

Terapi Sabar dalam mengatasi permasalahan emosi akibat trauma masa lalu

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ABSTRACT

Basically, happiness is human nature or innateness. This means that it is something that is inherent in humans. Humans are the best and most perfect creatures compared to other creatures. Childhood trauma is an unpleasant experienced by children, which can have long-term impacts and appear in the form of excessive stress or behaviour during adolescence. The aim of this research is that it is hoped that patient therapy can help subjects overcome emotional control problems that occur due to trauma in the past. The method used is a phenomenological qualitative research method with data explication analysis method. This research data collection method uses interviews

Keywords: Human, emotional, traumatized, patience

Introduction

Humans are one of the many creatures created by God who are given many advantages compared to other creatures. Apart from being special, humans are also unique and perfect creatures. Linguistically, humans can be defined as human beings which in Arabic comes from the word nasiya which means to forget, and if seen from the root word al-uns which means to tame, the word crazy is used to refer to people because humans have a forgetful nature and the word tame because it means that A person always adapts to new circumstances around him. Man always asking about himself and making it not only a problem but also a trigger for doing research for himself (Fuad Hasan, 2014). He constantly faces changing issues such as violence, abuse, loss and death with a variety of emotions.

Emotions are something complex but simple and play an important role in human life because emotions are a natural human response to survive as a simple communication that conveys messages to act to fulfill human emotional needs (Ardian, 2020). In problematic situations, humans often fail to handle emotions well. People always protect themselves by ignoring their feelings and even pretending the incident never happened, this can start a vicious circle (Struthers, 2012).

Isyatul Mardiyati (2015:3) states that the word trauma comes from the Greek "tramatos" which means external wound (Mardiyati, 2015). Trauma embedded in the subconscious sometimes creates a psychological burden that is heavy enough to last into adulthood and can affect oneself without realizing it. Traumatic situations cause wounds that are not only limited to the physical dimension, but also extend to long-term memory and the subconscious. Evi Sukmaningrum, Psi., Msi emphasized the origin of the word "trauma" which shows its connection to injury and the

response to traumatic events is very individual. Trauma is a mental injury that is very dangerous for human life, especially for teenagers because it can damage intellectual, emotional and behavioral skills.

Trauma embedded in the subconscious sometimes creates a psychological burden that is heavy enough to last into adulthood and can affect oneself without realizing it. One way that can be done to reduce trauma is with patient therapy. Patient therapy is a treatment method that brings calm in a person's soul, so that he no longer complains about trials that occur outside of God, because he understands that every trial in his life is God's destiny. Therefore, our researchers aim to analyze whether patient therapy can have an impact on a person's traumatic emotions resulting in whether or not there is an effect of patient therapy in treating trauma.

Method

The type of research used in this research is qualitative research, which is a multi-method, interpretative, naturalistic oriented approach to the subject, meaning that qualitative research examines things that exist in their natural environment, tries to understand and interpret phenomena based on their meaning, qualitative research includes research that uses and collecting various empirical materials, case studies, personal experiences, introspection, biographies, interviews, observations, interactions and visuals that describe routines and problems at that time as well as the objectives of research on human life (Denzin and Yvonna S. 1994: 2). This research also uses a research library approach, namely research that uses spaces available in libraries such as the Koran, books, magazines, documents (Sholeh, 2005) with data collection techniques using the observation method, namely direct observation of an object in the environment. either ongoing or in a stage that contains various attentional activities to investigate the object, interview According to Kerlinger (1992), an interview is a situation between individuals where one person (the interviewer) asks several questions to the person being interviewed to get answers to a research problem. . Interviews were conducted semi-structured based on aspects of patient therapy in overcoming excessive emotional problems due to past trauma and also through documentation. The sample in this study was a man with the initials FW who had trauma in his past which made it difficult for him to control his emotions. FW is 19 years old and has 2 siblings.

Results

This research aims to help the subject overcome the problem of emotional changes caused by past trauma with patient therapy. In its implementation, the subject is asked several questions to find out whether the past trauma is still there or starting to disappear. From the results of the observations and interviews we conducted, we can conclude that the subject still has deep trauma from the past so that it can make it difficult for the subject to control his emotions if he encounters and is confronted with the past which is able to remind the subject of previous events which create uncontrollable emotions. The subject's natural behavior is excessive anger, sadness and harboring emotions related to the problems they are facing.

Researchers use treatment to reduce feelings of trauma or hidden emotions in the subject. The treatment consists of sticking a list in a place that the subject often sees, writing whatever the subject feels or uncontrolled emotions in a book with the aim that when uncontrollable emotions appear the subject can divert them by writing in a diary and also the researcher provide treatment by doing sports or any hobby that can divert their emotions that we suggest to the subject, then the subject carries out the treatment that we suggest to be able to control excessive emotions and get a positive response to the treatment that we suggest to reduce these emotions which makes the subject able to be more understand your own emotions.

Discussion

Humans are unique creatures, their uniqueness is very interesting in the eyes of humans themselves, this is what lies behind the difference between humans and other creatures of God is that God glorifies humans by giving them intelligence, while other creatures of God are not given this, comparing the brilliance of humans with other creatures, So a lot of research is carried out on humans which continues to develop because humans' knowledge about themselves is limited. To answer these problems, the Qur'an explains many things related to humans. (Anwar Sutoyo, 2). According to Islamic understanding, humans are creatures of Allah SWT. has elements of material and power, soul, thinking power, reasoning and the nature of reporting before Allah SWT. created with morality. Jalaluddin (2009:130) The science that studies human nature is called philosophical anthropology. In this case, four streams are considered. First, the flow of all substances. This school of thought says that all that really exists is matter or substance. Nature is substance or material and humans are natural elements. Therefore, humans are substances or substances. Islamic understanding of the relationship between nature and humans views the earth as a place of civilization, challenges and responsibilities. The people have the caliph's prerogative to protect and utilize nature in a balanced manner. In this view, Islam emphasizes the importance of sustainable activities and wise management. Humans are perfect creatures because humans have something that other creatures of Allah SWT do not have. Human perfection is seen in the integration of the functions of the body and mind in the human body. Some say that humans are perfect creatures because they have a beautiful (physical) body and a soul (psychic). There are also those who say that humans are God's creation who always complain and are skeptical in the face of disasters. There are many images in the Qur'an that talk about humans and the philosophical meaning of their creation. Humans are His most perfect creatures and His best living creatures. In this case, Ibn 'Arabi, for example, describes human nature by saying that "there is no creation of Allah more perfect than humans who have the power of life, who know, will, speak, see, hear, think and decide. "Humans are very important creatures because they have all the characteristics or conditions necessary to fulfill their duties and tasks as God's creation on earth (Muhlasin, 2019).

The emotional aspect of human life is closely related to other psychological aspects. Emotions can be thought of as the axis of human life where the emotional side is disturbed. Other aspects of life are also disturbed. According to Lafreniere (2000) emotions are central to understanding adaptive responses to the environment. For humans, emotions play a major role in harmony with animal instincts, emotions also play an important role in the development of

psychopathology or mental disorders in humans. L. Crow and A. Crow (Djaali, 2007: 37) say that emotions are affective experiences that involve internal holistic adjustments in which mental and physiological states are burdened which can also be shown in clear behavior. According to Santrock (2012: 205), emotions are feelings that occur when someone is in a situation or interaction that is very important to him. Emotional development in children begins when they are four years old where they understand themselves, who are different from other people. He understands that his desires are in conflict with other people's desires, so that other people are not always able to fulfill his desires. Several types of emotions that develop during childhood are fear, anxiety, anger, jealousy, joy, pleasure, affection and curiosity.

According to experts, the definition of emotion is given by Sarlito Wirawan Sarwono (1974) that "our daily actions are accompanied by certain emotions, namely feelings of happiness or dissatisfaction. Feelings of joy or dissatisfaction always accompany our daily activities. This effective color is sometimes strong, sometimes weak, or vague. At the same time, Daniel Goleman (1999) says that emotions are related to typical feelings and thoughts, biological and psychological states, and certain tendencies to act. There are hundreds of emotions and their mixtures, variations, mutations, and shades. It's true, feelings have more subtleties than words. In psychological theory, emotions are divided into two types, namely positive and negative emotions. Psychologists assume that if negative emotions can be eliminated, positive emotions will automatically replace them. Seligman shows that a happy life is a life that can show positive feelings towards the present, past and future. Ekman (Matsumoto, 2005: Matsumoto and Ekman 2007) argues in his systematic and rigorous study that universal emotional expressions include anger, disgust, fear, happiness, sadness and also surprise.

In everyday language, the word "trauma" is often used to describe negative experiences that are always remembered. In fact, the word "trauma" which means "wound" (Latin) is vocabulary that describes an event or a person's experience in reacting to that event. Psychiatrists began using the term trauma to refer to the psychological and emotional experiences resulting from an event that threatens or endangers a person's life. Such experiences are considered to have the potential to cause mental health problems. In this context, the term trauma is defined as "wound of the soul" or "soul wound". In the fields of psychology and psychiatry, represented by the American Psychological Association (APA), trauma is defined as an extraordinary event that threatens a person's life and self-esteem and is considered a possible cause of death that causes extraordinary fear, uncertainty and the person was helpless during the incident. (CAPA 2008.matter.2). Various feelings and thoughts after the event are called psychophysiological anxiety responses or emotional shock (Schauer, Neuner & Elbert, 2005; James, 1989). So the nature of trauma is the extraordinary shock effect, the frightening nature of the event and the reaction of the helpless person.

Emotional control is the process of regulating emotions in one's mind (Amanullah, 2022). This leads to stable emotions. Emotional stability is a good emotional state where a person is able to survive in mild or severe situations (Ulya et al., 2021). A stable emotional state makes a person resist emotional stimulation so that they do not express their feelings excessively (Ulya et al., 2021). Someone who can control their emotions is able to motivate themselves and is much more productive in doing things (Puspita, 2019). A person can survive disappointment, regulate his mood

and not overreact to situations (Mastiningsih, 2019). The ability to control emotions. This is especially necessary to relieve tension that arises due to increased emotions (Puspita, 2019).

There are two methods used to explain emotional control, namely emotional control according to psychology and emotional control according to Islam. Both methods will be explained in more detail.

According to psychology, emotional control is divided into three models, including:

1. Transfer model, ie. control emotions by redirecting or directing emotional tension towards other objects.
2. The cognitive adaptation model is adaptation between experience and stored information (knowledge) tries to understand the problems that arise.
3. Endure, accept or experience everything in life including gratitude, patience, forgiveness and adaptation
4. Other models such as regression, emphasis and relaxation

Emotional control according to Islam is divided in some ways are reading the Koran, maintaining ablution and dhikrullah.

1. Reading the Koran. When people are angry or filled with strong emotions, they tend to lose their ability to think healthily. Therefore, when you are angry, you should not do actions that you will later regret and it is advisable to read the Koran.
2. Maintaining Wudhu, emotion (anger) is like fire and fire is only worse than water. Wudhu water can cool the mind, calm the heart and control emotions. The splash of ablution water makes us feel cooler than before. Apart from providing coolness and comfort when performing ablution, ablution can also relax the mind and calm the body.
3. Dhikr, an angry person is compared to a person in a trance who does not remember God, ie. Remembering Allah (istighfar), the anger that a person experiences disappears. Also, when dhikr is recited repeatedly, the anger felt disappears.

Another way to manage emotion is through patient therapy. According to the Big Indonesian Dictionary (KBBI), online therapy means "efforts to restore the health of sick people; disease treatment; disease therapy" (KBBI, 2021). Which means treatment, healing, healing. Kartini Kartono said therapy is a way to cure mental disorders. Meanwhile, patience comes from the word Shabara-shabra which means to hold back, be strong, be united. Al-Munawi defines patience as the strength to fight against various sorrows and suffering, against real and perceived suffering, so that you no longer complain about the misfortunes you experience to anyone other than God. In fact, patience is one of the most important morals. By being patient, you will avoid embarrassing actions. Patience is the soul's potential to realize goodness and justice towards something. The soul is like a human vehicle on its journey to heaven or hell, while the position of the soul's patience is the same as the driver and control of the vehicle. If the vehicle is not secured it will be lost. Some moralists say: "Examine these souls, for they are indeed the vision of all evil. By being patient, we become individuals who can control ourselves better. Emotions do not easily lead us, especially to the point of hurting ourselves. Patience makes us refrain from feeling worried, anxious, angry, even with a sharp tongue and body parts that easily become inflamed due to anger. If our hearts are always patient in all situations, we will avoid various disgraceful actions that could happen to us at any time. Therefore, patience is an important position that is difficult to fill. However, we must try to be

patient because there is still a lot to learn. Hopefully we are all people who always practice patience and are not careless. Allah is with those who are patient

"And be patient, for Allah is with those who are patient." (QS. Al-Anfal: 46)

وَاطِيعُوا اللَّهَ وَرَسُولَهُ وَلَا تَتَزَعَوْا فَتَفْشَلُوا وَتَذْهَبَ رِيحُكُمْ وَأَصْبِرُوا إِنَّ اللَّهَ مَعَ الصَّابِرِينَ ٤٦

When the Prophet Muhammad preached Islam in Taif, residents threw stones at him. If we are treated like this, we will definitely lose our temper and become angry. However, this is different from what the Prophet Muhammad saw. He accepted this treatment patiently and firmly because there were risks in preaching. In fact, he forbade the angel Gabriel to reward Taif for his treatment. The Prophet Muhammad said that perhaps now they would not believe. However, it could happen another day. Therefore, instead of committing extermination, it is better to wait until their hearts are open to accept Islam. Subhanallah, how big the heart of the Prophet Muhammad SAW was. His patience and love are extraordinary. Do we still doubt the importance of patience? God is always with His patient servants. Allah will continue to guard, protect, care for and help His patient servants. However, patience in controlling the mind (soul) also takes various forms, such as:

- (1) patience in facing disasters. This means that when facing a disaster, it is advisable to restrain yourself and not fight back by complaining, shouting, hitting, destroying, or in other ways expressing anger.
- (2) Patience in bearing wealth. This type is called ab alNafs (self-control).
- (3) Patience in fighting is called Syajā'ah (courage) and its opposite is called Jubn (fear).
- (4) patience in restraining lust for forbidden sexual relations, which is called 'Iffah' and the opposite is Fujūr (adultery).
- (5) Patience not to overeat, which is called Nerve Nafs (respect for the soul) and a sense of peace of mind.
- (6) Patience not to be hasty and hasty is called authority or calmness, while the opposite is called carelessness.
- (7) Patience not to live excessively is called Zuhd, and its opposite is called Greed.
- (8) Patience to abstain from greed is called generosity.
- (9) Patience towards what one has now is called Qanā'ah. Patient therapy is a process carried out by experts to cure someone from the illness they are experiencing, both psychological and mental (Alang, 2020: 81). Therefore, patient therapy is psychological therapy given to someone with the aim of changing thought patterns. To achieve the patient's therapy goals, the technique used in this therapy is Sufi therapy (takhal, tahalli, taalli) which makes the client aware of himself through prayer, telling the story of the Prophet and asking for dhikr. build trust with clients and make clients feel comfortable and confident that the problems that occur are within their capabilities. Patience as therapy can be implemented through several steps, including:
 - 1) Be aware and understand the area of patience. Whether obedience, facing difficulties, or restraining oneself from falling into the trap of evil.
 - 2) understanding, comprehending and developing faith in how noble a person is who is patient and what results can be achieved if he can live patiently (disasters which are a test, rebuke

and consolation for the sins of humans. believers). Be aware, perhaps today you will be tested, rebuked for carelessness, or purified from sin.

- 3) Remain optimistic and believe that behind difficulties there is ease and God is with patient people. Every believer will definitely be tested with various trials; tested by poverty, hunger, taboo, lack of possessions and loss of loved ones, limited food and many more.
- 4) Don't complain too much to your partner, but complain to God.
- 5) Learn a lot from people in the past such as *menthala`ah qisasul anbiya`* and successful people who patiently lived the passion of life.
- 6) Always involve God in your life.
- 7) Always use the adage *ya sabar ya syakur* to change reading and habits so that they seem harmonious, in sync with the movement of the breath and pulse as an anti-virus for life.

Conclusion

This research aims to help subjects understand the impact of emotional stress on subjects during traumatic events. This aims to find out whether the trauma exists or not. The results showed that the subjects were still experiencing trauma, which gave rise to biases that made the subjects vulnerable to providing empathetic responses. The treatment provided includes making a wish list, checking the subject's emotional state in a diary, and providing treatment options to control the subject's emotions and provide a positive response to the treatment.

The definition of emotion was put forward by Sarlito Wirawan Sarwono (1974), who stated that "we are always faced with our emotions, whether happy or sad". These feelings of happiness or dissatisfaction accompany our activities during the day. These effective warnings are sometimes sharp, sometimes slow, or sometimes subtle. At the same time, Daniel Goleman (1999) states that emotions are related to past experiences and memories, biological and psychological problems, and the inability to cope in the present. There are hundreds of emotions and physical ones, variations, remedies, and shades. It is true, compared to words, sentences have more semantic depth. From According to psychological theory, emotions are classified into two categories: positive and negative emotions. Psychologists assume that if negative emotions can be suppressed, then positive emotions will counteract them. According to Seligman, a happy life is a way of life that can show a positive attitude towards time.

Patience has various forms, such as facing disasters by refraining from anger and expressions of anger. Apart from that, patience also includes self-control over wealth, courage in fighting, restraining lust for forbidden relationships, not overeating, not being in a hurry, abstaining from excessive living, abstaining from greed, and maintaining one's current state. Patient therapy is psychological therapy that uses Sufi techniques to change a person's thought patterns. Therapeutic steps include realizing and understanding various forms of patience, understanding the faith and life that can be produced with a patient attitude, remaining optimistic and believing that there is ease behind difficulties, complaining to God not other people, learning from successful people, involving God in life, and using the saying "*ya sabar ya syakur*" in life.

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