

APPLICATION OF SPIRITUAL THERAPY TO REDUCE STRESS LEVELS, EMOTIONS AND UNDERSTANDING OF THE RELIGION OF ISLAM IN PATIENTS OF DRUG ABUSE

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ABSTRAK

Goals in study This For know influence gift spiritual healing for lower level stress , emotion , and understanding about the Islamic religion to patient blame NAPZA use Research design This that is literature review , search article using Pudmed , Google Scholar , and Proquest databases . As for the criteria induction that is focus to decline level stress , emotion and understanding of the Islamic religion use spiritual healing , database published at least 10 years finally , there were 15 articles found and only 10 articles that were suitable with study This There are 10 articles included in the journal study this . From the results study obtained that gift Islamic spiritual healing can influence decline level stress , emotion and understanding about the patient's religion blame use NAPZA. a gift Islamic spiritual healing can influence decline level stress , emotion and understanding about the patient's religion blame use NAPZA

Keywords: drug abuse; level stress; level emotions; spiritual healing

INTRODUCTION

Abuse such as drug use Narcotics, Alcohol, Psychotropics and Substances Addictive nature _ pathological If going on for 1 month will raises disturbance in function social. Ongoing drug abuse in a manner Keep going continuously in excessive amount will raises dependence on the user so that cause problem physical and psychological disturbances, detrimental _ health in a manner physique and mental and life social . problem drug abuse have broad and related dimensions with various aspect like aspect medical, disease soul , health soul , and aspect psychosocial . Use drugs will impact damage structure family, community, and school Good in a manner direct nor No direct . Moreover Again use drugs can ruin the future for child nation. In other words, danger abuse drugs No only limited to users but also carry damage to a nation.

In period time One decades final problem This become rampant in Indonesia in the middle in 2021 - 2022 according to the National Narcotics Agency of the Republic of Indonesia (BNN RI) . succeed reveal as many as 55,392 cases follow criminal drugs and 71,994 suspects with goods proof drugs in the form of 42.71 tons of methamphetamine; 71.33 tons of cannabis; 1,630,102.69 Items. Moment This phenomenon drug abuse in Indonesia is very apprehensive, looks from increasing amount drug users from various circles society. But more apprehensive current drug abuse This Lots done by groups youth (BNN, 2011). Abuse drugs in teenagers usually done Because fail in undergo a developmental process mentally, both in adolescence as well as in childhood . The ongoing childhood and youth very short, with development physical, psychological and emotional so fast. kindly psychological, delinquency teenager is form from conflict yet resolved in childhood and adolescence . Often found presence of past trauma, treatment rude and

no pleasant from environment , as well as trauma to condition environment , like condition the economics that makes it feel inferior. Problem abuse and distribution drugs show an alarming and impactful increase will loss across generations young. Start from follow dabble from friends, stress , escape or some other final motive start addicted until addicted drugs .

Until moment This various effort Keep going done For alert those who abuse and use drugs especially in generations young done by the parties government nor private. Besides that , another attempt was made is with stage House social provides _ place rehabilitation for victims of abuse drugs , in the orphanage rehabilitation are victims of abuse drugs done effort For return all aspect his life to the right path for victims of abuse drugs can understand will wrong action in life they Various the ways and efforts that have been done For overcome abuse drugs in victims of abuse narcotics no easy , because No only concerns aspect physiological , but also aspects psychological so that needed effort sustainable handling . because That various technique treatment in a manner medical experience difficulty For treat it , though including modern therapy , so public switch For try treatment spiritually .

Very spiritual healing effective as form therapy complementary for patient addiction and schizophrenia as procedure treatment complementary spiritual . Religion is one factor identified protection as facilitate results influential positive increase health physically and mentally if practice with protect a individual For put they from risk involved in substance addictive . Most literature acknowledge religion and spirituality as correlation important from A terpi healing . Effort intervention through therapy psychoreligious practice that is through spiritual approach or religious with the method used in Islamic religious teachings namely like worship , pray , dhikr , read Koran and activities religious other purpose For strengthen trust self , hope and faith in adolescents who abuse drugs so that can help with the recovery process For more conditions good and remove habit bad consume drugs

METHOD

Research design This use literature review design Literature search on articles This using 4 electronic databases that is Pubmed , Proquest , ScienceDirect, and EBSCOhost. Meanwhile , keywords based on combination search " Spiritual Therapy AND Decrease in Stress Levels AND Emotions AND Understanding in Patients Blame To use Drugs NOT HIV NOT Schizophrenia ” As for the criteria inclusion in (1) patient drugs (2) spiritual healing (3) therapy dhikr (4) stress level (5) level emotions (6) published 10 years final Found as many as 15 articles from the database but that is used by the group only 9 journals complied criteria inclusion

RESULTS AND DISCUSSION

Studies Characteristics

Literature review This For analyze influence gift spiritual healing for lower level stress , emotion , and understanding about the Islamic religion to patient blame drug use and there are 8 appropriate articles criteria inclusion , 8 articles was examined in the country of Indonesia which was carried out One until two year . As for the respondents in the study This is patient blame use NAPZA.

Intervention

The 8 articles found there are 2 articles that use intervention prayer and dhikr (Metty Verasari, 2014 (Self & Abuse, 2019) , then 1 article used For know stress level (Asror et al., 2017) then 2

articles are used For see and improve understanding about the Islamic religion (Of et al., 2017) (Rivaldi et al., 2020) , later remainder other journals as supporters . (Rahman, 2019 (Farmawati, 2021)

NAPZA (Narcotics, Psychotropics , and Substances Additives others) , is substance or effect drugs _ to arrangement nerves or brain . Based on RI Law No. 22 of 1997, substances that are classified to in type narcotics is opiates (opium, morphine , heroin, codeine , pethidine); cannabis (cannabis , marijuana, hashish); and cocaine as well as leaf coca . Based on UURI No.5. 1997 , substances that can classified to in type psychotropic is form drug tranquilizers (bromazepam and nipam); drug Sleep like dumolite ; substance hallucinogenic (mescaline , psilocin , psilocybin); as well as substance psychotimulansia (amphetamine , inex , methamphetamine). Whereas substance addictive other than those included narcotics and psychotropics is drink containing hard alcohol , solvent, nicotine , and caffeine

As for the types recent narcotics and psychotropics. This often consumed or abused by people young is cannabis (cimeng , gele , grash , grass , marihuana); heroin in the form of putaw and pete ; as well as amphetamine like inex and shabushabu. Whereas draft abuse drug outside use indication medical without instruction or recipe doctor . Temporary addicted or addiction is usage drug in a manner relatively regular or periodic , characteristic pathological or destroy , and cause desperate or inability in function social , work , and school . (Therapy et al., 2012) In research conducted by (Ziqri et al., 2020) There is feeling no comfortable related with no ability accept reality If must undergo rehabilitation , problem financial , emotional bored , miss with family as well as exists thinking against the stigma and discrimination perpetrated by the community in the environment . this _ aggravate burden blame To use drugs in the end causing stress. For it is necessary done effort For lower level stress . one _ possible intervention _ done is with use technique relaxation . One of the relaxation processes taught psychology _ in Islam is with bring closer self to Allah SWT. one The method is with listening to the Qur'an that has influence to self someone , especially in give calm and lower stress level . chant the rhythm of the Koran can repair physiological nerves so that repair mechanism body happens , improves mood, lowers anxiety and increase sleep . On research (Ziqri et al., 2020) obtained that use therapy relaxation listen Al-Quran recitation is there significant difference between respondent's stress level before given therapy murottal Al-Quran with level stress respondent after given therapy murottal Al-Quran.

Then as for research conducted by (Rahman, 2019) there is a sense of concern No will accepted by the social environment after later return to environment house . Respondents also feel will get bad judgment from society . after that respondent feel exists disturbing feelings that cause become frequent misgivings and circumstances physical feel often tiredness causes become No exists interest For do activity . Annoying feeling This is feeling sad , scared , disappointed will self myself , as well regret . There is feelings negative the cause emotion respondent become No stable causing respondent tend feel No comfortable with feeling felt . For That needed effort For lower level worry as for intervention that the Qur'an offers solution for medium soul worried For get serenity , fine through reading and writing taken from the Koran. Various verses of the Koran also contains a lot demands How face problem life without worry . On the journal (Rahman, 2019) found exists difference level calm group heart the after -men experiment follow therapy dhikr . Difference the seen based on p -value of variable calm heart namely 0.003 (p <0.05) which can assumed significant . During therapy Pray done, subject invited For feel favors given by God and love His

affection with method bring up hope , grow faith , forgive as well as accept that all something that has happen own road out . Influencing factors change in rate calm heart subject that is exists intention as well as sincerity you have subject moment follow therapy dhikr .

CONCLUSION

Application Islamic spiritual healing covers therapy read Al Quran, Dhikr can influence decline stress and anxiety levels in abusers use NAPZA

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