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DHIKR THERAPY TO IMPROVE PEACE IN OF MIND FOR DRUGS USERS AT PONDOK PESANTREN AS-SYIFA KABUPATEN KULON PROGO

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Abstract

During rehabilitation and withdrawal, drug users often feel worried about the future, fear that they will be rejected by society and their families, and feel guilty about themselves and God. This concern causes drug users to feel negative emotions and feelings of discomfort. This study was conducted to see the effectiveness of dhikr therapy to increase peace of mind in drug users who are undergoing rehabilitation. Eight former drug users were involved in this study. Subjects were divided into two groups, namely the experimental group (n = 4) and the control group (n = 4). The research design used was a pre-test post-test control group design and was measured three times (pre-test, post-test, and two-week follow-up). The measuring instrument used in the study is Tatmain al-Qulūb (TQS) by Rusdi (2016) which is arranged based on aspects of peace of mind. The results of this study found that there was a significant increase in peace of mind in drug users after being given dhikr therapy.

Keywords: Dhikr Therapy, Peace of Mind, Drug Users.

Introduction

Drug abuse is one of the most dangerous social phenomena in this day and age. Despite its dangerous nature, abuse of this drug is still easy to find and consume. Hawari (2006) explains that what is meant by drug abuse is the use of drugs outside of medical indications, without a doctor's instructions or prescription, while what is meant by drug dependence is drug abuse accompanied by tolerance and withdrawal symptoms. Substances that are frequently abused have a dependent or addictive effect on the abuser and cause problems in social functioning. Included in the category of substances that are often abused are narcotics (opiates, marijuana and cocaine), psychotropic substances (sedatives, hallucinogenics, psychostimulants) and other addictive substances.

In addition, substance or drug dependence indicates a severe condition and is often considered a disease. Someone who is addicted to substances will experience withdrawal symptoms, this happens because of the biological need for drugs. Withdrawal symptoms

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are signs of physical dependence as a result of drug dependence (Jenny, 2008). The existence of drug dependence that is abused can lead to deviant behavior in aspects of social life, resulting in various kinds of language and losses, such as a drastic decline in personality, turning into gloomy, angry and even fighting against anyone. A person who is addicted to drugs has an impact on the mindset of the values and norms of society, law and religion.

Anxiety is a worry about an unclear object that is manifested by physical and psychological changes in the individual who experiences it. The anxiety felt by drug use is the result of his thinking and belief that he cannot survive stress without the help of drugs. This belief makes drug users have a low level of stress tolerance and often fall into repeated drug use or relapse. As research conducted by Syuhada (2012) anxiety is one of the internal factors that causes users to relapse. Data taken from BNN shows that in 2007 the relapse rate was 95%, while in 2008 it was 90% (Syuhada, 2015).

Based on the results of interviews that the researchers conducted with three residents, they said that the feelings they felt were fear and worry about the life to come. Currently, the resident is in the healing process at one of the houses owned by a drug addiction , the Pondok Pesantren As-Syifa Kabupaten Kulon Progo. Residents feel worried that they will not be accepted by the social environment after later returning to their home environment. Residents also feel that they will get a bad assessment from the community. After that, the resident felt a disturbing feeling that caused frequent anxiety and a physical condition that felt often tired which led to a lack of interest in doing activities. These disturbing feelings are feelings of sadness, fear, disappointment in yourself, and regret. The existence of these negative feelings causes the residents' emotions to become unstable which causes residents to tend to feel uncomfortable with the feelings they feel.

Emotions of drug addicts when talking about events related to withdrawal symptoms or the relapse individual feels a body reaction and ends with negative affect such as anger, sadness and fear. In addition, drug users are also often overwhelmed by feelings of guilt towards themselves, their family, society, community and God (Rosydah & Nurdibyanandaru, 2010). In the Qur'an, there are many verses related to the dynamics of the human psyche which theoretically can be used as a reference for psychotherapy to overcome anxiety. The Qur'an offers a solution for an anxious soul to find peace, both through reading and writing taken from the Qur'an. Many verses of the Qur'an also contain demands on how to deal with life's problems without feeling anxious.

Listening and reciting the Qur'an can calm one's heart, as explained in the Qur'an (ie) people who believe and their hearts become at peace with the remembrance of Allah. Remember, it is only by remembering Allah that their hearts become peaceful (Surah Al Ra'd: 28) from the verse clearly explains that peace of mind can be achieved by remembering Allah (Jalaluddin, 2009).

Dhikr is an effort to get closer to Allah by remembering Him. Dhikr is also a way of remembering the blessings of Allah. Dhikr also has the meaning of remembering Allah at all times, fearing and hoping only in Him, feeling confident that humans are always under Allah's will in all matters and their affairs (Ash-Shiddieqy, 2001). Dhikr helps individuals form perceptions other than fear, namely the belief that stressor will be dealt with well with Allah's help. When the individual gets used to dhikr, he will feel himself close to Allah, being in His care and protection then will generate confidence, strength, feelings of security, peace and happiness (Najati, 2005). Dhikr will make a person feel calm so that it then suppresses the work of the sympathetic nervous system and activates the work of the parasympathetic nervous system (Saleh, 2010).

One of the readings of dhikr Astagfirullahaladzim according to Yurisaldi (2010) sentences containing the letters jahr, such as the sentence of monotheism and istighfar, will increase the disposal of carbon dioxide in the lungs. Another benefit is mentioned by the Messenger of Allah, "Whoever always istighfar, surely Allah will provide a way out of every difficulty, provide relief from trouble and provide sustenance to him from unexpected directions" (Narrated by Abu Daud and Ibn Majah). From this hadith, it can be learned that dhikr, especially reading istighfar, has virtue in the sight of Allah. Therefore, researchers want to use istigfar as the main dhikr in this study.

Metode Penelitian

Design

This study used a quasi-experimental method with a pretest-posttest control group design. Pre-test data collection (Y1)was carried out on the group of subjects who would be included in the intervention (X) and post-test data collection (Y2)was carried out after the intervention was completed. Follow-up data collection was carried out at least two weeks after the intervention was given (Y3).

Research Subjects The

Subjects in this study were drug users who were rehabilitating at the Pondok Pesantren As-Syifa Kabupaten Kulon Progo. Subjects will be selected based on the following criteria: (1) male, (2) Muslim, (3) equivalent level of education, (4) age, (5) has passed the medical stage (detoxification), and (6) has low to moderate sobriety scores. Subjects will be divided into two groups. The first group, which has a moderate equanimity score. The second group was those with low to moderate sobriety scores. The two groups were then divided equally and then further divided into the experimental group and the control group, so that the composition of the subjects in the experimental and control groups was balanced.

Data Collection Methods

The calmness variable was measured using the sobriety scale from Rusdi, et al (2018). The calmness scale consists of two aspects, namely al-sukun which means peace and al-yaqin which means belief. The aspect of al-sukun is represented by 4 items, while the aspect of al-yaqin is represented by 3 items, so that the total items on the scale are 7 items. The researcher uses the rating scale by providing 6 alternative answers, moving from 1-6, where the closer the number 1 is, the more incompatible with the subject, while the closer to 6 the attitude is more in line with the subject.

Intervention Procedures

The dhikr therapy module used in this intervention was designed by researchers with reference to the aspects of dhikr, namely quantity, duration and solemnity and connectivity. The stages of dhikr therapy in this intervention consisted of four meetings. The first meeting, namely psychoeducation regarding dhikr in the form of the importance of dhikr, how to properly dhikr and reading and benefits of dhikr. Educational sessions related to problems experienced by drug users.second meeting, namely understanding related to dhikr reading that will be used in the intervention, namely istighfar sentences (astaghfirullahaladzim wa Atubu ilaih) and dhikr practice. The third meeting, multiply dhikr. The facilitator explains to the subject the main times for doing dhikr and asks the subject to do dhikr at these times. The fourth meeting, which is a reflection on previous meetings and conducting a posttest.

Data Analysis Method The data

analysis method used in this research is quantitative and qualitative data analysis. Quantitative data analysis was conducted to test hypotheses using Anova Mixed Design statistical analysis. The purpose of the Anova Mixed Design , among others, is to find out the difference in scores in one group (pre vs. post) to test the difference in scores between groups (experimental vs. control). Data analysis was performed using IBM SPSS Statistics 23.0.

Results and Discussions

hypothesis proposed in this study is the effect of giving dhikr therapy on increasing the peace of mind of drug users in the experimental group. Hypothesis testing in this study used repeated measurement ANOVA , which is used if the difference test will be carried out more than two times the measurement. Based on the different tests conducted on the experimental group and the control group, the p-value was 0.003 ($p<0.05$), which means that the score obtained was significant, so that the proposed hypothesis was accepted.

Manipulation Check

Manipulation check aims to see whether the level of dhikr of each subject is manipulated or not after being given treatment can be seen in the following table:

Table 2. Manipulation check

Variable	Description	Pretest	Post test	Follow up
Quality of dhikr	Experiment Subject	31.00	51.25	49 ,00
	BB	17	33	34
	MR	14	36	34
	RAP	19	35	29
	FRA	20	33	31

p2= .916, *p*= .000, Power= 1,000

Based on the table above, it can be seen that the experimental group has a *partial eta square* of 0.916 which means the effect therapy that affects the experimental group is 91% and the p-value obtained is 0.000 ($p<0.05$), which means that there is a significant effect between the levels of dhikr possessed by each participant on changes in the calmness of the experimental group. This confirms that the manipulations carried out on the research subjects were successful. In addition, the power of dhikr therapy reached a value of 1,000, which means that the dhikr therapy given to the experimental group had a high confidence score. or great influence.

In addition, a perspective analysis was carried out to determine whether there were changes at the level of *al-sukun* , namely peace and *al-yaqin* , namely the beliefs that the subject felt after being given dhikr therapy.

Table 3. Analysis of peace of mind

Aspects	Pretest	Post test	Follow up	p2	*p*	power
Al-Sukun	12.63	17.00	17.50	0.697	0.007	0.903
Al-Yaqin	6.38	10.88	12.13	0.944	0.003	Based

Based on the results of the analysisdone, it can be seen that the two aspects possessed by the participants, namely al-sukun (peace) and al-yaqin (belief) have changed after being given dhikr therapy. This can be seen from the power on the al-sukun aspect which has a score of 0.903, which means that the power of dhikr therapy given to the subject has an effect of 90%. The therapeutic effect obtained was 0.697 or 69% with p value =0.007 so it can be concluded that the change in the aspect of al-sukun (peace) felt by

the subject was significant. In the aspect of al-yaqin (belief) it can be seen power obtained is 0.944, which means that the therapeutic power given to the aspect of al-yaqin (belief) has an effect of 94%. The therapeutic effect obtained by the subject in the aspect of al-yaqin (belief) is 0.621 and p value =0.003 so it can be concluded that although the therapeutic effect obtained tends to be smaller than the aspect of al-sukun (peace) it can provide a significant increase and influence on the level of beliefs held by research subjects.

Results of Qualitative Analysis of Overall Subjects

Based on the results of the analysis carried out on each subject, it can be found that the beginning of all research subjects using drugs was caused by the environment of friendship. Each subject said that the subject was provided free of charge to try. If the subject refuses, the subject's friends say that the subject is a coward. This is what makes the subject unable to refuse invitation of his friends. Furthermore, after the subject became addicted to the effect that the subject felt, the subject was dominated by anxiety or excessive worry. In addition, the physical effects that the subject feels are heart palpitations, nausea, insomnia, dizziness, blurred vision, body shaking, and vomiting. Another impact on the behavior of the subject is the subject of having free sex, lying, skipping college and trying to use other types of drugs.

The growing awareness to change for the better is marked by a sense of regret in each subject for the actions they have done. In addition, the subject has feelings of guilt towards his parents, himself and God. The existence of worries about the future is one of the factors that the subject becomes aware of having to be better. After attending dhikr therapy, each subject said that they felt calm in themselves. When doing dhikr, each subject remembers the past and regrets his actions. Feelings of revenge and guilt are reduced and the worries that the subject feels disappear after doing dhikr. In addition, the subject can feel his body relax and can sleep soundly without negative thoughts. Subjects become able to control their emotions every time they do dhikr. This subject feels because of the growing belief in God. The subject believes that Allah is forgiving and accepts the repentance of his servant. In addition, the subject believes that everything that happens is by Allah's will, so the subject does not need to worry about things that make him uncomfortable.

Discussion

This study aims to determine the effect of dhikr therapy on increasing peace of mind in drug users. Based on the results of the research conducted, it was found that there were differences in the level of calmness in the experimental group after taking dhikr therapy. The difference is seen based on the p-value of the calmness variable, which is 0.003 ($p<0.05$) which can be assumed to be significant. The results of this study support the results of previous research conducted by Ayu Efita Sari (2015) that dhikr therapy is able to provide significant peace of mind. The success of dhikr therapy on increasing

peace of mind is because the stages given in the therapy session are able to have a positive impact on the factors that influence and aspects of peace of mind.

During dhikr therapy, the subject is invited to feel the favors given by Allah and His love by raising hope, growing confidence, forgiving and accepting that everything that has happened has a way out. Subjects are invited to look at the positive side in seeing the past and the future. In addition, the increase in the calmness of the subject is also influenced by the stages given to the subject related to the conditions that the subject is currently experiencing. This allows the subject to feel directly the benefits of the dhikr therapy given at each meeting. The second factor that influences changes in the level of calm of the subject is the intention and sincerity of the subject when following dhikr therapy.

Before being given therapy to the subject, the subject felt very worried about his future, in addition to the concerns that done in the past. This causes the subject to have a sense of guilt towards himself, his parents and family. Subjects are afraid of the conditions they will go through after completing the rehabilitation. This concern makes the subject feel insecure, sad and hopeless which has an impact on the subject's peace of mind.

The condition experienced by this subject is a negative thought pattern accompanied by feelings of anxiety and worry describing the subject as lacking *al-sukun* (peace) in his heart. As it is known that individuals who have *al-sukun* in their hearts will feel their hearts are quiet and peaceful (Rusdi, 2016). In addition, belief is also an aspect contained in the calmness variable called *al-yaqin*. If a person does not have confidence in himself then this will affect the state of the heart to be uneasy (Rusdi, 2016).

After participating in dhikr therapy, the subject realized that the anxiety and worry that had been felt so far were caused by the distance from the relationship with Allah SWT. The subject realized that he had to improve his relationship with Allah in order to feel full peace of mind. Awareness of the mistakes that have been made and the distance from the relationship with Allahandcauses confidence in the subject to grow that every problem experienced will be passed because Allah always provides help to His servantsAllahalways forgives His repentant servants. The belief felt by the subject made the subject more confident that he could change for the better in the future, if he improved his relationship with God.

Based on the overall results of the therapy carried out, all subjects could feel positive changes in each subject. The subjects can feel that the dhikr therapy that is carried out can provide peace of mind that is felt by the subject. In addition, dhikr therapy can change negative beliefs in the subject to turn into positive ones. The subject believes in Allah's involvement in every problem he faces so that this makes the subject feel confident and calmer in dealing with the conditions he is currently living. This is in accordance with the opinion of al-Jurjawi (Firdaus, 2016) that individuals who feel themselves close to God will feel calm and secure.

The existence of belief in Allah and a feeling of calm when remembering Allah as experienced by the subject shows that this is a picture of peace of mind. As explained by Rusdi (2016) that peace of mind has aspects, namely *al-yaqin* (belief) and *al-sukun* (calm). So that with the growth of belief in God, the subject can also feel calm in himself.

Conclusions

Based on the results of data analysis and discussion that has been carried out, it can be concluded that dhikr therapy is effective for increasing peace of mind in drug users. In quantitative analysis, there is an increase in the sobriety score in drug users. This means that the materials presented and the practice of dhikr can create a feeling of calm, peace and reduce worries, feelings of sadness and increase the confidence felt by the subject.

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