

Reducing Stress Through the Media of Hajat Prayer as a Form of Islamic Psychotherapy

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ABSTRACT

Prayer is an act of worship based on predetermined conditions which begins with takbiratul ihram and ends with greetings. Prayer is one of the commands from Allah that a Muslim must carry out. Apart from being an obligation, prayer can be used as therapy. Prayer therapy is a therapy that takes the essence of prayer and reading into instruments. These essences come from the readings in the six prayer movements, namely. Standing, Rukuk, I'tidal, Prostration, Sitting between two prostrations and Tasyahud at the beginning and end. The aim of this research is to find out how clients develop after praying as therapy. This research is descriptive qualitative research. The analytical method used is data collection techniques using observation, interviews and documentation. The results of this research show the happy prayer therapy written by Moh. Ali Aziz is a therapy by performing prayers and contemplating the points contained in the prayer movements which consist of Standing, Ruku, I'tidal, Prostration, Sitting between two prostrations and Tasyahud. The results of happy prayer therapy can bring a servant closer to his God, and can get rid of all negative thoughts and change them into positive thoughts, thereby creating peace of mind and happiness. The results of this research are very useful for someone who is experiencing problems, stress or is unhappy. The conclusion of this research is to invite all Muslims to reflect and perform prayer solemnly by contemplating the important points contained in each prayer movement.

Keywords: Shalat, Development, Therapy

ABSTRAK

Shalat merupakan suatu pekerjaan yang diniati ibadah dengan berdasarkan syarat-syarat yang telah ditentukan yang dimulai dengan takbiratul ihram dan diakhiri dengan salam. Salat adalah salah satu perintah dari Allah yang wajib dilakukan seorang muslim. Salat selain menjadi kewajiban, dapat dijadikan menjadi sebuah terapi. Terapi salat adalah terapi yang mengambil inti-inti dalam doa dan bacaan dalam alat. Inti-inti tersebut berasal dari bacaan di dalam enam gerakan salat yaitu. Berdiri, Rukuk, I'tidal, Sujud, Duduk di antara dua sujud dan Tasyahud awal maupun akhir. Tujuan dari penelitian ini adalah untuk mengetahui bagaimana perkembangan klien setelah melakukan sholat sebagai terapi. Penelitian ini merupakan penelitian kualitatif deskriptif. Metode analisis yang digunakan adalah teknik pengumpulan data menggunakan observasi, wawancara, dan dokumentasi. Hasil dari penelitian ini menunjukkan terapi salat bahagia merupakan terapi dengan cara melaksanakan salat dan merenungi poin-poin yang terkandung di dalam gerakan salat yang terdiri dari Berdiri, Ruku, I'tidal, Sujud, Duduk di antara dua sujud dan Tasyahud. Hasil dari terapi salat dapat mendekatkan diri seorang hamba kepada Tuhannya, dan dapat membuang semua pikiran negatif dan merubahnya menjadi pikiran positif sehingga menciptakan ketenangan hati dan kebahagiaan. Hasil penelitian ini sangat bermanfaat bagi seseorang yang sedang mengalami masalah, stress atau tidak bahagia. Kesimpulan penelitian ini adalah mengajak seluruh umat muslim untuk merenungkan dan melakukan salat secara khusyu dengan cara merenungi poin poin penting yang terdapat pada setiap gerakan salat.

Kata Kunci: Shalat, Perkembangan, Terapi

Introduction

Humans are God's most perfect, most beautiful and highest creatures among God's creatures. Humans were created by God to be the Caliphate on Earth and even in the universe. Humans are also endowed with intelligence and the spirit to make the best use of it. With heart and mind, a person obtains glory and primacy before God. And humans can draw closer to (worship) Allah SWT wholeheartedly. In everyday life, society has lost the spiritual dimension which is a basic human need. Spiritual emptiness, spirituality and religious feelings give rise to psychosocial and mental health problems (Dadang, 1996: 14)

Religion is one of the psychological and spiritual needs of humans that must be fulfilled by everyone who wants peace and happiness. Human psychological needs for faith and devotion to Allah can only be met through religion. Islam is a way to care for the soul, treat mental disorders, promote and develop the life of the human soul. Without religion, the human soul cannot feel peace and happiness in life. Therefore, religion and belief in Allah are basic human needs that help humans fill the emptiness of their souls (Sholeh, 2005: 42).

For Muslims, prayer is a form of relaxation and can relieve tension when working or doing activities. Prayer movements also function as an exercise that stretches the body's muscles. And a devotional relationship with God can release psychological tension and create new hope (Subandi, 2013: 126).

Prayer is a means of communication between Halik and servants. This communication media also functions as a medium to always express gratitude for all the blessings. Apart from that, prayer can also be a medium for servants to express what they are feeling. In psychology, the term catharsis is known, which means pouring out everything that is hidden within oneself, both positive and negative. Therefore, prayer can be a cathartic tool that provides peace for humans. A prayer said well will have an impact on the person who says it. His service brings calm, serenity and peace to people's lives. Calm people will not feel annoyed or sad even if a disaster occurs (Ardani, 2005: 119).

Prayer is a form of worship that can connect a person directly with God. If the prayer service is carried out well and correctly according to the guidance practiced by the Prophet Muhammad SAW, it will have a big impact on the stability of the formation of morals and truth. This means that people who pray fervently and faithfully, in accordance with the pillars and conditions, will undoubtedly avoid disgraceful and evil deeds in their lives. Humans are creatures with very complex possibilities and tendencies. He can be a person with noble character, but he can also be a despicable person. A person's rank rises if he does good deeds and stays away from prohibitions. If a person never forgets Allah and all his actions reflect his morals, then his spiritual quality will increase. At one time the Prophet Muhammad ordered prayer as a means of improving one's spiritual quality (Muhyiddin, 2006: 122).

Prayer involves a symbolic act that shows the servant's intimacy with his Lord: the act of prostration. Rasulullah SAW advised us to increase our prayers when prostrating, because at this time the chance of our prayers being answered is greater than in other movements. From a psychological point of view, prayer is a function of the soul, a combination of thoughts, feelings and conscience

directed towards Allah. Prayer is through dhikr and prayer, humble and sincere speech, prostration, bowing, and so on, which frees the soul from being calm in life and suffering towards Allah. This will certainly give someone a calm soul and a happy heart and provide enthusiasm for working in life. and seeking Allah's approval (Thahir, 2012: 9).

Prayer, especially the Hajat prayer, has a more specific purpose than other prayers and has its own characteristics from the perspective of Allah and His Messenger. Hajat prayer is another way to convey our complaints, complaints and hopes to Allah SWT. It is not impossible that the fate that is before us can change if we pray through prayer. Even if a person's fate is determined by Allah, it is not impossible that it can be changed as long as we are willing to pray to Allah (Thahir, 2012: 23).

In this world, it is not uncommon for many people to continually struggle with very complex life problems, both personal and social. This problem cannot be left alone and requires a smart solution. The task of Islamic counseling here is to provide assistance to clients and guide them to increase their religiosity. That way, prayer can shape a person's character and make them better. The better a person's character, the better his mental health. Therefore, being mentally healthy means having good morals.

Method

This research aims to understand how prayer can be used as a form of Islamic psychotherapy to reduce stress. This research uses descriptive qualitative methods to describe phenomena that occur in depth through observation techniques. In-depth interviews will be conducted with participants to obtain qualitative data regarding their personal experiences in performing Hajat prayers, their perceptions about the effects on stress, and what factors which they consider important in the practice. and documentation. with the independent variable Hajat Prayer and the dependent variable Stress. Taken using a purposive sampling technique, consisting of 1 person who regularly performs hajat prayers and has been given information regarding the purpose and benefits of this practice in the context of reducing stress.

Results

From the results of the research we have conducted, clients follow the therapist's advice to perform prayer as a form of therapy to reduce stress for 7 consecutive days. On the first try the client felt nervous because it was the first time doing it, but the client also began to feel calm. For 7 days, we as therapists guide clients to continue performing their daily prayers and always monitor them via short messages that we send via WhatsApp. On the first day, the client felt nervous because it was the first time he was performing the hajat prayer. However, clients also begin to feel calm after completing the prayer. For seven consecutive days, the client continues to perform prayer prayers with guidance and support from the therapist via short messages. Clients who initially often felt anxious, sad, and tended to isolate themselves began to show changes in mood. Clients become calmer and begin to be able to adapt to the situations they face. Clients also report that they feel more peaceful and optimistic after regularly performing their hajat prayers. During the research period, the therapist actively monitored the client's progress via text messages and provided support and

motivation to continue performing *hajat* prayers. Slowly, the client begins to experience changes in mood, usually often feeling anxious, sad, and always isolating himself. Now the client is able to adapt and change his perspective on the problem at hand, so that the client begins to feel calm. The results of this therapy indicate that prayer is able to bring changes to reduce stress and this therapy brings more positive changes.

Discussion

The results of this research show that prayer brings positive changes to clients who experience stress. Clients who perform *Hajat* prayers regularly for seven consecutive days experience reduced stress levels and increased emotional well-being. This change can be seen from how clients, who initially often felt restless and anxious, begin to feel calm and are able to face problems with a more positive perspective. *Hajat* prayer, as a form of worship performed to ask Allah SWT for help, has a strong spiritual dimension that can have a calming effect. These effects are similar to those found in meditation or mindfulness practices in cognitive therapy. Religious activities such as prayer can reduce symptoms of stress by reducing levels of the stress hormone (cortisol) in the body, so that individuals feel calmer and happier.

This research supports previous literature which states that religious activities have an important role in maintaining mental health. A study by AbdAleati, Zaharim, and Mydin (2016) found that religiosity is associated with better mental health, indicating that spiritual practices can serve as an effective coping mechanism for dealing with stress and other psychological problems. Apart from that, prayer also functions as a means of catharsis, where individuals can pour out all their feelings and thoughts to Allah SWT. This process helps in reducing emotional burden and provides a sense of relief. Rasulullah SAW also recommended praying more when prostrating because that is when the chance of prayer being answered is greater, which can provide hope and calm for the individual. The practical implication of this research is the importance of integrating religious elements in psychotherapy approaches for clients who have a strong religious background. Therapy that incorporates spiritual aspects, such as prayer, can provide significant emotional support and help individuals achieve greater psychological well-being.

Overall, this research confirms that prayer can be used as an effective method in reducing stress, providing inner peace, and improving mental well-being. This is proof that an Islamic faith-based psychotherapy approach has great potential in supporting the mental health of Muslims.

Conclusion

This research aims to understand how prayer can be used as a form of Islamic psychotherapy to reduce stress. Based on the results of research that has been conducted, it can be concluded that prayer is effective in reducing stress levels in individuals. Clients who take part in prayer therapy for 7 consecutive days experience positive changes in their mood and psychological well-being. Clients who initially felt nervous and anxious, after performing regular prayer prayers, began to feel calm and were able to change their perspective on the problems they faced. The research results show that prayer is able to provide inner peace and help reduce levels of the stress hormone (cortisol).

The practice of prayer of prayer which is carried out fervently and sincerely is an effective means of catharsis, where individuals can pour out their feelings and burdens of thoughts to Allah SWT, thereby achieving peace and tranquility of the soul.

Thus, it can be concluded that *hajat* prayer as a form of Islamic psychotherapy is an effective method in reducing stress and improving the mental well-being of individuals.

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