

The Application Of Islamic Psychotherapy To Community In Social Environment

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ABSTRACT

This research is based on problems that arise and are faced by the social environment, these problems are behaviors and attitudes that deviate or are not in accordance with the norms and values that should be. This study aims to see and analyze, namely the following: First, the role and function of religion in dealing with social problems, Second, the role and function of psychotherapy in overcoming social problems. Third, how religious psychotherapy can change deviant attitudes and behavior. This research method uses book or literature reviews. The results in this study are, first, religion or a key approach that is more effective in dealing with social problems. Second, psychotherapy can be or function as preventive (prevention), curative (healing) and constructive (maintaining mental health). Third, religious psychotherapy can change deviant attitudes and behavior.

Keywords : *Social Environment, Islamic Psychotherapy*

Introduction

The current era of globalization, especially in big cities, is so complex and varied (Syukri, 2019). Competition in many respects is very sharp, the necessities of life are increasing, economic standards are getting higher, decent jobs are getting harder to find, religious norms are being neglected, promiscuity among other types has become a common sight, cultural influences and foreign traditions are free to enter without barriers, the intervention of the superpowers is felt, and in the end the requirements or criteria to be considered mature, independent or have the ability add up to a long line.

Knowledge of psychotherapy is very useful for the first time, helping sufferers understand themselves, knowing the sources of psychopathology and adjustment difficulties, and providing a brighter future perspective in their soul life. Second, assist sufferers in diagnosing forms of psychopathology. Third, assist sufferers in finding practical steps and implementing therapy. Admit it or not, many people actually have mental illness, but they are not aware of their illness and they don't even understand and understand how to do it (Mubasyaroh 2017).

Psychotherapy is psychological treatment for problems related to thoughts, feelings and behavior. Psychotherapy (Psychotherapy) comes from two words, namely "Psyche" which means soul, mind or mental and "Therapy" which means healing, treatment or care. Therefore, Mujib revealed that psychotherapy is also known as psychiatric therapy, mental therapy, or mind therapy (Mufidah 2015). Anshori also argued that Islamic psychotherapy is an effort to heal the human soul (nafs) spiritually based on the demands of the Al-Qur'an and al-Hadith, with the method of empirical essential analysis and understanding of everything that appears in humans (Robert and Brown 2004). Frank (Karni 2014) defines psychotherapy as a planned interaction between a person who is trained and has social authority

to carry out therapy, and someone who is suffering with the aim of alleviating the sufferer's suffering through symbolic communication, especially words and physical activity.

Based on the explanation above, it can be concluded that Islamic psychotherapy is an effort to overcome several psychological problems based on the views of the Islamic religion (Al-Qur'an and Hadith). Islamic psychotherapy believes that faith and closeness will be a very significant force for the good of one's mental problems. Preventing various psychological problems and perfecting human qualities in addition to a psychospiritual approach (with faith and closeness to Allah). Islamic psychotherapy is also based on the use of thinking tools and real human efforts to improve oneself. Islamic psychotherapy does not solely free people from illness, but also improves the quality of a person's psyche which is widely experienced in the surrounding social environment.

Method

In the activities of this research the method used is included in the research of descriptive qualitative methods to collect descriptive qualitative data where researchers depart from viewing and looking for references from the internet, books, websites and other internet sites.

Results

Psychotherapy is a psychological treatment for problems related to thoughts, feelings and behavior. Psychotherapy (Psychotherapy) comes from two words, namely "Psyche" which means soul, mind or mental and "Therapy" which means healing, treatment or care (Rusydi 2015). Therefore, psychotherapy is also known as psychiatric therapy, mental therapy, or mind therapy.

Psychotherapy is the treatment and healing of mental disorders by psychological means. The term includes a variety of techniques, all of which are intended to help emotionally disturbed individuals change their behavior and feelings, so that they can develop useful ways of dealing with other people (Lahmuddin 2019). According to Carl Gustav Jung (Noviza and Koentjoro 2015), as quoted in the Nuances of Islamic Psychology, states that the notion of psychotherapy has gone beyond its medical origins and is no longer a method of treating the sick. Psychotherapy is now being used for healthy people or for those who have the right to mental health whose suffering torments us all.

Based on Jung's opinion, psychotherapy buildings apart from being used for curative functions (healing), also have preventive and constructive functions (maintenance and development of a healthy soul). These three functions indicate that efforts to consult a psychotherapist are not only when a person's psyche is in a sick condition. It would be better if it was done before the arrival of symptoms or mental illness, because it can build a perfect personality (Kusumastuti 2020).

In Islamic teachings, in addition to striving for worldly psychotherapy, there is also ukrawi psychotherapy, ukrawi psychotherapy which is guidance (guidance) and a gift from Allah SWT. Worldly psychotherapy is the result of human *ijtihad* (effort), in the form of psychiatric treatment techniques based on human principles (Agustin, Sumarsih, and Nugroho 2019). Both models of

psychotherapy are equally important. Based on the description above, it appears that the Islamic psychotherapy search approach is based on the omnipotence of God and human efforts.

Psychotherapy in Islam provides peace of mind through religious therapy based on the Qur'an and Sunnah. Therefore, the function of Islamic therapy is to develop understanding, control, forecasting, personal development and education to achieve mental health so that one's faith or monotheism becomes strong, noble morals, and good-natured personality that appears in everyday life in the social environment.

Discussion

Along with the increasingly complex dynamics of the development of modern life, psychological changes in humans also experience changes, especially with the mental or soul development of a person who has experienced modernization of culture and lifestyle. Psychological pressure or mental disorders (psychoses) that hit many modern societies today raises discourse about ways or alternatives to deal with it with various therapies. Through the study of religious and psychological dimensions, this paper describes psychotherapy in Islam and modern causes of psychiatric problems that lead to life incongruence and lead to psychiatric disorders (mental illness). In addition, this paper also provides an alternative solution to the problem of mental disorders through Islamic and modern studies using Islamic psychotherapy methods.

Psychotherapy in Islam can cure all aspects of psychopathology, both mundane and spiritual. There are five types of psychotherapy:

- a. Reciting Al-Qur'an
- b. Tahajjud prayer
- c. Hang out with pious people.
- d. Fasting.
- e. Remembrance

The goals and functions of Religious Counseling include in the social environment to reveal basic mental-spiritual and religious abilities in a person's personality. Trying to put these mental-spiritual abilities as a child's personal stronghold. Trying to instill attitudes and orientation towards relationships in four directions, namely with their God, with their community, with the natural surroundings and with themselves. Trying to enlighten their inner life.

Conclusion

The position of Islamic psychotherapy is part of the type of religious psychotherapy. While religious psychotherapy is part of the four holistic approaches in psychotherapy that are currently

developing. As religious psychotherapy, Islamic psychotherapy is a process of treating and healing mental illness through psychological intervention based on religious values in accordance with religious teachings. The basis of these religious values is not for the purpose of changing the client's belief in the religion he adheres to, but rather to generate spiritual strength and spiritual strength of his faith in dealing with illness. This is because spiritual and spiritual power is a universal potential that exists in every human soul from any religion.

Psychotherapy in Islam can cure all aspects of psychopathology, both mundane and spiritual. There are five types of psychological psychotherapy: reading the Koran, praying midnight, associating with righteous people, fasting and remembrance. The purpose and function of Religious Counseling is to reveal basic mental-spiritual and religious abilities in the child's personality. Trying to put these mental-spiritual abilities as a child's personal stronghold. Trying to instill attitudes and orientation towards relationships in four directions, namely with God, with society, with the natural surroundings and with oneself. Trying to brighten up the inner life.

Acknowledgement

In carrying out the preparation of this journal, we writers received a lot of help and support from various parties. The author expresses his deepest gratitude to:

1. Allah SWT for the gifts, gifts, health, convenience, and all the best plans for our lives.
2. Our beloved parents. Thank you for your prayers, enthusiasm, motivation, understanding, understanding, spiritual and material support and infinite love.
3. Mrs. Dr. Hj. Zuhdiyah, M.Ag as Dean of the Faculty of Psychology UIN Raden Fatah Palembang
4. Mrs. Dr. Ema Yudianti, M.Si, Psychologist as Deputy Dean I of the Faculty of Psychology UIN Raden Fatah Palembang
5. Mr. Dr. Muhamad Uyun, M.Si as Deputy Dean II of the Faculty of Psychology UIN Raden Fatah Palembang
6. Mr. Dr. Abu Mansur, M.Pd.I as Deputy Dean III of the Faculty of Psychology UIN Raden Fatah Palembang
7. Mr. Iredho Fani Reza, MA. Si as Chair of the Islamic Psychology Study Program, Faculty of Psychology UIN Raden Fatah Palembang as well as a supporting lecturer in the Intermediate Semester of Islamic Psychotherapy Subjects.
8. Friends in arms who have contributed energy, thoughts and so on.
9. All parties that the writer cannot mention one by one.

Thank you for helping to complete this report, may Allah SWT repay your kindness, Amin. Hopefully this Journal is useful for all of us. Sorry for any shortcomings. For all the help and support that has been given, hopefully you will get the best reward from Allah SWT, Amin.

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