

## Sufism as Psychotherapy to Overcoming Relapse in Schizophrenic Patients

### Tasawuf sebagai Psikoterapi Mengatasi Relaps pada Penderita Skizofrenia

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**Abstract:** Sufism as psychotherapy provides treatment based on Islamic teachings that is intended for every human being who experiences mental illness. Mental illness referred to as severe mental disorder (psychosis), one of which is schizophrenia, which sufferers tend to experience relapse (recurrence). The purpose of this study is to find out how the use of Sufism as psychotherapy in dealing with relapse of people with schizophrenia and to prove empirical facts that Sufism can be used as a psychotherapy for people with schizophrenia based on previous studies. This research method uses literature review, literature searches are carried out through Google Scholar. Search results from Google Scholar found 12 journals, and 7 journals were eliminated, then 5 journals were accepted and analyzed. The results showed that Sufism as a psychotherapy could be a form of treatment for people with schizophrenia. The forms of Sufism as psychotherapy are Qur'anic healing therapy, Sufi healing therapy and spiritual neuroscience, as well as collaboration of Sufistic psychotherapy with traditional *suwuk bobok Jowo*, then audio therapy of the Qur'an, ablution therapy, prayer, and remembrance. Sufism as psychotherapy can make the heart (*qalb*) and soul calm, serene, and peaceful. So that the symptoms of schizophrenics such as anxiety, hallucinations, and delusions can be reduced.

**Keywords:** Sufism; Psychotherapy; Relapse; Schizophrenic patients

**Abstrak:** Tasawuf sebagai psikoterapi menyajikan pengobatan yang berlandaskan kepada ajaran-ajaran islami yang diperuntukkan bagi setiap manusia yang mengalami penyakit mental. Penyakit mental yang dimaksud seperti gangguan jiwa berat (psikosis) salah satunya adalah skizofrenia yang cenderung penderitanya mengalami relaps (kekambuhan). Tujuan dari penelitian ini yaitu untuk mengetahui bagaimana penggunaan tasawuf sebagai psikoterapi dalam mengatasi relaps orang dengan skizofrenia dan untuk membuktikan fakta-fakta empiris bahwa tasawuf bisa digunakan sebagai psikoterapi orang dengan skizofrenia berdasarkan kajian-kajian terdahulu. Metode penelitian ini menggunakan literature review, penelusuran literatur dilakukan melalui google scholar. Hasil penelusuran dari google scholar didapatkan 12 jurnal, dan dieliminasi ada 7 jurnal, kemudian jurnal yang diterima dan dianalisis ada 5 jurnal. Hasil penelitian menunjukkan bahwa Tasawuf sebagai psikoterapi mampu menjadi salah satu bentuk pengobatan bagi penderita skizofrenia. Bentuk-bentuk tasawuf sebagai

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psikoterapi ini yaitu terapi Qur'anic healing, terapi sufi healing dan neurosains spiritual, serta kolaborasi psikoterapi sufistik dengan suwuk tradisional bobok Jowo, lalu audio terapi Al-Qur'an, terapi wudhu, sholat, dan zikir. Tasawuf sebagai psikoterapi ini dapat menjadikan hati (qalb) dan jiwa menjadi tenang, tentram, dan damai. Sehingga gejala-gejala penderita skizofrenia seperti kecemasan, halusinasi, maupun waham dapat dikurangi.

**Kata Kunci:** Tasawuf; Psikoterapi; Relaps; Orang Skizofrenia



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## Introduction

One of the serious problems that need attention in this era of religious moderation is mental health, where in this modernization era people tend to underestimate mental health. Even though mental health is one of the important aspects of someone being able to live a good and productive life (Rajab, 2019).

Every individual is not always physically and mentally healthy, many of them experience mental disorders, both mild mental disorders (neurosis) and severe mental disorders (psychosis). One of the severe mental disorders (psychosis) that is quite familiar or popular because many people experience severe mental disorders, namely schizophrenia (Sovitriana, 2019).

The global and national situation states that currently there are 450 million individuals suffering from mental disorders at the international level. Based on international data, one of the mental disorders experienced by 450 million people is schizophrenia. Meanwhile, in Indonesia, there are 1.85 million people with schizophrenia (Situasi Kesehatan Jiwa Di Indonesia, 2019).

People with schizophrenia at this time still get a negative stigma from society, which is said to be "crazy", The emergency of this negative stigma makes it difficult for schizophrenic sufferers to be accepted in society, they are ostracized and even abandoned on streets (Pandjaitan & Rahmasari, 2020). People with schizophrenia tend not to get appropriate treatment, even treatment that is in line with humanity is not obtained. Where in some cases people with schizophrenia are often put in stocks when their mental illness recurs (relapses). This is due to the lack of family and community knowledge about the mental illness schizophrenia, so that people with schizophrenia are considered a big disgrace (Putri et al., 2020).

People with schizophrenia cannot recover completely where this ODS tends to experience relapse (recurrence) (Wulandari & Harjanti, 2018). Relapse is a patient's condition where the same symptoms appear as before and results in the patient having to be treated again (Kardiatun & Damayanti, 2023). So that when ODS experiences a relapse, ODS returns to experiencing schizophrenic symptoms as before. Where the symptoms of schizophrenia itself are hallucinations and delusions and disturbances in the process of thinking and speaking which tend to make no sense (Sovitriana, 2019).

Based on the cases that the researchers encountered during field practice courses at a Mental Hospital in West Sumatra, the researchers found cases that several schizophrenics had repeatedly been hospitalized again and again because of the schizophrenic mental disorder the sufferer suffered from recurrence. And also based on data from a study explaining that there was an increase in re-hospitalization for people with schizophrenia in more than a month, namely by 60% or more precisely as many as 676 patients (Wulandari & Harjanti, 2018). Other research also shows that the recurrence of people with schizophrenia is influenced by support or assistance from family and also social society as well as regarding adherence of people with schizophrenia in taking medication (Indriyanti et al., 2019).

In addition to taking medication regularly, it turns out that there are other treatment methods to reduce the symptoms of severe schizophrenia, namely Sufism as psychotherapy. This *tasawuf* therapy does not intend to take over the treatment that has been influenced by medicine, but this therapy is complementary. This Sufism therapy treatment has been practiced centuries ago, but at the present time it has only attracted special attention to the medical community and therapists (Waslah, 2017).

As in the Al-Quran, various factors of mental illness have been explained which are described as heart disease, but Allah has also explained that all problems must have a solution and all diseases must have a cure, according to the word of Allah SWT in the Al-Qur'an Surah Yunus:52 that means :”then it is said to those who are unjust (*musyrik*): "You will feel the eternal torment; you will not be rewarded except for what you have done".

### **Schizophrenia**

Schizophrenia comes from the word "schitos" which means separate and "phren" which means brain, so schizophrenia is a separate brain. Where the intention is to split or separate between cognition, affection, and behavior so that there is a lack of compatibility between thinking and emotion, and also between one's perception of reality and what is really happening. According to the term Schizophrenia is a severe mental disorder (psychosis) which is characterized by a loss of understanding of reality or reality and a lack of self-understanding (insight) (Sovitriana, 2019).

The symptoms of schizophrenia itself are delusions (disorders of thinking), hallucinations (impaired perception), disorganization (inability to regulate the direction of speech, emotional reactions, and motor behavior), affective flattening (affection that does not match behavior), alogia (disturbance in the content of speech), avolition (not interested in daily activities), anhedonia (tend not to care), and the presence of delusions (Maslim, 2013).

Schizophrenia's severe mental disorder can cause a burden for family caregivers or families who are willing to help care for schizophrenic sufferers, this is because schizophrenic sufferers are unable to care for themselves so they need family caregivers (Patricia et al., 2018). So handling during treatment is important so that people with schizophrenia do not experience relapse, relapse in schizophrenia is the emergence of the same symptoms as before after a period of remission. Where when experiencing relapse, the prognosis is poor, cognitive abilities decrease, decreased quality of life, loss of self-esteem, social disturbances and is characterized by hallucinations and delusions (Meiantari & Herdiyanto, 2018).

### **Sufism**

The word *tasawuf* has various meanings, namely some say that tasawuf comes from the word "*shuffah*" (fabric made of fur), then the word "*shifah*" (traits), then the word tasawuf also comes from the word "*shafa*" (clean), then "*shaff*" (saf), and "*ahlush-shuffah*" (companions of the Prophet who joined the migration by leaving their possessions) (Isa, 2005). In terms of Sufism, it is a science that aims to cleanse the soul, improve the heart (*qalb*), improve character, so that it can lead to happiness (Isa, 2005). Sufism is remembering Allah SWT by always introspecting yourself and having good behavior and morals (Kabbani, 2007).

### **Psychotherapy**

The origins of psychotherapy come from the word "psyche" which means soul, and "therapy" which means treating. So what is meant by psychotherapy is one of the treatment techniques for a person's psychological aspects. Where treatment through psychotherapy techniques is a treatment that tends to

use psychic intervention by taking a psychological approach to clients who experience psychological or psychological disorders (Gunarsa, 2007).

Psychotherapy is usually carried out by means of communication, namely interviews, where the questions asked are usually to optimize interpersonal relationships with patients or therapeutic properties and also make a diagnosis to complete data (Parnawi, 2021). Islamic psychotherapy explains that the Qur'an and Sunnah of the prophet Muhammad SAW are references in the thinking process on the dimensions of health which are directly related to biological, psychological, spiritual, and social aspects (Khoirunnisa, 2020).

## Method

The research design uses the library study method or literature review, which is a series of activities by reading, taking notes, and processing research materials. Where this literature review contains previous studies that discuss the same or similar problems (Hakim, 2017). In this literature study, the instrument used was research journals for the last 6 years that met the inclusion criteria, namely journals published 2017-2021 with full-text research journals and included in national and international journals. After that, a re-examination of the journal used is carried out both in terms of completeness, then organizes or compiles the data obtained in accordance with the necessary framework, and finally, analyzes the journal in accordance with the rules, theories and methods that have been determined so that it can produce conclusions which are the results of the answers to the problem formulation.

Literature search sources use accredited or indexed electronics such as Google Scholar. The search process was carried out using keywords, namely: *tasawuf* as psychotherapy, *tasawuf* as psychotherapy for people with schizophrenia. The search began from 09 to 12 June 2022. The data obtained was then processed and concluded, for the methods used in data collection, namely by taking library data, reading, taking notes, and processing research materials.

## Result

The research results that researchers got from the process of collecting previous scientific studies consisting of five journals from 2017-2021 that have met the inclusion criteria. Table 3 explains the summary of the search results for journals of literature studies.

**Table 3**

*Summary of The Search Results for Journals of Literature Studies.*

No	Title/Author/Year/ Language	Research Purpose	Research method	Results
1	<i>The effectiveness of Qur'anic healing therapy for auditory hallucinations in schizophrenia (Utomo et al., 2021) Indonesian</i>	To understand how the effectiveness of Qur'anic healing therapy is for hallucinations in schizophrenia at the Mental	This study used a quasi-experimental pretest-posttest method with control design. Where it is known that the population of this study were	The results of this study indicate that Qur'anic healing therapy in Surah Ar-Rahman has various properties in the healing process of people with schizophrenia and can provide positive energy in the body where this Qur'anic healing therapy is

No	Title/Author/Year/ Language	Research Purpose	Research method	Results
		Hospital of West Java Province	36 schizophrenic patients with hallucinations who were treated in a quiet room. Furthermore, the sampling technique used purposive sampling with the inclusion criteria of schizophrenic patients with hallucinations, RUFA III score, Muslim, age > 18 years.	able to reduce stress, then can activate natural endorphins, namely serotonin which can make the soul more calm. Next, the hallucination pretest result was 21.50 and after the experiment was carried out it resulted in a decrease with the hallucination posttest result being 10.06.
2	<i>Sufi healing and spiritual neuroscience for schizophrenic patients at the Jalmal Sehat foundation, Bulungkulon village, Kudus (Adlina &amp; Nadhifah, 2019) Indonesian</i>	Aims to provide readers with an understanding of how to apply Sufi healing for schizophrenic patients at the Jalmal Sehat foundation, Bulungkulon village, Kudus.	Using interview and observation methods, information was gathered in the form of words collected from sources, Agus Salim as the manager of the Jalmal Sehat foundation and Sinta Distiyani as a nurse.	Sufi healing therapy and spiritual neuroscience therapy variations are adjusted to the needs of the patient's condition. In the condition of patients who are included in the severe group (50% condition close to recovery), there are hallucinations, delusions and anxiety accompanied by tantrums, screaming, wailing. The first Sufistic therapy is repentance therapy for those who experience anxiety disorders, for example: ablution therapy, followed by prayer therapy, and special therapy, namely dhikr. The second therapy is in the form of ruqyah which is applied to patients who experience hallucinations and delusions with raging conditions and howling. After being given Sufistic therapy, the condition

No	Title/Author/Year/ Language	Research Purpose	Research method	Results
				gradually begins to calm down, feeling relieved and light, having self-confidence, gaining peace in life, starting to develop potential and believing that Allah is the best place to ask.
3	<i>Sufistic psychotherapy collaboration with traditional bobok Jowo suwuk as a treatment therapy for schizophrenia (Adlina &amp; Murtanti, 2020) Indonesian</i>	To find out how the collaboration of Sufistic psychotherapy with traditional bobok Jowo suwuk is in the process of treating schizophrenia.	Using qualitative field methods with descriptive recording techniques, and using interview methods, documentation in the form of writing, images, files, and voice recorders. The population and research sample are the caregiver of the cottage as well as the therapist of students who experience schizophrenia.	19 male students whose average age is 20-60 years old who experience schizophrenia are given a potion every day for 40 consecutive days, when they are going to drink the herbal medicine the students are required to say a prayer, and healing therapy through the teachings of Sufism the daily activities of the students such as taking a night bath (bath repentance), reading dhikr readings, continued reading the Qur'an, praying, patience, and remaining <i>istiqomah</i> in carrying out treatment of worship rituals and drugs so that it can be an alternative treatment for schizophrenic clients.
4	<i>The impact of the Al-Qur'an audio therapy method on schizophrenic patients (Nurajizah, 2017)</i>	Aims to find out what the impact of Al-Qur'an audio therapy is on schizophrenic patients who are at the Mentari Hati Tasikmalaya Foundation. The next objective is to find out the	The research method used is a qualitative method. With observation data collection techniques and interviews. Interviews were conducted with the chairman of the foundation, administrators of the	The results of this study show that Al-Qur'an audio therapy for schizophrenic patients can provide positive energy that can change the behavior of patients who initially rebelled with various symptoms of schizophrenia. Then after listening to the audio therapy of the Qur'an, significant changes were seen, namely the patient

No	Title/Author/Year/ Language	Research Purpose	Research method	Results
		application of the Al-Qur'an audio therapy method at the Mentari Hati Tasikmalaya Foundation. As well as another goal, namely to find out how the patient's experience is after getting audio therapy of the Qur'an.	rehabilitation section, and schizophrenic patients who had progressed	became calmer and did not engage in aggressive behavior.
5	<i>Remembrance as a therapy for schizophrenics (Misbakhuddin &amp; Arofah, 2018)</i>	To find out how dhikr therapy is one of the healing therapies for schizophrenia sufferers, and also aims to find out how the phenomenon of the living al-Qur'an is at UPT RSEP.	Literature Study	The results of the study show that the therapy for schizophrenics has a spiritual awareness value in the form of the practice of Sufism or worship which calms one's soul or heart so that it can reduce stress levels in the body which can make individuals physically and mentally healthy.

## Discussion

Sufism as the subject of Islamic teachings appears to provide resolution and therapy for human problems by getting closer to Allah SWT. Furthermore, counseling and psychotherapy activities are also developing which have the aim of helping each individual in dealing with various problems, because all problems must have a solution and all diseases must have a cure. Where the opportunities for Sufism in dealing with psychological illnesses to human problems are increasingly widespread in this global era (Waslah, 2017).

The purpose of Sufism itself is to cleanse oneself from bad or disgraceful behavior, leave Allah's prohibitions, stay away from lust, behave well and commendable as described in the holy book Al-Qur'an and Sunnah, whereby one can reach *ihsan* or the level of perfection. morals (Sahri, 2019). Sufism also explains where we came from as humans and how one day we will return home or return to Him, here it is explained that Sufism also aims to provide direction in life. In answering various psychological problems, Sufism tells about how to live a happy life which is usually obtained from a person's physical and mental health (Muzakir, 2018).

Sufism also explains that in addition to basic needs such as clothing and food, humans also need peace of mind (*qalb*), namely worship such as prayer, fasting and remembrance which also affect physical

and mental health. Where worship such as prayer can train the soul to be calm, then several body positions such as prostration which have a positive impact on health, which can launch oxygen to the brain, then improve digestion and breathing. In addition, fasting also has a positive impact on health, which can increase the body's metabolism and help detoxify the body. Likewise with dhikr which is able to make thoughts and feelings calm (Muzakir, 2018).

Treatment for people with severe mental disorder schizophrenia apart from taking medication regularly, diligently going to the hospital for control, as well as requiring support and support from the family so that relapses or recurrences do not occur. It turns out that people with schizophrenia also need Sufism as psychotherapy. Psychotherapy based on religious aspects is known as religion psychotherapy, which is healing mental illness by using religious aspects according to their respective beliefs. Where some psychiatrists state that psychotherapy with a religious approach can make mental illness heal faster because it has the potential to awaken faith in God, so that it can calm the mind and then self-confidence emerges that God Almighty is the only healing power from the illness suffered. Psychotherapy with a religious approach has formed a special community, namely psychiatry and religion by the world psychiatric association at its 9th congress in Brazil in 1993 (Basit, 2017).

Sufism as a psychotherapy itself is like Qur'anic healing therapy, where schizophrenics who experience hallucinations can reduce their tendency to hallucinations (Utomo et al., 2021). Furthermore, Sufi healing therapies and spiritual neuroscience such as prayer, remembrance, and fasting can reduce symptoms of anxiety in schizophrenia sufferers. Meanwhile, *ruqyah* therapy is used for schizophrenics who rage, roar, or experience delusions and hallucinations (Adlina & Nadhifah, 2019).

Sufism as psychotherapy can also be collaborated, namely the collaboration of Sufistic psychotherapy with traditional Javanese *bobok suwuk* in schizophrenia sufferers. Where this collaboration can produce a traditional Islamic treatment method, namely by giving herbal drinks which are required to read prayers before drinking it, besides that schizophrenics are also required to carry out daily worship activities such as ablution, prayer, dhikr, pray, be patient, and remain consistent in undergoing treatment (Adlina & Murtanti, 2020).

The Sufism method as further psychotherapy is the Al-Qur'an audio therapy method which is used as a therapy for the treatment of Sufism by playing the holy verses of the Qur'an which are heard for people with schizophrenia. Where this therapy can make the soul calmer (Nurajizah, 2017).

And finally, the dhikr is used as a therapy for schizophrenics, where by reading the dhikr repeatedly, either alone or in congregation, it is hoped that it can become an antidote or medicine for all problems and illnesses such as mental illness (Misbakhuddin & Arofah, 2018).

## Conclusions

The conclusions of this study are as follows: Sufism as psychotherapy can be a form of treatment for people with schizophrenia. Forms of Sufism as psychotherapy are Qur'anic healing therapy, Sufi healing therapy and spiritual neuroscience, collaboration of Sufistic psychotherapy with traditional *suwuk bobok Jowo*, audio therapy of the Qur'an, ablution therapy, prayer, and dhikr. Next, Sufism as psychotherapy can make the heart (*qalb*) and soul calm, serene, and peaceful. So that the symptoms of schizophrenics such as anxiety, hallucinations, and delusions can be reduced by using Sufism as psychotherapy. Suggestion from this study is for future researchers to be able to collect more literature reviews on Sufism as a psychotherapy using international journals.

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