

**ABSTRAK**

**Introduction:** Persepsi negatif menyebabkan *distress*, persepsi dapat diperbaiki dengan pelatihan spiritual zikir. **Tujuan:** menggali data kualitatif dan menganalisis untuk menjelaskan perubahan persepsi positif dan perbaikan *distress* perawat setelah pelatihan spiritual zikir. **Metode:** studi kuantitatif menggunakan desain *quasi eksperimen one group pre post test*. Populasi adalah perawat *distress* berjumlah 36 orang yang bekerja di Rumah Sakit Umum Haji Medan. Pengukuran kuesioner dan laboratorium dilakukan 2 kali sebelum dan sesudah pelatihan. Teknik analisis data uji t dependen dan PLS (*Partial Least Square*). **Hasil dan analisis penelitian:** uji t dependen menunjukkan ada perbedaan yang signifikan rerata persepsi perawat sebelum dan setelah pelatihan zikir. Ada perbedaan yang signifikan rerata *spiritual value* perawat sebelum dan setelah pelatihan zikir. Ada perbedaan yang signifikan rerata karakteristik internal perawat sebelum dan setelah pelatihan zikir. Ada perbedaan yang signifikan rerata stres perawat sebelum dan setelah pelatihan zikir. Analisis jalur: *spiritual value* berpengaruh signifikan terhadap karakteristik internal, nilai T statistik = 4.810. Karakteristik internal berpengaruh signifikan terhadap stres, nilai T statistik = 2.225. Stres berpengaruh signifikan terhadap respons biologis kortisol, nilai T statistik = 2.318. **Pembahasan:** pelatihan spiritual zikir merubah persepsi dan memperbaiki *distress*. Pelatihan spiritual zikir merupakan bentuk pembelajaran kognisi yang memperkuat syukur pada Allah, sehingga mampu berfikir secara positif dan menghasilkan ketenangan. Ketenangan mempengaruhi respons biologi keseimbangan hormon didalam tubuh. Temuan baru penelitian: 1) Intervensi modifikasi zikir mempengaruhi perubahan persepsi dan peningkatan *spiritual value* mengatasi *distress*. 2) Perubahan persepsi dengan zikir, mendorong syukur pada Allah sehingga membentuk sikap ikhlas mampu meningkatkan *spiritual value*, mempengaruhi kualitas karakteristik internal menjadi lebih baik dan optimis sehingga mampu beradaptasi terhadap stres.

Kata kunci: *distress*, pelatihan spiritual zikir, kortisol, Ig G

**ABSTRACT**

**Introduction:** Negative perception caused distress, however, the perception could be improved by zikr spiritual training. **Purpose:** discovering the qualitative data and analyzing data in order to explain a change of positive perception and improve distress nurse after having zikr spiritual training. **Method :** quantitative study used quasi experiment one group pre post test design. The populations were distress nurses who were 36 nurses and worked at Hajj General Hospital of Medan. The measurement of questionnaire and laboratory was conducted twice, before and after treatment. The techniques in analyzing the data used dependent t-test and PLS (Partial Least Square). **Result and Analysis the Study:** dependent t-test showed that there was a significant difference of nurses' perception between before and after zikr training. Besides, there was a significant difference of nurses' spiritual value between before and after zikr training, there was a significant difference of nurses' internal character between before and after, and there was a significant difference of nurses' stress between before and after zikr training. Path analysis: spiritual value influenced significantly toward internal character with statistic t value = 4.810. Meanwhile, internal character influenced significantly toward the stress with statistic t value = 2.225, and the stress influenced significantly toward cortisol biological response with statistic t value = 2.318. **Discussion:** zikr spiritual training changed perception and improved distress. Zikr spiritual training was a cognition learning that strengthened a sense of gratitude to Allah, hence, everyone could think positively and could result calm sense. A calm influenced hormonal balance in biological response in the body. New finding of the study: 1) the intervention of zikr modification influenced a change of perception and an increase of spiritual value to solve distress. 2) A change in perception through zikr encouraged a sense of gratitude to Allah, hence, it formed sincere attitude to increase spiritual value, and it influenced the quality of internal character to be better and more optimistic one. Therefore, the people could adapt toward the stress.

**Keywords:** distress, zikr spiritual training, cortisol, Ig G