

**RELATIONSHIP REGULATION OF FARDHU PRAYER WITH STRESS LEVEL
OF SEMESTER 8 STUDENTS FACULTY OF MEDICINE MUHAMMADIYAH UNIVERSITY
PURWOKERTO FORCE 2013**

ABSTRACT

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ABSTRACT

Fardhu prayer is one of the compulsory activities that can create peace of mind for those who run it, for medical students in semester 8 of FK UMP who are experiencing many exams and personal problems, prayer can help calm and relieve stress. The aim of this study is determining the relationship between regularity of fardhu prayer and stress levels in 8th semester students of the Faculty of Medicine, Muhammadiyah University of Purwokerto. Methods use a correlational analysis research design with a *cross sectional* approach. The study was conducted on an entire population of 48 students of the Faculty of Medicine, Muhammadiyah University of Purwokerto. Stress level data were obtained using the DASS test questionnaire and prayer regularity data were obtained from the fardhu prayer regularity questionnaire. Data analysis with *Pearson* parametric correlation test. Results show the highest level of stress in students experienced mild stress and the results of the regularity of student prayers were found that many students regularly prayed. Based on the results of the *Pearson* correlation test, the value of $p = 0.010$ was obtained. There is a significant relationship between the regularity of fardhu prayer and the level of stress of the 8th semester students of the Faculty of Medicine, Muhammadiyah University of Purwokerto, class of 2013.

Keywords: *prayer, stress level, medical students, DASS questionnaire*

1. INTRODUCTION

In the Qur'an Sura Ar-Ra'du verse 28 which means " *those who believe their hearts will be calm by remembering Allah. Remember only by remembering Allah the heart will be at ease* , "this argument shows that prayer can make the heart calm and can avoid stress.

The level of stress itself also often occurs in the world. The prevalence of stress events is quite high where nearly 350 million people have experienced stress and is a disorder ranked 4th in the world that often occurs according to WHO (Gaultney, 2010). The results of research by Gaultney (2010) stated that 27% of the 1845 final year students experienced stress disorders.

The high incidence of stress and depression also attacks all segments of society, as well as 8th semester students. 8th semester medical students are one group of students who are vulnerable to stress problems. Based on the age of development, students are included in the late adolescence group, namely 17-25 years old. Adolescence is an age that has a characteristic characteristic of development, namely emotionally unstable, making it prone to experiencing anxiety .

Medical students also have to undergo various kinds of exams before entering the professional stage such as *exit* exams, OSCE compression, improving grades, and making final assignments which can be a stressful factor for them. There are many problems that occur among 8th semester medical students, both from academic problems and individual problems such as problems of conflict between friends, problems with society and individuals, promiscuity, difficulty in expressing opinions, these problems can cause anxiety, anxiety, decreased motivation to the stress and depression levels, which have an impact on the disruption of the concentration of 8th semester medical students in achieving the desired goals.

In Islam, prayer is a calming activity . When praying every human being is required to eliminate their worldly thoughts, so that they only concentrate on their prayers. By remembering Allah SWT and forgetting mundane problems, humans can slightly eliminate thoughts that make them stressed and can calm their hearts.

Based on the above researchers want to conduct research t Entang "relationship between regularity fard prayer with student stress levels 8th semester Faculty of Medicine, University of Muhammadiyah Purwokerto force in 2013

2. METHOD

This type of research used in this study is kuantitatif using Desai n *description of correlation* with the approach of *cross sectional*. Samples many as 48 students with techniques *total sampling*. The instruments used in this study were the prayer regularity questionnaire and the *DASS* test questionnaire. Sources of data obtained come from respondents' answers directly to the questionnaire. The analysis used in this research is *the Pearson product moment test*.

3. RESULTS

Stress Level Questionnaire Results Using *the DASS test*

Table 1 . Frequency Distribution of Student Stress Levels in Semester 8 FK UMP .

Stress Level		n (65)	%
a.	Normal	19	39.8
b.	Light	22	45.6
c.	Moderate	7	14.6
d.	Weight		
e.	Very heavy		
total		48	100

Results Kuesioner Regularity Fard Salah Menggunakan Keterseraturan Salah

Table 2 . Frequency Distribution of Regular Prayers of Students of Semester 8 FK UMP .

Level Regularity Prayer		n (65)	%
a.	0-14		
b.	15-30	5	10.4
c.	31-45	43	89.6
d.	46-60		
total		48	100

Relationship between the regularity of the Fardhu prayer and the level of stress

Table 3 . Analysis of the Correlation Test of Regular Prayers and Stress Levels .

Variable	Correlation coefficient	p- value
Stress Level Regular Prayers	0.010	0,000

4. DISCUSSION

The results obtained from the analysis of bivaria t test showed that there was a significant relationship between fardhu prayer and stress levels of 8th semester students of the Faculty of Medicine, Muhammadiyah University of Purwokerto, class of 2013, this is indicated by a p value (0.010) <0.05. Based on the results of the analysis, it was found that students who performed the fardhu prayer regularly experienced a decrease in stress levels. The results of the prayer questionnaire show that the level of regularity of the fardhu prayer for students of the Faculty of Medicine, semseter 8, is good. The aspect of prayer time is very influential on the results you will get. To be organized in performing the prayers means to carry out the fardhu prayer activities five times a day without anyone being left in one day by a Muslim.

There are several aspects that support the level of regularity of one's fardhu prayer, namely, discipline, accuracy, awareness and responsibility. In accordance with the results obtained, it states that the level of discipline, timeliness, awareness, and responsibility of the 8th semester students of FK UMP towards prayer is good. Prayer is a religious activity that can lead to a relaxation process. In a simple level, prayer can mean a *coping mechanism* by which prayer can increase a person's immunity to stress. If the *coping mechanism* is successful, then someone can overcome the stress problem.

Ablution time before praying the terms valid in praying, when blood ablution encouraged themselves to parts of the body away from jantungseiring with temperature changes when exposed to water. That is why ablution can help the heart in the process of circulating blood, and there is also a connection between the nerve cells from the part of the body that is touched by water which will cause the central nervous system in the brain

to refresh the mind. So that we feel fresher and the mind is clearer after performing ablution and also relieve fatigue and anxiety because ablution helps refresh the mind.

Meditation is a yoga technique performed to focus attention and gaze on one goal. Likewise in prayer, a person is required to forget all thoughts and focus on Allah SWT and turn his gaze to the place of prostration. The benefits of prayer and yoga have in common, namely to produce calm so that it can reduce a person's stress level.

So to get the purpose of prayer that is able to calm one's soul, one must be able to perform all aspects of prayer which include the mandatory requirements for prayer, the requirements for valid prayer, and the harmony of prayer. Of the 48 students, it was found that 45 students prayed regularly and the remaining 5 still had not carried out prayer regularly properly.

With the explanation above, it can be drawn an outline that fardhu prayer can provide a sense of peace for those who practice it, this shows that fardhu prayer can keep away from feeling stress . This is similar to the results of research that researchers have carried out with research subjects 48 semester 8 FK UMP class 2013 students .

The stress levels of students in this study were steamed using the *Depression Anxietas Stress Scale* test which consisted of 42 questions. From these results, it will be obtained the results of the level of stress based on the level of stress categories, which can be seen from the 14 questions in the *DASS* test questionnaire .

Stress in 8th semester students of FK UMP itself is different for each individual, because each individual has different problems and different responsibilities, depending on how the students themselves cope with these problems. There are many aspects that can influence stress on a person.

The results of the *DASS* questionnaire showed that the stress levels of FK UMP students were 19 normal students, 22 students with mild stress levels, and 7 students with moderate stress levels. Here shows the stress level of students semeser 8 with different levels due to different problems for each individual.

After analyzing the results showed that the relationship between the regularity of the fardhu prayer and the stress level of the 8th semester students of FK UMP showed a significant relationship. It means that prayer can reduce a person's stress level as stated in the *Ar-Ra'du* verse 28.

5. CONCLUSIONS

There was any association between fard prayer semester student stress levels 8 FK UMP force in 2013. The level of regularity of the 2013 FK UMP students' prayers was good. The stress level of the 2013 FK UMP students was good. It is hoped that it will become a reference for further research on the relationship between mental medicine and clinical psychology with Islam. It is recommended that researchers who wish to conduct further research with the same theme as this study are to increase the number of respondents and use other variables that can affect student stress levels .

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