



The Effect of Tahajud Prayer History on Attention Post-Acute Stress Exposure

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Stress is an inability of the body to balance between physical and psychological demands and the capability to fulfill them. Attention is a way for individual to process some information in limited number that is obtained through cognitive process. Tahajud as one of Islamic prayer can grow positive perception and motivation that can avoid stress reaction and increase attention. This study aims to determine the effect of Tahajud on attention post-acute stress exposure. The retrospective study was conducted with pre – post-test control group design. The subjects were 38 students, divided into 2 groups (19 students per group), such as the control group that did not pray Tahajud routinely (KK) and the treatment group that prayed Tahajud routinely (KP).

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Acute Stress and its Importance

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