

Methods of Islamic Education in Combating Drug Abuse for Women at the Hijrah Khadijah House Rehabilitation Center Bogor

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Abstract

This study aims to determine the method of Islamic education in the implementation of counseling guidance at the Hijrah Khadijah Rehabilitation Home. In its implementation, it involves parties in the Rehabilitation Institution, namely, coaches, psychologists, nurses, counselors, outreach officers, and female clients. To the title of the study, the type of research used is a case study with an empirical qualitative descriptive approach, which is focused on Islamic Education Methods in Combating Drug Abuse for Women Case Study at the Hijrah Khadijah House Rehabilitation Center, Bogor. Case study research is very appropriate to be used to examine in depth how the method of overcoming drug abuse for women with an Islamic education approach at the Hijrah Khadijah House Rehabilitation Center, Bogor. The results of this study indicate that the Islamic education method is very helpful in the recovery of drug abuse victims, namely by being made aware by touching their hearts with Islamic (religious) values.

Keywords: *Islamic Education, Drug Abuse, Rehabilitation*

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INTRODUCTION

The problem of drug abuse has a broad and very complex dimension, both from a medical point of view, mental health, and psychosocial (economic, political, socio-cultural, criminal). Drug abuse is a social phenomenon that has become a crucial social problem. Various efforts have been made by the government, private sector, and community institutions in tackling, treating, and fostering victims of drug abuse. Efforts have been made in the form of counseling, seminars, lectures, and recitations, both done privately and in groups, but it is very difficult to avoid by victims of drug abuse. Because it is also due to the existence of these illicit goods which remain freely circulating everywhere and their circulation continues to this day.



Drug abuse (narcotics, psychotropic substances, and other addictive substances) is an endemic disease in society and always recurs in society, and there is no satisfactory universal response, both in terms of prevention, therapy, and medical and social rehabilitation. Abuse is the use of drugs without the knowledge and supervision of a doctor and is against the law. The negative impact of globalization is that it makes human life easier, with unlimited freedom so it has implications for drug abuse such as liquor, marijuana, drugs, narcotics cocaine, and other dangerous addictive substances. People who abuse drugs are called abusers, while people who consume drugs are called addicts. (Law RI: 1997, 2009)

Islam explicitly commands that you always take care of yourself and forbid anything that will damage you, including everything that will make a person lose consciousness, either because of something that intoxicates or damages his health. Among the problems that threaten every Muslim today is drug abuse. Drug abuse according to the eyes of Islam is prohibited and the law is haram. Drugs in the view of Islamic fiqh are haram because they cause great harm and harm and can threaten, and damage the safety of life, mind, property, and offspring, including destroying religious integrity even though on the other hand they contain certain benefits. (Wahbah Az-Zuhaily, 1409:50)

Drug abuse does not see gender. Both women and men of all ages and backgrounds. However, drug abuse that afflicts a woman, has far more serious effects. The effects are related to health problems, whether clinical or psychological. Various studies show, 70% of drug abuse in women leads to physical and sexual problems. Various studies show that drug abuse in women occurs because of childhood trauma and parental background who are also exposed to alcohol and drugs. Many women who use drugs or alcohol have suffered childhood abuse, including physical, emotional, or sexual abuse. Because of this, a woman finally turns to compulsive strategies to deal with reality, one of which is drug abuse. However, not a few women also said that they started using drugs because of an invitation from their partner or male friend. The problem is, often women who use drugs feel more confident because of low self-esteem.

The next impact, women who are victims of drugs are less likely to seek treatment. This is because of the amount of fear they have. Fear of the future, fear of friends or spouse, and fear of social punishment that will befall them. Therefore, when a woman undergoes a therapy process, she must have been in a severe condition and requires a serious therapy process. Usually, the handling of drug abuse in women also tends to be slightly different than in men. Therapy for women must be comprehensive, especially regarding the impact of sexual and mental health problems. This is because the risks that drug abusers face are very complex. Therapy for women who abuse drugs can be done by participating in a community or hospital that has a special program. It can also be done by conducting individual or family counseling in the community. Join and participate in a group of fellow drug users who support each other to recover. Sports activities and spiritual development also need to be carried out in the support process carried out.

For this reason, it is very necessary to have healing and mental development efforts for women, especially drug victims who are very strong against drugs. Addicts are people who use mind and mood-altering substances, which can cause problems in every area of life. While addiction is a disease that involves more than just drug use in general. One aspect of addiction is the addict's inability to deal with life as it should be. One alternative that can be used in addiction recovery is rehabilitation. The rehabilitation process used at the Hijrah Khadijah Rehabilitation Home is through a psychological, social, and spiritual approach. This aspect is passed so that victims of drug abuse can return to live in their environment like society in general.

Dadang Hawari revealed the meaning of "rehabilitation or the process of recovering drug abuse as an effort to restore and control former drug abusers back to health in the physical, psychological, social and religious sense". (Dadang Hawari, 2007:132) With these conditions, it is hoped that they will return to function normally in their daily lives both at home, at work, and in their social environment.

Rehabilitation at Khadijah's Hijrah House emphasizes a spiritual approach. With therapy through a religious spiritual approach, it can produce a very important role, both in terms of prevention, therapy, and rehabilitation.

Based on the above phenomena, the authors are interested in finding solutions in solving problems that are currently rife and efforts to reveal methods of overcoming drug abuse for the recovery of victims of drug addicts. A spiritual approach has been attempted by the Hijrah Khadijah Home Rehabilitation Center by tracing data sources from the coaches and the therapy process for drug addicts at the Hijrah Khadijah Rehabilitation Home, Bogor.

METHOD

To the title of the study, the type of research used is a case study with an empirical qualitative descriptive approach, which is focused on Islamic Education Methods in Combating Drug Abuse for Women Case Study at the Hijrah Khodijah House Rehabilitation Center, Bogor. Case study research is very appropriate to be used to examine in depth how the method of overcoming drug abuse for women with an Islamic education approach at the Hijrah Khadijah House Rehabilitation Center, Bogor. (M. Burhan Bungin, 2007:68-70)

Primary data was obtained from the results of discussions and interviews based on competent and accountable sources, namely ulama (religious experts), caregivers and rehabilitation center managers, drug abuse victim's patients, linguists, Indonesian language teachers, psychologists, counselors, and guidance and counseling experts. counseling. The research data collection instrument used interview guidelines, interviews (Interviews), and field observations (observations) on selected respondents/informants that had been determined.

This research is descriptive-qualitative using an inductive analysis technique model Yin, Sevilla, et al with the following steps: Research questions, Research propositions, Unit of research analysis, Logical linkage of data with propositions, and Criteria for interpreting findings. (M. Burhan Bungin, 2007:231-232).

RESULTS AND DISCUSSION

Methods of Combating Drug Abuse for Women at the Hijrah Khadijah Home Rehabilitation Center, Bogor

Khadijah Hijrah House is an intense foundation for empowering the community toward a valuable society. Khadijah Hijrah House is a rehabilitation institution that focuses on efforts to empower humans, especially addicts or victims of drug abuse for female clients. Some of the prepared programs are synergistic, while some of the programs prepared are synergistic with systematic efforts for human empowerment. The three main pillars of the life of the Khadijah Hijrah House, namely Education, Health, and social work, are the work of the Khadijah Hijrah House in social activities.

The vision developed by Rumah Hijrah Khadijah is the realization of a healthy, clean, and productive generation that can return to its social function through integrated rehabilitation services for substance abuse victims. Then the Khadijah Hijrah House also has the following missions, providing rehabilitation services for victims of abuse, providing rehabilitation services for victims of substance abuse, providing non-discriminatory rehabilitation services and upholding human rights values, participating in assisting the government in increasing community participation in P4GN, becoming a center for the study and development of rehabilitation programs on substance abuse, especially women in an integrated manner belonging to the components of society in Indonesia, generally in West Java Province in particular.

The purpose of the Khadijah Hijrah House in general is to participate in and encourage the creation of the young generation as the successor to the nation's struggle that is healthy, intelligent, ethical and has a noble character so that they become the young generation with strong competitiveness towards modernization of the world in building a strong defense for the younger generation, nation, and state. against threats in the fields of Social, Economic, Education, Health, Law, Arts, and Culture from foreign influences.

The purpose of the Religious Approach in the Rehabilitation process at the Hijrah Khadijah Bogor House is so that the victims of drug abuse have a clear

direction in their life journey and return to the right path and be blessed by Allah SWT. This awareness process is termed Tazkiyatun Nafsi or cleansing the soul from various diseases or despicable morals such as stingy, ambitious, jealous, stupid, hedonistic, and various other bad morals, which are the source of a person's moral damage, which can damage the soul (psycho). even the physical appearance of a human being so that the term psychosomatic disease appears.

The relationship between body and soul concerning health has been hinted at by the Prophet Muhammad as follows:

Meaning: Verily in the human body there is a lump of flesh, if the meat is good, then the whole body is good. (Reported by Bukhari and Muslim from Nu'man bin Basyir). Based on these problems, the Hijrah Khadijah Home Rehabilitation Center seeks to overcome them with the Rehabilitation of the Religious Approach Method.

Analysis of Islamic Education Methods in Combating Drug Abuse for Women in the Hijrah Khadijah House, Bogor

A method that is carried out in the right way and by the objectives will produce good and correct results. So is the case with the Educational Method, which will affect the success of education. Among the methods of Islamic education that can be used are the parable method, the method through habituation, the method through stories/stories, the method through reprimand, targhib and tarhib, dialogue, example, concrete experiences, and advice. (Musfah: 2009)

The educational method following this discussion is the method through habituation, which aims to train spiritual and emotional intelligence. This method is summarized in prayer, dhikr, and prayer. Prayer, apart from being an obligation for Muslims, also has certain movements and readings, it also has certain movements and readings that can be used as spiritual mental therapy and body health. Prayer is different from exercise because prayer is completely therapeutic which includes both physical and mental. So, with prayer, it is hoped that it will provide benefits for someone, namely providing a sense of comfort and being able to feel calm like rediscovering a very valuable object that has been lost from

oneself. The benefits of prayer can also be a tool of help, a source of life, a light for the soul, and a very appropriate moment to solve a problem that is difficult to solve.

All discussions of this research, focus on the method of prayer, dhikr, and prayer, as the basic concept of mental therapy for drug addicts through a religious approach. This is very important to be researched as a solution for a Muslim in overcoming dependence on drugs through an Islamic method. Like the Khadijah Hijrah Rehabilitation Home, which has sought mental therapy for drug addicts with a religious approach method that includes prayer, dhikr, and prayer. The Religious Approach Method which consists of prayer, dhikr, and prayer can factually cure drug victims from dependence, it has even been recognized that 80% can cure drug addiction, but for mental healing, it is necessary to have support and cooperation between parents, drug users, and the surrounding environment.

According to Ibn Khaldun, the educational process depends on the teacher and how they use various appropriate and good methods. Therefore, the teacher must know the benefits of the method used. (Ahmad Sa'ad Mursa, 1975:300).

Muslim scientists define mental health as a state of creating harmony between the functions of the body, soul, and spirit, namely harmony between personal potential and the environment, harmony is realized when individuals can harmonize with their needs, and balance between physical, mental, and spiritual needs (Alauddin Kafafy, 1986:55).

According to Imam al-Ghazali, the soul consists of two things, namely the power of hawa (lust) and the power of huda (guidance). The power of lust is related to bodily pleasures and material pleasures. These material and physical pleasures are used by humans to preserve life and continue their descendants in the prosperity of the earth. While the power of huda is used to connect himself with God, fulfill spiritual and spiritual needs improve his life in this world and the hereafter, including in this aspect is trust, gratitude, patience, and praise to Allah. (Al-Ghazali: 60).

Ibn Qayyim Al-Jauziyyah has the same opinion as al-Ghazali that mental health is the realization of harmony between physical, soul, and spirit functions within the limits prescribed by Allah SWT. A clean heart is a heart that is free from desires that deviate from God's commands or a heart that always follows whatever is commanded by God. (Ibn Al-Qayyim, 1983:42).

Based on the explanations of the Muslim psychologists above, it is certain that the mental reconciliation of drug addicts with a religious approach is very important to be applied to restore their mental and spiritual condition. The results of the author's observations of several stages at the Hijrah Khadijah Rehabilitation Home can be considered by Islamic principles in building religious awareness.

CONCLUSION

The method of Islamic education in overcoming drug abuse can be done through a spiritual approach that starts from repenting, praying, and dhikr. This is important to do as an alternative to the mental reconciliation of drug addicts in an Islamic way. This is a method of self-defense mechanism that has an important factor in the recovery process and mental education of drug abusers. According to contemporary Muslim psychologist Muhammad 'UthmanNajati, mental rehabilitation efforts with faith and an Islamic approach are considered important for a mental health condition, this is what Islam seeks to do in rehabilitating drug victims so that they have religious awareness. Therefore, it is necessary to balance the process of meeting physical and spiritual needs so that they become stable individuals which in turn will result in a healthy mentality. The mental defense mechanism through a spiritual approach can be the highest alternative to meditation in reconciling the mental of drug addicts in an Islamic way.

This mental therapy method with a religious approach has helped many victims of drug abuse, using mental therapy methods with a religious approach which according to the understanding of the concept of Islamic Sufism means returning to repentance to Allah. This method refers to the principles of Islamic Sufism, namely tazkiyatunnafsi. This method is an Islamic method of mental education for drug addicts, which is the highest Islamic meditation tool in reconciling addicts and maintaining natural subconscious mechanisms.

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