

Effectiveness of Istighfar Dhikr Therapy as Emotional Control in Students Experiencing Toxic Friendship

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ABSTRACT

This research is motivated by the toxic friendship problems experienced by clients. A toxic relationship can lead to internal conflict. This internal conflict leads to anger, depression or anxiety. This makes it difficult for people in toxic relationships to live well for their mental health, resulting in impaired emotional control with a tendency to get angry easily over trivial things. The counselor in this study made efforts by using Istighfar dhikr therapy techniques. This study aims to help clients control their emotions by doing dhikr istighfar to bring a sense of calm because they always remember Allah SWT. When the calmness has been achieved, the client is expected to be able to develop himself or achieve optimal self-realization, and eliminate emotional disturbances that can damage himself. In this article the researcher uses a qualitative research method of narrative analysis. using observation techniques, and interviews. The results in this study are that there is an Effectiveness of Istighfar Dhikr Therapy as Emotion Control in Students who experience Toxic Friendship.

Keywords: Istighfar Dhikr Therapy, Toxic Friendship

ABSTRAK

Penelitian ini dilatarbelakangi oleh masalah toxic friendship yang dialami oleh klien. Hubungan yang toxic dapat menyebabkan konflik internal. Konflik internal ini mengarah pada kemarahan, depresi, atau kecemasan. Hal ini membuat orang yang berada dalam toxic relationship sulit untuk hidup dengan baik untuk kesehatan mentalnya, sehingga mengakibatkan gangguan kontrol emosi dengan kecenderungan mudah marah karena hal-hal yang sepele. Konselor dalam penelitian ini melakukan upaya dengan menggunakan teknik terapi dzikir Istighfar. Penelitian ini bertujuan untuk membantu klien dalam mengendalikan emosinya dengan melakukan dzikir istighfar untuk memunculkan rasa tenang karena selalu mengingat Allah Swt. Ketika ketenangan tersebut telah tercapai, maka klien diharapkan dapat mengembangkan dirinya atau mencapai realisasi diri secara optimal, serta menghilangkan gangguan-gangguan emosi yang dapat merusak dirinya. Dalam artikel ini peneliti menggunakan metode penelitian kualitatif analisis naratif. dengan menggunakan teknik observasi, dan wawancara. Hasil dalam penelitian ini adalah terdapat Efektivitas Terapi Dzikir Istighfar sebagai Kontrol Emosi pada Mahasiswa yang mengalami Toxic Friendship.

Kata Kunci: Terapi Dzikir Istighfar, Toxic Friendship

Introduction

Students in their daily lives will always mingle and build relationships with fellow students. A good and familiar relationship will color his life, whether it will be better or vice versa. A good and familiar relationship will make him a friend while a bad relationship will make him not familiar and even become an enemy. Friendship is a close relationship between one person and another. Friends have a great influence on a person's behavior and lifestyle. Friendship will bring good and bad at the same time. That is, if we are friends with good people, we will be influenced to be good people too,

otherwise if we are friends with bad people we will be influenced to be bad people too (Dariyo, 2004: 47).

Nowadays, having a lot of friends can be an advantage. Many friends mean many connections that are useful for our careers. But in a friendship relationship, it is not easy. According to Brandt & Murphy (2002: 276) friendships have positive and negative characteristics. The positive quality of friendship is called support, which is the nature of mutual support such as closeness, prosocial behavior, and increased self-esteem. Meanwhile, the negative quality of friendship is called conflict, which is the source of conflict between them, including quarrels and competence in negative things. But in everyday life, it causes an unconscious negative effect that comes from the friendship environment around us, which in other words is called toxic friendship. Toxic friendships according to prof. Victoria Andrea Munoz Serra are those who say the words to be friends, but their actions cause pain because their behavior does not match what we expect from friendship (Ardha Kesuma, 2021: 54).

According to Yager as quoted by Riveni Wajdi toxic friendship is a friendship that is destructive and dangerous and is one-way pseudo-friendship no sharing no togetherness, no affection only thinking about themselves, benefiting one party and always trying to make things end badly. The problem with toxic friendship is that it destroys friendships between people and causes separation from the group, which then becomes the individual. This problem must be solved as soon as possible. Because if it is delayed, we are the ones who become the victims. However, the problem arises when we want to get rid of toxic friends that we sometimes feel sorry for. Remembering spending time together, but after they broke up, they left her alone. But if we stay friends, we suffer both mentally and physically. A person can be said to be a toxic friend if they cause chaos and division in their friendship. So that they end up being rejected and hated by their friends. However, some people do not realize that they are toxic and often hurt the feelings of those around them. Therefore, it is very important for humans to know the manners in making friends so as not to become toxic friends. The characteristics of toxic friends include greed, lack of empathy, selfishness, lying, overstepping boundaries, and rude behavior or speech that creates conflict. These effects make us feel tired and uncomfortable in toxic friendships.

In everyday life, students always interact with others and establish relationships. As a student, it is very important to sort out friendships so that they do not end up in toxic friendships. Toxic friendships have many negative impacts on anyone, both mentally and physically. Especially in groups of friends or friendships that tend to lead to toxic friendships. Often fights or arguments occur in a friendship. This is in accordance with Soekoo's research (2020) that friendships related to negative behavior cause physical aggression such as injury and non-physical aggression in the form of harsh words. Meanwhile, according to the book *Boox Of Toxic Relationships* by Ibrahim (2021), toxic friendship behavior is shy, rude, selfish and always wants to win alone (Sugeng Sejati., et. al. 2023: 239).

This toxic arises from internal and external factors that form a person's negative attitude towards the friendship environment with the impact received in the friendship which is very detrimental in friendship. Therefore, in the Gestalt approach, individuals can deal with toxic dynamics in friendships by developing self-awareness, taking concrete actions, and understanding personal feelings and needs.

But that does not mean there is no way to overcome it. The right way to overcome this is to use interpersonal communication between students who have friendship problems. Interpersonal communication allows students to build a strong identity and develop their potential with friends who have the same interests. Communication is an interaction between two or more living beings, so participants in this communication may include animals, plants, or even genies. Communication is broadly defined as sharing experiences (Afna, 2020). This communication has several types, one of which is verbal and nonverbal communication (Pohan, 2015). Verbal communication is communication that uses words, both oral and written (Kurniati, 2016).

Verbal communication is most widely used in human relationships, to express feelings, emotions, thoughts, ideas, facts, data, and information and explain them, exchange feelings and thoughts, argue with each other, and fight. Verbal communication that includes speech and messages received by individuals from someone can be positive or negative. It is not uncommon for negative verbal communication to be widely used today. Many people think that negative verbal communication is a natural form of cursing or insulting. The use of harsh words in pronunciation in verbal communication is often commonplace in a communication today, especially in human relationships such as friendship. Inappropriate word choice can trigger errors received by the interlocutor. Verbal violence in a relationship between humans is in the form of insults, harassment, and bullying or intimidation and selfishness. This negative verbal communication can unconsciously make someone uncomfortable and feel unappreciated in a relationship. However, many victims, especially students, have experienced and are trapped in toxic friendships and prefer to stay because of the fear of being able to socialize with others. This feeling is one of decreased self-confidence and feeling traumatized. In contrast, effective and positive verbal communication can help create healthy relationships and build trust and empathy between partners. Therefore, verbal communication is essential in building a quality relationship.

Non-verbal communication refers more to gestures or silent language (silent treatment). This non-verbal communication can recognize the interlocutor through the situation when the interlocutor is angry, happy, sad. The beginning of a person's meeting can also be assessed in terms of non-verbal communication by looking at posture movements (Kurniati, 2016). Nonverbal communication is very easy to understand because some messages are often applied, namely, in terms of facial expressions, vocals, and body gestures. The message can be negative and positive. If it is negative, it can affect the atmosphere or worsen the atmosphere. For example, an angry facial expression or physical distance can give an indication of dissatisfaction or disagreement. Negative nonverbal communication that occurs in toxic friendship will initially start from negative verbal communication, namely, by staying away and being manipulative, being selfish. Behavior that shows this will make one of the two parties feel unsafe and comfortable. Other examples of nonverbal communication that occur in unhealthy relationships or toxic friendships such as aggressive or rebellious gesticulation are signs that need to be watched out for. In addition, perpetrators who have negative nonverbal communication will tend to appear more oppressive and physically violent.

The impact of communication behavior on a group will be influenced by several factors as follows, (1) Conformity, which is a change in behavior / belief in group rules as a result of group pressure. (2) Social facilities, indicating the smoothness or improvement in the quality of cooperation because the group is watched. According to Robert Zajonc (1965) argues that the presence of others

can have an energy-generating effect on a person's behavior. (3) Polarization, which is the inclination to a more difficult or excessive position. If before joining the discussion the group members support something, he will still support it more strongly.

Friendship is a close relationship between one person and another. Friends have a great influence on a person's behavior and lifestyle. Friendship will bring good and bad at the same time. That is, if we are friends with bad people, it will also have a bad impact on us, which is commonly called Toxic friendship. Toxic friendship is a friendly relationship that is toxic and unhealthy and only benefits on one side and harms on the other. The characteristics of toxic friendship are criticizing, no empathy, stubbornness, and always dependent. Toxic friendship often occurs from the age of 9 years to adulthood. Toxics that often appear are bullying and physical violence. Someone who experiences toxic friendship is often unaware when they are trapped in this situation. Students who are trapped in toxic friendships due to negative verbal and nonverbal communication tend to deny or not realize because they think it is a natural thing and deserve it. Toxic friendship caused by negative nonverbal communication such as body language that does not show attention and empathy, causing violence. This can make one party feel unrecognized and unappreciated and feel demeaned.

In the Islamic view of negative verbal and non-verbal communication, it is prohibited and discouraged for fellow believers. Islam always respects each other and respects others. Protection of victims of negative verbal and non-verbal communication includes the rights of victims. Islam always emphasizes the importance of providing support and justice for victims of this negative verbal and non-verbal communication. Based on this explanation, the researcher is interested in understanding and knowing the toxic friendship events experienced by the client, using interview and observation techniques, so that the client can reveal his problems more openly, clearly, and honestly in revealing and describing the events he experienced.

Istighfar is something that is important for all Muslims. Not only because humans have a greater tendency to sin, but also because Allah SWT has repeatedly reminded both with His words in the Qur'an and through the words of His Messenger (Rasulullah SAW). Istighfar in the psychological sense is repentance for negligence in performing the rights of Allah, while abandoning sin, determination not to repeat it in the future, asking for the legitimization of human rights if the sin is related to humans who are loved by humans.

One of the recitations of dhikr, istighfar is a sentence that contains jahr letters. The benefits of reading istighfar (asking for forgiveness) as mentioned in the hadith. The words of the Prophet Muhammad SAW explain that Allah SWT promises that anyone who asks for forgiveness through istighfar can bring many blessings and positive results. Istighfar is an act of repentance to Allah SWT, acknowledging one's mistakes and asking for His forgiveness. Through istighfar, individuals can find solace in times of trouble and distress. With dhikr, heart anxiety, emotional anxiety and stress can disappear on their own. Eliminating anxiety in the relationship between him and Allah. People who are negligent will certainly be haunted by worries between themselves and Allah, which cannot be eliminated except by dhikr.

Method

This research uses qualitative research methods with narrative analysis research. Narrative research is a narrative report that tells a series of events in detail. In narrative research design, researchers describe individual lives, collect stories about people's lives, and write stories about people's experiences (Clandinin, 2007). According to Webster and Metrova (2007), narrative is a research method in the social sciences. The essence of this method is the ability to understand one's identity and worldview with reference to stories heard and told in everyday life. Therefore, narrative research can be defined as the study of stories that narrate and explain events that are the center of the researcher's attention based on a specific time order. Stories are written through the process of listening to others and meeting directly with informants through interviews.

This study consisted of 1 subject who experienced emotional control problems caused by toxic friendship. The subject in this study is a 21-year-old female student at one of the universities located in the city of Palembang. The data collection method uses interview and observation techniques. Robert Thompson describes an interview as a form of structured social interaction arranged by the interviewer with the aim of exploring the knowledge, views, and experiences of the interviewee. While observation according to Nawawi and Martini explains observation is an observing activity that involves structured recording. Consists of several elements that appear in the internal phenomena of the object of study. The results of this process are reported in a systematic report according to applicable regulations. In this study, researchers used purposive sampling technique. According to Arikunto (2006) purposive sampling is a method of collecting illustrations without being based on random, region or strata, but rather based on the existence of a view that is focused on a particular target.

Results

In this modern age, having a lot of friends is very beneficial. Having many friends means having many connections that can be useful from a professional standpoint. But friendship is not easy. According to Brandt and Murphy, friendly relationships have positive and negative characteristics. The positive quality of friendship relationships is called support. that is, mutual support for each other, including closeness, prosocial behavior, and increased self-esteem. Conversely, the negative quality of friendship is called conflict and becomes a source of conflict between the two parties, such as disputes and competence in negative things (M. Amir., et. al. 2020: 94). Based on interviews that have been conducted, the client is a student who experiences toxic friendship, he experiences problems controlling anger, and is easily emotional about trivial problems, because he often harbors emotions when he is angry. The client is afraid that if he tells the truth his friend will be offended.

This problem of difficulty controlling emotions will arise when there is a mistake made by the client's family. The client will vent his emotions to the family who made a trivial mistake. This happens because the client harbors emotions when dealing with his toxic friend. During his friendship, the client felt pressured, not free to give advice, used, and not appreciated by his friend. Dariyo (2003) states that friendship is an emotional relationship between one or more people of the same or different sex and is intended for mutual trust, mutual respect, and mutual encouragement. According to Rahmat (2014), friends always have people who love them, are happy with their existence, have the same thoughts and interests, help each other, trust each other, and provide mutual

support and affection. According to Berndt (2002), friendship is a friendly relationship that exists from childhood to adulthood, grows together, does the same things, shares feelings emotionally, and is open to each other.

As a student the client has quite a few friends. At one time the client had felt the loss of a friend because of a difference in understanding, the client felt sadness over this. However, as time goes by the client always tries to build communication and the relationship can be repaired by communicating with each other. Communication is very important in a friendly relationship. The purpose of friendly communication is to get to know each other's personalities, maintain friendly relationships, change attitudes and behaviors, and help each other when facing problems. Establishing a friendly relationship without communication will inevitably lead to misunderstandings and conflicts (Novita, 2012). From a sociological point of view, humans as social beings feel satisfied and happy when living together, while humans as individuals feel happy when they are able to satisfy themselves. Therefore, peer groups are formed as a place for adolescents to live together. From the perspective of communication psychology, building interpersonal relationships and more mature communication with peers is one of the developmental tasks of adolescence.

Clients always try to build good communication with the people around them. When facing a problem the client tends to be open to discussing the problem with the person concerned in order to get the best solution. Related to his efforts in building communication, the client found it easy to find solutions and succeeded in fixing the problems he experienced. However, currently the client is trapped in a toxic situation so that he is unable to solve this problem effectively because of the many negative impacts the client gets. In this counseling session, the researcher as a counselor uses istighfar dhikr therapy to foster calmness in the client and in the hope that the client can control his emotions well.

Clients are given the task of doing routine istighfar dhikr therapy in one week. The counselor recommends clients to do dhikr therapy during the day, namely after the client performs dzuhur and asr prayers. In one day the client is given the responsibility to dhikr 70x. The media used are wooden prayer beads and digital prayer beads to make it easier for clients to count the number of dhikr that has been said. The result of the application of dhikr therapy carried out by the client is the effectiveness of istighfar dhikr therapy as emotional control in students who experience toxic friendship.

Discussion

A toxic friendship can be realised when the friendship constantly makes us feel uncomfortable or negative. Instead of supporting us, toxic friendships can leave us feeling powerless. Even worse, toxic friendships can make us feel depressed and stressed over time, and even affect our physical health, yet we ignore them. Toxic friends show signs of greed, lack of empathy towards their friends, self-centredness, lying, inconsistent speech, off-colour jokes, lack of trustworthiness, abusive behaviour, and eventually lead to conflict. Having a toxic friendship can make a person feel physically and mentally exhausted due to the discomfort of a toxic friendship environment (Alvin Jonathan, Fladinand Alfando, Viviana Fransisca: 48).

Toxic friendship is an unhealthy relationship where one person feels unsupported, judged, disrespected, even attacked, and all kinds of other bad things that can occur in interpersonal communication and affect daily life. ranging from experiencing anxiety, stress and low self-confidence in daily academic activities. Toxic friendship between students and its impact on student life (Zubaidah, Z., Yeni, P., & Irman, 2022). The client has experienced a condition where he is not listened to when giving advice so he feels what is done is in vain even though the client wants to be appreciated in the hope of getting a good response from his friend for the advice he has given and the advice given is appropriate where for the common good.

As a result of the toxic friendship he experienced, the client experienced difficulties with emotional control, getting angry easily over trivial things. Toxic friendships are bound to hurt us emotionally more than they help us. It affects stress, sadness and anxiety (Bonior, 2012: 26). Toxic friendships cause deep trauma, and afterwards, even though the person really wants a place that makes them feel good, it is hard to believe that they don't have good friends when that is what they need. A comfortable place to express feelings other than family.

The client has experienced a condition where he was jealous of his toxic friend when the client played with his other friends. The client feels uncomfortable about this because according to the client he is free to want to play with anyone because the client's world is not only with him. The problem with toxic friendship is that it destroys friendships between people and causes separation from the group, which then becomes the individual. This problem must be solved as soon as possible. Because if it is delayed, we are the ones who become the victims. However, the problem arises when we want to get rid of toxic friends that we sometimes feel sorry for. Remembering spending time together, but after they broke up, they left him alone. But if we stay friends, we will suffer both mentally and physically. A person can be said to be a toxic friend if they cause chaos and division in their friendship. So they end up being rejected and hated by their friends. However, some people do not realise that they are toxic and often hurt the feelings of those around them. Therefore, it is very important for humans to know the manners in making friends so as not to become toxic friends. The characteristics of toxic friends include greed, lack of empathy, selfishness, lying, overstepping boundaries, and rude behaviour or speech that creates conflict. These effects make us feel tired and uncomfortable in toxic friendships.

Dhikr is one intervention that can be used as a psychological intervention to control emotions. This is because the use of dhikr can bring calmness in the heart so as to reduce emotional feelings. This is in accordance with one of the verses contained in the Qur'an, namely Surah ar-Ra'd verse 28. "Remember, only by remembering Allah does the heart become peaceful." One of the dhikr taught by Allah and the Prophet Muhammad SAW is Istigfar. The dhikr of istighfar is able to eliminate one's sadness. Al-Muqaddam (2015) revealed, there is a hadith story from Abdullah bin Abbas. He said: Say: "O Messenger of Allah, may God bless him and give him peace." He revealed himself and God fed him from a direction he did not expect" (HR Abu Daud, Ibn Majah, Al-Bayhaqi, As-Tabarani).

Dhikr, including Istigfar Dhikr, can be an effort to get closer to Allah SWT as we remember Him. Dhikr means always remembering, fearing and desiring Allah and believing in the will of Allah in all matters and circumstances. Dhikr helps individuals develop awareness in addition to fear, the belief that with Allah's help they can successfully cope with any stress. When people do dhikr, they feel close to Allah, under His care and protection, thus developing a sense of confidence, strength,

security, peace and happiness. Dhikr calms a person down, suppressing the work of the sympathetic nervous system and activating the work of the parasympathetic nervous system.

Dhikr will make a person feel calm so that it then suppresses the work of the sympathetic nervous system and activates the work of the parasympathetic nervous system. One of the recitations of dhikr, Astagfirullah al-adzim, according to Yurisdaldi (2010), is a sentence containing jahr letters, such as the sentence of tawhid and istighfar, which will increase the removal of carbon dioxide in the lungs. Another benefit is to produce relief from distress. This is as mentioned by the Prophet Muhammad (peace be upon him) "Whoever always prays istighfar, surely Allah will provide a way out of every difficulty, provide relief from distress and provide sustenance for him from an unexpected direction" (HR. Abu Dawud and Ibn Majah). From this hadith, we can learn that dhikr, especially reciting istighfar, has the virtue of bringing relief and tranquillity.

The client performs istighfar dhikr therapy twice a day which the counsellor recommends to be applied during the day, namely after dzuhur and asr prayers for 70x continuously regularly in one week. The client uses wooden prayer beads and also digital prayer beads to make it easier for him to count the number of dhikr recited. After the implementation of dhikr therapy is carried out regularly, the client feels the effectiveness of istighfar dhikr therapy as emotional control. Several factors support the effectiveness of istighfar dhikr, namely; done regularly, khusyu', surrender to Allah SWT. asking for forgiveness and guidance on the problems faced. There are differences in the client's views after applying istighfar dhikr therapy where the heart becomes calmer, the mind becomes more open in addressing the problems the client faces, and the client is able to control emotional irritability. In this study, of course, there are limitations where the final results are only confirmed via Whatsapp. Suggestions for further research are to be able to plan meetings with clients to ask about the results of implementing therapy, regarding what difficulties / obstacles the client may experience during the implementation of therapy.

Conclusion

Based on the research that the researchers have done, it can be concluded that the application of istighfar dhikr therapy to students who experience toxic friendship has effectiveness in controlling emotional irritability. Toxic friendship is a negative thing that happens in a friendship relationship where it only benefits one party and harms the other. Many negative consequences arise from toxic friendships, one of the only problems experienced by clients in this study is emotional disturbance as a result of often harbouring emotions towards their friends' attitudes. As a result of frequent suppression, the client's emotions will explode when his family makes trivial mistakes. In this problem, dhikr is one of the interventions that can be used as a psychological intervention to control emotions. This is because the use of dhikr can bring calmness in the heart so as to reduce emotional feelings.

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