LUNG FUNCTION IS DECLINED IN SMOKING "BECAK" DRIVERS
(Imamatur Roffiah, Soedjajadi Keman)

THE INCREASE OF eHSP 72 IN MEMBERS OF DZIKIR GROUP
(Siti Nur Asiyah, Suhartono Taat Putra, Kuntoro)

EFFECTIVENESS OF NUCLEAR DNA MINI PRIMER SET AT LOCI FGA, CSF1PO & D21S11
IN HIGH-TEMPERATURE DNA DEGRADATION WITH POLYMERASE CHAIN REACTION (PCR) METHOD
(Ahmad Yudianto, Therese Lindawati, Pandu Hanindito)

THE EFFECT OF PASSIVE SMOKING ON THE INCIDENCE OF PRIMARY DYSMENORRHEA
(Raisa Amini, Abkar Raden, Rosalia Sri Hidayati, Yulia Larti Retno Dewi, Yoseph Indrayanto)

THE ROLE OF GLUCOSE AND PHOSPHATE IN IN VITRO CULTURE MEDIUM
TO OVERCOME CELL BLOCK ON MOUSE EMBRYO
(Widjati, Y. Sukra, B. Purwantara, I Djuwita)

PREVALENCE OF HEPATITIS B, HEPATITIS C AND HUMAN IMMUNODEFICIENCY VIRUS INFECTION
AMONG PEDIATRIC HEMATOLOGY ONCOLOGY PATIENTS WITH REPEATED TRANSFUSION
(Mia Ratwita Andarsini, Ari S, Dwi Putri, IDG Ugrasena, Sjamsul Arief)

CLINICAL FEATURES OF INFLUENZA A (H1N1) IN CHILDREN AT DR SOETOMO GENERAL HOSPITAL
(Retno Aah Setyoningrum)

Case Report:
PAIN RELIEVED IN ACUTE BREAST INFECTION USING EXTRA ANATOMY PATHWAY
(Abdurachman)

Case Report:
GROWTH HORMONE TREATMENT IN SHORT CHILDREN: A REPORT OF 4 CASES
(Muhammad Faizi, Taufiqur Rahman, Netty EP)

Review Article:
FLAIL CHEST MANAGEMENT IN ARDS
(Heru Koesbijanto)

Review Article:
ADEQUATE MANAGEMENT OF DEPRESSION AND NEUROPATHIC PAIN IN PATIENT WITH TYPE 2 DIABETES
(Bernadette Dian Novita, Handoko Daeng)
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>LUNG FUNCTION IS DECLINED IN SMOKING BEAK BEAK BEAC BEAK DRIVERS</td>
<td>143 - 146</td>
</tr>
<tr>
<td>2</td>
<td>THE INCREASE OF eHSP 72 IN MEMBERS OF DZIKIR GROUP</td>
<td>147 - 153</td>
</tr>
<tr>
<td>3</td>
<td>EFFECTIVENESS OF NUCLEAR DNA MINI PRIMER SET AT LOCI FGA, CSF1PO &amp; D21S11 IN HIGH-TEMPERATURE DNA DEGRADATION WITH POLYMERASE CHAIN REACTION (PCR) METHOD</td>
<td>154 - 159</td>
</tr>
<tr>
<td>4</td>
<td>THE EFFECT OF PASSIVE SMOKING ON THE INCIDENCE OF PRIMARY DYSMENORREA</td>
<td>160 - 165</td>
</tr>
<tr>
<td>5</td>
<td>THE ROLE OF GLUCOSE AND PHOSPHATE IN IN VITRO CULTURE MEDIUM TO OVERCOME CELL BLOCK ON MOUSE EMBRYO</td>
<td>166 - 170</td>
</tr>
<tr>
<td>6</td>
<td>PREVALENCE OF HEPATITIS B, HEPATITIS C AND HUMAN IMMUNODEFICIENCY VIRUS INFECTION AMONG PEDIATRIC HEMATOLOGY ONCOLOGY PATIENTS WITH REPEATED TRANSFUSION</td>
<td>171 - 173</td>
</tr>
<tr>
<td>7</td>
<td>CLINICAL FEATURES OF INFLUENZA A (H1N1) IN CHILDREN AT DR SOETOMO GENERAL HOSPITAL</td>
<td>174 - 177</td>
</tr>
<tr>
<td>8</td>
<td>Case Report: PAIN RELIEVED IN ACUTE BREAST INFECTION USING EXTRA ANATOMY PATHWAY</td>
<td>178 - 181</td>
</tr>
<tr>
<td>9</td>
<td>Case Report GROWTH HORMONE TREATMENT IN SHORT CHILDREN. A REPORT OF 4 CASES</td>
<td>182 - 190</td>
</tr>
<tr>
<td>10</td>
<td>Review Article: FLAIL CHEST MANAGEMENT IN ARDS</td>
<td>191 - 197</td>
</tr>
<tr>
<td>11</td>
<td>Review Article: ADEQUATE MANAGEMENT OF DEPRESSION AND NEUROPATHIC PAIN IN PATIENT WITH TYPE 2 DIABETES</td>
<td>198 - 202</td>
</tr>
</tbody>
</table>
THE INCREASE OF eHSP 72 IN MEMBERS OF DZIKIR GROUP

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Abstract

The background of this research was based on encouraging phenomena in today's modern society that is the tendency toward anything related to spirituality. Groups of sufis and dzikir appear everywhere with high number of participants. The society in general do not only make dzikir group as a facility for praying, but also to have a sense of peacefulness, to be healthy, to have physical and psychological fitness, and even to heal diseases. This research goal was to disclose the mechanism of increasing immunity as a result of dzikir activities in dzikir group. The category of this research was observational. The design used in this research was time series by using the variable of HSP 72. The sample used in this research was the members of dzikir group "Miftahul Jannah" who satisfied the inclusion criteria. They were female aged 50-55 years and already had menopause, being able to do tasks in this research, ready to be the subjects of this research by indicating or filling an informed consent or an agreement letter, being healthy after being interviewed, physical check and laboratory check, as a new member and did not join the activities in the dzikir group in the last one month. The result of this research showed that HSP 72 increased continuously from observation 1, observation 2 and observation 3, that was 0.006 (sig.= 0.006) or p< 0.05. The conclusion of this research is that activities in dzikir group performed with good arrangement, focus and good plan, once a week in the duration of 120 minutes in each meeting, can increase the value of HSP 72 in the circulation.

Keyword : dzikir, group, immunity, HSP, 72,

Daftar Pustaka :