

## **Relationship Tahajud Prayer With Changes of Differencial Count And Leukocyt Count**

**Maryam<sup>1</sup>, Andri Sukeksi<sup>2</sup>, Herlisa Anggraini<sup>2</sup>**

1. Four years Diploma of Health Analyst Study Program, Faculty of Nursing and Health University of Muhammadiyah Semarang
2. Clinical Pathology Laboratory, Faculty of Nursing and Health Sciences University of Muhammadiyah Semarang

### **ABSTRACT**

This study is background because of the many glory that is obtained when performing tahajud prayer, one of the hadith asserted that besides bringing serenity and to take away sin, tahajud prayer also can prevent disease. Systems that work in the fight against various diseases in the body that is the body's immune system or immune system. Immune system is a system in the body is very complicated, because it is accompanied by the presence of multiple roles in an effort to maintain the internal balance of the body. In this study examined the type and number of leukocytes in which leukocytes are at war in the immune system. Tujuan from this research to know relation tahajud prayer with change count type and amount of leukosit. The tool used in this research is the BC-20S auto hematology analyzer, the cells examined include LYMPH (lymphocytes), MID = Minimum Inhibitory Dilution (smallest cell size and number of precursor white cells or a combination of basophils, eosinophils and monocytes) and GRAN (granulocytes, which are primarily composed of neutrophils), as well as the number of leukocytes. The type of this research is quasi experimental research with one group pre-post design design with random sampling of 7 students of DIV Health Analyst University of Muhammadiyah Semarang then sample is checked by before and after tahajud prayer. Based on the routine before and after tahajud prayer, the most increasing cells were MID (basofil, eosinophils and monocytes) in 4 of 7 samples with average from 9,029 to 9,543, then GRAN (neutrophil) decreased from 63,846 average to 59,599 and LYMPH (lymphocyte) also decreased with mean of 36,678 to 30,929. Statistically obtained value of  $P > 0,05$  indicates that there is no significant correlation of tahajud prayer with change of count result of type and number of leukocyte.

Key words: count type and number of leukocytes, tahajud prayer