

Cultivating a calm attitude in the face of problems through Dhikr psychotherapy

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Abstract

Dhikr psychotherapy could help you be calm and deal with problems. The purpose of this study is to emphasize the use of dhikr psychotherapy in supporting someone stay calm when confronted with diverse life conditions. The research approach determined was library research. Research on dhikr psychotherapy has shown that it can help people become calm, confident, and optimistic. Remembrance psychotherapy is an alternate solution for relieving anxiety and restoring mental well-being. Individuals are encouraged to experience inner peace and enhance their faith in Allah SWT by constantly saying thayyibah phrases (positive speech) throughout dhikr practices. The dread and anxiety that frequently accompany aging gradually disappear, to be replaced with a deep calm and acceptance. Beyond only relieving emotional distress, memory psychotherapy cultivates constructive ideas inside the patient

Keywords: Problem; Calm; Dhikr Psychotherapy

Abstrak

Bersikap tenang melalui psikoterapi dzikir sangat efektif dalam menghadapi masalah. Tujuan dari penelitian ini adalah untuk menyoroti penerapan psikoterapi dzikir dalam membantu seseorang mencapai ketenangan ketika menghadapi tantangan dalam menghadapi berbagai masalah kehidupan. Metode penelitian yang digunakan adalah penelitian kepustakaan. Hasil penelitian psikoterapi dzikir berdampak membuat orang tenang, percaya diri dan penuh optimisme. Psikoterapi ingatan ada sebagai solusi alternatif untuk menghilangkan kecemasan dan mengarahkan individu menuju kedamaian mental. Melalui lantunan kalimat thayyibah yang berulang kali selama kegiatan dzikir, individu diajak untuk mengalami kedamaian batin dan memperkuat keyakinannya kepada Allah SWT. Perasaan, ketakutan, dan kecemasan yang sering menghantui usia tua perlahan memudar, digantikan oleh ketenangan dan kepasrahan yang mendalam. Lebih dari sekadar menenangkan jiwa, psikoterapi ingatan juga membangun sugesti positif dalam diri individu.

Kata kunci: Masalah; Tenang; Psikoterapi Dzikir

INTRODUCTION

As social beings, humans have a natural desire to express and manage their emotions. Every person goes through difficult times in life; many even suffer from anxiety and depression. A person may experience stress and anxiety as a result of their emotional responses to ambiguous circumstances or occurrences (Larasati & Prihatanta, 2019). Anxiety and stress are widespread emotions that many individuals encounter. High levels of stress and anxiety can lead to major health problems, according to the World Health Organization in Liunima's research (Liunima et

al.,2017). It is impossible to separate problem-solving from human existence. A lot of people experience anxiety and depression when they are in challenging situations. One method that is becoming increasingly popular is dhikr psychotherapy, which combines spiritual teachings and psychology.

Dhikr psychotherapy is an approach that utilizes the practice of dhikr in the Islamic tradition to help individuals achieve inner peace. Dhikr, which means remembering God, is done by repeating certain words or phrases that are considered sacred. This method is believed to calm the mind and reduce stress levels. Dhikr psychotherapy also has the potential to be an effective tool to help individuals deal with problems more calmly.

There is a relationship between Psychological Science and Islamic Teachings, relating to aspects of the human mind, so that the issue of mental disorders cannot be separated from the two. Today's life makes people ignore this aspect. spirituality that is within you. The desire for spiritual imbalance that exists within humans gives rise to feelings of emptiness and meaninglessness which leads to the emergence of mental disorders.

Psychological therapy Techniques are created to treat mental disorders based on psychological principles and Islamic religious teachings. repetition of sacred words which is a habit in Islamic boarding school activities that is always carried out by members of the Islamic boarding school community. Alternative treatment methods are very successful in treating mental illness (Haryanto, R., 2014). Research on dhikr psychotherapy in forming a calm attitude is still relatively new, but shows promising results. This article will discuss how dhikr can be an effective therapeutic method. This article also covers all kinds of difficulties and obstacles in implementing this technique. It is hoped that this essay will give mental health experts and those searching for alternative strategies to manage stress and anxiety an alternative perspective. This study is crucial because it solves the gap in the literature on spiritual therapy, particularly that which is centered on the dhikr practice.

METHODE

Study research, or library research methods, were used in this study. Using this approach, information was gathered by analyzing books, journals, and articles about Dhikr psychotherapy. Forming a journal and then taking multiple journals and studying each one separately are the steps involved in journal analysis. Following an analysis of readings associated with Dhikr psychotherapy, the points were recorded in journals and logbooks. A journal contains the compilation of the research findings. By using this approach of literature study, researchers were able to better understand the research setting and gain a deeper comprehension of numerous viewpoints that might deepen and enrich the analysis.

RESULTS AND DISCUSSION

Understanding Dhikr Psychotherapy

Psychotherapy is a set of techniques used to treat psychological problems without drugs. Another definition of psychotherapy is a general term that describes the process of treating mental disorders and psychological stress using verbal and psychological techniques (Kalis G,2022). The meaning of dhikr in the Indonesian dictionary is: praise is spoken repeatedly and addressed to Allah. Dhikr comes from the Arabic language and comes from the basic word dzakara which means to remember and call. In the dictionary Mukhtar al-Sihhah, the work of Imam

Muhammad bin Abi bin Abdil Qadir al-Razi, dzakara means to remember, as opposed to nisyan which means to forget. Al-Dhikr, al-Shittu [praise] and al-Sanna [praise]. In the book of Al-Kulliyat written by Abu Al-Baqa', dhikr has two meanings, namely to mention something. Moreover, remembering something invisible / beyond the reach of reason. Dhikr is when mentioning words suggested by history such as hadith or the teachings of scholars. So psikotetapi dhikr is problem-solving techniques using lafad-lafadz God (Ibid 21).

Dhikr etymologically comes from the Arabic word dzakara, which means reflection, paying attention, pondering, learning from, knowing or understanding. According to Chodjim, dhikr comes from the word dzakara which has the same meaning. Dhikr means remembering, filling, or pouring for the person, trying to fill his mind and heart with holy words (Ahmad Chodjim, 2003. Ex.18). People usually show dhikr behavior through reflection while thinking. Sit down and read a special book. In the dictionary of Sufism, the concept presented by Solihin and Rosihin Anwar, explains that dhikr is a word used to refer to all forms of thought devoted to God. Dhikr is the initial principle of someone walking towards God (Solihin and Rosihon Anwar, 2002, p. 36). Dhikr in the sense of terminology is an action. Oral statements or actions through special readings to remember God. Remembering Allah is an integral part of the belief and practice of Islamic teachings. Receive special and special attention from the Quran and sunnah. This is something called the dirname or directory of a given file, confirmed through many verses of the Quran and Hadith of the Prophet discussing and discussing this issue (Samsul Munir Amin, P.13).

The Process of Dhikr Psychotherapy Makes The Heart Calm

Quoting from Ibid 22, Dhikr has a psychological influence that makes a person feel more relaxed, confident and optimistic. The love that is implied is seen behind the expression on the faces of those who are dhikr, although sometimes it looks sad because there are tears flowing slowly from their eyes. But behind the crying, there is peace in the heart, burning hope, success, happiness, and high spirits. According to Saputri, R.N., (2021), a study in Yogyakarta showed that the average value of symptoms before being given therapy was 22.36 ± 3.698 , while the average value of symptoms after being given therapy was 11.03 ± 3.627 . The results of statistical tests with Paired T test of 0.000 ($p < 0.05$) which means there was an effect of psychoreligious dhikr group therapy on hallucinatory symptoms in patients with psychotic disorders.

The following verses of the Qur'an instruct us to dhikr.

Allah the exalted

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ:

Meaning: *So Remember Me, and I will remember you, and be grateful to me, and do not deny me.*

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Meaning : *Those who believe and whose hearts are at ease with the remembrance of Allah. It is only through the remembrance of Allah that the heart is at peace. (QS. al-Ra'ad :28).*

From the explanation in verse 28 of surat Ar-Ra'd Al-Qur'an mentioned the importance of dhikr is one method to cure all kinds of spiritual disorders that are faced by humans. Although in the Qur'an, dhikr is only used as a tranquilizer only. We could realize that many emotional problems arise because of anxiety in the heart. In this situation, doing dhikr can make the heart and soul calm. A person is experiencing confusion and focused thoughts that end up being very tired. Some psychiatric experts believe that treatment of a client's illness will speed up the healing process. Religious methods by means of strengthening spiritual beliefs pray to God and seek spiritual

enlightenment. In these circumstances finally arises the belief that God is the only one who gives confidence, a healer for all kinds of diseases (Ibid p.87).

Anxiety and mental problems rarely appeared in the midst of everyday life, especially as we enter our last years. As an alternative to traditional methods of reducing anxiety and assisting the patient in finding mental calm, memory psychotherapy is offered. People are encouraged to enter a state of peacefulness inside and deepen their trust in Allah SWT by repeating positive speech phrases, or *thayyibah*, during commemorative events. Gradually, the emotions, worries, and frightens that frequently accompany old age are giving way to calm and true acceptance. Not only does memory psychotherapy soothe the soul, but it also helps people develop constructive ideas. When faced with a variety of challenges in old age, this counsel encourages hope, strength, and confidence (Kamila, A, 2020).

The understanding that challenges have always been a part of life and that people change during the course of their lives. A person will encounter issues at his emotional intelligence level when he confronts his worries with God. Feeling disoriented, confused, and even dangerous if one's heart is not filled with Allah's memory. Anxiety can be eliminated emotionally by praying and remembering. Repetition of memory is a worship technique that keeps us connected to Allah and allows us to live fully conscious lives. The only way to regulate some areas of the human heart is to perform *dhikr* (Soleh, H., 2017).

The process of *dhikr* psychotherapy was as follows:

1. Make sure you are in a state of purity (purify) before starting the *dhikr* session.
2. Concentration: concentrate all his mind and heart on the *dhikr* being recited.
3. Repetition: *Dhikr* is done repeatedly in a certain period of time depending on the needs and condition of the patient. For example, 100 times, 200 times, or more.
4. Respiratory management: the therapist can also teach breathing techniques that are harmonized with the chanting of *dhikr* to promote relaxation and concentration.

Dhikr sentences read:

1. Istighfar (asking for forgiveness): sentences like "*Astaghfirullah*" (I ask Allah's forgiveness) are recommended to remove sins and pave the way for closeness to Allah.
2. Tahlil (uttering the oneness of Allah): the phrase "*La ilaha illallah*" (there is no God but Allah) helps strengthen Tawhid and belief in the power of Allah.
3. Tasbih (praise be to Allah): the phrase "*Subhanallah*" (Glory be to Allah) helps to remember the majesty and sanctity of Allah.
4. Takbir (exalting Allah): the phrase "*Allahu Akbar*" (Allah is great) helps to remember the greatness of Allah above all things. (Rajab K, 2008).

Psychoreligious therapy involved reading "Al-Fatihah" 7 times, "Istighfar" 100 times, and segue "Allahumma shall 'ala Muhammad wa Ali Muhammad" 100 times (segue "Ya sayyidi ya Rasulullah" 1000 times) every day.

Impact of *Dhikr* Psychotherapy

Through the perspective of mental health, prayer and *dhikr* had a deep psychotherapeutic component. Psychoreligious therapy had the same value as psychiatric psychotherapy because both have a spiritual or spiritual element that increases confidence and optimism. There were two main factors on which the cure of a disease is based in addition to the use of drugs and other medical procedures (Sucunindyasputeri, R., et al., 2017). Teenagers or students feel anxiety before the test, but by doing *dhikr* therapy their hearts become calm, so they can face the test with focus

and smoothly. Thus, dhikr is a form of prayer that will remember and express one's feelings, desires and passions. With dhikr, a person will feel inner peace and inner relief, because he will remember himself and be reminded by Allah SWT (Shahdiah, U., et al., 2022).

Dhikr had a stronger, more incredible, and more powerful bond and attraction than any type of music and song. When a person feels the benefits of dhikr and feels joy, then in this phase he would feel optimistic, calm, and aware of what is happening, as well as understand his future life. Because of these things, a person who often dhikr should understand in depth the meaning and essence of dhikr so that his attitude and behavior become positive. Among others: 1. Increased anxiety, 2. Become kinder to others, earning a rating of 3. Care for the environment, 4. Increased discipline and willingness to work better, 5. Improve performance. 6. As a catalyst for change, 7. It helped in encouraging good deeds and preventing bad deeds. (Al-Habshi, A.M.A, Mughni, A.L.F., 2008).

Psychotherapeutic methods of remembrance could restore emotional calm in learners so that their mental well-being increases. Improved mental health is shown by an increase in students' ability to manage stress and emotions. Models of remembrance therapy can be used to improve mental health (Ikhsan, D., Fahmi, M. I., & Mafan, A., 2017). The goals contained in the Qur'an were that dhikr could work as a treatment for bipolar disorder, resulting in mental and emotional balance with the positive effect of achieving inner peace and tranquility. It helped reduce stress on the mind and heart as a result of improved mental health for bipolar sufferers. Through dhikr, one experienced peace and tranquility of the soul, making the mind clearer and more focused. Significant changes in conditions were drastically corrected. Remembering Allah SWT brought peace to the heart and mind, so dhikr not only made the mind clear but also awakened the soul (Heryana, E., et al., 2022).

Various forms of psychotherapy, such as cognitive therapy applied to anxiety disorders, could help address anxiety problems for individuals. The problem was common among both age groups but less so among older people. Therefore, a therapeutic approach was needed, a method that could help individuals overcome anxiety more effectively and with maximum impact. It had a positive effect on mental health by combining elements of psychotherapy and remembrance. It helped individuals suffering from anxiety to end the psychological disorders mentioned above. Through the psychotherapy of remembrance, a person felt peace within themselves. For the practitioners, great confidence in Allah regarding His strength and love was hidden in the kind words repeated during the activities of remembrance, so that the elderly did not feel fear, concern, or anxiety when facing their old age. Through deeper reading, positive suggestions were created that contributed to building confidence, strength, and an optimistic attitude in themselves, enabling the elderly to face their old age with better and optimal quality (Nida, F.L.K., 2014).

Relaxation Techniques

Relaxation techniques, which could be easily done at home, were also a way to deal with stress. Uncontrolled stress could be detrimental to the body and mind, but relaxation had benefits in preventing health problems caused by stress. This could lead to various types of diseases, such as migraines, mental disorders, and anxiety. Therefore, one method to deal with stress was to practice relaxation. Relaxation helped control stress by reducing excessive blood flow. It stimulated the mind and muscles to achieve a state of relaxation, also referred to as alpha-theta brain waves (Pridandi, 2023). According to Miltenberger (2004), relaxation was divided into four categories: progressive muscle relaxation, respiratory relaxation such as diaphragmatic breathing, meditative

relaxation such as mindfulness exercises, and behavioral relaxation, among others. To lessen their stress level, a person with health issues should attempt relaxation practices. Relaxation techniques have been shown by other researchers to be highly beneficial in reducing physical and emotional tension as well as stress and anxiety. Comfort was reported to result from body relaxation activities (Sari, ADK, 2015).

CONCLUSIONS

The study mentioned above leads us to the conclusion that psychotherapy is a set of techniques for treating psychological issues without the use of medications. Derived from the Arabic word "dzakara," which means to recall, dhikr is an ongoing act of devotion toward Allah. Dhikr is calling on the name of Allah as a means of overcoming difficulties. According to Chodjim, the word "dhikr" comes from the word "dzakara," which implies to recall, consider, or acknowledge. Most often, people reflect on or quote certain scriptures as a way of remembering God. Dhikr means "focusing the mind on God" in Sufism. The Quran and prophetic Hadith regularly mention dhikr, a type of statement intended to recall Allah. In Islam, dhikr is highly valued and is an important element of religious beliefs and practices. The Qur'an provides several examples of this

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ

Meaning: So Remember Me, and I will remember you, and be grateful to me, and do not deny me.

An further effective method for managing anxiety is dhikr therapy. Dhikr is the practice of repeating *thayyibah* words, which promotes inner serenity and increases one's trust in Allah SWT. Psychotherapy not only promotes inner serenity but also builds strength and optimism in the face of adversity, enhances confidence, and reinforces positive advice. Remembering Allah via prayer and dhikr can help one get over feelings of helplessness, perplexity, and fear. Dhikr psychotherapy involves concentrating, breathing control, reciting dhikr for a predetermined amount of time, and entering a sacred state before starting. It is possible to recite Istighfar, Tahlil, Tasbih, and Takbir among other dhikr forms. In order to lessen anxiety, psychoreligious therapy includes the daily recitation of Al-Fatihah, Istighfar, and supplications (*doa*).

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