

RELIGIOUS COUNSELING GUIDANCE FOR YOUTH MENTAL HEALTH

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ABSTRACT

To maintain the mental health of adolescents, one of the factors that can improve the mental health of adolescents is religious education. Adolescence is an unstable period where teenagers often fall or go in the wrong direction, so they need guidance from various parties/means. The role of Religion is crucial because the teachings are very straight and are shunned by inappropriate thoughts. This study uses a literature review method where the researcher conducts a series of studies involving various kinds of information from the library, such as books, encyclopedias, documents, and so on, to find various theories and ideas which can then be formulated according to the research objectives. The results of research from various literature sources indicate that the factor of religious education by carrying out religious activities such as dhikr, reading the Qur'an, praying, and getting closer to Allah SWT will give peace of mind and soul so that it can avoid disease. Mental disorders. Therefore, instill religious teachings as early as possible and get closer to Allah SWT. Religious activities such as dhikr, reading the Qur'an, and prayer can provide peace of mind, mind, and soul to reduce the risk of developing disorders. Mentally.

Keywords: *Guidance, Islam, Mental Health, Counseling, Youth*

INTRODUCTION

The adolescent is in the transition period from childhood to adulthood. According to WHO (2018), adolescents are residents aged 10-19 years. Meanwhile, BKKBN says teenagers are 10-24 years old and unmarried. Abdul Aziz EL-Quusiy, in the book *The Basics of Mental Health*, quoted from Susanti, 2018 (1), stated, "Adolescence is a period full of difficulties, where people at this stage need the help of others," the statement it can be concluded that adolescence is an unstable period in which teenagers often fall or walk in the wrong direction so that they need guidance from various parties or various educational facilities, one of which is religious education.

Mental health is a condition in which individuals can cope with the stresses of various situations in life, contribute to their communities, work productively and productively, and have visible well-being in that they are able to realize their own potential.(2)

According to WHO, the prevalence of people with mental and emotional disorders globally in the age range of 10-19 years, mental health conditions account for 16% of the global burden of illness and injury. Half of all mental health conditions begin at age 14, but cases go undetected and untreated for some reasons, such as a lack of knowledge or awareness about mental health among healthcare workers or stigma

that prevents adolescents from seeking help. This can increase the likelihood of taking risky behaviors. Further and may affect mental and emotional well-being in adolescents. Based on research from the Indonesian Ministry of Health (2018) related to primary health, emotional, and mental problems for Indonesians aged > 15 years, namely 9.8%, the highest prevalence is in Central Sulawesi Province, which is 19.8%, while the lowest prevalence is in Jambi Province as much as 3.8 %. The prevalence of mental-emotional problems in Riau Province is 10.8%.(3)

Based on research conducted by Eka Malfasari et al., 2020. The mental-emotional condition of adolescents at SMP 18 Pekanbaru as many as 78 people (36.1%) adolescents experienced an abnormal emotional or mental condition, 76 people (35.2%) adolescents with an emotional or mental condition category normal, and 62 people (28.7%) adolescents experienced mental-emotional condition borderline category .(3)

The impact of mental health disorders on adolescents consists of positive and negative impacts. The positive impact is that if the teenager can go through a period of stress and other mental health disorders, the teenager can learn from the experience that causes frustration and motivate them to keep trying to be better. The negative impact if teenagers can not cope with stress and other mental health can arise: juvenile delinquency, drug and alcohol abuse, free sex, eating disorders, suicide, mental disorders, and lack of confidence.(4)

Some of the risk factors that can lead to mental health problems:

1. Women have a high risk of developing depression and anxiety, while men have a high risk of developing substance dependence and antisocial behavior.
2. Women after giving birth.
3. Having problems in childhood or lifestyle problems.
4. Having a profession that triggers stress, such as a doctor or entrepreneur.
5. Have a history of a family member with mental illness.
6. Have a history of birth with abnormalities in the brain.
7. Have a history of mental illness before.
8. Experiencing failure in life, such as in school or work.
9. Abusing alcohol or illegal drugs.

Religious education guidance, especially Islam, plays a vital role in directing and developing teenagers' mindsets and preventing deviations from the values of Islamic teachings. Therefore, the author aims to examine some information from various literature sources on how to improve adolescent mental health with Islamic guidance and counseling.



METHOD

This study uses a *literature review* as a research method. This research literature has 15 sources taken from textbooks, journals, and so on over the last ten years. This literature review produced Islamic guidance and counseling models for adolescent mental health.

RESULTS AND DISCUSSION

The results of research from various literature sources show that basic human needs, including primary and secondary, require them to be able to have sympathy, security, self-esteem, a sense of freedom, the need to feel successful, and the need for curiosity, the most important of which is the need for Religion, because humans are human religious.

Religious guidance advisors aim to provide assistance in the form of fields of thought and enthusiasm to make teenagers understand the purpose of life and overcome the ability to be present alone and the encouragement of the power of faith. To provide understanding through religious counseling, wise guidance in explaining that Religion is not only Worship but also a way of life to seek the truth and medicine as soul nutrition that is far more perfect in treating mental health. One of the factors that can improve adolescents' mental health is the implementation of religious activities such as dhikr, praying, and drawing closer to Allah SWT.

Adolescent mental health is essential for all of us; by guiding adolescents' religiosity, they can detect the meaning of life and make them religious persons; relying on spiritual gifts at a young age is the priority of everyone, especially parents. Changes that occur in physical and psychological children can adjust to the environment and develop intellectually, emotionally, and spiritually competent.

Table 1. List of Literature Used in Research

Number	Researcher Name	Title	Publication & Year	Conclusion
1.	Purmansyah Ariadi	Mental Health from an Islamic Perspective	Vol. 3 (No.2), March 2013	Mental health is the avoidance of a person from complaints and mental disorders in the form of neurosis and psychosis (adjustment to the social environment). A mentally healthy person will always feel safe and happy in any condition; he will also introspect on everything he does so that he can control himself. Religion cannot be separated from human life. Of the various cases that exist, many psychiatric sufferers are cured with a religious approach. This proves that humans are essentially God-fearing creatures and will return to God at some point. Al-Quran functions as

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				ash-Syifa or medicine to cure physical and spiritual ailments. In the Qur'an, there is a lot that explains health. Peace of mind can be achieved with the remembrance of Allah. Taqwa and good deeds are methods of preventing fear and sadness.
2.	Asriyanti Rosmalina	Islamic Counseling Guidance Approach in Improving Adolescent Mental Health	Holistic 1(1): 70 - 85 , 2016 ISSN: 2527-7588 e-ISSN: 2527-9556	<p>Islamic counseling guidance models for improving mental health are as follows:</p> <ol style="list-style-type: none"> 1. Reading the Qur'an: Reading the Qur'an is a therapy to relieve the anxiety arising from feelings of sin. 2. Prayer, because prayer brings people closer to the Holy One in how they act, think, and attitude. In prayer, there is peace of mind and a cure for sadness, confusion, mental anxiety, and cause health mentally. 3. Clearing the Heart, Human life is not just physical life. Behind it is non-physical life, which is precisely the essence of life. When we try to clear the walls of our hearts from the fog and dust of lust, lust, abomination, cruelty, and various other types of evil so that it becomes clear, then life will shine, and our mental health will also become healthy. 4. Normalization of the Concept of Patience. The first rank of patience can be increased by thinking deeply that humans are creatures with suffering that other creatures do not. We perceive adversity as a bad thing. However, if there is no pain, we will allow bacteria or viruses to grow in our bodies, thus endangering ourselves. So pain is like an officer telling us that in our bodies, there is a danger that we must overcome immediately.
3.	Agus Akhmadi	Islamic Counseling Approach in Overcoming Community Psychological Problems	Journal of Religious Education and Training, Vol. 10, No. 4, October-December 2016	Modern society faces psychological problems such as restlessness, anxiety, a feeling of insecurity, restlessness, impatience, and worry/anxiety. The problem stems from individual psychological factors (internal) and external socio-political factors due to discrimination and injustice. To overcome these problems, assistance services through



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				counseling are increasingly needed. The spiritual counseling approach is currently the fifth force in the world of counseling, after the psychodynamic approach, behaviorism, humanism, and multiculturalism.
4.	Septiani Selly Susanti	Adolescent Mental Health in the Perspective of Islamic Education	As-Salam I, Vol. VII, No.1, Th. 2018 P-ISSN: 2089-6638 E-ISSN: 2461-0232	Islamic education is very influential and beneficial to adolescents' mental health development. Mental health in adolescents can be overcome if there is good cooperation from all groups between the family, school, community, and local government educational environment. In addition to cooperation between various parties, Religion is present as an enlightener through Islamic education. Islamic education is a scientific discipline that teaches teenagers about the values of Islamic teachings. The manifestation of adolescent mental health problems seen from the perspective of Islamic education is that adolescents genuinely understand the values of Islamic teachings that are given through education; for example, solemn prayer will lead to peace of mind; with this actual application, it can make teenagers not always feel anxious, misgivings, and so on, are signs of impaired adolescent mental health. With Islamic education, teenagers are also expected to overcome various problems faced in their lives.
5.	Layla Lubis Naura Adinda Yulianirta Hidayat Takhfa Laras Sati, Najla Hera Bahril	Children's Health Improvement And Youth Through Worship And Islam	Journal of Religion and Science 16(2) Pages 120-129	Based on the results of the study, The literature research in this article shows that Individual children and youth who understand Worship and Islamic Worship are capable resolves severe problems in life they're doing experience being grateful and productive, adjusting themselves to the environment, guarding relationships with the environment and God so tend to have good mental health standards. The implementation of Worship in an Islamic context, such as the implementation of dhikr, reading the Qur'an, and specific

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				prayer, becomes a way to achieve good mental and physical health in adolescents to develop the great potential of adolescents as the nation's generation in developing potency regions towards a superior and better Indonesia.
6.	Yasipin, Silvia Ayu Rianti, Nurman Hidayaya	The Role of Religion in Shaping Adolescent Mental Health	Journal Vol 5 No. 1 in the Year 2020	Mental health can affect a person's state of mind and mood. Mental health problems can be overcome with religious therapy, such as dhikr. Dhikr can help someone relax

Mental Health, also known as *mental hygiene*, comes from two words: *mental* and *hygia*, which means "health science," while *mental* comes from the word *mens* or *mentis* whose heart is the soul, life, soul, spirit, and spirit. In its etymological sense, mental health is a healthy soul, and science constantly studies health. In general, mental health is that there is integration or harmony in mental functions that are adjusted to feelings of peace and being able to control oneself from the surrounding environment so that one can face psychological shocks based on faith and purity to make life more meaningful to get happiness in life in this world and the hereafter. In the end, one will need direction to be in line with Islamic counseling itself, namely an activity that can educate and guide and provide lessons on guidance to an individual who asks for guidance (the counselee), indeed a counselee should be able to develop his mind and thoughts, psyche, faith, and belief, and be able to cope with life's problems and be able to live a good life independently and maintain mental health, which adheres to the Qur'an and As-Sunnah.(5)

Mental health problems are symptoms and behavior patterns of a person with stress (*distress*); if someone changes this behavior, it can be risky such as causing mental disorders and even death due to suicide assuming the number of mental disorders in Indonesia reaches 1 million people. Various factors put adolescents at risk of mental disorders and emotional factors such as biological and environmental factors. These two things are very influential because the growth of a teenager will have a nature that is difficult to control, so even getting the wrong information can cause the teenager to have a wrong perception. Then the environment and socially closer to a person so the wrong association can affect mental health. In a framework like this, teenagers have the potential to have nature as creatures created by Allah SWT, born pure, perfect, and created in perfect condition. Therefore, within the framework of religious guidance, it has a crucial role in forming the foundations of righteousness and mindset so that deviations from the values of religious teachings are kept away and more to carry out the actual teachings of Islam. (4)

The therapeutic approach in psychology is always based on a sure human view. In this view, it is essential, if practically implemented, the same as Religion in the importance of mental health from an



Islamic perspective; in our eyes, the Qur'an is hudan (2:2). Al-Qur'an as a source of inspiration and motivation for someone to think creatively and logically. The role of Religion is crucial because the teachings are very straight and are shunned by inappropriate thoughts. The importance of Religion in mental health is "Faith in the Lord is tremendous power in equipping religious people. According to Zakiah Daradjat that mental disorders (*neuroses*) and mental illnesses (*psychoses*) resulting from not having guidelines or principles of life and faith is a psychological process that includes all functions of the soul, Religion, and thinking together with the belief that the function of Religion on mental health is:

- 1) Guide life to always take care of yourself,
- 2) Helping when faced with adversity, and
- 3) Calm yourself because of obedience to the Lord.

Therefore, the importance of Religion can help a person control himself and guide him in all actions. Likewise, mental health can be restored when sick quickly if Belief in Allah SWT and His teachings are carried out correctly and used as a guide for life.(6)

Adolescents' mental disorders affect the mindset condition, such as excessive anxiety, mood swings, worries, depression, and uncontrollable emotional and mental disorders affecting daily activities. It makes it difficult for adolescents affected by mental disorders to socialize. Hence, it makes boredom very difficult to avoid; therefore, one factor that can improve adolescents' mental health is the implementation of religious activities such as dhikr, praying, and drawing closer to Allah SWT. (7)

Religious guidance to teenagers can develop their spiritual potential and make life more directed because they have strong and straight life guidelines. Understanding adolescents whose development is in turbulent conditions that are sometimes difficult to understand, Then the role of parents, teachers, or the surrounding area is crucial to provide direction for religious education so that teenagers can have a grip on life. In this case, Religion is an essential factor that plays a decisive role in adolescents' lives. But this is very little realized in this modern era, despite the tremendous influence of Religion in human life, especially for people experiencing mental shock; this is due to the aspect of adolescent life that is very sustainable with mental health. Giving direction and input to teenagers is highly recommended because it can motivate teenagers to get closer to Allah SWT and avoid mental disorders. Then knowing the characteristics of adolescents is very important because the depressed condition of adolescents will cause problems for naturally degenerative adolescents. Therefore, providing religious counseling guidance given to adolescents aims to make adolescents able to accept themselves and can carry out religious activities to get peace and increase faith and purity in living a life full of twists and turns; if a teenager is affected by mental disorders, then after receiving guidance such as psychological-spiritual therapy and after receiving this guidance, give

the youth direction so that they can get to know the creator more closely, it aims to make teenagers remember that Allah SWT is always to his servants who always remember him. (8)

CONCLUSIONS AND SUGGESTIONS

In the explanation above, it can be interpreted that counseling guidance on adolescent mental health is essential in forming adolescent personality through religious learning.

One of the factors that can improve adolescents' mental health is the implementation of religious activities such as dhikr, reading the Qur'an, praying, and getting closer to Allah SWT. If someone has done it, then the feeling of anxiety, restlessness, and so on will disappear so that peace and mental health, in general, are maintained and, of course, can be avoided disorders—mentality itself. Therefore, instill religious teachings as early as possible and get closer to Allah SWT. Religious activities such as dhikr, reading the Qur'an, and prayer can provide peace of mind, mind, and soul to reduce the risk of developing disorders mentally.

ACKNOWLEDGMENT

Praise and gratitude, we pray to Allah SWT; because of His blessings and grace, we could complete this scientific paper on time. Writing this scientific paper is based on fulfilling the assignments of Al-Islam III lectures. We realize that without the help and guidance of various parties, it would be pretty tricky for us to complete this scientific paper. Therefore, we would like to thank Dr. Andriyani, M.Kes as a lecturer in Al-Islam III, and friends who supported us by encouraging us to complete this scientific paper.

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