

Psychoeducation on the Role of Remembrance (Zikir) and Prayer (Sholat) in Islamic Psychotherapy to Alleviate Stress

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ABSTRACT This study aims to provide information on how students can cope with stress through the practice of dhikr (remembrance of Allah) and prayer (shalat). The method employed is persuasive, utilizing an approach characterized by wise and meaningful calls and invitations, without any elements of coercion. The population targeted for psychoeducational activities includes students from various disciplines, including mathematics, agribusiness, and psychology. The educational sample consists of 6 respondents, with a breakdown of 3 students from the mathematics department, 2 from psychology, and 1 from agribusiness. The psychoeducational session took place on December 17, 2023. The results of the psychoeducation reveal that dhikr and prayer play a significant role in alleviating stress and anxiety among students. This conclusion highlights the effectiveness of a psychoeducational program based on religious values, particularly emphasizing the practices of dhikr and prayer, in supporting the psychological well-being of students. This study aims to provide information on how students can cope with stress through the practice of dhikr (remembrance of Allah) and prayer (shalat). The method employed is persuasive, utilizing an approach characterized by wise and meaningful calls and invitations, without any elements of coercion. The population targeted for psychoeducational activities includes students from various disciplines, including mathematics, agribusiness, and psychology. The educational sample consists of 6 respondents, with a breakdown of 3 students from the mathematics department, 2 from psychology, and 1 from agribusiness. The psychoeducational session took place on December 17, 2023. The results of the psychoeducation reveal that dhikr and prayer play a significant role in alleviating stress and anxiety among students. This conclusion highlights the effectiveness of a psychoeducational program based on religious values, particularly emphasizing the practices of dhikr and prayer, in supporting the psychological well-being of students.

Keywords: *Psychoeducation, Role Of Remembrance (Zikir), Prayer (Sholat), Islamic Psychotherapy, Alleviate Stress*

1. INTRODUCTION

In the current landscape of mental health, the escalating prevalence of stress has emerged as a pervasive concern, transcending geographical and cultural boundaries. The rapid pace of modern life, marked by incessant technological advancements and societal complexities, has given rise to unprecedented levels of stress that impact individuals across diverse backgrounds. This phenomenon underscores the need for innovative and culturally sensitive approaches within psychotherapy to address stress, prompting a focused exploration into the realm of Islamic psychotherapy.

Amid the diverse array of therapeutic modalities, Islamic psychotherapy has garnered attention for its potential to integrate spiritual and psychological dimensions. This scientific inquiry directs its focus towards the psychoeducational aspects of Islamic psychotherapy, specifically examining the roles of dhikr (remembrance of God) and salah (ritual prayer) in stress management. Dhikr and salah, deeply rooted in Islamic tradition, present unique avenues for individuals to connect with their spirituality as a means of coping with stressors. This research aims to elucidate the psychological underpinnings of these practices, emphasizing their potential as psychoeducational tools within the broader framework of Islamic psychotherapy.

As stress-related issues continue to impact individuals globally, there is a growing recognition of the importance of culturally informed interventions that resonate with diverse populations. The intersection of traditional Islamic practices with contemporary psychotherapeutic approaches offers a promising avenue for enhancing mental health care. By delving into the psychoeducational dimensions of dhikr and salah, this research seeks to contribute valuable insights that not only advance the field of Islamic psychotherapy but also inform the development of culturally relevant and effective stress management interventions for individuals navigating the complexities of modern life

2. METHOD

In this research, the method applied is a persuasive method, which carries an approach in the form of calls and invitations with wisdom and tact, without involving any element of coercion in any form. This psychoeducation was carried out on December 17 2023. The population that was the focus of the education included students from various majors, including mathematics, agribusiness and psychology. The educational sample was taken from a group of students with a total of 6 respondents, consisting of 3 students majoring in mathematics, 2 students majoring in psychology, and 1 student majoring in agribusiness.

3. RESULT AND DISCUSSION

3.1 Results

The psychoeducation results indicate that the psychoeducation program implemented by group 3, focusing on the role of remembrance (zikir) and prayer (sholat) in Islamic psychotherapy, was able to provide a positive contribution in addressing the stress experienced by students from various disciplines. Group 3 systematically discussed strategies in handling student stress, emphasizing an approach based on religious values, particularly through the practice of remembrance and prayer within the context of Islamic psychotherapy. These sessions served as an interactive forum where students from diverse academic backgrounds could share experiences and perspectives on effective ways to manage stress. Furthermore, group 3 applied questioning approaches regarding stress management strategies to engage active participation and reflection from participants, stimulating critical thinking concerning efforts to reduce stress levels. Thus, these psychoeducation outcomes offer valuable insights into the effectiveness of religiously-based psychoeducation programs in supporting students' psychological well-being.

3.2 Discussion

3.2.1 Islamic Psychotherapy In Dealing With Stress

A. Zikir

Zikir is a type of spiritual guidance that can help overcome anxiety. Dhikr comes from Arabic, namely the origin of the words dzakara, yadzuru, dzikran which means to say and remember. Dhikr is also the origin of the word dzikr which means remember, say and teach.

to Chodjim, dhikr comes from the word dzakara which means to remember, fill or pour, that is, for people who dhikr means trying to fill and pour their minds and hearts with holy words. Spencer Trimingham in Anshori defines dhikr as a memory or spiritual practice which aims to express God's presence while imagining His form or a method used to achieve spiritual concentration by chanting God's name rhythmically and repeatedly.

B. Distribution Of Remembrance

According to Muniruddin (2018), zikir can be divided into three parts:

1. Zikru bil lisan,

This is a form of zikir realized by vocalizing phrases of monotheism, such as reciting phrases like tahlil, tahmid, tasbih, and others. Zikir through the tongue involves mentioning Allah by letters and voice. Imam Fakhrurozi stated that zikir through the tongue means uttering sacred phrases verbally, such as saying tasbih Subhanallah, alhamdulillah, lailaha illallah, Allahu akbar.

People with high spirituality have strong beliefs in their deities. This belief creates a strong

sense of control, enabling them to interpret and accept all unpleasant events more positively and believe that someone orchestrates everything happening in the universe. This way, individuals can reduce stress, overcome health issues, and rapidly enhance their mental resilience.

2. Zikru bil Qolb,

This is a form of zikir practiced through contemplation, pondering the signs of Allah's greatness and the divine mysteries implied through His creations. Zikir through the heart involves remembering or mentioning Allah in the heart, without letters or voice, such as contemplating the remembrance of Allah, reflecting deeply on His creation's mysteries, and contemplating the essence and attributes of the Glorious Allah.

3. Zikru bil Jawarih,

This is a form of zikir realized by employing all the strengths and abilities found within the body as a manifestation of obeying all of Allah's commands and striving as much as possible to avoid His prohibitions.

C. Benefits Of Zikir

Imam Ibnul Qoyyim al Jauziyyah in his book al Waabilus Syayyib and in the book Rafi'ul the sentence at Tayyib explains that there are seven functions of remembrance, namely:

1. Zikr can expel, defeat and humiliate Satan,
2. People who recite the remembrance of Allah the Almighty will be willing to do it.
3. Zikr can cause the heart to become joyful, happy and peaceful. says Allah God bless you ^{أَلَا} بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾ alladzîna âmanû wa tathma'innu qulûbuhum bidzikrillâh, alâ bidzikrillâhi tathma'innul-qulûb (Namely) those who believe and their hearts become peaceful by remembering Allah. Remember, that only by remembering Allah will your heart always be at peace.
4. With dhikr, Allah will make the path of his sustenance easier for humans,
5. With dhikr. can open a great door for him, namely the door of forgiveness.
6. By increasing your dhikr you can save yourself from the torment of hellfire.
7. Zikr is the lightest form of worship.

D. Sholat

According to language, prayer is الدعاء which means prayer. Meanwhile, in sharia terminology, prayer is as Imam Ar-Rofi'ie said, actions and words mean that افعال و افعال مفتوحة بالتكبير ومختتمة بالتسليم which begins with takbir and ends with greetings with predetermined conditions.¹³ With referring to the definition above, prayer consists of the pillars of qouly and the pillars of fi'liy, both of which can be valid if they are complemented by the pillars of qolbi, namely the heart.

Prayer is a strong connection between heaven and earth, between Allah and His servants. Prayer has a high position, namely as a pillar and pillar of religion. Prayer is the second pillar after reading the two creeds, and is a symbol of the strong relationship between Allah and HIS servants.

The focus on the command of prayer, both to previous people and today's people, is due to the importance of this prayer obligation compared to other obligations. In that sense, it is important in the sight of Allah and important for His servants. From the several definitions above, it can be concluded that prayer is worship of God, which is in the form of words and actions that begin with takbir and end with greetings in accordance with the pillars and conditions determined by the syara'. Prayer is also a surrender to Allah in order to ask for His blessing and forgiveness (Maryam, 2018).

E. Benefits Of Sholat

1. Benefits of Fardu Prayer

The following is a further explanation regarding each benefit of prayer according to (Al Baqi & Sholihah, 2019).

a) Fighting Stress and Fear

Prayer provides an opportunity to reflect and be calm, helping to reduce stress levels. By focusing on worship, one can view stressful situations in a positive light, helping to calm oneself physically and psychologically.

b) Experience Peace and Inspiration

Prayer creates spiritual closeness to God, providing a sense of security and protection from loneliness and isolation. The belief that prayers will be answered creates an experience of peace, healing and provides inspiration in everyday life.

c) Resolution and Solutions to Problems

Prayer builds confidence (efficacy) in facing problems and seeking happiness. According to the verses of the Koran, people who are patient, pray and do good will have a good ending.

d) Humility and Interpersonal Sensitivity

The spiritual energy from prayer can help a person become more humble and empathetic. Verses from the Qur'an remind Muslims not to overdo it and show that prayer helps to appreciate God's power, humble oneself, and reduce selfishness.

e) Forgive

Prayer helps to forgive oneself and others by realizing that God is Forgiving. The process of forgiveness is essential for mental health, reducing feelings of guilt and contributing to personal healing.

Thus, the practice of prayer not only has a religious dimension but also provides significant benefits in supporting a person's mental health and psychological well-being.

2. Sunnah prayers

The tahajud prayer is a sunnah prayer in which there is a dialogue between the creature and the Creator. The tahajjud prayer is performed in the stillness of the night and contains an infinite amount of wisdom.

This proves that the tahajud prayer has the ability to eliminate feelings of pessimism, low self-esteem, guilt, lack of weight and replace them with an optimistic attitude, full of confidence, brave without being arrogant. People who perform the tahajjud prayer. have stronger self-control, be calmer and more patient.

4. CONCLUSION

In Islamic psychotherapy, dhikr and prayer are used to treat stress and anxiety. According to Dadang Hawari, dhikr is not only tasbih, tahmid, tahlil, or oral, but can also take the form of prayer and supplication. Research results show that dhikr can eliminate restlessness, restlessness and anxiety in the heart. Apart from that, praying fervently with the intention of worshiping and surrendering to Allah is also known to relieve anxiety. There is also research that shows the influence of religious prayer and dhikr therapy on clients' self-control over narcotics. Islamic psychotherapy strategies also include practices of worship, including dhikr, supplication, and supplication. The spiritual aspect in Islamic psychotherapy is considered to have an important influence in shaping a person's mental peace.

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