

DHIKR THERAPY IN THE TREATMENT OF ANXIETY DISORDERS IN ADOLESCENTS

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ABSTRACT

This study aims to determine the description of dhikr therapy in treating adolescent anxiety disorders at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs. The research method used in this study is a qualitative method with the type of case study research. The data obtained in this study is through observation, interviews and documentation. In this study, the informants used as data sources were leaders, therapists and seven male patients aged 16-21 years. This study indicates that dhikr therapy has a positive impact in reducing anxiety disorders in adolescents at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs. Through dhikr therapy, adolescents who experience anxiety disorders begin to show better life changes, including feeling calmer in spirit, motivated to continue improving themselves, seeing themselves more positively, and being more confident.

Keywords: Dhikr Therapy, Anxiety Disorders, Adolescents

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INTRODUCTION

Adolescence is a time of formation of self-identity. To make self-identity, adolescents will experience very rapid changes both in terms of physical and psychological aspects. Teenagers who are not ready to face change will usually experience anxiety disorders (Chaby et al., 2017). Anxiety disorders experienced by adolescents are also caused by the many desires, hopes, and ideals they want to achieve but cannot fulfill. Because of the unfulfilled desires, hopes and ideals, many teenagers experience anxiety disorders (De Lijster et al., 2018).

The inconsistency of their thinking causes anxiety experienced with the reality they will face (Daradjat, 2016). In addition, anxiety disorders experienced by adolescents are also caused by changes in mindset. They usually think far ahead and think about something that is not clear yet, so sometimes what they think about does not match the reality on the ground. A gap between what is thought and what is happening in the field

causes adolescents to experience anxiety disorders (Voltas et al., 2017). Heavy social pressures can also cause anxiety disorders in adolescents, so teenagers often experience hesitancy.

Anxiety disorders, also known as anxiety neuroses, cause sufferers to experience constant fear and helplessness (Davison, 2006). Anxiety disorders are caused by feelings of pressure (frustration) and inner conflict (conflict). In addition, anxiety disorders are also caused by their inability to deal with life's difficulties and their inability to adapt to their situations (Daradjat, 2016).

Anxiety disorders experienced are usually characterized by prolonged fear, worry, and sadness (Hanlon & Swords, 2019). If the anxiety disorder experienced by adolescents is not immediately helped, it will cause ongoing psychological problems such as stress, depression and even suicidal ideation (Semiun, 2006). Therefore, various efforts or therapies are needed to reduce anxiety disorders in adolescents (Gunarsa, 2004)

One media that can be used as a therapy to reduce anxiety disorders is dhikr. Dhikr can be used as a therapy to reduce anxiety disorders and lead a person to achieve peace of mind (Syukur, 2012).

The statement above is also reinforced by the results of research conducted by Yuyun Afiandi, Ahmad Asrof Fitri, M. Alfiandi and Sualiman, who said that dhikr therapy serves to prevent and treat someone who has anxiety disorders. Through dhikr, a person will feel relaxed and feel closer to God because, in dhikr therapy, a person is trained to pray or build a good relationship with God. By building a good relationship with Allah, a person will be calm. This calmness makes a person finally avoid various psychological problems and get mental health (Yuyun Affandi et al., 2020). N.W presented another research result. Agustina, S. Handayani and L Nurjanah (2020) said that dhikr therapy could help reduce anxiety in the elderly. After doing dhikr, the elderly feel calmer, able to control their emotions, and closer to Allah.

The results of the research above related to the Qur'an Ar-Ra'd verse 28: *"Those who believe, and whose hearts find satisfaction in the remembrance of Allah: for without doubt in the remembrance of Allah do hearts find satisfaction."* (QS. Ar-Ra'd: 28).

Based on the verse above, it can be understood that dhikr plays a role in reassuring a person's soul so that he will avoid various anxiety disorders (Adz-Dzaky, 2015). Some previous research results also show that dhikr therapy plays a role in reducing anxiety disorders because, through dhikr, a person will get inner peace and surrender to God. With calm and submission to Allah, he will not be overwhelmed by feelings of fear, worry, panic, anxiety, sadness and other psychological disorders (Burhanuddin, 2020).

From the description above, it can be understood that dhikr therapy can positively influence a person, including the emergence of

feelings of calm, relaxation, surrender to Allah, and avoiding anxiety disorders. Therefore, in this study, the authors wanted to examine the role of dhikr in reducing anxiety disorders in adolescents. The research location that will be used as research is the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs. This orphanage is one of the rehabilitation institutions that deal with mental problems experienced by teenagers who experience anxiety, stress and depression.

In treating patients, religious therapists or Ustadz usually use dhikr therapy to help patients with anxiety disorders. The patients who seek treatment at this orphanage are teenagers who experience anxiety disorders caused by psychological problems they have experienced, such as being bullied, breaking up, not knowing the direction of life goals and being unable to adapt to the environment (Observation, Monday, March 15 2021).

The therapists will usually provide group dhikr therapy and do it every day after the evening prayer in the congregation for 30 minutes. The dhikr recited is reading istighfar, shalawat, and Asmaul Husna (Observation, Monday, March 15 2021).

Therefore, it is fascinating to study how the image of dhikr therapy in handling adolescent anxiety disorders. In this study, the author will also elaborate further on the description of dhikr therapy in treating adolescent anxiety disorders at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs.

RESEARCH METHODS

The research method used in this study is a qualitative method with a case study type to observe in-depth the characteristics of each individual or group (Suryani, 2008). Qualitative research has characteristics such as using a natural environment as a data source and analytical descriptive in nature,

emphasizing the meaning of the data that has been presented (Salim & Haidir, 2019). The purpose of using this qualitative method is to understand reality through inductive thinking (Moleong, 2013).

In this study, the data collected was obtained through observation, interviews and documentation. Mean while, the writer used the purposive sampling technique to determine the informants. Purposive sampling takes data sources with specific considerations, for example, those who know best about the data we want (Sugiyono, 2012). In the implementation process, the authors determined the number of samples taken from the existing population, as many as seven male patients aged 16-21 years, one leader and one therapist at the Maunatul Mubarak Drug and Mental Rehabilitation Center for Mental Illness, Sayung Demak. From the patients, the authors will explore data about how the impact of dhikr therapy on the anxiety disorders they experience and whether it provides a decrease or not. Meanwhile, other data from the leadership and therapists further explore the factors that motivate them to seek treatment at this orphanage and how the therapy is implemented.

RESULTS

Anxiety Disorders in Adolescents at the Social Rehabilitation Center for Mental Illness and Drugs Maunatul Mubarak Sayung Demak

Based on the results, many teenagers who experience anxiety disorders at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs are caused by their powerlessness in adjusting to the existing situation, feelings of pressure (frustration) and inner conflict. It is seen from the author's interviews with MIA as Informants. As follows:

"Initially, I experienced anxiety disorders caused by my inability to adjust to

the environment or friends. I am often bullied and demeaned by my friends so that I feel inferior and feel helpless. I often lock myself up, so I do not want to interact with anyone (Interview with informant M. I.A., March 15, 2021).

In addition, S.K. and HE informants also revealed that:

"I often feel excessive fear and anxiety because I cannot achieve my desires and goals. I am afraid that the people around me will belittle, ostracize and be disappointed in me. I am often overshadowed by guilt, so I want to run away from the reality of life that does not align with my expectations (Interview with informants SK and HE, March 27 2021).

The dhikr therapy supervisor at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs also added a statement:

"Patients admitted to the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs are primarily teenagers who experience anxiety and anxiety about dreams and goals that are not achieved. Some are unable to adapt to other people, are unable to adapt to the education system, and cannot adapt to the family's rules. However, the core problem of anxiety disorders is that the people are unable to bear the burden of life's problems and unable to find a way out, so they feel fear, worry anxiety, stress, emotional pressure (frustration), and inner conflict (conflict) (Interview with informants) (N.A., March 15, 2021).

In addition to the description above, the authors also interviewed related symptoms that patients often experience at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs. The teenagers there experience frequent headaches, loss of appetite, irregular heartbeat, and frequent sweating from the physiological aspect. Meanwhile, the teenagers there experience fear, worry, anxiety, sleep

disturbances (insomnia), irritability, and stress quickly from the psychological aspect. It is as stated by the informant:

"I often experience anxiety, fear, irritability and sleep disturbances (insomnia). Apart from that, I also often experience irregular heartbeats, sweat, nausea, and have no appetite (Interview with A.F. informant, March 27 2021).

Other informants also revealed that:

"I often experience excessive fear, worry, and helplessness that I want to run from reality. In addition, I also often experience headaches, loss of appetite, difficulty sleeping, irregular heartbeat and frequent sweating (Interview with informant S.K., March 27 2021).

Based on the information above, the authors conclude that the anxiety disorder experienced by a person impacts the physiological and psychological aspects of a person. From the physiological aspect, someone who has an anxiety disorder will usually experience physical exhaustion, no appetite, sweating, irregular heartbeat and frequent headaches. Meanwhile, from the psychological aspect, someone who experiences anxiety disorders will usually experience fear, worry, helplessness, hopelessness, and feelings of anxiety and ongoing stress. Therefore, media is urgently needed to help reduce anxiety disorders in adolescents.

DISCUSSION

Overview of Dhikr Therapy in Handling Adolescent Anxiety Disorders at the Maunatul Mubarak Social Rehabilitation Center for Mental Illness and Drugs in Sayung Demak

Dhikr therapy is applied at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs every day after performing the Maghrib prayer. Dhikr therapy is done together for 30

minutes. The lafadz therapy used is by reading istighfar, shalawat and Asmaul Husna. After being given continuous dhikr therapy for approximately 1 to 6 months, the patients felt positive benefits. It is as conveyed by the dhikr therapy supervisor there that:

"Dhikr therapy provides benefits including, First, it provides peace of mind. In general, anxiety disorders are psychological disorders of a person characterized by excessive fear, worry and anxiety. Therefore, by doing dhikr therapy regularly, the patient will feel peace of mind. Second, giving the patient change for the better so that the patient is always motivated to improve himself. For example, patients who always used to think negatively and could not control their emotions after doing their dhikr therapy began to think positively and began to organize themselves by continuing to strengthen their souls. Thus, they were not easily swayed when faced with life problems (Interview with NA informants, March 15, 2021).

In addition, the leadership at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs also revealed that:

"Dhikr therapy helps reduce anxiety disorders in patients because, in dhikr, there is the recitation of Asmaul Husna, which is mentioned repeatedly to give a relaxed and calm effect on one's soul. Someone with a calm soul will not easily experience stress, frustration, anxiety and other disorders. He will always be optimistic and believe that God has arranged life, so he will always leave his destiny only to God (Interview with HMZ informant, March 15, 2021).

The statement above is also following the opinion conveyed by Amin Syukur that dhikr can help a person to get peace and happiness of heart. A person will always realize that God is always with him with dhikr. With this self-awareness, a person will always be introspective, always keep his faith and

deeds, keep all things forbidden by Allah, and carry out all His commands (Syukur, 2012). In addition, with dhikr, a person will get calm, serenity, balance and happiness so that he will not easily experience emotional stress (frustration) and also inner conflict (conflict) (Yuyun Affandi et al., 2020).

Based on the information above, it is believed that remembrance can help someone, including teenagers who experience anxiety disorders, return to calm and balance their souls.

The patients at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs also revealed that:

"After one year of dhikr therapy, we get peace, peace and serenity of soul. In addition, with dhikr therapy, we also feel closer to Allah and always feel that Allah is present in every difficulty of life that we face. Dhikr therapy also provides changes in our lives. At first, we were often angry, stressed, afraid, anxious, and worried and often felt headaches, cold fingertips, sweating, difficulty sleeping and decreased appetite. Now we no longer feel the anxiety disorder symptoms (Interview with informants, FF, M. IA, SK, TG, DM, AF, HE, 15 and 27 March 2021).

Based on the description above, it can be concluded that dhikr therapy at the Maunatul Mubarak Social Rehabilitation Center for Mental Illness and Drugs in Sayung Demak has a positive impact on reducing anxiety disorders in adolescents. The patients no longer complained about the symptoms of anxiety disorders they experienced after receiving dhikr therapy. In addition, with the implementation of dhikr therapy, patients feel many benefits, including feeling calm in their souls, feeling motivated to continue to improve themselves, seeing themselves more positively, and being more confident.

It is also seen at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs, where therapy

supervisors always pay attention and monitor their patients' progress. One of the dhikr therapy supervisors there said that:

"The most important job of a therapy counsellor is to monitor the condition and progress of the patients from time to time. Patients who have recovered will usually show better behaviour. The patient's mental condition is also calmer. It can be seen from the look in his eyes, which focuses more on looking. The way of communicating that he already uses is polite language and in his daily life always shows good behaviour in the surrounding environment (Interview with NA informants, March 15, 2021).

In addition to the therapists' support, attention, and guidance, patients also need support from their families and themselves. It is as expressed by the mentor of dhikr therapy there:

"Patients will get a speedy recovery if they have a solid motivation to recover. To generate this motivation, patients also need support from their families because families have an essential role in raising the spirits of patients to recover (Interview with NA informants, March 15 2021).

Based on the information above, it can be concluded that the dhikr therapy carried out at the Maunatul Mubarak Social Rehabilitation Center for Mental Illness and Drugs in Sayung Demak has a positive impact on reducing anxiety disorders in adolescents. After doing dhikr therapy by saying istighfar, shalawat and Asmaul Husna, the patients have peace and balance of soul; thus, they return to everyday life and can adapt and solve all life problems come their way.

CONCLUSION

Based on the results of research and discussion, it can be concluded that anxiety disorders in adolescents are usually caused by feelings of pressure (frustration) and inner conflict. In addition, anxiety disorders are also

caused by their inability to deal with life's difficulties and their inability to adapt to the situations they face. Therefore, a treatment (therapy) is needed to help reduce anxiety disorders in adolescents. As for helping adolescents out of anxiety disorders, adolescents must return to clear life guidelines, namely religion.

Religion is believed to be able to help people who are experiencing anxiety disorders so that they will return to calm and balance their souls. In religion, there is a method to get peace of mind. One must never forget Allah in every situation and condition because only the heart becomes calm by remembering Him. As for remembering Allah, it can be done through dhikr. It has also been practised at the Maunatul Mubarak Sayung Demak Social Rehabilitation Center for Mental Illness and Drugs.

There, patients are assisted by therapists to recover by doing dhikr therapy. The patients who had followed dhikr therapy showed a better chance. They feel motivated to continuously improve themselves, see themselves more positively, and be more confident. In addition, their soul also feels calmer and able to adapt and solve all life problems that come their way.

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