

**UNIVERSITAS AISYIYAH PALEMBANG  
FAKULTAS KESEHTAN DAN TEKNOLOGI  
PROGRAM STUDI DIII KEPERAWATAN**

**Karya Tulis Ilmiah, Mei 2025  
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**KARYA TULIS ILMIAH (STUDI KASUS) PENERAPAN DEEP  
BREATHING RELAXATION COMBINATION OF ZIKIR PADA IBU PRE  
OP SECTIO CAESAREA DENGAN MASALAH ANSIETAS DI RUANGAN  
UMI KALSUM RUMAH SAKIT ISLAM AR-RASYID PALEMBANG**

**xviii + 82 Halaman + 19 Tabel + 14 Lampiran + 8 Gambar**

**ABSTRAK**

**Latar Belakang:** *Sectio Caesarea* (SC), merupakan tindakan pembedahan untuk melahirkan bayi melalui sayatan pada dinding perut dan rahim, sering mengalami ansietas. Teknik relaksasi napas dalam *deep breathing relaxation of zikir* merupakan metode nonfarmakologis yang potensial untuk mengurangi kecemasan. **Tujuan:** Mengetahui efektivitas penerapan *deep breathing relaxation combination of zikir* dalam menurunkan tingkat ansietas pada ibu pre-operatif SC. **Metode:** Studi ini menggunakan pendekatan studi kasus deskriptif dengan dua subjek ibu hamil yang memenuhi kriteria inklusi dimana pasien bersedia menjadi responden, ibu pre op *sectio caesarea* pertama kali, pasien keadaan sadar berkomunikasi dengan baik, dan pendengar baik dan ibu dengan beragama islam. Data dikumpulkan melalui wawancara, observasi, dan skala HARS sebelum dan sesudah intervensi dan analisa data yang dibandingkan antara teori dan data yang ditemukan pada pasien. Penelitian ini dilakukan di Rumah Sakit Islam Ar-Rasyid Palembang pada tanggal 25-26 April 2025. **Hasil :** Terdapat penurunan tingkat ansietas setelah dilakukan penerapan *deep breathing relaxation combination of zikir* pada pasien 1 dari tingkat ansietas dari 27 menjadi 16 dan pasien 2 dari tingkat ansietas 23 menjadi 17. **Saran:** Agar penerapan *Deep Breathing Relaxation Combination Of Zikir* dapat digunakan sebagai intervensi yang dapat dilakukan para medis untuk menurunkan Ansietas pada ibu *pre op Sectio Caesarea*.

**Kata Kunci :** *Deep Breathing Relaxation*, zikir, Ansietas, pre op *sectio caesarea*  
**Daftar Pustaka :** 23 (2019-2025)

**AISYIYAH UNIVERSITY OF PALEMBANG  
FACULTY OF HEALTH SCIENCES AND TECHNOLOGY  
DIPLOMA III NURSING STUDY PROGRAM**

**Scientific Paper, May 2025**

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**SCIENTIFIC PAPER (CASE STUDY) ON THE APPLICATION OF DEEP BREATHING RELAXATION COMBINATION OF DHIKR IN PRE OP SECTIO CAESAREAN MOTHERS WITH ANXIETY PROBLEMS IN UMI KALSUM ROOM, AR-RASYID ISLAMIC HOSPITAL PALEMBANG**

**xviii + 82 pages + 19 tables + 14 appendices + 8 pictures**

**ABSTRACT**

**Background:** Cesarean section (CS) is a surgical procedure used to deliver a baby through an incision in the abdominal wall and uterus, and is often associated with anxiety. The deep breathing relaxation technique combined with Zikir is a non-pharmacological method that holds potential for reducing anxiety. **Purpose:** to determine the effectiveness of the application of deep breathing relaxation combination of remembrance in reducing the level of anxiety in pre operative mothers SC. **Methods:** This study employed a descriptive case study approach involving two pregnant women who met the inclusion criteria, namely: willing to participate as respondents, undergoing their first pre-operative cesarean section, being conscious and able to communicate effectively, being good listeners, and adhering to the Islamic faith. Data were collected through interviews, observations, and the Hamilton Anxiety Rating Scale (HARS) administered before and after the intervention. The data were analyzed by comparing theoretical concepts with the findings observed in the patients. This research was conducted at Ar-Rasyid Islamic Hospital in Palembang on April 25–26, 2025. **Results:** there was a decrease in anxiety levels after the application of deep breathing relaxation combination of remembrance In Patient 1 of anxiety levels from 27 to 16 and patient 2 of anxiety levels from 23 to 17. **Suggestion:** The implementation of Deep Breathing Relaxation combined with Zikir is an intervention that can be carried out by medical personnel to reduce anxiety in pre-operative cesarean section mothers.

**Keywords:** Deep Breathing Relaxation, dhikr, anxiety, pre op sectio caesarea

**Bibliography :** 23 (2019-2025)