

The Effectiveness of Prayer Therapy in Handling Disease Anxiety According to the Perspective of Islamic Psychotherapy

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ABSTRACT

Humans essentially consist of two substances, namely physical and psychological. Based on this, humans are creatures who have consciousness. Human consciousness is centered on the psychic or soul, and is direct. The nature of the soul is to know Allah SWT. and always want to get closer to Allah SWT. Forgetting Allah swt. means a deviation from one's character, and this is a source of mental (psychological) disorders. Therefore, people who are disturbed by anxiety need to be helped through Islamic psychotherapy services. Islamic psychotherapy services are carried out by placing all the problems facing him in their place so that he can measure himself where he is, can plan something to direct what is not right, and hope for Allah forgiveness and guidance. One of the therapies used is prayer therapy. The prayer ritual has enormous benefits. This worship is able to create a feeling of calm and serenity in the soul, eliminate feelings of sin in a person, get rid of feelings of fear, restlessness and anxiety, provide spiritual strength that can help the healing process of various physical and psychological illnesses.

Keywords: Prayer, Anxiety Disorders, Islamic Psychotherapy

Introduction

In this modern era, humans are faced with a variety of pressures and high demands on their lives. This can trigger a variety of mental disorders, one of which is anxiety. Anxiety is a mental condition characterized by excessive feelings of worry, anxiety and fear. Anxiety disorders can interfere with daily activities and reduce quality of life. According to Suliswati, anxiety can be caused by threats to biological integrity such as physiological disorders and threats to personal safety, namely not getting recognition from others and the view of oneself with the real environment.

Hasan mentioned that in Islam there are ways that can be done to overcome anxiety, one of which is prayer. Prayer is a solid foundation for the establishment of Islam. Prayer in the sense of language is a prayer of goodness while according to the meaning of shara' is an activity consisting of several sayings and works that begin with takbir and end with salam, with certain conditions. Prayer is divided into two, namely obligatory and sunnah. Compulsory prayer consists of 5 times and several sunnah prayers, one of which is dhuha prayer. Among the effective psychological therapies to overcome anxiety according to the perspective of Islamic psychotherapy is spiritual therapy, and among the spiritual therapies contained in Islam is sunnah prayer therapy, one of which is by performing dhuha prayer.

Islamic psychotherapy is an approach in treatment and healing that is based on Islamic teachings, namely the Qur'an and As-Sunnah of the Prophet Muhammad SAW. Dhuha prayer is one form of sunnah prayer recommended by the Prophet Muhammad PBUH. Dhuha prayer is a sunnah prayer performed at

the time when the sun is rising to the level of a spear until the time of zawal (before the Dhuhr prayer) or the morning when the sun begins to shine. According to the majority of scholars, the time of dhuha is from when the sun rises more than halfway to a little before the entry of the time of noon, about 15 minutes before the entry of the time of dzuhur. With a range of 07.00-11.30. The number of rak'ahs should be at least two, four and preferably eight. 14 The ruling on performing the Dhuha prayer is sunnah muakkad (highly recommended).

In a hadith, Abu Hurairah Ra. said: "My beloved, the Messenger of Allah, bequeathed to me three things: fasting for three days every month, two rak'ahs of Dhuha prayer, and praying Witr before I go to sleep." (HR. Bukhari Muslim). One of the virtues of Dhuha prayer according to Imam Musbikin, is to make a means of tranquility and tranquility of every human heart. Dhuha prayer gives an effect to a person so that he can have a sense of gratitude for the blessings that have been given by Allah, and facilitate what has been given by Allah. These favors are recommended in order to continue to perform dhuha prayer. This practice is a practice that is worth light in doing amar ma'ruf nahi munkar and giving alms to 360° joints of the body.

With dhuha prayer, humans are able to provide light and take us on the path of guidance, to reach the light of Allah SWT. Illuminate the darkness of the heart and keep away from the fatigue of life that hit. Dhuha time is a time full of blessings, especially for starting various activities, whether worldly or ukhrawi. And any time, in essence is an opportunity that should not be wasted. The dhuha prayer has the benefit that it can be launched by Allah in seeking sustenance, it is also the prayer of those who return to Allah, namely where dhuha time is the morning time when people are busy working and for servants who carry it out are people who are able to strengthen their stance on their sustenance from Allah SWT, life is given peace in terms of one's psychology and happiness both in the world and the hereafter.

Dhuha prayer has a great influence on human life, one of which provides human healing from grief and anxiety of standing at prayer time solemnly, surrendering and leaving the busyness and problems of worldly life that can cause mental pressure that always disturbs the mind, burdens in the self and soul The heart functions to think and understand. The heart is the leader of all the members of the body that cannot be denied by other members of the body that only act according to their opinions and orders. That is what Allah requires of the heart, which is also a practice. Prayer is actually for man's own happiness and health. Because prayer contains health aspects. The closer a person is to Allah and the more he worships, the calmer his soul will be and the more able he will be to deal with the anxieties and difficulties of life.

The Messenger of Allah saw. said, which means: "Would you like me to show you the destination closest to them (the enemy to be fought), the most ghanimah (profit) and the quickest return?" they replied "Certainly." The Messenger of Allah (saws) replied, "Whoever makes ablution, then enters the mosque to perform the Dhuha prayer, then he is the one whose destination is closest, the more his gain and the faster his return." (HR Ahmad). Previous research shows that dhuha prayer can reduce the anxiety of final year students working on their thesis. This is supported by the results of behavior checklists and interviews, both subjects claimed to feel calmer after routine dhuha prayers.

Ibn Qayyim al Jauziyah's opinion regarding the dhuha prayer as a substitute for tahajud prayer is based on the analysis he has done previously on the hadith narrated by Imam al-Bukhari. According to his analysis, the dhuha prayer was actually only conveyed by the Prophet SAW to Abu Hurairah's friend. While other companions did not get the same will, namely praying dhuha. Because according to the news

that reached Ibnu Qayyim al-Jauziyah, Abu Hurairah was a very diligent hadith study. So that night time, he always uses it entirely for learning, and his passion for learning defeats the desire to perform other worship including the night worship of tahajud prayer.

The Prophet conveyed his advice to Abu Hurairah r.a. that he should perform dhuha prayer only. As a substitute for Abu Hurairah's forgetfulness in praying tahajud at night. And then Ibnu Qayyim's opinion is reinforced by another will, namely, so that Abu Hurairah performs the Witr prayer before he sleeps. This strengthens the opinion of Ibnu Qayyim al-Jauziyah's opinion, regarding the importance of learning hadith for Abu Hurairah rather than praying Tahajud at night. Because the will to pray Witr before going to bed, emphasizes that only the time before going to bed is the opportunity to pray Witr after praying Tahajud. And among Muslims are people who have busy nights like Abu Hurairah.

So like him too, the dhuha prayer becomes so important for busy Muslims at night, as a substitute for the sunnah prayer of tahajud at night. Not only that, dhuha prayers can also be a vehicle for our complaints to God. Complain and beg for forgiveness for the sins and mistakes that occur at night. Because in fact Allah SWT opens wide the door of repentance during the day, for the sins and crimes committed by His servants at night. Dhuha prayers are able to provide light and take us on the path of guidance, to reach the light of Allah SWT. Illuminate the darkness of the heart and keep away from the fatigue of life that struck.

Dhuha time is a time full of fadhilah, especially to start various activities, both worldly or ukhrawi. And any time, in essence, is an opportunity that should not be wasted. Therefore, Abdul Wahab bin Ahmad ash-sha'rani advised that Muslims can maintain the dhuha prayer, and be grateful because the Prophet Muhammad SAW has made it a sunnah for Muslims. What happens if the heart is too long in negligence then closed and becomes hard. Based on this, researchers are interested in seeing how the form of dhuha prayer therapy to increase mental calmness and overcome anxiety.

Method

The subject in this study is a woman with the initials ML who is 19 years old, a student at one of the universities in Palembang. This research uses a type of qualitative research with a case study and experimental approach, this method is used because this research examines the case of a woman who has excessive anxiety about the surrounding environment. The main instrument in this research is the researcher himself, because the researcher goes directly to the field to meet with the subject and then conduct interviews and observations (observations) and experiments by giving directions to do dhuha prayer therapy for one week. The data sources used are primary data sources that come from sources (research subjects) directly and secondary data sources, namely the results of documentation. The method of data collection is done by interview, observation, and documentation obtained from sources (research subjects). The criteria for the selected subjects are: a) Late adolescent age (18-21 years) b) Male or female c) experiencing excessive anxiety in the surrounding environment during adolescence d) willing to become a research subject.

Results

Anxiety is a neurotic state accompanied by internal physiological changes that have implications for external movements. It is a fear of the unknown or unpredictable danger. Anxiety has levels, namely normal and deviant. Aberrant anxiety is anxiety that does not make sense and always haunts a person and he does not understand its cause. While anxiety at the normal threshold is anxiety that can be understood so that individuals are able to respond to a stimulus and can also eliminate the anxiety by eliminating the cause.

The anxiety experienced by the subject is anxiety caused by the subject's mind that is too negative thinking about the people around him so that this causes the subject to have difficulty interacting with new people, the subject admits that he is afraid to start a conversation with other people first because he thinks that if he talks then after he leaves he will be the topic of conversation for the next person, the subject also often feels anxious and tends to avoid or stay away when he sees a friend who he thinks will recognize him, because of this anxiety the subject does not have many friends like other people, the subject hopes that he can get rid of his anxiety and negative thoughts so that he can have many friends like other people in general.

The researcher provided treatment according to Islamic psychotherapy to the subject to perform dhuha prayer for 4 rak'ahs for one week. Prayer rituals have a very important influence on the therapy of feelings that cause anxiety and are the main cause of mental illness. This can happen because prayer rituals can forgive a person's sins, cleanse the soul from the stains of guilt, and raise hopes of getting Allah's forgiveness and pleasure. A study proves that peace of mind can increase immunological resistance, reduce the risk of disease, and increase hope (Sholeh and Musbikin, 2005).

After undergoing treatment for one week the researcher again questioned the subject about what the subject felt between before and after the subject underwent treatment according to the subject's explanation he felt calmer and more in control of himself and his emotions after praying dhuha, he also said he would continue to try to communicate better with the people around him.

Discussion

Dhuha prayer therapy is a therapy to eliminate diseases of the soul with a method through the implementation of dhuha prayers to achieve a condition where the soul gets calm (no feelings of anxiety) in living everyday life. Prayer can benefit the body in everyone who does it. This is due to the influence of the movements that Muslims perform in prayer. At the same time, it can provide the ability to carry out various kinds of activities continuously. Peace of mind is a soul that always invites back to the Divine nature of God. An indication of the presence of a calm soul in a person can be seen from his behavior, attitude, unhurried, calm, calculating movements, no anxiety in him and mature, correct and precise considerations. He does not immediately assume and prejudice (L. Fina Mahzuni and Nur Fitriyadi Hardi, 2022).

A number of modern scientific studies have shown that the times of Muslim prayers are closely aligned with the time of the body's physiological activity, which seems to be the leader that controls the rhythm of the body's work as a whole. The prime dhuha prayer time is between 7:00 AM - 10:00 AM. At 07:00 the secretion of stress hormones, catecholamines and glucocorticoid hormones in the body increases. Prayers become the value of therapists as physical exercise for the muscular and skeletal systems for people who are elderly, paralyzed, and have limitations who are running a rehabilitation

program (Mukhamad Rajin, 2016). Dhuha prayers are able to provide light and take us on the path of guidance, to reach the light of Allah SWT illuminate the darkness of the heart and keep away from the fatigue / anxiety of life that hit.

Dhuha time is a time full of blessings, especially for starting various activities, whether worldly or ukhrawi. And any time, in essence, is an opportunity that should not be wasted. (Yusni Amru Ghazali, 2008). A person's connection with God during prayer generates enormous spiritual power that affects important physical and psychological changes. This spiritual power often relieves stress, eliminates weaknesses, and cures diseases. Doctors mention the rapid healing of some diseases when the sufferer is at the pilgrimage site or other places of worship (Najati, 2003: 402-403).

Dhuha prayer therapy is referred to as a religious practice that is believed to have a positive impact on one's mental and physical health. The concept is rooted in the notion that prayer is not just a religious obligation, but also a form of therapy given by God to help His people achieve peace of mind and overall well-being. In practice, Dhuha prayer is considered a means of relieving ailments of the soul, with a primary focus on overcoming feelings of anxiety and restlessness in daily life.

Prayer has generally been recognized to have health benefits, both physical and mental. The movements performed in prayer, such as ruku, sujud, and standing solemnly, not only exercise the body physically but also affect one's mental and emotional balance. When a person performs prayer solemnly and with sincerity, they tend to achieve the sought-after state of mental calmness. Sobriety is a state in which a person feels calm, unhurried, and full of mature consideration. This is reflected in one's daily behavior, attitude, and way of thinking. By praying Dhuha regularly, one is expected to achieve this peace of mind and return to the divine nature of God.

Apart from the spiritual aspect, there are also scientific explanations that support the therapeutic benefits of Dhuha prayer. Several modern scientific studies have shown that the prayer times prescribed in Islam align with the physiological activities of the human body. For example, the prime Dhuha prayer time, between 7:00 am to 10:00 am, correlates with increased secretion of stress hormones and other hormones in the body. By performing Dhuha prayer, one can experience positive physical exercise benefits, especially for people who are experiencing anxiety.

In addition, Dhuha prayer is also believed to bring light and guidance to Muslims. Dhuha time is seen as a time full of blessings and blessings, and is an ideal time to start various activities both in this world and the hereafter. The close connection between a person and God when praying is believed to generate great spiritual strength, which in turn can help overcome stress, weakness, and even cure various diseases. As such, Dhuha prayer therapy not only has a religious basis, but is also supported by scientific research and empirical experience. It is hoped that this understanding can provide additional insights and motivate Muslims to integrate the practice of Dhuha prayer in their daily lives as part of their efforts to maintain their overall mental and physical health.

Conclusion

This research uses qualitative methods with a case study and experimental approach to explore the anxiety experienced by a 19-year-old female referred to as the subject ML. The researcher acted as the main instrument, conducting interviews, observations, and experiments by providing dhuha prayer therapy for one week. The results showed that the subject's anxiety was influenced by a negative mindset

towards the surrounding environment, hindering her social interaction. The intervention of dhuha prayer therapy gave positive results with an increase in feelings of calm and the ability to control the subject's emotions. The discussion highlights the importance of dhuha prayer therapy in overcoming anxiety and achieving daily peace of mind. The link between prayer and physical and psychological balance is also emphasized, confirming the value of spirituality in mental healing and stress relief. This research is expected to provide additional insight into Islamic therapy in dealing with mental calmness issues, as well as highlighting the effectiveness of dhuha prayer therapy as an alternative in relieving anxiety.

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