

A Dhikr Media Approach To Achieve A Healthy Soul

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Abstract

The purpose of this study discusses the dhikr media approach to achieving a healthy soul. The research method uses qualitative research methods using literature review. dhikr is an act of remembering Allah in the form of oral speech that contains the meaning of praise, gratitude and prayer to Allah Swt. doing this dhikr media approach provides many benefits for people who like to do it. A healthy soul is one in which humans can develop physically, mentally, spiritually, and socially so that humans know their skills, and can beat pressure, can work productively, and are able to provide participation for their environment. The effect given by dhikr is very extraordinary from a spiritual and psychological perspective, for example dhikr can deliver ourselves into a better life, so that we can avoid anxiety, doubt, jealousy and other heart diseases that can make our souls unhealthy. Therefore, by doing dhikr regularly or remembering Allah Swt can be the basis for humans to avoid heart disease that can cause unrest. This research emphasizes the implications of dhikr to the general public in achieving peace of mind in life.

Keywords: *man, pray, soul.*

INTRODUCTION

The dhikr media approach to achieving a healthy soul. Dhikr itself is an activity that a person does by reciting praises to Allah SWT. Doing this dhikr activity has a direction to strengthen the heart, strengthen faith and increase devotion to Allah SWT (Asmita & Irman, 2022). The various benefits provided

when an individual performs dhikr every day on a regular basis both from a spiritual and psychological perspective. However, in reality, many people underestimate the benefits of this dhikr, people instead choose modern medicine

when they experience anxiety in the life of this world. People forget that there is a free antidote offered in Islam to overcome their unhealthy souls. This dhikr if read and lived seriously can have an impact on the heart which will become calm and peaceful (Akbar & Rahayu, 2021). Therefore, this research considers it important to examine the approach of this dhikr media to achieve a healthy soul.

The results of previous research on the dhikr approach to achieving a healthy soul have been carried out by a number of studies. Among others, the most recent research report was conducted by Aliasan (2019) "The Effect of Dhikr on Muslim Psychologis" *Journal of Da'wah Management*. Previous research has reviewed that dhikr has psychological and spiritual benefits, psychologically dhikr provides a sense of comfort peace and tranquility while spiritually dhikr gives us a sense of being closer to Allah SWT. The inner peace of each individual who holds firm to the basis of belief in religion, especially based on our guidelines as Muslims, namely the holy book of the Qur'an. With dhikr, humans can form a good person and avoid sin or despicable acts, eliminate anxiety, with dhikr also our hearts are protected from hatred and envy of others and most importantly that dhikr is very influential on the heart in a long time if done regularly. It has been explained in the Qur'an and hadith that the recitation of dhikr can act as a focal point in treating someone from within, when combined with psychological relaxation in a person can have a positive effect and will affect the autonomic system (the control system in the body that acts largely unconsciously) in regulating heart rate, breathing rate and metabolic rate, by reducing physiological processes (Aliasan, 2019).

Asmita and Irman (2022) *Application of Dhikr Technique in Counseling for Mental Health* *Al-Ittizaan: Journal of Islamic Counseling Guidance* This research has explored Islamic dhikr-based can reduce the inner fears of individuals. Regular and istiqamah dhikr can reduce anxiety when individuals experience difficulties and fears. Every individual must have experienced fear during his life, both fears that come from within, such as the fear of an illness, or <http://proceedings.radenfatah.ac.id/index.php/lc-TiaRS/>

from outside, such as threats from others. People's fears arise from the loss of the meaning of life. Therefore, Zikr can reactivate a person's spirituality to achieve a healthy psychological state through the application of psychological-religious-based memory therapy. Zikr based on religiopsychoneu immunology is one of the alternatives to overcome fear, it can be seen that there are many aspects: mental health that can be helped through the application of counseling with zikr. This research uses a literature study method that helps make it easier for readers to find out what aspects of the application of dhikr technique counseling to improve mental health. So that individuals or counselors can minimize mental health disorders by applying this dhikr counseling.

The results of previous research and current research have both similarities and differences. Previous research and current research both examine the dzkiri media approach and its effects. The difference is that previous research discusses the effect of dhikr on Muslim psychology and the application of dhikr techniques in counseling on mental health while current research discusses the dhikr media approach to achieving a healthy soul.

As a logical flow of running this research, it is necessary to design a framework. Approach according to the Big Indonesian Dictionary (KBBI) is a process, action and way of approaching, an attitude or thought towards something (Harisnur & Suriana, 2022). Media according to KBBI is a tool or means of communication to convey information. While dhikr (dzukru) according to language is to remember, according to the term is to remember Allah Swt with the aim of getting closer to him (Aisyatin Kamila, 2022). the media approach to dhikr means the process of approaching ourselves to Allah Swt, so that our body and soul will feel more comfortable and our hearts are protected from despicable traits.

Doing dhikr is an act that is good to do, dhikr itself provides a lot of benefits for people who do it such as providing a sense of comfort, peace and peace. A healthy soul is where a person's condition can develop physically,

mentally, spiritually, and socially, therefore the human knows the skills he has, and can beat pressure, can work productively, and is able to provide participation for his environment (Febrianto et al., 2019). Therefore, with this dhikr media approach, it will have a good effect in terms of spiritual and psychological aspects.

The theoretical foundation in this study uses several literature review theories, Dhikr is one of the medicines in Islam to calm the human soul, by dhikr an optimistic and confident attitude can expel the anxiety of the human soul (Burhanuddin, 2020). In achieving a healthy soul, humans must also feel comfort and peace in their lives, therefore each individual should be able to avoid actions that make them uncomfortable. Comfort can be achieved through belief in religion as a Muslim to achieve peace of mind, humans must do what Allah SWT likes and stay away from his prohibitions. Factors that can improve a healthy soul are the implementation of religious activities such as: dhikr, prayer and utilization of adequate rest time (Ayu Rianti & Hidayat, 2020).

The main problem of this research is that there is an approach to dhikr media to achieve a healthy soul. In line with the main problem, the formulation of this research is how the dhikr media approach to achieving a healthy soul. This research aims to discuss the improvement of dhikr media to achieve a healthy soul. Theoretically, this research is expected to have beneficial implications and uses as an initial study of the dhikr media approach to achieving a healthy soul. Practically, this research is expected to have implications for benefits and uses for more serious development in the study of the dhikr media approach to achieving a healthy soul.

RESEARCH METHOD

This research uses a qualitative approach through library studies (library research) qualitative methods are methods that are more mechanized in previous studies. This type of research data is qualitative data that does not use statistical numbers. The primary sources of this research include hadith and the

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Qur'an. The secondary sources of this research include references to data related to the main topic sourced from articles, books and other research journals. This research classifies data based on the research formula of the stages of research carried out (Darmalaksana, 2020) by collecting literature sources, both primary and secondary. This research classifies data based on the research formula - This research does not determine the time and place because this research is not experimental research, but thought research even though it is taken through empirical facts through journals, articles and books.

RESULTS AND DISCUSSION

Etymologically, dhikr stems from the word "dzakara" which means to mention, remember and glorify the greatness of Allah Swt (Asy'air Mohammad, 2018). In terms of dhikr, it means wetting the tongue by reciting praises to Allah SWT (Resti, 2022). Meanwhile, in Sufism, dhikr is used by Sufis to revive a dead heart because a heart that is not used to remember Alla Swt is interpreted as a dead heart according to Sufis. With dhikr, humans realize the essential existence of God (Faisal Muhammad Nur, 2017). This dhikr media approach is a method effort that doubles the activity of remembering, mentioning the name and greatness of Allah Swt repeatedly with the aim of achieving peace of heart and soul (Widyastuti et al., 2019). This dhikr is basically an important thing in everyday life, where this dhikr is a mandatory order that must be carried out by all Muslims because we as believing Muslims are obliged to glorify the greatness of Allah SWT. a lot in the Qur'an that explains the command of the virtues of dhikr, such as in the words of Allah SWT in QS. Al-Ahzab verses 41-41 which reads:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ﴿٤١﴾ وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا ﴿٤٢﴾

It reads: O you who believe, remember (in the name of) Allah, as much as possible (41). And glorify Him in the morning and in the evening (42). (Q.S Al-Ahzab verses 41-42)

From the verse it has been explained that we as believing Muslims are obliged to do dhikr and the recommended time to do dhikr is morning and evening dhikr (Faisal Muhammad Nur, 2017). Dzun al-Mushri emphasized that an individual who truly remembers Allah Swt then that person will be protected by Allah Swt and our souls and hearts will feel calm (Abshor, 2020). In accordance with what Allah promised in his firm in Q.S Al-Baqarah verse 152.

فَاذْكُرُونِي أَذْكَرْكُمْ وَأَشْكُرُوا لِي وَلَا تَكْفُرُونِ ﴿١٥٢﴾

Meaning: Therefore, remember you to Me, and I will remember you, and be grateful to Me, and do not deny My favors.

The virtue of dhikr is also explained in the Qur'an and hadith where it is explained in QS Ar-rad verse 28 which reads: (i.e.) those who believe and their hearts become peaceful with the remembrance of Allah, remember, only with the remembrance of Allah does the heart become peaceful. Abdullah Bin Busr narrated that one of the Prophet's companions said, "O Messenger of Allah. I am overwhelmed with so many teachings of Islam. So tell me something that I may cling to." The Prophet replied, "Keep your tongue wet with the remembrance of Allah" (Tirmidhi) (Umar, 2020).

The words of Allah SWT in the Qur'an and the hadith above explain that when someone does bedzikir activities, that person's soul will feel peaceful and the anxiety of life in this world will be resolved by doing this dhikr. Therefore dhikr can make a person's soul healthy. A healthy soul is where humans can carry out their roles in the family, educational environment, work environment and social environment. And the meaning of a healthy soul is when a person is physically and psychologically healthy in aspects of his daily life (Kurniawan & Sulistyarini, 2017). The following is an example of reading a dhikr prayer to achieve peace of mind when facing problems in the life of the world, namely in the word of Allah in QS. Al-Baqarah verse 250 which reads:

وَلَمَّا بَرَزُوا لِجَالُوتَ وَجُنُودِهِ قَالُوا رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى
الْقَوْمِ الْكَافِرِينَ ﴿٢٥٠﴾

Meaning: and when they advanced against jalut and his army, they prayed "O our Lord, grant us patience, strengthen our steps and help us against the disbelievers." (QS. Al-Baqarah 2/250) (Ayu, 2022).

Dhikr is one of the instructions in Islam that relates to the human psyche which lies in a person's behavior where the human surrenders to Allah SWT, the almighty and the most high. This surrender behavior will foster positive feelings such as a sense of happiness, a sense of pleasure, satisfaction, success and a sense of being loved or a sense of security (Prawoto et al., 2020). The impact of dhikr if it is lived with the heart and carried out with full sincerity will have an impact on physical and spiritual health and the realization of good morals (Yummah Siti, 2019). The statement above states that it is true that the increase in dhikr media has an impact that is in accordance with the aspects of a healthy soul, namely the first person who is mentally healthy will have a positive attitude towards himself. Second, the heart feels about, safe and peaceful. The third is able to adapt to the surrounding environment (Indra, 2021).

CONCLUSION

This study concludes that it turns out that dhikr can nourish the human soul. Where when humans do this dhikr activity carried out consciously and sincerely, it can foster a sense of calmness in the hearts of humans who carry it out and it is true that people who like to do this dhikr media enhancement will have a positive attitude and a peaceful heart. Many words of the Qur'an and hadith have explained the virtues of dhikr. Theoretically, this research is expected to have beneficial implications and uses as an initial study of the dhikr media approach to achieving a healthy soul. Practically, this research is expected to have implications for benefits and uses for more serious development in the study of the dhikr media approach to achieving a healthy soul. This research has limitations because it does not use field studies through interviews, so this is an

opportunity for future research to examine empirical and more measurable studies. This research recommends to ordinary people who experience the heartache of living in this world.

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