



MBSR with Dhikr as a Spiritual Intervention to Reduce Anxiety Levels in Pregnant Women

Lily Yulaikah¹, Fajriyati Nur Azizah², Sujiyatini³, Tyas Ning Yuni Astuti Anggraini¹

¹Midwifery Program, Faculty of Health, Universitas Jenderal Achmad Yani Yogyakarta, Indonesia

²Nursing Program, Faculty of Health, Universitas Jenderal Achmad Yani Yogyakarta, Indonesia

³Midwifery Program, Poltekkes Kemenkes Yogyakarta,, Indonesia

Corresponding author: athasafaraz@gmail.com

ABSTRACT

Background: Mindfulness is a form of meditation. Mindfulness-based interventions are useful for managing stress. Anxiety is a term describing a psychological disorder that causes feelings of discomfort, disrupting routines and activities. High levels of anxiety have the potential to reduce health and lead to various non-communicable diseases and psychological disorders. If not addressed promptly, it can lead to more serious problems. Mindfulness-Based Stress Reduction (MBSR) is a form of awareness-based stress reduction combined with spiritual therapy and dhikr (remembrance of God) for pregnant women.

Purpose: The purpose of this study was to determine the impact of MBSR therapy using dhikr on pregnant women's anxiety.

Methods: This study used a quantitative descriptive method. It was conducted in October 2025. It examined the impact of anxiety on pregnant women after a Mindfulness-Based Stress Reduction (MBSR) approach using the dhikr method. The study involved 50 pregnant women in the Pleret Community Health Center (Puskesmas) area in Bantul. The anxiety questionnaire used the Hamilton Anxiety Rating Scale (HARS).

Results: There were 50 pregnant women who participated in the MBSR program, with the characteristics of the majority of mothers being in the reproductive age 88 %, the history of pregnancy of the majority of multigravida 70%, and the history of pregnancy mostly in the second trimester 58 %. The results of the anxiety assessment in pregnant women showed that most of the mothers were not anxious 62%.

Conclusion: Efforts to reduce anxiety through MBSR with dhikr have been shown, from the first time it was introduced, to have a visible impact, with mothers experiencing or even no anxiety. Healthcare workers can help mothers recognize anxiety in pregnant women by introducing MBSR with dhikr to them.

Keywords: MBSR, Dhikr, Spiritual Intervention, Anxiety Levels, and Pregnant Women.