

EFEKTIVITAS TERAPI ZIKIR DALAM MENGONTROL EMOSI

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ABSTRACT

Mental health is one of the important variables determining human health. The importance of mental health has encouraged a lot of research to determine the determinants of mental health. Research shows that religion is a fairly good modality for promoting mental health in Indonesia, one of which is in the form of Islamic psychotherapy, using dhikr-based methods. Much research has been conducted on Islamic psychotherapy in Indonesia, but shows inconsistent results. The hypothesis in this research is that Islamic psychotherapy is effective for improving mental health.

Keywords: *Islamic Psichotrapy¹, Mental health².*

Introduction

Emotions are subjective experiences that can be felt physically, which tend to change and fluctuate. Emotions can be grouped into two parts: sensory emotions (which are caused by external stimuli, such as cold, sweet, sick, tired, full, and hungry) psychological emotions which are usually known as psychic (have psychological causes, such as intellectual feelings, social feelings, and moral feelings). Peace of mind is a soul that is colored by qualities that lead to safety and happiness. These qualities are gratitude, patience, fear of sin/torment, love of Allah, hope for Allah's reward, approval of Allah's destiny, and taking into account one's deeds during life (Al Ghazali, 1984).

Stress is described as an unpleasant experience, a condition of feeling under pressure that is disproportionate to one's abilities, or as a situation that is felt to be unable to be overcome or controlled (Looker & Gregson, 2005). Then Sarafino (1998) described stress as a condition caused by individual transactions with the environment, making individuals perceive a gap, whether real or not, between demands originating from the situation and the resources of one's biological, psychological and social systems. Next is Baqutayan (2011). Explain that stress is something that causes mental, physical or spiritual tension. Emotions can distort our way of thinking, in assessing, concluding a problem, both in looking at points of view to find the truth of a problem, turning friends into enemies, and can become a problem if it is too excessive or easily provoked. Emotional disorders which tend to often be unstable are conditions that can result in a lack of emotional stability resulting in individuals being unable to control their emotions which often tend to change spontaneously so that they cannot be controlled. The characteristics of unstable emotions include: The first is more subjective than other psychological events, such as observations and thoughts. Apart from that, it is fluctuating (not fixed). Then, there are many things related to the introduction of the five senses

In order to overcome unstable emotional disorders, dhikr is an alternative, as a way to deal with emotional outbursts. Shihab (2008) explains that the current era is an era of anxiety, life's problems can be seen and felt wherever the individual is. The problem of unstable emotions itself has fatal consequences because of the lack of stability in controlling emotions, which is very detrimental to many people, as well as oneself, and when individuals have unstable emotions, decisions taken in a hurry tend to more often result in regret, because Zikr therapy is an alternative method that can help individuals overcome emotional disorders that cannot be controlled. Dhikr: Dhikr or circulation of Allah's name can help develop better mental abilities. As research by S. M. S. S. (2012) shows that dhikr can help reduce emotional mental disorders.

Like research conducted by, Kumala, O. D., Kusprayogi, Y., & Nashori, F. (2017), namely conducting research on individuals aged 55-77 years, regarding training in increasing mental calm, in hypertension sufferers, using zikr training. , in increasing mental peace, which used 8 people as subjects in its research. And this research uses an experimental method with a pretest and posttest design model. The training was held in 7 meetings. Measurements were taken before training (pretest) and after training ended (posttest). Data were analyzed with the Wilcoxon rank test using SPSS 16. Based on the results of research data analysis, the Z score = -2.627 and $p = 0.008$ ($p < 0.05$). These results show that there is a significant difference in the level of mental calm before receiving training and after providing training.

The subjects in this research are students, who are in the city of Palembang, early adolescents who have emotions that are difficult to control, both in terms of speech and thought, these individuals' lives do not match their normal peers, who can control their emotions, so that they do not become individuals who toxic, negative thoughts, dirty words, always appear both in the subject's thoughts and words, caused by someone close to him, the subject feels that the person closest to him is the reason his emotions are difficult to control. The subject felt sad, when his emotions overflowed and hit people who were not at fault at all, the subject even hit an online motorcycle taxi because of a small problem, his emotions could explode, but sometimes the subject preferred silent treatment. The location of this research is at Raden Fatah University, Palembang, Faculty of Islamic Psychology, Palembang.

This research will discuss the research methodology used, the expected results, and the implications of the results in this research in a broader context. The intended implications are related to services related to mental health, education related to the importance of human psychological health, both covering the whole living creatures, especially humans. Providing the rights for every individual to voice their opinion, as well as providing an understanding regarding their psychological well-being, it is hoped that more effective efforts can be taken in helping individuals overcome the psychological pressure that individuals experience, in controlling emotions, so as to improve the quality of psychological well-being. that they have. It is hoped that the results of this research will provide an overview regarding the lives of individuals who have problems with self-control, so it is very important for each individual to immediately work on their psychological well-being. Judging from the World Health Organization (Hawari, 2011) which states that the religious (spiritual) aspect is one element of understanding complete health.

Method

The method used in this research is using a qualitative method with a case study, which focuses on in-depth understanding of one subject, who has difficulty in controlling emotions. The approach to collecting data in this research uses an observation and interview approach, as a tool in exploring understanding. in depth regarding the effectiveness of dhikr therapy in controlling emotions, on subjects who have difficulty in controlling emotions, this research also uses the impact of dhikr therapy, related to the psychological well-being of the subjects, this research uses audio recording techniques, data is collected through recorded discussions with individuals who have internal disorders. emotional control, namely students in the city of Palembang who were the research subjects. As for the basis used, namely the holy verses of the Qur'an, Allah emphasizes in the Qur'an Surah Ar-Ra'd verse 28 which means "they are believers, whose hearts are calm because they always remember Allah. Know that with the remembrance of Allah the heart becomes calm."

Results And Discussion

Disturbances in emotional control have a very negative impact, if appropriate treatment is not immediately given, therefore it is important for individuals to have good self-control, so that it can make it easier for individuals to interact with other people and the surrounding environment. Relaxation from prayer, dhikr and reading the Koran can produce many long-term benefits for the health and well-being of individuals (Ibrahim, 2003). Difficulty in controlling emotions is a challenge that many people face. There are several reasons why individuals experience difficulty in controlling their emotions: Such as having a complicated emotional history, having a bad childhood experience, a disturbing emotional experience, or losing a loved one and thus creating a wound that is so painful that it triggers deep emotional feelings. This has an impact on individuals who experience difficulty in managing their emotional responses to difficult situations. Strong or disproportionate emotional reactions can be a sign that a person is struggling to overcome these wounds. In cases such as these, professional help or psychological support may be necessary to assist individuals in coping and controlling their emotions

Like a lack of self-awareness, having low self-awareness can result in someone having difficulty controlling emotions. When individuals are not aware of or do not recognize their own emotions, individuals tend to react impulsively to make decisions, without careful thought. To overcome this problem, it is important for a person to increase their self-awareness. Therefore, this research aims to explore the effectiveness of remembrance therapy in controlling emotions, among students in the city of Palembang, problems related to the complexity of controlling emotions continue to go hand in hand with individual lives, giving rise to significant psychological burdens if not immediately addressed. The results of this research have a positive impact from remembrance therapy in emotional control on one subject, with the initials (EP) aged 21 years, lives in the city of Palembang as a student in that city, (EP) experiences difficulty in controlling emotions, makes (EP), tends to be easy to say toxic, even when he expresses his emotions towards a friend who has not done anything wrong (EP) will still curse, when (EP) realizes that the person he is cursing is not involved, (EP) will apologize, but (EP) admits that in his heart it is Deep down I don't feel the slightest guilt. (EP) will not apologize repeatedly if (EP) is not forgiven. (EP) also tends to prefer to keep problems hidden rather than having to exhaustively explain where the problem lies. So when the problems pile up and when emotions explode, it will impact people who have nothing to do with it. (EP) admits that he has a complete family, complete parents, however (EP), is confused about

why he has difficulty controlling his emotions.

Among the problems that occur, there is a continuity related to the effectiveness of remembrance therapy in controlling emotions, from the psychological pressure of the individual, related to the acceptance of the application of remembrance therapy which has succeeded in producing significant results, in generating positive feelings as well as alleviating negative feelings, which are difficult to control. In an individual's life, this includes all aspects, such as stress, anxiety which dominates an individual's life, dhikr therapy appears as an alternative in reducing negative feelings and regaining control over the individual's emotional life in the individual's emotional life.

The results of this research show that remembrance therapy is effective in increasing positive feelings in students in the city of Palembang, which reflects positive things related to the emotional psychological well-being of these individuals. This research also realizes the importance of giving positive affirmations to other people. Individuals who have difficulty controlling their emotions have big challenges for themselves. Therefore, remembrance therapy is present as a solution to this problem. By addressing the human aspect, emotional well-being has been proven as an alternative in overcoming individual psychological burdens, as a bridge in improving their quality of life.

The results of this dhikr therapy provide knowledge regarding how dhikr therapy works. can have a positive impact on individuals who have psychological stress. with various backgrounds both in environmental and family situations, with this view we can encourage expanding access to remembrance therapy. to those who experience difficulty in controlling their emotions. As research by S. M. S. S. (2012) shows that dhikr can help reduce emotional mental disorders. This is also supported by research conducted by, Kumala, O. D., Kusprayogi, Y., & Nashori, F. (2017), namely conducting research on individuals aged 55-77 years, regarding training in increasing mental calm, in hypertension sufferers. , using dhikr training to increase mental calm, which used 8 people as subjects in its research. And this research uses an experimental method with a pretest and posttest design model. The training was held in 7 meetings. Measurements were taken before training (pretest) and after training ended (posttest). Data were analyzed with the Wilcoxon rank test using SPSS 16. Based on the results of research data analysis, the Z score = -2.627 and $p = 0.008$ ($p < 0.05$). These results show that there is a significant difference in the level of mental calm before receiving training and after providing training. As previous research conducted by Achmani (Prayitno, 2015) showed that dhikr and prayer therapy with regular breathing can influence brain function, especially the cerebral cortex.

Conclusion

Within the territory of Indonesia, psychological instability is still found among teenagers and middle-aged people who have psychological disorders. This psychological pressure occurs due to many factors, even though the individual has a harmonious family, it does not rule out the possibility of the individual experiencing psychological stress disorders, difficulty in controlling emotions. Being a source of challenging problems that cannot be taken lightly, therefore Islamic psychotherapy based on remembrance is present, as an alternative in dealing with psychological stress disorders, related to the difficulty of individuals in dealing with emotions that arise. The results of our research reveal positive, significant results from the effectiveness of remembrance

therapy in controlling emotions. Providing a positive impact regarding emotional well-being, in the interpersonal relationships that students have. This research explains how important it is for individuals who experience difficulty in controlling their emotions to immediately seek appropriate treatment, in order to minimize psychological stress disorders so that they improve quickly. With their psychological understanding, we can also get an idea of how to strive for more positive things. As a way to improve the quality of our lives. As researchers, we really hope that this research can provide a better picture regarding the importance, attention related to the psychology of each group, and the positive impact that remembrance therapy provides as a bridge in supporting those who experience psychological stress and find it difficult to control their emotions.

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