



Self-Healing Therapy in Overcoming Stress Perspective of Islamic Psychology

Sheila Hariry¹, M. Nur Pahlevi², A. Rosyid Sentosa³, Nurjannah⁴

Universitas Islam Negeri Sunan Kalijaga Yogyakarta, Indonesia^{1,2,4}

Universitas Islam Negeri Maulana Malik Ibrahim Malang, Indonesia³

Email: 21200011070@student.uin-suka.ac.id¹, levikamek136@gmail.com², sentosarosyid@gmail.com³, nurjannah@uin-suka.ac.id⁴

Abstrak

Di era kemajuan teknologi dan informasi yang sangat pesat menyumbang dampak besar. Salah satu dampak yang dirasakan adalah adanya gangguan kesehatan mental. Gangguan kesehatan mental dapat mengakibatkan seseorang mengalami stress. stress merupakan tuntutan pada sistem biopsikososial yang menimbulkan ketegangan, kecemasan, dan kebutuhan energi ekstra baik fisiologi maupun psikologis. Salah satu coping yang efektif untuk dilakukan adalah terapi *self healing*. Penelitian ini bertujuan untuk mengkaji terapi self healing dalam mengatasi stress perspektif psikologi Islam. Penelitian ini merupakan metode kualitatif dengan studi kepustakaan (*Library Research*). Hasil penelitian ini terdapat 4 macam terapi self healing yang mampu mengatasi stress dalam perspektif psikologi Islam, yaitu: pertama, *gratitude* dengan melaksanakan shalat; kedua, *mindfulness* dengan berzikir (mengingat Allah); ketiga, *Positif Self-Talk* (*Husnuzan*); keempat, Membaca Al-Qur'an; dan Kelima, berdo'a.

Kata kunci: *Self Healing, Stress, Psikologi Islam*

Abstract

In the era of rapid advancement of technology and information, it has a big impact. One of the impacts felt is the existence of mental health disorders. Mental health disorders can cause a person to experience stress. Stress is a demand on the biopsychosocial system that causes tension, anxiety, and extra energy needs both physiologically and psychologically. One effective coping to do is self-healing therapy. This study aims to examine self-healing therapy in dealing with stress from an Islamic psychological perspective. This research is a qualitative method with library research (*Library Research*). The results of this study show that 4 types of self-healing therapy can deal with stress from the perspective of Islamic psychology, namely: first, gratitude by praying; second, mindfulness with remembrance (remembrance of Allah); third, Positive Self-Talk (*Husnuzan*); fourth, Reading the Qur'an; and Fifth, pray.

Keywords: *Self Healing, Stress, Islamic Psychology*

INTRODUCTION

Every human being born into the world must be faced with various tests. Allah SWT. tests humans with sadness, fear, and anxiety by providing various conflicts as a process of maturity. Humans will be tested with good or bad. Many humans are afraid of failure, afraid of falling poor, afraid of being humiliated, afraid of dying at an early age, and other fears. In the era of rapid advancement of technology and information, it has a big impact. One of the impacts felt is the existence of mental health disorders. Recently, mental health issues have been increasingly voiced as a result of changes in lifestyle, social environment, and technology that require modern humans to adapt to the various demands of modern life that accompany them

(Rahmasari, 2020). Mental health problems are increasing every year. The 2021 Riskesdas research states that mental health disorders in Indonesian society account for 20% of the total 250 million people (Widayawati, 2021).

Mental health disorders can cause a person to experience stress. According to Pottie cited by Christyanto (2021), stress is a demand on the biopsychosocial system that causes tension, anxiety, and the need for extra energy, both physiological and psychological. In another definition, stress can be interpreted as an individual's condition in providing an adaptive response to various external pressures or demands, where this condition gives rise to various physical, emotional, and behavioral disturbances (Goliszek, 2005). As a result of this physical and psychological disturbance, it causes feelings of discomfort, discomfort, or pressure towards a demand that is being faced

According to Maramis (Christyanto, 2021) in some individuals, stress can affect a person's cognitive, social, and even spiritual abilities. If we look together at some of the theories that have been described, we can all understand that stress can simply be interpreted as a response that is raised by someone who is experiencing pressure in a condition that cannot be controlled. Ernawati (2007) added that each individual may have a different level of stress, this is influenced by the individual's meaning of the stressor and how the individual is coping. Forms of strategies to reduce or neutralize the effects of stress that arise can be done with coping methods. According to Weiten and Lloyd (in Firmansyah, 2022) coping is an effort to reduce, overcome or tolerate the burden of feelings generated by stress. Coping activities themselves, for example, minimize unsafe environmental conditions, tolerate (adjust) to negative events or realities, maintain emotional balance, and a positive self-image, and build positive relationships with others. To deal with the factors that cause stress, several methods are needed in dealing with stress. One effective coping to do for reducing stress is self-healing.

Self-healing is a new term that is quite interesting to modern society today. Given the changing times in the era of industrialization, it's no wonder that new terms have appeared in the world of psychology and mental health. Self-healing is a method that means self-healing, taken from the word healing which means "a process of cure", namely the process of healing or treatment (Bachtiar, 2021). According to Khunsa (2021), self-healing is a process of building and empowering existing abilities within oneself to create better health conditions, where these abilities are owned by each individual and can be learned independently or trained with the help of a professional and humans perceive something for themselves and organize them through perceptual processes into a meaningful whole. Self-healing is done by healing and releasing hidden feelings and emotions in the body.

Self-healing is closely related to belief because self or self context is an important element in motivating one's self-confidence. In addition, self-healing is also related to intrapersonal communication because there is an internal dialogue process that occurs within the space itself. The self itself can be limited as an "individual known to individual" which contains several identifiable components and processes such as cognition, perception, memory, feeling/desire, motivation, awareness, and conscience (Bachtiar & Faletehan, 2021). Defiani in Nurjanah (2022) says, with the power of self-healing or self-healing through the power of the mind the goal is for individuals to heal themselves both physically and spiritually. This is of course because basically, humans can overcome and solve their problems. This is what makes individuals who are capable of self-healing able to minimize and even eliminate pain (biological or psychological) within themselves.

The self-healing method itself consists of various methods, one of which uses a religious approach. Based on several concepts of the self-healing method approach, in this study, the discussion of self-healing that will be studied by researchers through literature studies is how self-healing therapy in overcoming stress through psychology Islam. This is because several previous studies have shown that self-healing therapy can be carried out using a spiritual or religious approach, as well as health and science aspects (Rahmah, 2021).

METHOD

This study uses qualitative research based on literature studies. The research results in this study were obtained by exploring or analyzing various theories through some research literature such as research journals (Moleong, 2014). The use of this research method as a support for writing, namely to compare and examine several different and varied scientific paradigms. As for this research, the researcher examines some of the results of previous studies related to several variables that have been determined by the researcher, through the media of research journals, theses, and books that have interrelated themes. Processing data using content analysis, namely by in-depth literature study to obtain findings related to research (Rahmat, 2019).

RESULTS AND DISCUSSION

1. Self-healing Therapy

Self-healing is an approach that was officially introduced by Loyd & Johnson (in Latifi, Soltani & Mousavi, 2020). Self-healing consists of two words Self and Healing, Self means self which refers to oneself, and Healing means treatment or something related to treatment. Healing is used as psychotherapy which aims to realize individual mental health. Self-healing is a phrase that is applied to the process of recovering or healing from various physical ailments or psychological problems such as trauma, depression, and other psychological disorders. This therapy is often used to treat trauma to victims of natural disasters, reduce pain in patients who experience physical pain, and stress, manage emotions, and reduce anxiety and various other things (Bachtiar & Faletahan, 2021). This therapy includes self-help and self-soothing skills, along with restoring energy, reducing physiological stress, and increasing well-being. In self-healing therapy, the self-healing procedure has the goal of reducing various kinds of negative feelings from the mental problems you have. The process of self-healing therapy can assist in solving psychological problems such as unfinished business experienced by using various techniques such as meditation, exercising, increasing worship, and other activities aimed at relaxation and self-reflection (Islami, 2016).

According to Ningrum in Karim (2022), the purpose of self-healing therapy is to be better prepared to control oneself. In the book *Minhajul Abidin Imam al-Ghazali* as written by Christyanto et al., (2021) that self-healing therapy aims to develop structured self-healing treatments such as knowing yourself, accepting yourself, being introspective, letting go, reflecting, and being grateful in dealing with stress problems. the mental state that humans often experience. There are two reasons for the emergence of self-healing. First, humans as creatures that are given the power to think and reason, so it is appropriate to use these advantages to act wiser. Second, the physical ailments that individuals suffer are getting worse despite the advances in medical technology for treatment.

2. Self-healing in Overcoming Stress Perspective of Islamic Psychology

Stress is defined as a physical and psychological response (reaction), in the form of feeling uncomfortable, uncomfortable, or depressed towards the pressures or demands faced. It also means a physical reaction that he feels uncomfortable as a result of an inappropriate perception of something that threatens his safety, damages his self-esteem, and thwarts his desires or needs (Afifah, 2019). A. Baum in Afifah (2019) suggests stress as a negative emotional experience accompanied by biochemical, physical, cognitive, and behavioral changes directed at changing the stressful event or accommodating its effects.

Based on the above understanding, the authors conclude, stress is a feeling of discomfort, discomfort, or pressure both physically and psychologically as an individual response or reaction to a stressor (a stimulus in the form of an event, person, or object) that disturbs, burdens, threatens, also endanger the

safety and well-being of his life. To know whether someone is experiencing stress, one can be seen the symptoms, both physical and psychological. The physical symptoms include headaches, fatigue, cold sweats, palpitations or heart pain, hypertension (high blood pressure), difficulty sleeping, and lack of appetite. While psychological symptoms include anxiety or restlessness, indifference, difficulty concentrating when working or studying, often daydreaming, and being angry or aggressive (Yusuf, 2008). Therapy Self-healing is a method of healing diseases not with drugs, but by healing and releasing pent-up feelings and emotions in the body. In addition, self-healing can also be done with hypnosis, heart therapy, or calming the mind.

Each individual can do self-healing therapy, but in the process of self-healing therapy some are fast in supporting or increasing healing, and some are still quite slow and slow. In Islamic teachings, healing has the same meaning as *ash-syfa*, namely as treatment or healing (Mutohharoh, 2022). Therefore, in Islamic psychology, several ways of self-healing therapy can overcome stress, namely:

Gratitude by performing prayers, gratitude is the same as the concept of gratitude in Islamic studies. Gratitude describes an individual's positive attitude toward what happens to him (Rahmasari, 2020). This technique, of course, can be done independently by everyone by developing a positive attitude. The application of this technique is beneficial in helping individuals understand life processes better. In addition, it helps reduce feelings of dissatisfaction with oneself and others, in the circumstances experienced and in things that are owned and obtained, as well as correcting negative thoughts and turning them into positive ones. One of them is by praying. Prayer has a very extraordinary effect on the treatment of feelings of confusion, anxiety, and anxiety that reside in humans. By praying fervently, namely with the intention of facing and surrendering oneself totally to Allah and leaving all the busyness and problems of life, one will feel calm, serene, and peaceful. Anxiety, stress, anxiety, and confusion will always suppress his life and will disappear. A person's relationship with his God when praying will produce enormous spiritual power that gives important influences and changes in his physical and psychic. This spiritual power often relieves stress, eliminates weakness, and cures various ailments. The results of the research by Mohammad Sabiq Azam and Zaenal Abidin proved that the stress of the students decreased as an effect of the midnight prayers performed by the students while they were at Pondok Nurul Amal. Reducing the stress level of students includes 2 aspects, namely biological aspects and psychological aspects. In the group that performed the midnight prayer, the stress of the students before entering Pondok Nurul Amal Cibarusa Cikarang was initially high, after participating in the midnight prayer activity held by the Pondok, stress decreased significantly. This proves that the midnight prayer is able to eliminate feelings of pessimism, low self-esteem, inferiority, and lack of weight, and replace it with an attitude that is always optimistic, full of confidence, and brave without being arrogant and arrogant (Azam & Abidin, 2015).

Mindfulness with *Dhikr* (Remembrance of Allah) Mindfulness is a mindful effort, managing thoughts, feelings, and the environment to connect the dots in the mind. This means that all of our focus and awareness involve Allah and surrenders everything to Allah. When you are facing emotional struggles or stress, immediately remember Allah SWT, by mentioning His name and making as much forgiveness as possible. In Islam, mindfulness is the awareness to immediately remember Allah by *dhikr* or praying to him. As research by Hanifah and Zaharuddin (2022) shows that *dhikr* therapy is one of the influencing factors in reducing stress. The attitude of submission and willingness, with the provisions of Allah SWT. Having awareness of his essence as a creature or servant of Allah is a human process to follow the will of Allah, the owner of the universe, humans cannot be separated from His provisions. The ability to control oneself in controlling emotions and stress greatly affects one's life. Under any circumstances, try to remember Allah (*dzikrullāh*). Nothing can bring peace to the heart other than God. Not from many treasures, not from luxurious clothes, or delicious food,

happiness is from Allah SWT. As Rasulullah SAW. who, even though they are boycotted, insulted, slandered, and even threatened with death, never feel depressed going through their day (Harefa, 2022).

Positive Self-Talk (*Husnuzan*) In the concept of *husnuzan* or the ability to think positively, the self-healing process can increase, when individuals can increase their ability to think positively (Rahmah, 2021). Positive thinking is one of the ways to heal yourself by talking to yourself. For example, by being kind (*husnuzan*) to Allah SWT (Harefa, 2022). So that someone who applies positive thinking, then can be a good boost to his emotional state. Hope and rely only on Allah SWT. In essence, humans can not set the mood completely all the time. Everything is independent of human control, whether he is sad, annoyed, sorry, worried, happy, and so on. This is the human nature of Allah SWT. to his servant. How to do positive self-talk independently through three stages (Rahmasari, 2020). The first stage, focuses on irrational thoughts and the causes of these thoughts. This can help individuals to realize their need for change. The second stage challenges irrational thoughts and explores more rational thoughts, ideas, and goals. The third stage, developing a rational mind with the support of positive motivational sentences. The success of this technique is highly dependent on individual awareness and the ability to identify thoughts that were originally irrational and then turn them into rational ones (Mutohharoh, 2022).

Reading the Qur'an, research by Dimas Maulana (2022) shows that Al-Qur'an therapy in self-healing can reduce traumatic abusive relationships. Research shows that through therapy the Qur'an will have a calming effect on the culprit. Psychotherapy through reading the Koran can be done independently, especially if the individual is accustomed to reading it every day. In this therapy, the individual not only reads the verses of the Qur'an but also understands the translation. Rasulullah SAW provides an illustration in the hadith narrated by Thabrani (in Nugraheni, Mabruri, & Stanislaus, 2018) that the Qur'an is read at least 50 verses per day, mid 100 verses per day, and a maximum of 200 verses per day will give peace of mind. Al-Qur'an therapy is one of the means and media that is considered appropriate and effective for achieving a mentally and spiritually healthy personality (Mas'udi & Istiqomah, 2017). Al-Qur'an helps change human behavior for the better, as a guide, directing to a better path, changing error and ignorance, and providing new, more positive thoughts. Several studies have shown that sound with a balanced rhythm has a significant effect on brain activity and stability, has an influence on heart rate, and makes the brain more lively and active, and therefore will be better able to direct the immune system to overcome various diseases. Brain cells respond dramatically when exposed to sound with a balanced rhythm. Therefore, reciting the Qur'an nourishes the brain with the right acoustic vibrations, so that it affects the brain cells and restores balance. In addition, it also contributes to coordination between cells, because the vibrations of the Qur'an have an amazing consistency (Ni'mah, 2022).

Praying with a spiritual approach, such as through the method of good prayers, shows that individuals will indirectly bring up positive thoughts first, with the hope that prayers delivered at every opportunity can help the individual heal. Some research results show that self-healing with a spiritual approach such as prayer can reduce anxiety in the elderly (Dominggo, 2019). first with the hope that the prayers they convey at every opportunity can help them recover. Various studies reveal that prayer and meditation can stimulate the release of hormones in the body such as brain neurotransmitters, thereby activating the hormones dopamine, oxytocin, and endorphins, and reducing the hormones adrenaline (physical tension) and serotonin (anxiety) (Suharjo, 2011).

CONCLUSION

Based on the results of the literature study that has been done, it can be concluded that self-healing therapy in Islamic psychology can be adopted into a series of structured self-healing therapies in overcoming stress problems or mild psychological disorders that we often encounter in today's society. Allah will help someone from feeling stressed and having various problems if that person has faith in Allah as a helper.

Therefore stress can be overcome with self-healing therapy by gratitude by praying, mindfulness with remembrance (remembrance of Allah), Positive Self-Talk with *husnuzan*, reading Al-Qur'an, and praying.

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