

The Role of Tahajjud Prayer on Cognitive Function in Young Adults

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Abstract

Purpose: Knowing the effect of tahajjud prayer on cognitive function in young adults

Methodology/approach: Quantitative research with a pretest and posttest experimental research design without control, with a research sample of young adults, was carried out, to measure cognitive function with the MMSE, sample size 30.

Results/findings: There is a significant difference in the level of cognitive impairment between before being given the intervention and after being given the Tahajjud prayer intervention with P value = 0.001

Limitations: The data collection process requires examination up to the biomeluker stage to see more clearly the physiological processes

Contribution: provide an impact on young adults to improve cognitive function by praying Tahajud regularly and continuously

Keywords: *Tahajud prayer, Cognitive Function*