

The Effectiveness of *Wudhu* Therapy in Maintaining Emotional Stability in Students Who Are Preparing Thesis

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ABSTRACT

This research is motivated by the large number of students today who find it difficult to control their emotions when facing problems so they are confused about expressing their emotions. This is because in the learning process students are usually required to be able to complete lecture assignments on time, dividing time for organizational activities and activities at home simultaneously. Based on previous research, *wudhu* has many benefits both physically and psychologically, such as cleansing the body, clearing the mind, soothing the heart, reducing stress, worry, anger and can stimulate the nervous system. The aim of this research is to determine the effectiveness of *wudhu* therapy in maintaining emotional stability, especially among final year students in the city of Palembang. This research uses a qualitative phenomenological approach. Data collection techniques use observation and interview methods. The research subject with the initials HY is a final year student who is currently writing a thesis and admits to having emotional stability problems, especially when writing a thesis as the student's final assignment. The results of the research found that, after carrying out *wudhu* therapy for seven days, the subjects felt changes in themselves ranging from habits, religiosity, physical condition, and even the subject's personality was affected to become more positive. In other words, *wudhu* therapy is effective in maintaining emotional stability in final students who are writing their thesis.

Keywords: Emotional Stability, Final year Students, Wudhu Therapy

Introduction

Thesis is an academic essay that must be written by students as part of their academic graduation requirements (Yulianto dalam Ramanda & Sagita, 2020). As a final project, the thesis is designed to test students' academic abilities (Krisdiawan, 2018) because thesis writing is also accompanied by conducting research on problems and discoveries in fields related to the student's academic interests which will later become a report on the results of research conducted by the final student (Usraleli et al., 2020). Students compile thesis in various ways to express their seriousness in doing their final project as a student. However, in completing the thesis, students must face several different obstacles. (Permatasari et al., 2021). These obstacles can arise in oneself or from other factors such as feeling lazy, difficulty composing sentences when writing a thesis, difficulty finding references. External factors also affect the completion of the thesis as a student's final project such as obstacles both organizational and home activities. Not infrequently a person's psychological state can be affected by the preparation of the thesis he does. The psychological state in question such as stress, saturation, fatigue, even emotions can be affected (Weni & Rina, 2022).

Emotions are expressions of pleasure or displeasure manifested in the form of behavior (Sriyanto & Fauzie, 2017). Emotions can also come from personal interactions with causative factors in the environment. According to Gie, Emotions are divided into two parts, namely positive and negative emotions. Positive emotions are pleasant feelings for the person experiencing them such as admiration, joy and love. While negative emotions are the opposite of positive emotions where they are unpleasant for humans such as anger, hopelessness, sadness, anxiety and disappointment. Excessively expressed negative emotions can destroy a person both physically and psychologically therefore, the need for emotional stability to control emotions and adapt to the environment (Khodijah, 2017).

Emotional stability is a state in which emotions are constant, not volatile, balanced, have good emotional regulation and are able to face any situation with a consistent emotional state (Sharma, 2006). Schneider explains that there are several aspects that affect emotional stability such as emotional congruence, emotional maturity and emotional control (Schneiders, 1955). Stable emotions are characterized by not easily moving from one mood to another (Surya, 2016). Emotional instability, on the contrary, can manifest itself in anger, melancholy, as well as abusive behavior (Dakwati, 2012).

In maintaining emotional stability, anger is the main factor that is difficult to control and can cause psychological disturbance (Hardiyani, 2014). To minimize anger can be with sufistic (Pertiwi et al., 2024). Sufistic therapy is an Islamic treatment with the aim of realizing a healthy human being (Zaini dalam Khotijah et al., 2023). One form of Sufism is Islamic psychotherapy which is claimed to be able to treat or cure all diseases, both spiritual, moral and physical through the guidance of the Qur'an and the Sunnah of the Prophet SAW or through guidance and teachings that are experiential about Allah SWT, Angels, and His Messenger. There are many kinds of Islamic psychotherapy that can be done, one of which is *wudhu*.

Wudhu is a purification process in which a person washes certain parts of the body five times a day. *wudhu* itself involves two aspects of purity, namely, external purity in the form of washing every part of the human body, and inner purity arising from the influence of *wudhu* on humans in the form of cleansing every part of the body from mistakes and sins (Depokpos, n.d.). The benefits *wudhu* can also be felt from a medical point of view if done diligently and earnestly (Djuddah et al., 2024). Even psychologically, *wudhu* can neutralize and stabilize emotions, allowing a person to think calmly and clearly again (El-Bantanie, 2010). This is reinforced by research conducted by Vicky Oktaryanto, Ris'an Rusli and Ema Yudiani entitled "*Peran Terapi wudhu Terhadap Kestabilan Emosi Subjek Pusat Rehabilitasi Narkoba Ar Rahman Palembang*" found that, *wudhu* therapy had an effect on the emotional stability of the subjects of the Ar Rahman Palembang Drug Rehabilitation Center. This is because *wudhu* uses water to cool the body, and water is easily available in everyday life. *wudhu* can neutralize and stabilize the mind, allowing calm and clear thinking (Oktaryanto et al., 2019).

Then research conducted by Basroni Prilaksana (2013) in research titled "*Wudhu sebagai terapi amarah*" It was found that *wudhu* has the effect of calming emotions, relieving anger, and preventing feelings of anger. Anger increases blood pressure and increases the heart's ability to pump blood. Based on the explanation above, researchers are interested in examining the role of *wudhu* therapy on emotional stability in students who are preparing a thesis. Furthermore, it is

hoped that the results of this study can be useful for the wider community, especially in overcoming unstable emotions using *wudhu* therapy (Prilaksmama, 2013).

In line with this, the problem in the subject is emotional instability, that is, a condition in which a person experiences an emotional change that if continued can develop into a pathological state. The problem of disorders experienced by individuals does not necessarily come from oneself, but can occur from the surrounding environment. Signs of someone experiencing emotional instability include aggression, irritability or agitation, changes in mood, personality or behavior, confusion or forgetfulness, and difficulty concentrating.

The subject of this study is a final year student at one of the universities in South Sumatra who is preparing a thesis. Thesis is important as a determinant of graduation for students. There are so many students who experience problems starting from the initial stage to the final stage of preparation. This causes students to often experience stressful conditions ranging from many revisions, unable to control emotions to erratic schedules with supervisors. The subject also has a girlfriend who also gets the impact of the subject, such as often being scolded, and even often ignored because of the unstable emotions possessed by the subject so that some cognitive functions such as focus are also affected.

The subject is also a regional child who comes from the Lampung area, is 21 years old, and costs in the five business areas. In making ends meet, the subject still depends on his parents. Occasionally he fills his free time by working part-time as a singer to earn extra pocket money. The subject was also busy with several organizations that he participated in even until he became a final year student he still did. Some of these conditions make the subject very busy, plus now he is compiling his final project as a student, namely compiling a thesis. This is what causes stress levels to increase and even leads to *burnout*. It is from this stress that his emotions often get out of control. He often scolds people around him even though it is a trivial matter. The subject also admitted that it was often difficult to focus, especially during thesis guidance and also often asked people to repeat their words because of the loss of focus when communicating directly.

One of those affected by the subject's temper was his girlfriend. Not infrequently HY scolds his girlfriend and even ignores his girlfriend because of trivial things. A small example is when HY's girlfriend tries to try to break the ice by joking that HY feels offended. Not infrequently HY's girlfriend also reminds HY of his forgetfulness because of lack of focus, however, HY even scolded his girlfriend. Therefore, researchers are interested in conducting further research with different subjects and methods to see the consistency of previous research results. Researchers conducted further research to determine the effectiveness of *wudhu* therapy in maintaining emotional stability in students who were preparing a thesis.

Method

This research uses qualitative methods of phenomenological approach. Phenomenological research is scientific research that examines and studies an event experienced by an individual, or a group of individuals. An interesting event occurs and becomes part of the life experience of the research subject. (Moleong, 2019 in Nasir et al., 2023). In other words, Phenomenological research is a type of qualitative research that looks and hears more closely and in detail an individual's

explanation and understanding of his experiences. Data collection techniques use observation and interview methods. The research subject with the initials HY is a final year student who is compiling a thesis and claims to have emotional stability problems, especially when compiling a thesis as a student's final project. Study subjects were interviewed before and after performing *wudhu therapy* which was carried out for one week without interruption a day seven times before the obligatory prayer (5 times), once in the morning before activity and once at night before going to bed. To maintain the consistency of subjects in doing *wudhu therapy*, researchers also provide a checklist of *wudhu therapy* stages that must be checked by subjects after performing *wudhu therapy* steps and *controlling* periodically by sending reminders through the WhatsApp messaging application.

Results

Based on interviews with subjects before doing *wudhu therapy*, he stated that the thesis is a challenge that must be completed because the process is not easy but also not too difficult. The subject admitted that the thesis work time was about 4 months. In the process, he had obstacles in the form of difficult access to meet sources and determine the right time to conduct interviews with sources because he was also still active in organizations and worked part-time as a call singer. Another obstacle is that the literature sources are still too minimal because the themes taken by the subject are still relatively new and there are not many previous studies that discuss this. The subject also said that the condition of physical illness experienced by the subject in the form of chilblains sometimes hindered him in compiling the thesis. The subject also claimed to have a relative whose emotions were less stable if advised he did not accept, did not care, was ignorant, sometimes even there was resistance by rejecting what was said until arguing.

With many challenges and obstacles faced by the subject, but he still wants to struggle in preparing the thesis because he always remembers the goal of wanting to graduate quickly and remember the family he wants to be happy and does not want to be a burden on the family any longer. The subject's family also kept asking when the subject graduated which made the burden on the subject's mind increase. On the other hand, the subject has friends and girlfriends who often help him in preparing the thesis such as searching for data and exchanging ideas.

In addition to his thesis, physical condition, dividing time with his part-time job, the subject also said that his emotions were often unstable because his girlfriend always wanted to be obeyed by his wishes, and always reminded, and asked when the trial schedule came out which made the subject easily ignited by his emotions. Even because of the unstable emotional state felt by the subject, he once uttered harsh words and cursed animal words with his girlfriend and friends. The reactions of friends and girlfriends at the time were silent and shocked. The subject also claimed that when he was angry, he once hit his pet, a cat, when the cat dropped a side dish stored on the kitchen table.

After undergoing *wudhu therapy* for seven days, the subject felt changes from the subject's self ranging from habits, religiosity, physical condition, even the subject's personality was affected to be more positive. Until now, the subject claimed that something was lost if he did not *wudhu* all day. In terms of religiosity, the subject claimed to feel no longer lazy to perform isha prayers even he felt restless if he slept but had not performed isha prayers. The subject also said that by

performing *wudhu* in the morning, he became accustomed to performing duha prayers in the morning.

In terms of emotions, the subject claimed to be able to control his emotions more and the subject felt calmer and more comfortable when he finished performing *wudhu*. The calmer and more comfortable, the subject said that he would continue the *wudhu* both as therapy and ordinary *wudhu* even though this *wudhu* therapy treatment had been completed even he would recommend this *wudhu* therapy to others. The subject said that when he was angry, the heat in his body increased, the subject took the initiative to *wudhu* when angry and he felt his body became cool, his anger subsided, and he felt calm not to become angry because his mind became clearer. By consistently running *wudhu* therapy for seven days, the subject also stated that his chilblains disease became less common. Before carrying out *wudhu* therapy, the subject said that he always looked for a way out of every problem with emotions, after applying *wudhu* therapy he became more mature and calm when facing a problem. The subject said that every time there was a problem, he felt normal and immediately looked for a way out without excessive emotion. Even his girlfriend himself admits there is a change from himself subjek saat menghadapi permasalahan yang ada. Another example of the mature attitude shown by the subject is that when he is angry, he thinks first so that his words and deeds no longer hurt others.

Discussion

College and part-time work are not easy things, this can have a negative impact which is dominated by time division problems (Ario, 2019). Based on the information provided by the subject, psychological conditions, especially emotional instability and fatigue experienced by the subject can be caused by the preparation of the thesis itself in addition to working part-time (Purwanto dalam Izatunisa et al., 2023). In addition, the physical condition or physical illness experienced by the subject in the form of chilblains can inhibit him in the process of preparing a thesis. This is in accordance with what was conveyed by Shenoy dalam Triyana et al., (2013) which states that physical and psychological conditions can inhibit a person in compiling a thesis, however, it is the psychological condition that most dominantly influences. Physical and innate conditions such as genetics, personality, gender, ethnicity, and socioeconomics are also factors in emotional stability in a person (Morgan & King dalam Ekawati, 2001).

The subject also claimed to have a burden of demands from the family to graduate immediately through the question of when he graduated which was asked continuously by his family. This can increase the burden and result in the stability of information on the subject in accordance with research conducted by Giyarto et al., (2018) which found that there are two factors that cause stress in students who are preparing a thesis, namely internal factors in the form of abilities from the individual himself and also external factors such as demands, family, and the surrounding environment (Giyarto & Uyun, 2018).

Not to mention that the emotional instability that the subject feels affects his attitude in acting. The subject's actions in responding to something can be destructive. Destructive attitude refers to behavior or actions that are destructive, harmful, or destructive. In various contexts, destructive attitudes can appear both in the form of physical actions and psychological behaviors

(Andriyani, 2019). The subject claimed to have spoken abusive words and cursed animal words with his girlfriend and friends. The reaction of his friend and girlfriend at the time was silent and shocked. The subject also admitted that at the time of anger he once hit his pet, a cat. This is due to the influence of the emotional instability experienced by the subject (Ahmad, 2021).

After seven days of *wudhu* therapy, the subject felt a positive change in habits and increased the subject's religiosity. This is in line with research conducted by Amir (2021) found that *wudhu* therapy can improve one's problem solving effectively, introspect oneself, and bring up positive habits (Amir, 2021). The physical condition and even the personality of the subject were affected to be more positive. Until now, the subject claimed that something was lost if he did not *wudhu* all day. In terms of religiosity, the subject claimed to feel no longer lazy to perform isha prayers even he felt restless if he slept but had not performed isha prayers. The subject also said that by performing *wudhu* in the morning, he became accustomed to performing duha prayers in the morning.

In terms of emotions, the subject claimed to be able to control his emotions more and the subject felt calmer and more comfortable when he finished performing *wudhu*. The calmer and more comfortable, the subject said that he would continue the *wudhu* both as therapy and ordinary *wudhu* even though this *wudhu* therapy *treatment* had been completed even he would recommend this *wudhu* therapy to others. This was also found in a study conducted by Prayogi & Rahmawati (2023) which found that *wudhu* therapy carried out for three days can change the attitude of patients at risk of aggressive violence to be calmer and more relaxed. In other words, *wudhu* therapy affects one's emotional control (Prayogi & Rahmawati, 2023).

The subject also said that when he was angry, the heat in his body increased, the subject took the initiative to *wudhu* when angry and he felt his body became cool, his anger subsided. The subject also felt calm, did not become angry because his mind became clearer. In line with Muhammad Syafie el Bantanie in his book "*Dahsyatnya Terapi wudhu*" revealed, that *regular wudhu* can improve circulation through the effect of skin contact with water. This cools the body temperature and affects the smooth circulation of blood (El-Bantanie, 2010). Previous research has also found that *wudhu* therapy has a contribution in changing blood pressure just before and after *wudhu*, although not significantly (Ramadhan & Rachman, 2015).

By consistently running *wudhu* therapy for seven days, the subject also revealed that his chilblains disease became less common. More in the book "Sehat Dengan *wudhu*" It is said that *wudhu* can eliminate various diseases such as cancer, flu, colds, gout, rheumatism, headaches, and others. Therefore, apart from being worship, *wudhu* also brings important benefits to health (El-Fikri, 2019).

Before performing *wudhu* therapy, the subject said that he always looked for a way out of every problem with emotions. After applying *wudhu* therapy, he became more mature and calm when facing a problem. The subject said that every time there was a problem, he felt normal and immediately looked for a way out without excessive emotion. Even his own girlfriend admits that there is a change in the subject when facing existing problems. Another example of the mature attitude shown by the subject is that when he is angry, he thinks first so that his words and deeds no longer hurt others. This can indicate that *wudhu therapy* is effective in maintaining emotional stability in final students who are preparing their thesis because it is in line with the opinion of

Amanullah (2022) in his research which states that the ability to manage emotions so that they can be expressed appropriately is a skill that depends on self-awareness (Amanullah, 2022). Furthermore, some of the positive effects of people who have good emotional control are that they tend to be people who are adaptable to all situations, cheerful, helpful, respect others, and know how to cooperate, empathize, and have a high sense of responsibility (Nadhiroh, 2015).

Conclusion

After undergoing *wudhu* therapy for seven days, the subject felt changes from the subject's self ranging from habits, religiosity, physical condition, even the subject's personality was affected to be more positive. In terms of religiosity, the subject claimed to feel no longer lazy to perform the isha prayer even he felt restless if he slept but had not performed the isha prayer. The subject also said that by performing *wudhu* in the morning, he became accustomed to performing duha prayers in the morning. In terms of emotions, the subject claimed to be able to control his emotions more and the subject felt calmer and more comfortable when he finished performing *wudhu*. Before carrying out *wudhu* therapy, the subject said that he always looked for a way out of every problem with emotions, after applying *wudhu* therapy, the subject became more mature and calm when facing a problem. The subject said that every time there was a problem, he felt normal and immediately looked for a way out without excessive emotion. Even his own girlfriend admits that there is a change in the subject when facing existing problems. Another example of the mature attitude shown by the subject is that when he is angry, he thinks first so that his words and deeds no longer hurt others. The subject said that when he was angry, the heat in his body increased, the subject took the initiative to *wudhu* when angry and he felt his body became cool, his anger subsided, and he felt calm not to become angry because his mind became clearer. As for the perceived physical benefits, the subject also stated that the chilblains disease he had became less frequent. In other words, *wudhu* therapy is effective for maintaining emotional stability in final students who are preparing a thesis.

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