

Psychoeducation The Effect Of Fasting On Human Psychology In Psychology Students Of Malikussaleh University

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ABSTRACT Fasting is one of the forms of worship contained in the teachings of Islam. Fasting is divided into obligatory fasting and sunnah fasting. Most Muslims who do not understand the implicit meanings in every teaching of the Islamic religion will definitely take the commands taught in the religion seriously. The target of this research is students who do not necessarily understand the essence of the command to fast for Muslims. This activity involved 10 students from the Malikussaleh University Psychology Study Program. Based on the post-test given to respondents after the activity took place, it showed a significant impact on respondents, namely psychology students at Malikussaleh University, regarding their awareness of the benefits of fasting prescribed in Islamic teachings for human psychological stability when carrying out it.

Keywords: *Fast, Muslim, Psychology*

1. INTRODUCTION

Fasting is one of the forms of worship contained in the teachings of Islam. Fasting is divided into obligatory fasting and sunnah fasting. Both obligatory and sunnah fasting have almost the same virtues. The two are only distinguished by the recommendation for their implementation, namely that obligatory fasting is an obligation that must be carried out as written in Surah Al Baqarah verse 183. Allah SWT says, "O you who believe, it is obligatory upon you fast as was prescribed for those before you so that you may become pious." Meanwhile, sunnah fasting can be done or not. Fasting carried out by Muslims basically has many benefits, but people are less aware of its benefits for human life and health.

Most Muslims who do not delve into the meaning implied in every teaching of Islam will certainly take seriously the commandments taught in religion. But the truth is that these teachings have a positive impact on life. In the study Mattson, a neurologist, showed that a proper diet such as fasting, can significantly protect the brain from degenerative diseases such as Alzheimer's or Parkinson's. The results showed that the diet by limiting calorie input 30% to 50% of normal levels, the impact on decreased heart rate and blood pressure, as well as rejuvenation of brain cells. While Hawari, professor of psychiatry UI Jakarta in his research found that non-psychosis mental disorders (such as phobias, obsessive compulsive, and panic disorder) can be cured by fasting therapy.

In 2016, Japanese researcher Yoshinori Ohsumi won the Nobel Prize in Physiology or Medicine. Research on the concept of Autophagy implemented in the form of fasting. The concept of autophagy is when a person's body is hungry, then his body's cells are hungry and will eat his cells that are no longer useful or cells that have been damaged (Dead Cells) so as not to become waste in the body that can harm his body. In other words, the body of the fasting person will cleanse itself. In the period from 8 hours to 16 hours, the body will form a special protein called autophagosome in all parts of the body. The autophagosome can be analogous to a giant broom that collects useless cells (dead cells) and also other cells that harm the body, such as: cancer cells and germ cells (viruses or bacteria) that cause disease, then the autophagosome protein analyzes it and eats harmful cells. The conclusion of the research, suggesting that a person can undergo practice fasting two or three times a week.

The target of this study is students who are not necessarily able to understand the essence of the command of fasting for Muslims. In this study conducted a survey of psychology students Malikussaleh University which in fact the majority of Muslims to associate fasting with the human psychological side. However, most students have not knowing that there is a need for psychoeducation that provides awareness to students in general and psychology students in

particular about the benefits of fasting that affect human psychological aspects.

One solution to make muslim students aware of the benefits of fasting on human psychological aspects is through psychoeducation about the benefits of fasting for human psychological health. Psychoeducation is expected to improve students ' understanding of the benefits of fasting on human psychology.

2. METHOD

This activity involved 10 3rd semester students of Malikussaleh University with an average age of 19 years to 21 years. Before starting to explain the material, the respondents were given a pretest first to find out their initial understanding of the effect of fasting on human psychology, then the respondents were given posters as a medium used to provide education accompanied by an explanation presented by two materials. Furthermore, the speaker distributed the post-test with the aim to determine changes in understanding obtained from the material that has been presented.

3. RESULT AND DISCUSSION

Psychoeducation activities conducted by our group affect the sensitivity of psychology students to the psychological benefits of fasting for each individual who lives it. In addition, the post-test given to respondents after the activity showed a significant impact on respondents, namely psychology students of Malikussaleh University, their awareness of the benefits of fasting in the teachings of Islam for human psychological stability when carrying it out.

Before the psychoeducational activity on "the effect of fasting on human psychology" was held, most of the students were not too concerned about the benefits of fasting for one's psychological condition. However, after the psychoeducation, students who become respondents and / or audiences tend to understand more about the essence of fasting, especially for emotional and psychological stability of individuals who practice fasting. With the psychoeducation activities with the theme can improve the understanding of psychology students Malikussaleh University that psychologically fasting can make a person who fasting controlled his passions and emotions. Fasting has a positive effect on feeling more patient and sincere.

Yahman said that fasting is very good for one's emotional health. The benefits of fasting include: (1) Self-Control. There is no command to restrain thirst and hunger and negative emotions that occur in a human being other than by the command of fasting. Instinctively humans will eat when hungry and drink when thirsty. By fasting man is trained to control himself because he is aware that he is fasting. (2) restrain emotions, temperamental attitude in humans is sometimes difficult to control. Therefore, by fasting people will practice to restrain negative emotions and try to stay calm because there is a value in fasting that teaches "when fasting should not be angry" so

that the value can be the reason someone who is fasting to refrain from overflowing negative emotions. (3) teach the meaning of sharing. In Islam there is a month that is required to fast in the month of Ramadan. In this month, there will be an increase in the number of Muslims. In addition to fasting Muslims are also highly encouraged to share with each other. Positive impact caused when people fast that will make Muslims aware that fasting is not only an obligation in worship, but it has more value and benefits than that. If studied from a psychological point of view, then fasting will have a positive impact on intelligence emotional person who lives it. This indicates that the psychological aspects of a person can be improved and improved through fasting that is done regularly.



Figure 1. Media used in conveying material



Figure 2. Provide material influence of fasting on human psychological

4. CONCLUSION

Based on the psychoeducation activities that have been carried out, it can be concluded that most of the psychology students at Malikussaleh University do not understand the benefits of fasting for life, especially from the human psychological aspect. After psychoeducation to some students showed significant results, namely the emergence of awareness of psychology students of Malikussaleh University, the majority of Muslims about the influence of positive fasting for individual emotional intelligence and increased stability of the psychological aspects of a person who is fasting.

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