existence itself is threatened, because with the advent of menopause is a person not be able to bear children, will grow old and will be removed by children and husband. In addition there are some businesses that can be done such as religious beliefs and involve themselves in social and religious activities (Darajat, 1974). For Muslims worship prayer is most important. Usually when after praying continued with the dhikr. This can help to keep continuing to be relaxed and calm the soul. Dhikr is the praise that is spoken over and over again and addressed to Allah or prayers of praise or sing is sung during religious celebrations (Salim & Salim, 1991). Dhikr is one way to overcome anxiety, because usually when someone does dhikr heart becomes calm and peaceful. With prayer and dhikr menopausal women who are experiencing feelings of anxiety to overcome this bias a bit by bit and the individual is calmer and more resigned to accept it.