

Islamic Psychotherapy in Overcoming Student's Mental Health Problem: A Literature Review

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Abstract: The purpose of this research is to find out and explain what psychotherapy methods have been carried out and have an effective influence in overcoming students' mental health problems when studying in a school context, either online or offline. Mental health is becoming an increasingly important issue when the world is hit by the COVID-19 pandemic. Many things have changed, including the learning process at schools that requires online learning. In the end, several suicides occurred due to the stress of dealing with the online school. This is something that must be prevented and overcome, so that the mental health problems faced by students do not end fatally. Islam as a guide in all aspects of Muslim life has provided solutions to overcome some mental health problems which are implemented as a therapeutic method called Islamic psychotherapy. The research method used is a literature study by sorting and analyzing several journal articles that are in accordance with the objectives of this study. The results of this study indicate that there are 3 methods of Islamic psychotherapy that are effective in overcoming various mental health problems in students.

Keyword: *Islamic psychotherapy, mental health, qur'anic therapy, students*

1. Introduction

Mental health is a very important issue, especially since the COVID-19 pandemic hit the whole world. Many things happened during the Covid-19 pandemic, such as being positive for Covid 19, losing a job, being unable to move out of the house, going to school from home, and working from home, all of these problems are able to trigger mental health disturbances. These various problems are the main causes of stress in the community (Santika, 2021). One of the parties who also felt the impact was the students who had to take distance lessons which in the end caused a lot of problems for mental health of students and even some unfortunate cases ended in suicide.



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In Indonesia, there is an increasing number of suicides year by year as shown from the data on Prevention and Control of Mental Health and Drug Problems in 2019, which contained more than 16,000 suicides cases happened in Indonesia (Kompas.com). Ironically, the victims of these cases are students who are still in school. Still on the same page, a 16-year-old student in Gowa committed suicide due to depression caused by a pile of schoolwork while she was constrained by the internet connection and no one helped her (Kompas.com). This is very unfortunate and should be the concern of many parties, including schools and parents. In addition, a similar case occurred again in Tarakan as a 15-year-old junior high school student with the same cause, namely depression due to piling up tasks during online learning (Kompas.com). Based on these cases, we can know that mental health must get special attention because it secretly becomes a cold-blooded killer if it is not handled properly.

Discussing about mental health, it is not only modern science from the west discusses it, but Islam as a guideline for the majority of the Indonesian population is also familiar with the concepts of soul and mental health that are known today. Najati revealed that many modern psychological concepts are not in accordance with Islamic values, so several efforts are needed to compare them with Islamic values so that non-conflicting parts can be applied optimally (Rachman & Setiawan, 2017). Islam is very concerned about all aspects of human life, including health both physically (physical) and spiritually (soul) (Maryati, 2020). Then, based on Maryati's statement (2020) that in the Koran (Al-Quran) there are several terms that indicate the soul or mental, namely an nafs, Al gharib, and ar-ruh. Islam does not only explain the concept of the soul but also provides solutions on how to overcome the problems that occur in the soul. This solution can be used as therapy to overcome mental problems or those related to human mental health. Therapy which is used to treat mental health problems in the world of psychology is called psychotherapy. This is the purpose of this study, which is to find out Islamic psychotherapy techniques that have been carried out to overcome mental health problems that occur in school students.

Cahyadi defines Islamic Psychotherapy as a process of healing a mental, spiritual, moral to physical disorder through the teachings of Allah SWT in the Qur'an and Sunnah (Fatmawati, 2021). It is hoped that, if they are effective, these Islamic psychotherapy methods can be used in individual, group and community settings to treat students with mental health problems and can prevent fatal cases such as suicide due to stress and depression.

2. Method

The research method used in this study is a literature study that analyzes several journals related to the topic of the study. The source of the journal used by the researcher is Google Scholar with keywords "Islamic psychotherapy for students", "Quranic counseling", and "Qur'an counseling for students". Based on these keywords, the results were around 1300 related articles and for this research it was limited only since 2017 and in Indonesia.

Furthermore, screening of these articles is carried out in accordance with the objectives of this study. After the screening process, finally 3 articles were obtained which were appropriate with the objectives of this study.

There are several criteria in the article screening process to find the right articles including: 1) Limiting the year of research in order to get the latest articles in the last 5 years. 2) looking for research that has a systematic and complete composition of articles 3) not a thesis that has not been published in a journal 4) has quite a lot of reference sources.

3. Results and Discussion

These are some tables containing the participants, methods, and therapies of the 3 articles.

Table 1. Participant

Article	Participant
Nafisah dan Azmi (2021)	1 student (As Salafi Al Fitrah Surabaya Islamic School)
Ilyasa dan Madjid (2021)	Special Need students (School of Taruna Al Qur'an Yogyakarta)
Yudhani, et.al. (2017)	Students Grade 12 at Senior High School X in Yogyakarta

Table 2. Research method and method of therapy

Research	Research method	Psychotherapy method
Nafisah dan Azmi (2021)	Qualitative	Islamic Cognitive Behavior Therapy
Ilyasa dan Madjid (2021)	Qualitative	Reciting AlQur'an in common
Yudhani, et. al. (2017)	Quantitative	Reciting and reflecting (tadabbur) Al Qur'an

In this section, the researcher will explain some of the psychotherapy methods which are applied, so that it will be able to overcome mental health problems for students in school institutions and Islamic boarding schools as mentioned previously in the research studies. The first is the research of Nafisah and Azmi (2021) that applies the Islamic Cognitive Behavioral psychotherapy method which is a combination of Ibrahim Elfiky's positive thinking therapy tactics with Cognitive Behavior Therapy to overcome the problem of students with low motivation. The therapy is carried out by describing the 12 steps of implementation as follows: 1) Determine the negative behavior to be changed. 2) Offer the

subject to change the behavior. 3) Determine the basis of the subject's negative thinking. 4) Confront the subject statement. 5) Asking the wisdom of the problems faced by the subject. 6) Ask 3 alternative solutions to achieve the previous goal. 7) Offer to do one of the 3 alternative solutions 8) Convince that someone who does a good job can change the situation. 9) Understand that thoughts will greatly affect behavior and feelings. 10) Measure feeling scale 0-100 11). Do the otogenic strategy which is to change the negative sentence into positive 12) Give homework.9

The result of the ICBT evaluation is that the subject's feeling scale before being given the therapy was only at a score of 30, but after therapy it became 60. In addition, changes in behavior were also seen in the subjects observed in the study, such as going to class according to schedule after being often late. previously studying without friends and now learning with friends exchanging ideas and there are other behaviors which also show the positive influence of ICBT. A similar study was conducted by Dewi and Widiyanti (2018) on hemodialysis patients which showed that Islamic CBT techniques could improve religious coping abilities.

In the second study, namely the research of Ilyasa and Madjid (2021) who examined Al-Qur'an therapy on ABK students at the Al-Qur'an Taruna Special School, Yogyakarta. Al-Qur'an therapy that is applied is first accompanying the teacher to open the class with greetings, which is when a student who has memorized the verses of therapy will be asked to lead reading the Qur'an together with all students and also with the teacher companion. The verses that are read are sequentially starting from al-Fatihah, al-Ikhlash, Al-Falaq, an-Nas, al-Baqarah verses 255, 285, 286, prayers for the sick, ruqyah Jibril (read 3 times), prayers for disappearance pain (read 7 times), sayyid al-istigfar, morning prayer, prayer for protection from harm (read 3 times), prayer for protection from evil creatures (read 3 times), syahadah at-tauhid (read 10 times), tasbih to Allah (read 3 times), prayer to avoid syaitan (read 3 times), and tasbih al-kaffarah.

Al-Qur'an therapy is carried out every day in the morning and after this Al-Qur'an therapy is complete, it will be continued with Dhuha prayer. According to the information from parents of students, Al-Qur'an therapy is quite effective in making children with special needs calmer than before. One of them is student F, who is a mentally retarded child who after attending Al-Quran therapy shows the behavior of approaching and sitting quietly when his mother is reading therapy verses after previously taking walks. He would also tell his mother to pray when the call to prayer sounded (*Adzan*).

The third psychotherapy is the therapy of reading and reflecting (*tadabbur*) on the Qur'an in an experimental setting to overcome anxiety in high school students, which was carried out by Yudhani, et al (2017). The process is to determine the group that is given the treatment and the control group. After that, the experimental group will be invited to read the Qur'an and reflecting (*tadabbur*) its meaning, while the control group is not given the same treatment. The experimental results show that the post-test scores

of the experimental group's anxiety have shown a significant decrease compared to the control group, so it can be said that the therapy of reading the Qur'an and understanding its meaning (*tadabbur*) is effective for overcoming students' anxiety in facing exams. This is supported by research conducted by Abdurrahman, Wulandari, and Fatimah (2007) that listening to the reading of the Qur'an can be used as therapy to overcome other psychological problems such as sleep problems.

4. Conclusion

The conclusion of this study shows that Islamic psychotherapy which is widely applied in current research is Qur'anic therapy. Even the Islamic Cognitive Behavior Technique uses verses of the Qur'an in carrying it out to change the thoughts and behavior of students. This is in accordance with the word of God in QS Fussilat verse 44.

According to the verse, it has been stated that the Qur'an is a healer of both physical and mental illness. The therapeutic methods that have been described in this research are open to be developed in further studies, especially for quantitative research so that the results of the Islamic psychotherapy method can be measured clearly and quantitatively. It is hoped that these Qur'anic therapeutic methods can be applied in daily life to overcome various mental health problems.

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