

## The Significant Effect of Wudu' and Zikr in the Controlling of Emotional Pressure Using Biofeedback Emwave Technique

**Authors :** Mohd Anuar Awang Idris, Muhammad Nubli Abdul Wahab, Nora Yusma Mohamed Yusoff

**Abstract :** Wudu' (Ablution) and Zikr are amongst some of the spiritual tools which may help an individual control his mind, emotion and attitude. These tools are deemed to be able to deliver a positive impact on an individual's psychophysiology. The main objective of this research is to determine the effects of Wudu' (Ablution) and Zikr therapy using the biofeedback emWave application and technology. For this research, 13 students were selected as samples from the students' representative body at the University Tenaga Nasional, Malaysia. The DASS (Depression Anxiety Stress Scale) questionnaire was used to help with the assessment and measurement of each student's ability in controlling his or her emotions before and after the therapies. The biofeedback emWave technology was utilized to monitor the student's psychophysiology level. In addition, the data obtained from the Heart rate variability (HRV) test have also been used to affirm that Wudu' and Zikr had had significant impacts on the student's success in controlling his or her emotional pressure.

**Keywords :** biofeedback EmWave, emotion, psychophysiology, wudu', zikr

**Conference Title :** ICSRD 2020 : International Conference on Scientific Research and Development

**Conference Location :** Chicago, United States

**Conference Dates :** December 12-13, 2020