

PUASA SENIN KAMIS SEBAGAI METODE TERAPI DALAM ISLAM UNTUK MENJAGA KESEHATAN MENTAL

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ABSTRACT

Mental health is a condition in which individuals have well-being that can be seen from themselves who are able to realize their own potential, have the ability to cope with normal life pressures in various situations in life, are able to work productively and produce something good. Fasting is refraining from something that invalidates, one day long from dawn to sunset with the intention and several conditions. In addition to being able to refrain from hunger and thirst, by fasting we can control the emotions that are within us. With this, fasting can make ourselves physically and mentally healthy. Therefore, this research aims to find out how the form of implementation carried out in one of Palembang students in maintaining mental health by fasting Monday and Thursday, which is done only twice a week. The research method used is a qualitative which is narrative in nature method conducted to find out and understand the effect of fasting therapy in maintaining mental health. In collecting data for this study, researchers used interview, observation, and documentation techniques.

Keywords: *Mental Health, Fasting, Students*

Introduction

Students can be defined as individuals who are studying at the tertiary level, either public or private or other institutions at the same level as tertiary institutions (Siswoyo, 2007). Students are one of the targets that are often used as subjects in research. Students in their developmental stages are classified as late adolescents or early adults, namely ages 18-21 and 22-24 years. This stage can be classified as late adolescence to early adulthood and seen from a developmental perspective. The developmental task at this student age is to strengthen one's stance in life (Yusuf, 2012).

Students are assessed as having a high intellectual level, intelligence in thinking and planning in action. Thinking critically and acting quickly and precisely are traits that tend to be inherent in every student, which are complementary principles (Siswoyo, 2007). Students are at the end of their teenage and early adult names. This is one of the factors in unstable mental conditions, emerging conflicts, increasing demands and changes in mood. If someone experiences situations and conditions that cannot be controlled, it can cause serious mental health problems.

Mental health refers to the health of all aspects of a person's development, both physical and psychological. Mental health also includes efforts to overcome stress, inability to adapt, how to relate

to other people, and is related to decision making. (Fakhriyani, Mental Health, 2019). The environment is the strongest cause of mental health disorders, "Some teenagers are not able to withstand the changes that are occurring, the rapid development and changes in their social environment. "So the factor is unpreparedness for this change which is based on the teenager's own internal self," explained Dr Rockhill (Ryo, 2019).

In mental health, students must also be aware of various mental disorders which consist of various symptoms. However, it is generally characterized by some abnormal combination of thoughts, emotions, behavior and relationships with other people. Examples are schizophrenia, depression, intellectual disabilities and disorders due to drug abuse, bipolar affective disorder, dementia, intellectual disabilities, and developmental disorders including autism (WHO, 2017). Prof. Dr. Zakiah Daradjat (1985) defines mental health with several meanings: 1) Avoidance of people from symptoms of mental disorders (neuroses) and symptoms of mental illnesses (psychoses), 2) A person's ability to adapt to themselves, with other people and the society and environment in which he lives, 3) Knowledge and actions aimed at developing and utilizing all existing potential, talents and characteristics as fully as possible, thereby bringing happiness to oneself and others; and avoid mental disorders and illnesses, 4) Realizing true harmony between the functions of the soul, as well as having the ability to face ordinary problems that occur, and feeling positively about one's happiness and abilities.

In Indonesia there are treatments and efforts to benefit mental health services. In assisting mental health services, Islam plays a role in which Islam creates therapies based on Islamic teachings and there are many roles for religious figures or teachers who are considered to have spiritual advantages and apply and organize therapeutic practices within a scientific and therapeutic framework. Islam (Wijaya, 1988). Many therapies in the Islamic religion can heal and stabilize mental conditions, such as prayer therapy, dhikr, alms, and Monday and Thursday fasting therapy. Previous research, such as research conducted by (Nursari, 2018), (Chusna, 2017), stated that there is a connection between Monday and Thursday fasting and mental health, so practicing Monday and Thursday fasting can be used as a treatment and prevention of mental instability.

Fasting Monday and Thursday is one of the sunnah fasts that was often carried out by the Prophet Muhammad. Specifically, Rasulullah stated in a hadith the special nature of Mondays narrated by Muslim and Tirmidhi as follows: "Abu Qatadah r.a said, Rasulullah SAW was once asked to fast on Mondays. He answered: "That day I was born and on that day I was sent and the Koran was revealed to me." (HR. Muslim). The above hadith was narrated by Muslims, confirming that Monday

was the day the Prophet SAW was born, then he was chosen as the Prophet of Allah, and also the day the Al-Qur'an was revealed.

According to Suyadi, (2009) Fasting on Mondays and Thursdays is a sunnah practice that was highly recommended by Rasulullah SAW throughout his life, Rasulullah never abandoned it. This is due to the many advantages contained in it. Usamah once asked the Prophet Muhammad SAW about the secret behind fasting Mondays and Thursdays, so he said, "These two days are the days when deeds are revealed before the Lord of the worlds, and I want that when my deeds are shown, I will be in the state of fasting" in the virtues of fasting on Mondays and Thursdays can train us to avoid sinful acts and maintain the stability of faith among Muslims. Fasting is an aspect of confession and distribution, fasting is a means of human relationship with God, when someone is fasting, they should do actions to get closer to Allah SWT. In this way, people feel that they are not alone, not lonely and feel that there is always someone watching every action they take. Having these feelings will relieve his feelings and contents as a process of healing mental instability.

Method

This type of research uses a narrative qualitative method. According to James Schreiber and Kimberly Asner-Self (2011) narrative research is the study of individuals' lives as told through stories of their experiences, including discussions about the meaning of those experiences for the individual. In this qualitative method, the subject will explain in detail about their daily life and activities. In this research, researchers used random sampling/probability sampling techniques, where the samples/respondents used do not have the same probability and can be said to be random. The target subject in this research was a student at UIN Raden Fatah Palembang, Department of English. The data collection technique in this research, namely the information and data collection technique, is carried out through library research, namely research carried out by examining library materials, in the form of books, journals, encyclopedias and other sources. To be classified according to the material discussed. This research is expected to provide a deeper understanding of the health benefits and challenges of fasting, as well as provide guidance for individuals and medical professionals in planning safe and healthy fasting.

Results

The results of the research show that, in general, everyone always has a healthy mentality, by fasting seriously and intending it only to get the pleasure of Allah SWT. Having sunnah fasting

therapy Monday and Thursday helps to maintain a person's mental health. Monday-Thursday sunnah fasting is a fast that is popular with many Muslims and is carried out twice a week, namely on Monday and Thursday. Not a few people fast Monday and Thursday. In fact, many people recommend fasting Monday and Thursday, the aim of which is to educate, train, get used to fasting Monday and Thursday, and get closer to Allah SWT.

It can be concluded that there is an influence of fasting on mental health. According to the Islamic view, a mentally healthy person is a person whose behavior, thoughts and feelings reflect and are in accordance with Islamic teachings. This means that a mentally healthy person is a person who has an integration between his feelings, thoughts and religious spirit (Zakiyah, 1975). From the several definitions of fasting above, it can be concluded that fasting is refraining from hunger and thirst, from lust, emotions and negative behaviors that can break the fast, which is done for a certain time and with a certain purpose. Monday and Thursday sunnah fasting is a fast that is only carried out two days a week, namely Monday and Thursday. Fasting Monday and Thursday is a sunnah worship which Rasulullah SAW strongly encouraged his followers to practice fasting on Mondays and Thursdays, because Rasulullah SAW liked to fast on Mondays and Thursdays. Mental health is a form of harmony of the mental function system, and has the ability to overcome life's problems, and can positively feel happy and know one's abilities.

Fasting has an impact on mental formation, emotional management and self-control. Fasting is a medium to always feel watched over by God or obey the rules. So fasting is to control your vision from views that lead to evil and to distance yourself from useless conversations, lies, slander, bad talk and behavior that is not serious. Fasting also abstains from actions that are prohibited by Allah SWT.

The results of this research produce a therapy that makes a person calm and peaceful after carrying out this therapy, and there is a feeling of happiness in being able to get closer and get to know oneself after carrying out the therapy which is carried out for 2 weeks on Mondays and Thursdays and provides a positive effect from the therapy. do it. Based on the results of previous research (Yusuf, 2018). Fasting Mondays and Thursdays can create mental health. This happens because fasting on Mondays and Thursdays as worship has a therapeutic element.

The first is physical movement. Fasting can make a person's body healthy, because fasting regulates the metabolic system properly and regularly. When someone doesn't fast, instead he eats and drinks a lot or is always eager to fill his big stomach, then this will disrupt health, damage the stomach organs, especially the digestive system, stomach, etc. There is a correlation between a

person's physical attitude and psychological condition. When a person's mental condition is bad, it will make the individual physically heavy and sick.

Discussion

Mental health through fasting Monday and Thursday as a therapeutic method in Islam for mental health. According to Prof. H.M. Hembing Wijayakusuma, a traditional medicine expert, once explored the secret of fasting for 36 years. According to him, as quoted in his book, fasting is healthy, fasting produces extraordinary strength effects on the body. When fasting, around 600 billion cells in the body reorganize themselves to survive. Based on the results of interviews and observations carried out, it shows that there is a change in the client's enthusiasm for life due to carrying out fasting therapy Monday and Thursday. student from Uin Raden Fatah Palembang majoring in English education semester 8, 21 years old.

The first interview begins with an approach and introduction with the client so that the client can open up and be willing to talk about the problems in his life, then the researcher can provide fasting therapy Monday and Thursday which is carried out for 2 weeks. Monday and Thursday sunnah fasting therapy can help and reduce the anxiety and problems that exist in someone who carries it out. The results of this research show that fasting on Monday and Thursday has an influence on maintaining mental health for those who do it, because when fasting a person can maintain and control their emotions. In the context of mental health, such as fasting on Mondays and Thursdays, fasting is an education and straightening of the soul and a cure for various mental illnesses in the body. This is due to the prevention of eating and drinking, from before dawn until sunset, while Monday and Thursday fasting is fasting that is done only on Mondays and Thursdays.

The results of interviews and observations showed better changes after carrying out Monday and Thursday fasting therapy, reduced stress and a feeling of calm, peace and also feeling closer to oneself and the client's mental health was maintained. This therapy is carried out for 2 weeks every Monday and Thursday, the first interview is an approach, and the second interview is to find out the results of the therapy given. Based on the results of observations made, it shows that college productivity, and a sense of peace and happiness have a positive impact. In previous research, from a scientific perspective, fasting can provide physical and spiritual health. Two books written by Dr. Alan Cott, an American expert doctor on the benefits of fasting entitled "Fasting as a Way of Life" and "Fasting the Unlimate Diet". If the meaning of fasting in Islam is to refrain (from appetite, drinking, sex) from sunrise to sunset, then the meaning of fasting according to Cott is slightly

different. In Cott's understanding, fasting is still allowed to drink water. Thus, we certainly have to be careful about Cott's conclusions. The two books mentioned above tell, among other things, how fasting is related to mental disorders and mental health.

Fasting Monday and Thursday trains us regularly to avoid sinful activities. If there is an effective exercise for practicing patience, it is fasting. That's why it is appropriate to say that fasting is a charity for the soul, where during fasting, we get rid of bad behavior. So after fasting, our spiritual emotions become cleaner and our mental health is maintained. Based on the analysis of the data taken, there are changes in self and mental health is maintained, getting to know yourself better, there is a feeling of calm and peace. Need to increase Monday and Thursday fasting therapy to improve and change unstable emotions, maintain mental health.

Conclusion

The conclusion that researchers can draw after carrying out Monday and Thursday fasting therapy to maintain mental health is that Monday and Thursday fasting therapy is able to maintain mental health for those who carry it out. Apart from maintaining bodily health, sunnah fasting on Mondays and Thursdays can also maintain mental health. As is known, the aim of this Monday and Thursday sunnah fasting therapy is as research material on whether Monday and Thursday sunnah fasting is able to maintain mental health, and after being carried out by the research subjects we got the results that Monday and Thursday sunnah fasting was able to maintain mental health. Therefore, fasting is not a barrier to health, on the contrary, fasting has an influence on health.

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