



The Effect of Wudhu on Reducing Anxiety Level

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ABSTRACT

Islam teaches its people to maintain health and cleanliness in any case. One way is to perform Wudhu. Wudhu is a direct command from Allah SWT which is written in the Qur'an as a way of purification before praying. However, if we examine further the procedures for performing Wudhu in accordance with what was taught by the Prophet Muhammad, it turns out that it contains hidden benefits. This study used a literature review method by examining from the health side based on the results of previous studies. Discussing the benefits of Wudhu for health, factored in a person's physical condition. By doing Wudhu therapy, it turns out that it can reduce anxiety levels so that a sense of comfort and calm arises. Of course, this Wudhu therapy must be done properly so that the nerve points on the body are touched when Wudhu is performed. Wudhu also has other benefits that not many people know. Apart from doing Wudhu, it also has other benefits, namely it can create a sense of calm, reduce anxiety levels, changes in blood pressure and so on.

Keywords: *wudhu, serenity, anxiety*

Background

Wudhu is a cleaning process carried out by a person to wash the body parts five times a day. Wudhu itself contains two aspects of cleanliness; namely physical cleanliness in the form of washing parts of the human body, and inner cleanliness caused by the influence of Wudhu on humans in the form of cleansing from mistakes and sins committed by body members. (Afif, 2016)

In the interpretation of Al-Mishbah it is explained that the Messenger of Allah is a mercy, not only a teaching, but his figure and personality is a grace bestowed by Allah SWT on him. The personality of the Prophet was shaped so that not only the knowledge that Allah bestowed on him through the revelations of the Qur'an, but also his heart was illuminated, even the totality of his being is a blessing for the whole world. This is an interesting phenomenon to be studied through his daily life. In relation to health, the important thing discussed is taharah and one of its parts is Wudhu which can be studied from the maqashid al-syari'ah dimension (the purpose of syara') to find out asrar al-ahkam (secrets of religious law) in the form of maqashid al-shari'ah tabi'ah is the intention that accompanies the implementation of maqashid al-syari'ah and the wisdom contained therein. (Andriyani et al., 2021)

Anxiety is the most common type of mental disorder in the world with a prevalence of more than 15%. (WHO, 2017) Data from Basic Health Research (2013), the prevalence of mental emotional disorders (symptoms of depression and anxiety) in Indonesia is 6% (more than 14 million people) for ages 15 years and over, and the Special Region of Yogyakarta is a province with a prevalence of mental disorders. highest emotional. Anxiety is a mental condition full of worry and fear of what might happen, both related to problems and strange things. (Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI, 2013)

Wudhu is a very important Islamic teaching and is a condition for the validity of praying. In addition, the pillars and sunnahs of Wudhu provide very important benefits for the health of the human body. (Sulaemang et al., 2016) However, it is still rare for humans to know the benefits of Wudhu, and the lack of seriousness in carrying out the pillars and sunnahs of Wudhu. Though Wudhu is very important for the health of the human body. For example, gargling, which is a sunnah for Wudhu, has benefits including maintaining oral health, dental hygiene, eliminating bad breath, and so on. (Owens & Sami, 2015)

Another example of several studies related to the factors that cause skin cancer has shown that most of the causes are skin contact with chemicals. Therefore, the best way to prevent skin cancer is to remove the remnants of these chemicals from the surface of the skin, namely by washing frequently to reduce the effect of these materials on skin cells. So if Wudhu is done repeatedly every day will be able to remove bacteria on the skin. (Sulaemang et al., 2016)

In a preliminary study, the researcher conducted a brief interview with the first subject with the initials MD (student, 20 years old) who stated that the dawamul Wudhu activity he had carried out for approximately three years had a positive effect on him, namely a feeling of comfort, calm and feeling comfortable in a holy condition so that it makes him feel closer to Allah. (Lela & Lukmawati, 2015) Through the description above, it can be seen that Wudhu provides both physical and psychological benefits. This study aims to prove the effect of Wudhu on calm and decrease anxiety levels.

Methods

This research was conducted by means of a literature review by reviewing several journals that discuss Wudhu and health with a view to finding the effect of Wudhu on calmness and decreasing anxiety levels.

Result and Discussion

Wudhu is purification by using water, hitting the face, hands up to the elbows, wiping the head and both feet above the ankles. Wudhu provides great benefits to the body, because it can maintain blood pressure, increase heart movement, increase red blood cells, activate exchange (circulation) in the body, increase oxygen levels and increase CO₂ levels that come out so that it can remove toxins in the body.

Anxiety is a natural thing in humans, which functions as a sign if it is at a normal level. Of course, psychology as a human psychic aspect also explains this anxiety. It is not only a normal level of anxiety, but also explains how anxiety becomes severe to an acute level and makes a person unable to function normally. Anxiety is a feeling of fear that is not clear and is not supported by circumstances and situations. Anxiety can be seen in various levels, ranging from mild, moderate, severe to panic. Each level causes physiological and emotional changes in the individual.

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By doing Wudhu, our psyche which was originally turbulent and unstable will become peaceful again so that we can think calmly and clearly. When someone performs Wudhu, it will directly stimulate and make the nervous system work effective. This stimulation will have a positive impact on the performance of the central nervous system in the brain. This is what makes a person when after Wudhu the body will feel fresh and can reduce mental tension, stress, worry, anger and other mental illnesses. This fact justifies the hadith of the Prophet Muhammad who advised his people to immediately perform Wudhu when depressed.

In accordance with the results of research conducted by Purwaningsih (2010) and research by Rinawati (2012) which both discussed the effect of Wudhu therapy on the incidence of insomnia in the elderly, the results of the experimental group before being given Wudhu therapy all respondents experienced insomnia and after being given Wudhu therapy all respondents did not

experience insomnia while the control group before and after being given Wudhu therapy all respondents experienced insomnia, insomnia occurs due to hormonal disorders, muscle tension, nervous disorders, anxiety disorders and heart conditions which is in accordance with the title of the study. Research conducted by Purwaningsih stated that there was a positive effect of Wudhu therapy with a decreased level of anxiety. (Purwaningsih, 2010; Rinawati, 2012)

In line with research conducted by Lela and Lukmawati (2015) which discussed calm in *dawamul wudhu* stated that the subjects felt the benefits of Wudhu for the psyche that they felt, among others: the subject felt calmer, felt safe because he was awake when interacting with the opposite sex, got inspiration when learning, reducing boredom, pessimism and fatigue while studying, can stimulate concentration in learning, can reduce anger and the burden of thoughts, can reduce sadness, raise enthusiasm and make thoughts more positive. (Lela & Lukmawati, 2015)

Reinforced by the results of research conducted by Utami (2016) which discussed the effect of Wudhu on anxiety levels in high school students facing exams, it was stated that anxiety in the intervention group showed a decrease in anxiety levels $P < 0.05$, which means there is a relationship between decreased levels of anxiety by means of Wudhu there are high school students who face exams. (Utami & Suryani, 2013)

The research conducted by Ramadhan and Rachman (2015) on the effect of Wudhu on changes in blood pressure shows the results. The results showed that the average systolic and diastolic blood pressure of students decreased after Wudhu. However, the results of the paired sample t-test showed that there was no effect of Wudhu on the decrease in students' systolic and diastolic blood pressure. This shows that Wudhu can reduce students' blood pressure although the decrease is not significant. In general, before Wudhu generally students have normal blood pressure, which is 84.0%, after Wudhu all students have normal blood pressure (100%). (Ramadhan & Rachman, 2015)

Wudhu can stimulate or stimulate the body's natural rhythm. On the body there are areas called Biological Active Spots or BASes aka Biologically active points. BASes bears some resemblance to Chinese reflection dots. There are about 700 BASes in the body, and 65 of them have a quick reflection effect, that is, with just a swipe, they can be activated. While the rest must be massaged or pricked with a needle to activate it. (Andriyani et al., 2021)

Magomedov also stated that 61 of the 65 points were parts that were washed during Wudhu. Thus, when we perform Wudhu, we have done hydromassage, namely massage using water media.

In addition, with Wudhu we also launch the body's metabolism. Because the ends of millions of nerves associated with the metabolic system are scattered along the surface of the skin. For example, when washing the face, massage will have a positive effect on the intestines, kidneys and nervous and reproductive systems. Washing the ears will stimulate a decrease in blood pressure, reduce pain and increase solemnity when praying. (Ramadhan & Rachman, 2015)

Fiqh of Worship Perspective

The Muhammadiyah Tarjih Judgment Association explained that taharah is a condition that must be met by everyone who wants to pray so that they are purified from hadast and uncleanness. Wudhu is a fiqh terminology which means washing the face and hands and wiping the head and feet, with the procedures, sequences and intentions that have been described in fiqh. Wudhu by itself is mustahab and becomes obligatory for some activities, such as prayer and tawaf of the Kaaba. In some cases, tayammum must be performed instead of Wudhu, and a large bath can suffice for Wudhu. Wudhu can be performed in three ways: Tartibi (sequentially), Irtimasi (immersed) and Jabirah (wrapped).

Anxiety according to the Qur'an and as-Sunnah is a disease that is widely spread among humans. In Arabic it is said that something is anxious, so it will move from its place. Until it can be that the form of anxiety is a change or shock that is contrary to the calm that Allah describes in His word in Surah al-Fajr verse 27-30 which means "O calm soul, return to your Lord with a satisfied heart and pleasing to Him. So enter into the congregation of My servants and enter into My Paradise".

The Wudhu command contained in the verse above is very clear, so Muslims should not ignore it. Q.S. Al-Maidah verse 6 above also explains that Wudhu is correlated with all aspects of human life, both physical and spiritual. Cleanliness as the basis of mental, emotional, intellectual, social, spiritual health, and so on is a very big blessing for humans. It has been explained in the Qur'an about the important benefits of Wudhu for both body and spirit by performing Wudhu movements according to the guidance of the Prophet, and it has been proven to cause a sense of calm and reduce anxiety in a person.

This has been indicated by Allah in QS Al-Anfal verse 11 which reads; Meaning: (remember), when Allah made you sleepy as a comfort from Him, and Allah sent down rain from the sky for you to purify you with it and remove from you the disturbances of Satan and to strengthen your heart and strengthen with it the soles of your feet.

Conclusion

From the literature review that has been carried out from several journals that discuss the benefits of Wudhu for health, all of these health problems are factored in a person's cyclical condition. By doing Wudhu therapy, it turns out that it can reduce anxiety levels so that a sense of comfort and calm arises. Of course, this Wudhu therapy must be done properly so that the nerve points on the body are touched when Wudhu is performed.

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