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# The Relationship Between Tahajud Prayer And Fasting On Mondays And Thursdays With Anxiety Level Of Medical Student

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**Background:** Anxiety prevalence in Indonesia reached 6.7%, while anxiety levels in the Faculty of Medicine found moderate anxiety 57.1%. This shows that the level of anxiety of a medical student is still quite high. The high rate of anxiety is a phenomenon examined in this study.

**Objective:** To find out the relationship between midnight prayer and fasting on Monday Thursday with the anxiety level of students of the Faculty of Medicine, Muhammadiyah University of Surakarta.

**Method:** This type of research is analytic observational with cross sectional approach with sampling technique using purposive sampling. The number of samples is 76 students who meet the criteria for restriction criteria. Measurement of tahajud and fasting prayers on Monday Thursday used a questionnaire, while anxiety levels used TMAS (Taylor's Manifest Anxiety Scale). Data analysis using logistic regression test.

**Results:** Based on the analysis of logistic regression test the influence of the occurrence of the dominant anxiety of tahajud prayer obtained  $p = 0,000$  and  $OR = 16,774$  (midnight prayer) and  $OR = 6,174$  (fasting Monday Thursday).

**Conclusion:** There is a relationship between the midnight prayer and fasting on Thursday with the anxiety level of medical students. An irregular prayer is a risk factor for anxiety in students with a risk of 16,774

**Keywords:** Anxiety, Tahajud Prayer, Fasting Monday Thursday, TMAS

## INTRODUCTION

Tahajud means to wake up from sleep. Tahajud prayer is the sunnah prayer that is done at night and is carried out after waking up from sleep even though it sleeps only briefly. History records that the first mahdah worship (mandatory) is ordered by Allah SWT. To the Prophet Muhammad Before being ordered another worship is the midnight prayer. In a hadith, it is reported that the Messenger of Allah. never left the midnight prayer (Sholeh, 2012).

Fasting is the third pillar of Islam and has many benefits to our body and life. Monday Thursday's fasting is a sunnah worship which is highly recommended by the Messenger of Allah. on the grounds that fasting Monday and Thursday the entire practice of Adam's son was appointed, and he hoped, when his practice was raised before Allah SWT. in a state of fasting. Fasting is believed by Muslims to

be reassuring because by fasting our minds become cleaner and more calm, and with these circumstances every person who fastings must always do positive things. Fasting can increase intelligence, emotion, ruhiyah and physical intelligence. Fasting also brings us to good if done with sincerity (Susetya, 2008).

In general, every individual has experienced feelings of stress or tension known as anxiety (anxiety or worry). Anxiety is a natural trait in humans. As we know that humans will not escape the experience of feeling the tension in their lives, therefore we as humans must be able to control our hearts and minds so that there is no excessive anxiety. The rate of anxiety in Indonesia reaches 6.7% and women even often experience anxiety (anxiety) in the age range 16-40 years. As many as 20% of the world's population suffer from anxiety, and as many as 47.7% of teens often feel anxious. The prevalence of anxiety disorders (anxiety) according to the Center For Disease Control and Prevention in 2011 amounted to more than 15%. Anxiety arises in line with the events and life journey that individuals go through. In general, individuals who experience anxiety will be disturbed by their life cycle and feel discomfort in their

lives. He is always haunted by feelings of anxiety and insecurity (Ancok, 2011). Anxiety is defined as the embodiment of mixed emotional processes, occurring when a person experiences tension or stresses, such as feelings of frustration and inner conflict (Prasetyono, 2007).

Students are one of the population groups that often experience anxiety, including medical students. Anxiety among students tends to be anxious because they think about theses, examinations and others. One way to reduce student anxiety that is beneficial to psychology, academic achievement, and health is by praying and fasting on Thursday. Previous research (Achmad, 2011) states that the higher the intensity of fasting on Monday Thursday the lower the level of anxiety and vice versa. Based on the research (Wibowo, 2013) states that tahajud prayer can control the level of anxiety (anxiety), because with midnight prayer will make us close to God and will make us more optimistic individuals because the petition (prayer) will be easier to reach Allah SWT. In the previous study conducted at Muhammadiyah University Surakarta in the first year students found that the most experienced psychiatric anxiety was moderate anxiety level which

was 57.1%, while those that included mild anxiety level were 36.7%, and anxiety levels were as high as 6 , 1% (Triastuti, 2013).

Anxiety is a disorder with symptoms in the form of excessive and illogical worries, which last for at least three weeks (according to ICD 10) or for six months or more (according to DSM IV TR). Usually more often found in women than men (Maramis, 2009).

Anxiety is usually associated with subjective fear, increased alertness, anxiety, insomnia (early or intermediate insomnia, feeling tired when awake), motor tension (tremor, hyperactive reflexes) and autonomic hyperactivity (tachycardia, tachypnea, dilated pupils) ( Katona, et al., 2012).

Procedures for thorough anxiety include non-medical therapies namely cognitive-behavioral therapy, supportive therapy, and psychotherapy. While medical therapies are benzodiazepines, buspirons and SSRIs (sertraline and paroxetine). Cognitive Behavioral Therapy and SSRIs are recommended first-line therapy. CBT in comprehensive anxiety is done to identify the mind of anticipated morbid and replace it with more realistic conditions, and teach distraction and

relaxation techniques (Katona, et al., 2012).

Prevention of anxiety can be done with adequate rest 7-8 hours a night, exercise to increase immunity or physical and mental endurance, good time management and self discipline, consumption of nutritious foods, use relaxation techniques, because it can prevent anxiety (Rahmawati, et al. , 2016)

Factors Affecting Anxiety Levels include (1) Potential stressors; Stressors are conditions that can affect an individual so that individuals must adapt and adjust. (2) Maturation: Individuals who have a mature personality will be difficult to experience anxiety because they have the power great adaptation to the emergence of stressors, while individuals whose immature personality will depend and be sensitive to stimuli so that they are susceptible to anxiety, (3) Level of Education: The level of individual education will affect the ability to think, because the higher the level of individual education will be more easily rational thinking and capturing new information including describing new problems (4) Physical state: Individuals who experience physical disorders such as injury, surgery and others will easily experience anxiety,

(5) Socio-cultural: Individual ways of life in society have an influence on anxiety. If individuals live regularly and have a true philosophy of life, it is generally difficult to experience anxiety, (6) Environment: Individuals living in a foreign environment will experience anxiety easily, (7) Age: Some people think that young age is more prone to anxiety than old age, because their cognitive and psychosocial abilities develop rapidly so they are able to think logically and systematically, (8) Gender: Women are more likely to experience anxiety than men. (Endike, et al., 2016).

## METHODS

This study used an analytic observational study using a cross sectional approach. Cross sectional is a research design whose measurements and observations are carried out simultaneously at one time (Notoatmodjo, 2012).

The sample in this study were students of semester I, III, V and VII Faculty of Medicine, Muhammadiyah University of Surakarta. The sampling technique in this study uses purposive sampling, which is a sampling technique based on the characteristics or characteristics of a population that has

been known previously (Notoatmodjo, 2012).

Questionnaires used in this study included: Taylor's Manifest Anxiety Scale (TMAS) Questionnaire, L-MMPI Questionnaire (Lie Minnesota Multiphasic Personality Inventor), Tahajud Prayer Questionnaire, Fasting Thursday Monday Questionnaire

This study uses data analysis, namely bivariate analysis and if the analysis produces  $p < 0.25$  (meaningful) then multivariate analysis is continued with logistic regression test and with the help of a computer program application SPSS for Windows version 24.

## RESULTS AND DISCUSSION

### 1. Description of Research Data

This study aims to determine whether there is a relationship between the midnight prayer and Monday fasting on the level of anxiety of students of the Faculty of Medicine Surakarta Muhammadiyah University. This research was conducted at the Faculty of Medicine, Muhammadiyah University of Surakarta in November 2017. The sample collection in this study used purposive sampling, namely sampling based on the characteristics or characteristics of the

population that was previously known (certain criteria). This study uses an analytical observational research method with a cross sectional approach with a total

sample of at least 76 samples that have been selected according to the specified restriction criteria. The results of the study are as follows:

**Table 1 Characteristics of Responden**

Characteristics	Frequency (n)	Percentage (%)
<b>Tahajud Prayer</b>		
Reguler	39	48,7 %
Irreguler	37	51,3 %
<b>Monday Thursday Fasting</b>		
Reguler	32	42,1 %
Irreguler	44	57,9 %

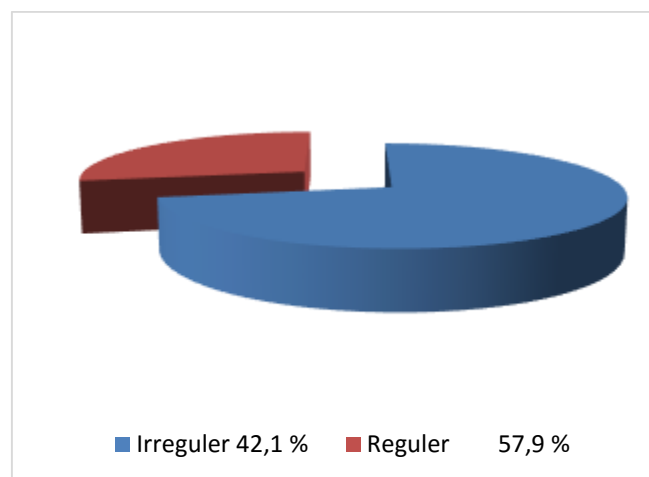
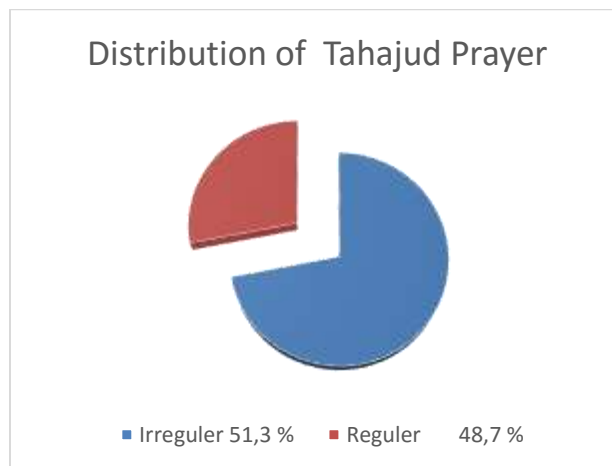


Figure 1. Distribution of Tahajud prayer and Monday Thursday Fasting

Based on the results of table and figure 1, the highest data distribution of irregular prayer prayer was found to be 39 (51.3%). Based on the frequency of fasting on

Monday Thursday, the number of fasting on Thursday Thursday was 32 (42.1%) and there were regularly 44 (57.9%).

Table 2 Characteristics of Tahajud Prayer based on Anxiety Level

Characteristics	Frequency (n)	Percentage (%)
Irregular, un anxious	10	25,6 %
Irregular, anxious	29	74,4 %
Reguler, un anxious	31	83,8 %
Reguler, anxious	6	16,2 %

Based on the results of the study, the data of midnight prayer based on the level of anxiety (not anxious / anxious) showed that 29 (74.4%) of irregular prayer observers had a higher level of anxiety

(anxiety) than those who did irregular and not worried about 10 (25.6%). Data of regular prayer services of 31 (83.8%) had higher levels of anxiety (not anxious) than 6 (16.2%) regular and anxious prayers.

Table 3 Characteristics of Monday Thursday Fasting Based on Anxiety Levels

Characteristics	Frequency (n)	Percentage (%)
Irregular, un anxious	10	31,3 %
Irregular, anxious	22	68,8 %
Reguler, un anxious	31	70,5 %
Reguler, anxious	13	29,5 %

The research data in table 3 obtained fasting data on Monday Thursday based on the level of anxiety (not anxious /

anxious). On Monday fasting observers on Thursday showed a higher level of anxiety (anxiety), namely 22 (68.8%) compared to

Monday's irregular and uneasy fasting on 10 (31.3%). Monday fasting practice data on Thursday showed a higher level of anxiety (not anxious), namely 31 (70.5%) compared to regular and anxious Monday fasting practice, namely 13 (29.5%).

## 2. Subject Data Analysis

This research is a comparative study, so that to analyze the data used is

the chi square test which is to find out whether there is a relationship between the midnight prayer and fasting on Monday Thursday with the anxiety level of students of the Faculty of Medicine, Muhammadiyah University of Surakarta, which will then be tested using multivariate analysis, logistic regression test. . This study uses bivariate analysis, namely by 2x2 chi square table test.

Table 4 Relationship of Prayers with The Level of Anxiety

Variable	Un anxious		Anxious		p
	N	%	N	%	
Irreguler Tahajud Prayer	10	25,6 %	29	74,4%	0,000
Reguler Tahajud Prayer	31	83,8%	6	16,2%	
Total	41	53,9%	35	46,1%	

Table 4 is a description table that shows the number of observers of tahajud prayer with the level of anxiety (not anxious / anxious). Practitioners of regular prayer prayer have a higher level of anxiety (not anxious), namely 31 (83.8%) compared to anxious observers of prayer with a significance value of  $p = 0,000$ .

Table 5. Fasting Monday Thursday with anxiety levels

Variable	Un anxious		anxious		p
	N	%	N	%	
<b>Irreguler</b> Monday Thursday Fasting	10	31,3 %	22	68,8%	0,005
<b>Reguler</b> Monday Thursday Fasting	31	70,5%	13	29,5%	
Total	41	53,9%	35	46,1%	

Table 5. is a description table that shows the number of fasting observers on Monday with the level of anxiety (not anxious / anxious). Monday fasting practitioners regularly had higher levels of

anxiety (not anxious), namely 31 (70.5%) compared to an anxious Thursday fasting exercise with a significance value of  $p = 0.005$ .

Table 6 Multivariate tests for midnight prayer and fasting Monday Thursday with anxiety levels

Variable	B	S.E	Wald	df	Sig	Exp	Lower	Upper
Tahajud prayer	2,820	0,648	18,946	1	0,000	16,774	4,712	59,713
Monday Thursday Fasting	1,820	0,646	7,940	1	0,005	7,174	1,740	21,898

This study is a study of the relationship between tahajud prayer and fasting on Thursday on the level of anxiety of students of the Faculty of Medicine, Muhammadiyah University of Surakarta.

The test results in this study which are described in tables 4.4 and 4.5 are data analysis that has been done to answer the hypothesis that has been set. Based on the results of the analysis obtained the significance value of  $p = 0,000$  and  $p = 0.005$  so that it can be concluded that the hypothesis in this study is proven. In this study there was a relationship between the midnight prayer

and fasting on Thursday with the anxiety level of students of the Faculty of Medicine, Muhammadiyah University of Surakarta. The results of this study are in accordance with the research conducted on students at Malang Islamic boarding school, which proves the existence of the relationship of the prayer of praising anxiety. Based on this, it is explained that by midnight prayer can reduce anxiety levels of someone who is initially anxious to be anxious. Previous research related to this matter also explained that tahajud prayer can give influence both physical, psychological, social and spiritual as



evidenced by the value of  $p = 0.027$  (Widiani & Indrawan, 2014).

According to Very et al (2015) fasting has a relationship with the level of anxiety, and essentially fasting is a form of self-control, where fasting impulses coming from within and our bodies can be controlled properly. In the Qur'an Surah Al-Baqarah verse 112 is also explained: "(Not so) even whoever hands his face to Allah, while he is muhsin, then for him the reward is on the side of his Lord and there is no fear befalling them and not (also) they are sad. "

This study is a cross sectional study in which this research was conducted at one time to see and find out the relationship between the midnight prayer and Monday fasting on the level of anxiety of students of the Faculty of Medicine, Muhammadiyah University of Surakarta. Based on the study, researchers obtained the results of regular and unconcerned prayer prayer observers of 31 and regular Monday fasting practices and not as much anxiety as 31. According to previous research it was explained that midnight prayer and fasting on Thursday Thursday could be one way to reduce and reduce levels. individual anxiety (Zaini, 2015).

Anxiety is a response to certain threatening situations, uncertain concerns and related uncertain feelings. Anxiety (anxiety) is a feeling of fear that is unclear and not supported by the situation and no object is identified as an anxiety stimulus. Some factors that can influence the level of anxiety (anxiety) include potential stressors, maturation, level of education, age, gender and others (Maramis, 2009). Practical regular prayer prayers tend not to be anxious compared to the practice of irregular prayer prayer. This is consistent with the previous theory that every stressor that exists in an individual can be reduced and decreased due to the midnight prayer. The relationship between the two is that when a person performs regular prayer will give a response and improve the perception of someone who initially has severe stressors until the stressor can be reduced. Tahajud prayer can reduce anxiety, anxiety and others also because there is a direct connection between the Creator (Allah SWT) and his servant, and that's when the interaction between the two occurs. This interaction provides a very large physical and psychological influence for the practice of tahajud prayer. Practicing prayer that always performs regular prayers will increase the closeness

of his servant with the Creator (Allah SWT) and there arises calmness and peace of mind where even feelings of anxiety and anxiety will also be reduced (Danarta, 2010).

Prayers apart from the value of worship are also loaded with psychological content that can affect cognitive control by improving positive perceptions and motivations, and effective coping. In conditions of anxiety and stress an increase in HPA activity occurs, namely increased secretion of CRF, ACTH, and cortisol. Increased excessive cortisol secretion can prevent the production of IL-1, IL-2, and macrophages, through T-helper cells or in other words can reduce the response of T cells. Prayers that are carried out with sincerity, sincerity, and continuous thought can grow perception and positive motivation and effective coping (Sholeh, 2012).

The results of this study also showed a significant relationship between fasting Monday and the level of anxiety ( $p = 0.005$  OR 6.174). Irregular Thursday fasting observers can affect anxiety levels (anxiety) of 6,174 times compared to regular Monday fasting observers. The results of this study are in line with Zaini's research (2015) which concluded that

Monday's fasting on Thursday can reduce and reduce the level of individual anxiety. On regular Thursday fasting observers tend to experience anxiousness of 31. Based on the above research shows that Monday's fasting on Thursday can reduce the level of anxiety (anxiety) in individuals.

Monday's fasting is a sunnah fasting which is held every Monday and Thursday. Monday's fasting Thursday is one of the practices of sunnah which can reduce and reduce the level of anxiety (anxiety) and is a form of spiritual practice to get closer to Allah Almighty. Fasting is a ritual of worship that demands the perpetrators or their practitioners to be able to control themselves including the anxiety that exists in each individual. In essence, fasting on Monday gives many benefits, including fasting Monday, Thursday is controlling all human passions, Monday fasting as a cleanser of the heart and soul cleanser from all sins and others. The relationship between fasting Monday and the level of anxiety is that when fasting gives a positive response to our physical and psychological, we can control ourselves from things that can cancel the fasting and are always required to develop themselves into positive things. The

interaction of both of them can provide a positive response both physically and psychologically where fasting on Monday Thursday regularly can reduce the level of anxiety (anxiety) that exists in each individual. Based on previous research, Monday Thursday fasting can be one way to reduce anxiety levels in individuals with a significance value of  $p = 0,000$  (Julianto & Muhopilah, 2015).

## CONCLUSION

This research has been carried out in statistical analysis, it can be concluded that there is a relationship between the midnight prayer and fasting on Thursday with the anxiety level of medical students with OR = 16,774 (midnight prayer) and OR = 6,174 (fasting Monday Thursday).

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