

The Effectiveness of Islamic Psychotherapy with Zikr Asmaul Husna in Improving the Sleep Quality of Schizophrenic Clients in UPT Rehabilitasi Sosial Bina Laras Kediri

Ach. Shodiqil Hafil*

Institut Agama Islam Negeri (IAIN) Kediri
E-mail: as.hafil@iainkediri.ac.id

Tatik Imadatus Sa'adati

Institut Agama Islam Negeri (IAIN) Kediri
E-mail: imakediri@gmail.com

Muhamad Bagus

Institut Agama Islam Negeri (IAIN) Kediri
E-mail: muhamadbagus136@gmail.com

Abstract: *This study was conducted because there are many schizophrenia survivors, especially those who are undergoing the rehabilitation process at the UPT Rehabilitasi Sosial Bina Laras (RSBL) Kediri. Schizophrenia is a serious psychiatric disorder, in which the individual experiencing it loses self-control. This loss of self-control disrupts the sleep cycle which is a necessity in human life. Therefore, researchers tried to conduct experiments on schizophrenic clients at UPT Rehabilitasi Sosial Bina Laras Kediri to improve sleep quality by applying zikr asmaul husna as one of the methods in Islamic Psychotherapy. The purpose of this study was to determine the effect and effectiveness of remembrance of asmaul husna as a psychotherapeutic method in improving the sleep quality of schizophrenic clients in UPT Rehabilitasi Sosial Bina Laras Kediri. This research uses an experimental approach with a quantitative type of research. The research design used was One Group Pretest-Posttest Design. The study sample consisted of 10 schizophrenia clients. Data in this study were collected through questionnaires and observations. The results of the analysis using the Paired Samples Statistics test showed that the average value of the pretest was 8.90, while the post-test value was 9.00. There is a change in value between pretest and posttest. However, the test results using the Paired Samples T-Tests test showed that Sig (2-Tailed) > 0.05, which is 0.899 > 0.05. Thus, it can be concluded that there is no significant difference in the filling of the questionnaire. Although there was no significant difference in filling out the questionnaire, there were differences in scores before the application of the method (pretest) and after application (posttest). Calculations using linear regression show that the value of R Square is 0.370 or 37.0%. From this figure, it can be concluded that the effectiveness of remembrance asmaul husna as an Islamic Psychotherapy method in improving the sleep quality of schizophrenic clients in UPT Social Rehabilitation Bina Laras Kediri by 37.0%, while the remaining 63.0% is influenced by other factors that are not reviewed.*

Keyword: *Asmaul Husna, Islamic Psychotherapy, Sleep Quality, Schizophrenia.*

Abstrak: Penelitian ini dilakukan karena adanya banyak penyintas skizofrenia, terutama yang sedang menjalani proses rehabilitasi di UPT Rehabilitasi Sosial Bina Laras (RSBL) Kediri. Skizofrenia adalah gangguan kejiwaan yang serius, di mana individu yang mengalaminya kehilangan kontrol diri. Kehilangan kontrol diri ini mengganggu siklus tidur yang merupakan kebutuhan penting dalam kehidupan manusia. Oleh karena itu, peneliti mencoba melakukan eksperimen pada klien skizofrenia di UPT RSBL Kediri untuk meningkatkan kualitas tidur dengan menerapkan zikir asmaul husna sebagai salah satu metode dalam Psikoterapi Islam. Tujuan dari penelitian ini adalah untuk mengetahui

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pengaruh dan efektivitas zikir asmaul husna sebagai metode psikoterapi dalam meningkatkan kualitas tidur klien skizofrenia di UPT RSBL Kediri. Penelitian ini menggunakan pendekatan eksperimen dengan jenis penelitian kuantitatif. Desain penelitian yang digunakan adalah One Group Pretest-Posttest Design. Sampel penelitian terdiri dari 10 klien skizofrenia. Data dalam penelitian ini dikumpulkan melalui kuesioner dan observasi. Hasil analisis menggunakan uji Paired Samples Statistics menunjukkan bahwa nilai rata-rata pretest adalah 8,90, sedangkan nilai posttest adalah 9,00. Terdapat perubahan nilai antara pretest dan posttest. Namun, hasil pengujian menggunakan uji Paired Samples T-Tests menunjukkan bahwa Sig (2-Tailed) > 0,05, yaitu 0,899 > 0,05. Dengan demikian, dapat disimpulkan bahwa tidak ada perbedaan yang signifikan dalam pengisian kuesioner. Meskipun tidak ada perbedaan yang signifikan dalam pengisian kuesioner, terdapat perbedaan skor sebelum penerapan metode (pretest) dan setelah penerapan (posttest). Penghitungan menggunakan regresi linier menunjukkan bahwa nilai R Square adalah 0,370 atau 37,0%. Dari angka ini, dapat disimpulkan bahwa efektivitas zikir asmaul husna sebagai metode Psikoterapi Islam dalam meningkatkan kualitas tidur klien skizofrenia di UPT RSBL Kediri sebesar 37,0%, sedangkan 63,0% sisanya dipengaruhi oleh faktor-faktor lain yang tidak diteliti.

Kata Kunci: Asmaul Husna, Psikoterapi Islam, Kualitas Tidur, Skizofrenia.

INTRODUCTION

Today we are often shocked by a disease that attacks the human psyche. Psychiatric disorders do make a frightening scourge for the wider community. This mental disorder can make humans lose the meaning of life. In WHO (World Health Organization) data in 2019 more than 450 million people are suffering from psychiatric disorders (Hasanah, 2019). Mental illness is an accumulation of several types of diseases experienced by numerous humans. Mental illness attacks human thinking patterns characterized by dysfunction of the nervous system of the human brain. Mental illness is also called liver disease. Mental illness can be caused by external influences such as anxiety, anxiety, worry, or even the needs of life are not met (Ibn Qayyim, 2020).

Schizophrenia is a psychiatric disorder that is classified as quite severe because individuals who survive schizophrenia will experience a loss of self-control. Schizophrenic survivors will experience symptoms such as a condition of judgment of something disturbed or called bad insight into objects. Behaviors that characterize people with schizophrenia include; Hallucinations, delusions, delusions (believing in things that don't exist or irrational things), cognitive decline, and having behaviors that are not like most people, even considered strange (Zahnia, 2016).

With various methods of healing, schizophrenia survivors are expected to have a lifestyle like individuals in the general public. This situation will help schizophrenia survivors to be accepted in their community. A healthy lifestyle is all conditions that concern the role of individuals to be able to carry out all their activities properly without any disturbances. This research which is aimed at individuals who can be said to be abnormal, namely schizophrenia clients, it is expected to be an alternative solution for the managers of the UPT Rehabilitasi Sosial Bina Laras Kediri.

UPT Rehabilitasi Sosial Bina Laras Kediri now accommodates 135 clients. In these institutions, schizophrenic clients are grouped into various groups according to their emotional level or psychiatric disorders. To help restore the client's condition, many social and religious activities were carried out. Religious activities are also a therapeutic process for restoring the client's condition. Religious activities carried out at the Bina Laras Kediri Social Rehabilitation Unit include; Guidance on prayer, recitation of Qoran, zikir, and other worship guidance.

Zikir contains a lot of wisdom in providing healing for those who are experiencing liver disease. Remembrance serves as psychotherapy for humans. With remembrance, the human heart will always feel close to Allah. In the view of James P. Chaplin, psychotherapy was used as a treatment of mental illness. In addition, psychotherapy can also maintain and help develop individual psychiatric integrity. Mental health is very much needed for the human body. With a healthy mentality, individuals can interact with their environment well. According to Zakiyah Daradjat, mental health is the liberation of individuals from all disorders involving mental conditions (neurose), as well as psychiatric diseases (psychose). Mental health is a condition where individuals can adapt to their own conditions, people around, and to the surrounding environment (Daradjat, 1975).

In this context, non-pharmacological therapies such as Asmaul-Husna remembrance therapy can be used as an approach in the management of sleep disorders in schizophrenic patients. This therapy involves repetition and reflection on the names of God given in Islam, namely Asmaul-Husna. This therapy aims to help patients distract themselves from psychotic or anxiety symptoms that may appear during sleep, so as to help improve the quality of their sleep. Asmaul-Husna remembrance has the potential to provide psychological benefits, including reduced anxiety and improved concentration. In the context of this study, Asmaul-Husna Remembrance therapy can be integrated into the sleep management of schizophrenic patients as one of the non-pharmacological methods that can help improve their sleep quality (Imardiani, et.al., 2019).

The background of this study is based on several factors. First, schizophrenia is a psychiatric disorder that has a negative impact on individual patients and their families. This disorder often causes difficulty sleeping and various other psychological problems. Second, from research that has been conducted by researchers and various sources, it turns out that there is still limited information about the application of Asmaul Husna remembrance as a psychotherapeutic method in schizophrenia clients. Most previous studies have focused more on normal human populations such as students, college students, students, and the elderly. This study is unique in that it focuses on individuals who can be considered abnormal, namely schizophrenic clients.

The hypothesis of this study is that the application of Asmaul Husna remembrance as a psychotherapeutic method for schizophrenic clients at UPT RSBL Kediri will have a positive impact on sleep quality, anxiety levels, and symptoms of schizophrenia. Based on previous studies that examined the effect of remembrance therapy on mental disorders, including schizophrenic patients, it can be assumed that the use of Asmaul Husna remembrance as psychotherapy will provide significant benefits in improving the condition of schizophrenic clients, especially in terms of sleep quality, anxiety levels, and symptoms of schizophrenia.

METHOD

The approach taken by researchers is a quantitative approach that emphasizes testing of theories that have been made. The test is through measuring variables using numbers and conducting data analysis with statistical procedures (Ngatno, 2015).

Because the quantitative research approach has specifications on a firm and orderly structure, the stages from the beginning to the end of the research can be predicted. Quantitative research uses many numbers, starting from collecting numbers, interpreting the data obtained, and presenting data that has been processed (Hardani, 2020). In presenting quantitative research results in the form of images, tables, graphs, or other views. This aims to increase reader absorption, as well as make it easier to convey information that has been obtained from a series of research processes. (Hardani, 2020).

The type of research used in this study uses a type of experimental research. In the book written by Latipun said that experimental research is research by manipulating and has the aim of knowing the consequences of manipulation on the behavior of observed individuals. This manipulation can be done with certain actions or treatment of each individual or group, then see the influence (Latipun, 2002). Therefore, to determine the effect of intervention or comparison of results in acting, researchers use experimental research methods with the research design used is the One Group Pre-Test-Post Test Design.

Sarwono, (2006) said that the One Group Pre-Test-Post Test research design is data mining by doing one data measurement in front (pre-test), before treatment is given, and after that another measurement is given (post-test). In this design, researchers provide initial measurements on schizophrenia clients at UPT RSBL Kediri, then researchers give certain treatments to clients. After that, measurements are given again after giving treatment to the client. The design in this study uses the One Group Pre-Test-Post Test approach which was chosen because it was considered appropriate to look for the influence of remembrance asmaul husna as psychotherapy to improve the sleep quality of schizophrenic clients in UPT RSBL Kediri.

Table: Experimental Plan

$$K = O_1 \longrightarrow X \longrightarrow O_2$$

Information:

- K : Subject
- O₁ : Observation 1 (pre test)
- X : Treatment (therapy of zikir)
- O₂ : Observation 2 (post-test)

The population in this study is schizophrenia clients who are carrying out rehabilitation at UPT RSBL Kediri which amounts to 135 people divided into 4 guest houses, namely Wima Bima, Wisma Arjuna, Wisma Srikandi, and Wisma Krisna. When in the field, based on the results of considerations from the caregivers of UPT RSBL Kediri, for the sake of smooth and safe research, the samples suggested by the caregivers were only 10 clients from 3 guest houses, namely, Wisma Srikandi, Wisma Arjuna, and Wisma Krisna.

THEORETICAL FOUNDATION

Zikr Asmaul Husna

According to the language of the word zikr comes from the word zakara which means remembering, mentioning, hinting, glorifying, paying attention, taking lessons, knowing or understanding. Thus, dhikr can be interpreted as a person's effort in filling his heart and mind with holy words (Udin, 2021).

Zikr, terminologically, is a speech or memory by purifying Allah. With remembrance, the heart will become cleansed of all reprehensible qualities. Praising Allah with words of praise or flattery that show the greatness of Allah is also included in the definition of zikr (Atjeh, 1996). Thus, it can be understood that dhikr is a form of worship to get closer to Allah SWT by always remembering His majesty and presence.

Subandi revealed that the remembrance of asmaul husna is remembrance by repeating one or several names of Allah (asmaul husna), for example with Ya Rahman (the Most Merciful) and Ya Rahim (the Most Merciful). Thus it will have an impact on those who practice and cultivate a forgiving attitude. This happens because of the process of auto-suggestion (Bukhori, 2008).

Islamic Psychotherapy

Lewis Wolberg, MO, said that psychotherapy is a treatment by using psychological tools for emotional problems related to his life with an expert who maintains a professional relationship with his patient. W.F. Maramis also argued that psychotherapy is a method of treatment of a patient's emotional problems carried out by trained people (therapists) with professional and voluntary relationships, with the aim of changing, eliminating, and inhibiting existing symptoms, correcting disturbed behavior, and developing positive personality growth.

So, psychotherapy is a method of treatment and treatment of psychic disorders through psychological methods. Which aims to help individuals overcome various emotional problems, by changing their behavior, thoughts, and emotions, so that individuals can develop themselves in overcoming their psychic problems. Psychotherapy is used by mental health professionals to help recognize, define and overcome psychological and interpersonal difficulties individuals face in improving their adjustment (Kasim, 2021).

While Islamic psychotherapy is a process of treatment and healing from a mental, spiritual, moral illness through the guidance of the Qur'an and al-Sunnah. In other words, through the guidance and teaching of Allah Almighty, angels, Apostles, and heirs of His Prophets.

Islamic psychotherapy is attached to spiritual content. The growing Islamic psychotherapy seems to have Sufism content with its various methods to provide a therapeutic

process by always involving Allah. For this reason, Islamic psychotherapy also known as Sufistic psychotherapy is often interpreted as the treatment of spiritual, psychological, or spiritual diseases with a Sufism frame of mind. Sufistic psychotherapy is also often equated with spiritual medicine or Sufi healing.

Sleep Quality

Khalil A. Khavari revealed that good sleep is the sleep that makes a person feel comfortable and happy. Poor sleep makes a person tired and does not feel comfortable, irritable, and the cause of depression. Fuad Nashori suggests that the so-called quality of sleep is a condition where a person's sleep will produce freshness and fitness when a person wakes up from sleep (Nashori, 2011).

James B. Maas revealed a factor that affects sleep quality before going to bed humans should not do sports activities or heavy physical activity because it will affect the disruption of one's sleep. At least a person stops his strenuous activity 5 hours before he sleeps (Nashori, 2011).

Quality sleep can be obtained if schizophrenia survivors get an adequate portion of sleep. Quality sleep is to go through the routine of starting sleep and waking up earlier in each day. Sleep that has enough portions will make the individual's biological clock will become fully aligned with his daily routine. In addition, there are findings that show that the process of cleansing toxins in the body (antibodies, liver, lungs, bile, and so on) takes place within 9 hours at night. Thus the body will be free from toxins and will provide optimal health impacts.

Schizophrenia

According to Jeffery, S Nevid, Scozophrenia is a chronic disorder that is debilitating and touches every aspect of the affected person's life. People suffering from schizophrenia are becoming increasingly detached from society. They fail to function in expected roles as students, workers, spouses, and families. And their community is increasingly intolerant of their deviant behavior. Schizophrenia more often provokes fear, misunderstanding, and condemnation than sympathy and concern. Schizophrenia attacks a person's feelings, separates thoughts and the deep connection between thoughts and emotions, filling them with disturbed perceptions, false disorders, and illogical conceptions (Nevid, 2014).

Schizophrenic survivors have typical symptoms with continuity for a period of one month or more (not applicable to every prodromal nonpsychotic phase), these symptoms include: thinking disorders, delusions, auditory hallucinations, catatonic behavior (Maslim, 2013).

RESULTS

In this study showed the results of the paired sample T-Test test as follows:

Table 1
Paired Samples T Test Count Results
Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pretest	8.90	10	2.514	.795
	posttest	9.00	10	2.906	.919

In this output, it is shown that the descriptive statistical results of the two samples studied are pre-test-post-test values. For the pre-test score, the average result (mean) was 8.90. While the post-test score obtained a value of 9.00. The number of respondents (clients) used as a research sample was as many as 10 clients. Because the pre-test value is 8.90 < post test is 9.00, therefore descriptively there is an average difference from the pre-test-post test value. Thus the results of the pre-test and post-test have increased after the application of the experiment.

Table 2
Paired Samples T Test Count Results
Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)					
					Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference	
								Lower	Upper
1	pretest - posttest	-.130	9	.899	-.100	2.424	.767	-1.834	1.634

From the results of the calculation test above, the Paired Samples T-Test gets a Sig. (2-tailed) value of 0.899. Then it can be concluded that the value of sig. (2-tailed) $0.899 > 0.05$, so there was no significant difference in the level of sleep quality of clients before and after application. Thus, it can be concluded that there is no significant difference in filling out questionnaires / questionnaires about the level of sleep quality in terms of pre-test-post test.

Percentage of the Effectiveness Rate of Zikr of Asmaul Husna

To find out how effective remembrance asmaul husna as psychotherapy is in improving the quality of sleep of clients of UPT Social Rehabilitation Bina Laras Kediri, in this study uses linear regression affective contribution techniques (Nuryadi, 2017) Because it only consists of an independent variable, this study uses the results of calculating R Square, with the test results as follows:

Table 3
Effective Contribution of Linear Regression
PreTest-PostTest Experimental Group
Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.608 ^a	.370	.291	2.446

a. Predictors: (Constant), pretest

In the table above it can be seen that the R Square is 0.370 or 37.0%. So in this case it can be concluded that the magnitude of the effectiveness of remembrance asmaul husna as psychotherapy in improving sleep quality in schizophrenic clients by 37%, while the 63% can be influenced by other factors.

The summary of the hypothesis test calculation is as follows:

Table 4
Summary of Hypothesis Test Calculation Results

No.	Purpose	Analysis Techniques	Result	Information
1	Pre test-post test difference test	Paired Samples T Test	pre test 8,90 <post test 9,00	There are differences before and after implementation.

			0,899 > 0,05	Insignificant differences
2	Percentage of the Effectiveness Level of Zikr Asmaul Husna	Affective Contribution Techniques of Linear Regression	0,370 or 37,%	The effectiveness of zikr <i>asmaul husna</i> by 37%,

From the results of testing the hypothesis above, it can be concluded that in this study H_a was accepted. Although the pre-test-post test difference test shows no significant difference, but zikr Asmaul Husna still has an increase if you look at the data from the pre-test-post test results above. So remembrance asmaul husna has effectiveness in improving sleep quality in schizophrenic clients at UPT Rehabilitasi Sosial Bina Laras Kediri.

The Influence of Zikr Asmaul Husna as an Islamic Psychotherapeutic Method

The application of remembrance asmaul husna as a psychotherapeutic method to clients of UPT Rehabilitasi Sosial Bina Laras Kediri can affect the quality of client sleep. The client's sleep quality level increased after participating in a series of psychotherapy activities. The psychotherapy activity is carried out by zikr from the names of Allah SWT known as Asmaul Husna. Sleep quality levels increased when the pretest and post-test were carried out on clients who became experimental groups.

The results of pre-test and post-test tests on clients using the Paired Samples Statistics testing system showed an average result (mean) of 8.90. While the value of the post-test shows a value of 9.00. So it can be inferred from the score before the application and after the application shows a difference in scores, although there is not much change in the increase in scores.

The test results using the Paired Samples T-Tests test can be asymp results. Sig (2-tailed) of > 0.05, or 0.899 > 0.05. So in this case it is concluded that there is no significant difference in filling out the questionnaire. Although there is no significant difference in filling out the questionnaire, there are still differences in scores as described above.

Factors that cause results that do not have a significant difference in the value of the Paired Samples T-Test test are likely due to several factors, including: lack of obedience/compliance of the experimental group (client) to the therapist, according to the data of researchers in the field when observations show some clients are less cooperative. This condition is characterized by the client's rowdy/uncalm attitude, and low enthusiasm during zikr activities, and some clients experience anxiety and fear when undergoing zikr.

The length of a series of psychotherapeutic processes also greatly affects the influence of application on the client's condition. Because in this study only applied therapy (zikr asmaul husna) for 7 days and every day remembrance was carried out by reading one of the lafaz al-Shobur 100x approximately for 15 minutes, thus the results obtained from a series of zikr Asmaul Husna processes is also unsatisfactory. Seeing that the research subjects are not normal individuals, namely clients of schizophrenia mental disorder survivors, where the client's condition also affects the research process.

DISCUSSION

Based on the results of the value obtained from the results of the calculation of linear aggression which aims to determine the level of effectiveness of zikr asmaul husna as an Islamic Psychotherapy method in improving the quality of client sleep, shows an R Square value of 0.370 or 37.0%. From the figure of 37.0%, the conclusion can be drawn is the large

level of effectiveness of zikr asmaul husna as an Islamic Psychotherapy method in improving the quality of sleep of schizophrenic clients in UPT Rehabilitasi Sosial Bina Laras Kediri by 37.0%.

When looking at the data obtained, the results of remembrance as a psychotherapeutic method show that zikr asmaul husna as a method of Islamic Psychotherapy brings changes to clients even though it gets less than optimal results and is only done within 7 days. This happens because of an increase in scores from the initial measurement and the final measurement. Apart from being a psychotherapeutic method, zikr asmaul husna activities are also a reason to always remember Allah. When one remembers God and surrenders to God, one experiences inner peace.

The findings of this study prove that zikr asmaul husna as a psychotherapeutic method can improve sleep quality in schizophrenic clients at UPT Rehabilitasi Sosial Bina Laras Kediri. This is in accordance with several previous studies conducted by Syaifurrahman Hidayat and Elyk Dwi Mumpuningtias entitled "Combination Therapy of Suggestion and Remembrance in Improving the Quality of Patient Sleep" which obtained the results of suggestion and remembrance therapy in improving the quality of sleep of patients who are undergoing treatment at the hospital will affect the patient's subconscious condition so that it is easier for patients to enter a state of relaxation (Hidayat & Mumpuningtyas, 2018)

Nashori, (2011) revealed that the condition of the liver is also an aspect of sleep where with sleep the condition of one's heart becomes peaceful. Good sleep makes a person feel comfortable and happy, and poor sleep makes a person easily tired, irritable, and the causes of depression. Good sleep quality will produce freshness and fitness when a person wakes up from sleep. So that in carrying out his daily activities can feel enthusiastic and carefree.

Thus it can be concluded that zikr asmaul husna, liver, and sleep have a very close relationship. With zikr, our hearts always feel calm and comfortable. With these conditions can have a good impact on improving sleep quality, and quality sleep will make a comfortable and happy heart. With a comfortable and happy heart condition, it is hoped that it will be a way to restore the condition of schizophrenic survivors at the UPT Rehabilitasi Sosial Bina Laras Kediri.

CONCLUSION

Based on the results of the study above, it can be concluded that remembrance of asmaul husna can affect the quality of sleep of schizophrenic clients. The results of the pre-test-post test on the experimental group using the Paired Samples Statistics test showed a pre-test value obtained an average result (mean) of 8.90. While the post-test score obtained a value of 9.00. So that the results of the pre-test-post-test show a change in value. The result of calculating the effective contribution of linear regression obtained an R Square value of 0.370 or 37.0%. Thus, the effectiveness of remembrance asmaul husna as a psychotherapeutic method in improving the sleep quality of schizophrenic clients in UPT Rehabilitasi Sosial Bina Laras Kediri was 37.0%, while the remaining 63.0% was influenced by other factors.

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