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Abstract

The background of this research was based on encouraging phenomena in today’s modern society. They 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 3 variables eHSP 72, IL-6 and NK cell. 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. Moreover, the number of NK cells in 3 times observation was 0.076 (sig.= 0.076) or p > 0.05. Furthermore, the examination result of IL-6 in 3 times observation was 0.123 (sig.= 0.123) or p > 0.05. The conclusion of this research is that activities in dzikir can increase the value of eHSP 72 in the circulation. However, the increase of HSP 72 cannot significantly increase the IL-6 and NK cell, even though descriptive data show that IL-6 and NK cell increase during 3 times observation.

Keyword : dzikir, group, immunity, eHSP, 72, IL-6, NK,

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