

Surah Al-Ikhlas Therapy in Dealing with Stress of Al-AmienPreduanSantri in the Covid-19 Period

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Abstract

Virus Infection Corona virus infection is called COVID-19. This virus spreads very quickly and has spread to almost all countries, including Indonesia. The government implemented the policy of Enforcing Community Activity Restrictions to suppress the spread of this virus. Al-AmienPreduan Islamic Boarding School is the largest Islamic boarding school on the island of Madura with santri from various regions in Indonesia. Following the spike in COVID-19 cases in a number of areas, the leaders of the Al-AmienPreduan Islamic boarding school established a number of policies aimed at limiting the mobility and interaction of students. The prohibition of direct contact between students and their guardians causes stress levels for students, especially high levels of stress experienced by new students who are still learning to live far away from their guardians. This is done to reduce the rate of spread of the COVID-19 virus. In this study, the method used was the Pre-Experimental method with the One Group Pretest Posttest design. There are 40 students as a sample, the data collection technique uses the Simple Random Sampling technique. Wilcoxon Sign Rank Test was used in this study, while data were taken using the DASS questionnaire sheet. The results showed by the Wilcoxon Sign Rank Test that 40% of students experienced moderate stress before being given treatment, and 75% of students experienced mild stress after being given treatment. This means that Surah Al-Ikhlas therapy can reduce the stress of students during the Covid-19 pandemic.

Keywords: Surat Al-Ikhlas; Stressed; Santri

Introduction

Corona virus infection is called Covid-19 (Corona Virus Disease 2019) and was first discovered in the city of Wuhan, China at the end of December 2019. The World Health Organization (WHO) confirms that Corona viruses (Cov) are viruses that are capable of infecting the respiratory system so viciously that result in death. This viral infection is called COVID-19. Corona viruses cause illness from the common cold to more severe illnesses such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).¹ Corona virus is zoonotic, which means that it can be transmitted between animals and humans. This virus is contagious very quickly and has spread to almost all countries, including Indonesia, in just a few months. The spread of the Corona virus which has spread to various parts of the world has an impact on the Indonesian economy, health, and even the education sector.² This has made several countries implement policies to impose lockdowns in order to prevent the spread of the Corona virus.

The Indonesian government has set a policy for all Indonesian people to avoid crowds, social distancing, physical distancing, wearing masks and always washing hands. The Indonesian government implemented the policy of Enforcing Community Activity Restrictions (PPKM) to suppress the spread of this virus. This policy has made the education sector experience a system change, initially teaching and learning activities

¹ Silpa Hanoatubun. 2020. *Dampak Covid –19 Terhadap Perekonomian Indonesia*. edupsyscouns journal vol. 2 p.146

² Baharin, R., Halal, R., dll, 2020, Impact of Human ResouceInvesment on Labor Productivity in Indonesia, Irania Journal of Management Studies, 13 (1), , 139-164

used the face-to-face method, but since the spread of the Covid-19 virus, the teaching and learning system used online. This was confirmed by the Ministry of Education and Culture. The government has prohibited educational institutions from carrying out face-to-face learning (conventional) and ordered to hold lectures or learning online (KemendikbudDikti Circular Letter No. 1 of 2020).³ Educational institutions are led to be able to organize online learning. Through the circular letter, the Ministry of Education and Culture provides instructions to all educational institutions in Indonesia. Indonesia is no exception for Islamic boarding schools to organize distance learning and advise students to study from their homes.

Al-AmienPrenduan Islamic Boarding School is the largest Islamic boarding school on the island of Madura with thousands of students from various regions in Indonesia and even some students from abroad.⁴The leadership of the Al-Amien Islamic Boarding School emphasized that teaching and learning activities will continue to be carried out in the cottage, because the Al AmienPrenduan Islamic Boarding School has implemented strict health protocols, even students have received education about health to spread the virus-19. Al-Amien Islamic boarding school has a special clinic for students who are always on standby 24 hours. Al-Amien clinic health workers routinely check the health condition of the residents of the Islamic boarding school. Anyone whose body is above 37 degrees Celsius will be immediately taken to the clinic for treatment and isolation. Al-Amien Islamic Boarding School also provides hand washing facilities in several rooms and classes of students, as well as intensifying socialization about the importance of personal and environmental hygiene for the health of students. The leaders of the Al-AmienPrenduan Islamic boarding school set a number of policies aimed at limiting the mobility and interaction of students. Santri are prohibited from direct contact with santri parents during the covid-19 pandemic, santri parents are only allowed to send packages containing items needed by students and transfer money to the boarding account to meet the needs of students. The prohibition of direct contact between students and their guardians causes stress levels for students, especially high levels of stress experienced by new students who are still learning to live far away from their guardians. New students often cry to hold back their longing for their families, thus disturbing the concentration of students in learning. The high level of stress experienced by students with the imposition of a ban on direct contact with family, so that Al-Ikhlas letter therapy is needed to reduce the stress level of students. Al-Ikhlas letter therapy is a form of religious therapy that invites students to get closer to God, so that sincerity arises in the hearts of students to accept the conditions that occur during the Covid-19 period. Complete surrender to God can actually reduce stress levels. Based on this problem, the researcher was moved to conduct research in the form of Al-Ikhlas letter therapy in dealing with the stress of Al-AmienPrenduan students during the Covid-19 period.

Methods

The research was carried out at the Al-AmienPrenduan Islamic Boarding School, precisely in Ma'hadTahfidz Al-Amien. The research subjects were 40 students as the sample, the data collection technique used the Simple Random Sampling technique. Wilcoxon Sign Rank Test was used in this study, while data were taken using the DASS questionnaire sheet. Research design is a strategy to achieve research objectives that have been set and acts as a guide or guide for researchers throughout the research process.⁵ In this design, there is no comparison group (control) but at least the first observation

³ Firman, F., & Rahayu, S. (2020). *Pembelajaran Online di Tengah Pandemi Covid-19*. Indonesian Journal of Educational Science (IJES),2(2), 81-89.

⁴ Anni Annisa, 2020, القائمة الإسلامية الجامعة، إندونيسيا في المعهد في منهج على القائمة الإسلامية الجامعة، Jurnal Al-Fakkaar Vol.1 No.2

⁵ Nursalam.(2008). *Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan*. Jakarta: Salemba Medika

(pretest) has been carried out which allows the researcher to examine the changes that occur after the experiment.⁶

The research was conducted to determine the effect of Al-Ikhlas letter therapy in overcoming the stress of Al-AmienPrenduanSantri during the Covid-19 period. This quantitative study uses the pre-experimental one group pretest and posttest design method to measure the stress level of Al-AmienPrenduanSantri in the Covid-19 pandemic. While the stress therapy used is the reading of the letter Al-Ikhlas which is one of the stress therapies with a religious concept.

In this study, the method used was the Pre-Experimental method with the One Group Pretest Posttest design. There are 40 students as a sample, the data collection technique uses the Simple Random Sampling technique. Wilcoxon Sign Rank Test was used in this study, while data were taken using the DASS questionnaire sheet. Before the intervention with Al-Ikhlas letter therapy was applied, a pretest was carried out on the respondents as an initial step to determine the stress level of the Santri. The next stage is the application of Al-Ikhlas letter therapy which is carried out for 3 days before and after the students sleep in the Islamic boarding school room. The results showed by the Wilcoxon Sign Rank Test that 40% of students experienced moderate stress before being given treatment, and 75% of students experienced mild stress after being given treatment. This means that Surah Al-Ikhlas therapy can reduce the stress of students during the Covid-19 pandemic.

Result

MTA Al-Amien students are in their teens who are experiencing maturity in terms of physical, psychological, and social. Psychologically, adolescence is the age of a person who enters the process of becoming an adult. Adolescence is a period where they no longer feel that they are children and are equal to others around them even though the person is older.⁷

During the Covid-19 Pandemic, the leaders of the Al-AmienPrenduan Islamic boarding school set a number of policies aimed at limiting the mobility and interaction of students. One of them is the prohibition of direct contact between students and their guardians, causing stress levels for students, especially high levels of stress experienced by new students who are still learning to live far away from their guardians.

The regulations during the Covid-19 pandemic made them unable to stop themselves from continuing to think irrationally and become stressed. They cry easily, get angry, behave unusually, and often lock themselves in their room to vent their boredom, easily worry about something, don't calm down when doing something and keep thinking that something bad will happen around them, experience sleep disturbances, loss of sense of belonging. confident, tired quickly and no longer interested in doing what he likes.

For that, they need a way/strategy to get rid of their negative feelings/bad emotions. One way that can be done is with Al-Ikhlas letter therapy, a form of religious therapy that invites students to get closer to God, so that sincerity arises in the students' hearts to accept the conditions that occurred during the Covid-19 period. is a religious therapy that aims to help change negative thoughts that arise in a person into positive thoughts. Surat Al Ikhlas is a way to be able to organize the sincerity of the heart to always get closer to the Creator and surrender so that the heart is more peaceful and peaceful.⁸ In

⁶ Soekidjo Notoatmodjo, 2005. *Ilmu Kesehatan Masyarakat*. Jakarta: Rieneka Cipta

⁷ Hurlock, Elizabeth B., 2011. *Psikologi Perkembangan : Suatu Pendekatan Sepanjang Rentan Kehidupan*. Jakarta. Erlangga.

⁸ Qurais Syihab, 2020. *Tafsir Al-Mishbah*. Ciputat: Penerbit Lentera Hati

conditions like this, the human heart becomes peaceful and sincere so that it is able to face life's problems, especially during the Covid-19 period.

As for the therapeutic effect of listening to the surat Al-Ikhlas in the form of changes in electrical current in the muscles, changes in blood circulation, changes in heart rate and blood levels in the skin. These changes indicate a relaxation or decrease in reflective nerve tension which results in loosening of the arteries and an increase in blood levels in the skin, accompanied by a decrease in heart rate. Murotal therapy works on the brain, where when prompted by external stimuli (Qur'an therapy), the brain produces chemicals called neuropeptides. This molecule will carry into their receptors in the body and will provide feedback in the form of pleasure or comfort.⁹

The criteria for student respondents at the Al-Amien Islamic boarding school will be selected based on the characteristics of the respondents, which can be seen from their gender, age and how long they have lived in the Islamic boarding school. All this data will be presented in tabular form as follows.

Table 1. Characteristics of Santri by gender

No	Gender of students	Frequency	Percent
1	Male	20	50.0%
2	Female	20	50.0%
	Total	40	100.0%

Based on table 1 above, it is known that from 40 santri respondents there were 20 students (50.0%) male. While the rest are female as many as 20 students (50.0%).

Table 2. Characteristics of Santri by Age

No	Umur	Frequency	Percent
1	12-14	34	85.0 %
2	15-17	6	15.0 %
	Amount	40	100%

Table 2 explains that the majority of respondents belong to the group of students aged 12-14 years as many as 34 people (85.0%) and the least with the group of students aged 15-17 years as many as 6 people (15.0%). Based on the data in table 2, it is known that most of the respondents are in junior high school and a small proportion are in high school education.

Table 3. Characteristics of Santri based on How Long Lives in Islamic Boarding Schools

⁹ Mottaghi, ME, Esmaili, R & Rohani, Z. 2011. Effect of quran recitation on the level of anxiety in athletics. *Quran and Medicine*. Vol 1, No. 1, pp. 1-4.

No	Length of Stay in Pondok	Frequency	Percent
1	7 bln- 2 th	28	70%
2	3-4 th	10	25%
	5-6 th	2	5%
	Jumlah	40	100%

Table 4. Characteristics of Santri Based on Stress Levels of Santri in the Covid-19 Period Before Getting Surah Al-Ikhlâs Therapeutic Treatment

	Kategori	Frequency	Percent
Prost Test	Ringan	16	40.0 %
	Sedang	23	57.0 %
	Berat	1	3.0 %
	Sangat Berat	0 %	0 %

Based on Table 4, it can be seen that the stress level of the respondents before Al-Ikhlâs therapy was carried out was more than half as many as 23 students (57.0%) were under moderate stress, the others were at a mild stress level of 16 students (40.0%) and there was one students (3.0%) are in a state of severe stress.

Table 5. Characteristics of Santri Based on the Stress Level of Santri in the Covid-19 Period After Getting Surah Al-Ikhlâs Therapy Treatment

Intervensi	Kategori	Frequency	Percent
Prost Test	Ringan	30	75 %
	Sedang	10	25 %
	Berat	0 %	0 %
	Sangat Berat	0 %	0 %

Based on Table 5, it can be seen that the stress level of respondents after Al-Ikhlâs letter therapy was more than half as many as 30 students (75%) were in light work stress, the others were at moderate work stress levels, namely 10 students (25.0%). Based on Table 4.3, it can be seen that there were 14 respondents who experienced changes in stress levels from moderate stress to mild stress based on all respondents' characteristics, and there was 1 respondent who experienced changes in severe stress levels to moderate stress levels.

Discussion

The results showed that with the Wilcoxon Sign Rank Test, 40% of students

experienced mild stress before being given treatment, and 75% of students did not experience stress after being given treatment. This means that Surah Al-Ikhlas therapy can reduce the stress of students during the Covid-19 pandemic. The results of this study will be implemented for educational institutions in Sumenep in dealing with student stress, so that all educational institutions in Sumenep district are able to handle the stress experienced by students during the COVID-19 pandemic.

Conclusion

The results showed by the Wilcoxon Sign Rank Test that 40% of students experienced moderate stress before being given treatment, and 75% of students experienced mild stress after being given treatment. This means that Surah Al-Ikhlas therapy can reduce the stress of students during the Covid-19 pandemic.

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