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**THE CONCEPT OF SELF HEALING FOR CHILDREN IN
ISLAMIC EDUCATION
(Perspective Of The Qur'an And Hadits)**

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Abstract

Recently, mental health has been frequently discussed because the number of mental disorders in Indonesia has increased significantly in each period. Considering that alternative medicine is rarely used due to the rapid development of the times, this research has the aim of opening up people's thinking about alternative medicine, one of which is the Al-Qur'an. This research is a library research by analyzing several sources such as books, scientific articles and others. The independent variable in this study is self-healing, while the dependent variable is self-healing from the perspective of the Qur'an and Hadith. In the span of 14 centuries, healing with the Qur'an has become something that is well known to Muslims. They treat all diseases with the Qur'an because they believe in the word of Allah SWT related to healing. In fact, on a history it is explained that the Prophet Muhammad once did ruqyah himself when he was sick by reading the letter al-Mu'awwidhatain, namely the letter al-Falaq and the letter an-Nas. Further research can be carried out by studying several surahs, certain verses which are believed by Muslims to be very effective medicines for various diseases, especially mental illnesses.

Keywords: Concept, Self Healing, Al-Qur'an Hadith

Abstrak

Belakangan ini kesehatan mental sering dibahas karena jumlah gangguan mental di Indonesia mengalami peningkatan yang cukup besar pada setiap periodenya. Mengingat pengobatan secara alternatif sudah jarang dilakukan karena perkembangan zaman semakin pesat, maka penelitian ini memiliki tujuan untuk membuka luas pemikiran masyarakat terhadap pengobatan secara alternatif diantaranya adalah dengan Al-Qur'an. Penelitian ini merupakan penelitian library research dengan menganalisis beberapa sumber seperti buku-buku, artikel ilmiah dan lain-lain. Variabel bebas pada penelitian ini adalah self healing, sedangkan variabel terikatnya adalah self healing perspektif Al-Qur'an dan Hadits. Dalam rentang waktu 14 abad, penyembuhan dengan Al-Qur'an telah menjadi sesuatu yang sudah dikenal bagi kaum muslimin. Mereka mengobati segala penyakit dengan Al-Qur'an disebabkan mereka yakin kepada firman Allah Swt yang berkaitan tentang penyembuhan. Bahkan, pada suatu riwayat dijelaskan bahwa, Nabi Muhammad Saw pernah meruqyah dirinya sendiri ketika beliau sedang sakit dengan membaca surat al-Mu'awwidhatain, yaitu surat al-Falaq dan surat an-Nas. Penelitian selanjutnya dapat dilakukan dengan mengkaji beberapa surah-surah, ayat-ayat tertentu yang diyakini kaum muslimin sebagai obat yang sangat ampuh terhadap berbagai penyakit, khususnya penyakit batin.

Kata Kunci: Konsep, Self Healing, Al-Qur'an Hadits

INTRODUCTION

Humans live side by side with each other, both with other people, animals, plants and the entire universe. Coexistence between oneself and the universe requires good balance and compatibility. In fact, between individuals and other individuals can not be separated from the

existence of a problem. Problems arise because of differences caused by each individual which has its own shape and impact. In general, problems will result in self-blame, self-harm, even to the point of feeling fear and a large enough emptiness is caused.¹

Recently, mental health has been frequently discussed because the number of mental disorders in Indonesia has increased significantly in each period. One of the causes of mental disorders is social change that is so fast, starting from changes in lifestyle, modernization of technology and information that causes individuals to adapt to the various demands of existing life needs.

Not all individuals have a lot of influence because of social change, but in some individuals it can cause anxiety, fear, stress, even more severe mental disorders. Therefore, maintaining mental health needs to make self-healing efforts when negative psychological conditions arise such as stress, anxiety and fear so that they do not continue to a more severe level such as depression.

Therefore, psychotherapy is needed because it is used to help maintain and develop the integrity of the soul to keep growing healthy and able to adapt more effectively to the environment.²

Health problems are not only marked by physical illness. People suffering from physical pain also found that his soul was in an unstable (mental) state due to shock, changes in perception and decreased interest.³ There are also other health problems characterized by feelings of physical, mental or spiritual disturbance. Disturbance to the environment is also one of health that can cause health problems such as illness. Health is a healthy state, both physically, mentally, spiritually and socially which can help a person to live a socially and economically productive life.

Problems from cases that already exist, such as from cases related to the individual and himself, the individual and the Creator, the individual and the environment, both the family environment, work environment, and other social environments. Physical and mental health are two conditions that are related to each other, meaning that if one feels disturbed or sick, it will affect the other.

Many conflicts that must be faced by humans in life such as disease. Ranging from minor illnesses to critical illnesses, even to the point that they cannot be cured with various treatments. To get a balance between body and soul or in other words to be physically and mentally healthy, one must have four keys to health. As written by the psychiatrist, these include: physically healthy

¹ Diana Rahmasari, *Self Healing Is Knowing Your Own Self* (Surabaya: UNESA University Press, 2020).

² Ashadi Cahyadi, "Psikoterapi Dalam Pandangan Islam" Vol.5, No.11 (2016).

³ Ibin Hasani, "Komunikasi Terapeutik Perawat Rohani Islam dalam Proses Penyembuhan Pasien di RSUD Ciamis" Vol.2, No.2 (2018).

(physical/biological), psychologically healthy (psychiatric/psychological), socially and spiritually healthy (spiritual/religious).

In fact, it has been a topic of conversation for a long time, so that many have conducted research on the relationship between psychological therapy and religion with physical illness. In Dadang Hawari's book, an Islamic Psychiatrist on Psychoreligious Dimensions of Heart Disease, In addition to medication, prayer and psychoreligious therapy in the form of cycles, suffering from pain, strengthening the patient's immunity, creating hope (optimism) and regaining self-confidence (confidence), and ability, overcoming suffering (ability to overcome) in turn to speed up the healing process.⁴

The main key for mental health to be well maintained is within oneself. So that you can take care of your own mental health. Self healing is referred to as a series of practical exercises that are done independently for about 15-20 minutes and should be done 2 times a day. One of the most effective ways of self-healing according to Islam is by reading the Qur'an and understanding its contents because it can make the heart calmer and can draw us closer to Allah SWT. Each person's ability to apply self-healing is different depending on the suitability of the self-healing model being carried out.

In particular, the Qur'an can be a *syifa'* (an antidote or solution provider) that can treat physical or non-physical ailments. One of the verses that can be used as medicine for a sick person's *ruqyah* is Surah Al-Fatihah.⁵

In a history it is explained that the Prophet Muhammad used to do *ruqyah* himself when he was sick by reading the letter al-Mu'awwidhatain, namely the letter al-Falaq and the letter an-Nas. From the description of this history, it can be understood about *fadilah* or the efficacy and privileges of certain letters or certain verses contained in the Qur'an which are believed to be real medicine. In addition, the Al-Qur'an is also used by the community as a solution to their life problems such as problems in the economy, namely to facilitate the arrival of sustenance, to bring glory and blessings to those who read it.

In previous studies it was stated that one of the Islamic boarding schools in West Java, namely the As-siraj Al-Hasan Islamic boarding school, Kalimukti Village, Kec. Kab. Cirebon which enforces provisions in the form of ritual recitation of certain verses, such as surah al-

⁴ Yuliyatun, "Kontribusi Konseling Islam Dalam Penyembuhan Penyakit Fisik" Vol.5, No.2 (2018).

⁵ Fuji lestari, "Al-Qur'an Dan Penyembuhan (Studi Living Qur'an tentang Praktek Pengobatan Alternatif *Bengkel Menongso* di Dusun Jaten Kelurahan Pedurangan Tengah Kecamatan Pedurangan Semarang)" (Semarang, Fakultas Ushuluddin Dan Humaniora Universitas Islam Negeri Walisongo, 2018).

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Waqi'ah every day by Ustadz and their students which are carried out at a certain time, with a certain number of numbers and a certain purpose.⁶

The general objective of this study is to analyze the concept of self-healing for children in Islamic Education based on the Al-Qur'an and Hadith by examining several sources such as books, scientific articles, theses and others. From this research it is hoped that it can increase knowledge about self-healing.

RESEARCH METHODS

This study uses a qualitative approach and the type of research used is library research. Literary study is a collection of data or literature (library) on the subject matter of a research that has been read, reviewed, and recorded from books, scientific papers, and other documents related to the subject matter of this research. So that the data collection in this study was based on literary sources that have been reviewed in accordance with information related to the topic of discussion, namely self-healing.

RESULTS AND DISCUSSION

Self-healing is a process of intrapersonal communication, giving space and time to heal inner wounds. Self-healing heals not only the wounds of the soul, but also our bodies. One effort to reduce anxiety can be done with self-healing. Self-healing is a term that uses a process and has the principle that the human body can be repaired and healed in certain natural ways.⁷

The purpose of self-healing itself is to heal wounds, sadness, trauma within oneself as a process of recovery from traumatic events that occur to individuals. Self-healing is one of the phases applied to the process of self-healing from disasters, calamities, traumatic events and mental illness, driven, directed and carried out by instincts, and motivation is considered a major asset.⁸

The stages of self healing therapy are as follows:

1. The stage of knowledge or self-knowledge
2. Stages of repentance or self-acceptance
3. Stages of 'Awaiq or introspection
4. Stages of 'Awarid or letting go
5. Stages of Bawa'its or motivating
6. The stages of Qawadiah or reflecting

⁶ Didi Junaedi, "living Qur'an: Sebuah Pendekatan Baru dalam Kajian Al-Qur'an (Studi Kasus di Pondok Pesantren As-Siroj Al-Hasan Desa Kalimukti Kec. Pabedilan Kab. Cirebon)" Vol.4, No.2 (2015).

⁷ Yogi Noviariski, "Peran Komunikasi Intrapersonal Sebagai Self Healing" Vol. 2, No. 2 (2021).

⁸ Alsheta Marcha Nurriyana dkk. "Mengatasi Kehilangan Akibat Kematian Orang Tua: Studi Fenomenologi Self Healing Pada Remaja" Vol.8, No.3 (2021). p. 47

7. Gratitude Stages.⁹

In practice, self-healing is a term that uses a principled process that actually the human body is something that is capable of repairing and healing itself through certain ways naturally.¹⁰

We can get various kinds of drugs or antidotes for diseases anytime and anywhere. Each healing also has different ways. Since thousands of years ago, in various places and in various ways, humans have been looking for various kinds (methods) of healing. Some of them argue that healing can be obtained by worshiping God, worshiping God's creation, such as worshiping the sun, moon, stars, fire or by taqarrub to idols (statues) and other wrong beliefs. However, when the Prophet Muhammad SAW. came, he explained the right way to seek healing, so Allah SWT sent down the Qur'an to the Prophet for medicine for those who believe.

Through healing the Qur'an can make life more meaningful. Many people do not know about the richness of the contents or messages contained in the Qur'an, what is known is only about religion. When there is alternative healing, it makes people realize that it is a loss for humans if they do not practice the contents of the Al-Qur'an, which in the Al-Qur'an have explained clearly and in detail about the world and the hereafter.¹¹ There are several things we should know about the Qur'an, including:

1. Al-Qur'an as a guide to life

The Al-Qur'an provides guidance in matters of faith, sharia, and morality by laying down the basic principles regarding these issues, and Allah commissioned the Messenger of Allah, to provide complete information regarding these basics.¹²

2. Al-Qur'an for our daily life

3. Al-Qur'an as syifa' or medicine

Healing with the Qur'an is very convincing, even for chronic diseases that cannot be cured by medical personnel. The Al-Qur'an can have an impact on the members of the human body because the Al-Qur'an is an 'ijaz (miracle) which is not only limited to religious sciences but also other world sciences that can answer all human problems.¹³

⁹ Andri Yulian Christyanto, "Metode Self Healing Dalam Kitab Minhajul 'Abidin Imam Al-Ghazali" Vol.6, No.2 (2021).

¹⁰ Budiman Septi Ardianty, "Pengaruh Efektivitas Terapi Self Healing Menggunakan Energi Reiki terhadap Kecemasan Menghadapi Ujian Skripsi" Vol.4, No.1 (2018).

¹¹ Iestari, "Al-Qur'an Dan Penyembuhan (Studi Living Qur'an tentang Praktek Pengobatan Alternatif bengkel Menongso di Dusun Jaten Kelurahan Pedurungan Tengah Kecamatan Pedurungan Semarang)."

¹² Moh Matsna, *Al-Qur'an Hadis Madrasah Aliyah X* (Semarang: PT. Karya Toha Putra, 2016). P. 49

¹³ Abd. Daim al-Kaheel, *Lantunan Al-Qur'an Untuk Penyembuhan* (Yogyakarta: Pustaka Pesantren, 2012).

Treatment with the Qur'an has been done for a long time, in the span of 14 centuries, healing with the Qur'an has become something that is well known to Muslims. They treat all diseases with the Qur'an because they believe in the word of Allah SWT.

يَأْتِيهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

"O mankind, verily there has come to you a lesson from your Lord and a cure for the diseases (which are) in the chest and guidance and mercy for those who believe."(QS. Yunus [10]: 57)

Islamic self-healing therapy is treatment by strengthening the heart, leaning on God, putting your trust in God, seeking protection, showing humility. And gentle, it is an act aimed at achieving an effect, devoting to God to heal by demonstrating and commanding the patient to take medication. These include pain relief, prayers, healing memories, and the wisdom and benefits of drinking zam-zam water.¹⁴

Ibnul Qayyim al-Gauziyah said, when he was sick while in the city of Makkah and at that time he could not find a doctor and medicine. So he took Zamzam water by reciting surah Al-Fatihah several times, then he drank. After that, he felt his pain disappear, and since then when he was sick he always drank Zamzam water by reading surah Al-Fatihah.¹⁵

Prophet Ibrahim said blessings come from Allah swt. When talking about disease, it's because giving benefits is a commendable thing. Therefore, it is natural to lean on Allah swt. However, disease is something that can be said to be bad, so it is not natural to rely on Allah SWT. The Prophet Ibrahim taught that all beautiful things that are worthy of praise come from Allah, while for rebukes and negative things one must first look for the cause itself. Healing emphasized by Prophet Ibrahim does not mean that human efforts for healing are no longer needed, many hadiths of the Prophet Muhammad SAW ordered treatment. Thus the intention explained by Prophet Ibrahim is that the cause of all causes is Allah SWT.¹⁶

The Al-Qur'an is a cure for all human ailments, both medical ailments, mental illnesses, diseases caused by jinn disturbances, magic and others. As in the word of God:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

¹⁴ Errick Endra Cita, Yuni Permatasai Istanti, "Terapi Islamic Self Healing Terhadap Quality Of Life Pada Klien Gagal Ginjal Kronis Dengan Terapi Hemodialisa,"

¹⁵ Qindil Abdul Mun'in, *The Healing Book Mengungkap Kandungan Medis Al-Qur'an* (Yogyakarta: Qudsi Media, 2018). p. 195

¹⁶ Rahmasari, *Self Healing Is Knowing Your Own Self*.

"And we sent down from the Qur'an something that is antidote and mercy for those who believe and the Qur'an does not add to the wrongdoers other than losses."(QS.Al-Isra[17]: 82)

This verse can be used to treat patients by reading it when the patient is being treated by a healer. The verse is recited while holding the aching part of the body. Then the word syifa' is recited three times, after which it is also read over the water that has been provided for drinking at home.

To deal with non-physical illnesses such as calming people who are possessed, people who are lazy to work or lazy to study, then by reading them to patients, among them are the Yasin letter and the verse of the chair.¹⁷

Rasulullah saw. Many show examples of how humans overcome an illness they suffer, one of which is physical illness. He is not a healer specializing in the medical world, however he does physical therapy to friends and the public at that time, for example he was visited to ask for advice on illnesses he was experiencing such as pleurisy, dizziness, epilepsy, eye disease. For all suffering, the Prophet gave knowledge of medical and religious causes and methods of healing. For example, dizziness during cupping or just tying the head, depending on the degree of pain (In the hadith narrated by Bukhari, that Rasulullah did cupping on his head while he was in ihram). One thing to note is that the Prophet did not stop teaching that the cure for all ailments is patience and prayer. Patience and Prayer are beliefs - very closely related. Such a strong faith will not happen unless it is obtained by the mentally ill, the weak, the indecisive, the sad, the easily frightened, the fearful. In fact. This weak state of mind includes frequent physical stress. Physically, there are medical personnel who treat patients with different treatments and care according to medical regulations. But Psychological, not All patients receive medication or psychotherapy.¹⁸

Uthman bin Abu Al'Ash Ats-TsaQafi told that he had complained about pain since he converted to Islam to Rasulullah SAW. The story was later narrated in the hadith narrated by Imam Muslim.

ورويانا في صحيح مسلم رحمه الله، عن عثمان بن أبي العاص رضي الله عنه، أنه شكى إلى رسول الله صلى الله عليه وسلم وجعا يجده في جسده، فقال له رسول الله صلى الله عليه وسلم ضَعْ يَدَكَ عَلَى الَّذِي تَأْتُمُّ مِنْ جَسَدِكَ، وَقُلْ بِسْمِ اللَّهِ ثَلَاثًا، وَقُلْ سَبْعَ مَرَّاتٍ أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأَخَازِرُ

¹⁷ lestari, "Al-Qur'an Dan Penyembuhan (Studi Living Qur'an tentang Praktek Pengobatan Alternatif bengkel Menongso di Dusun Jaten Kelurahan Pedurungan Tengah Kecamatan Pedurungan Semarang)."

¹⁸ Yuliyatun, "Kontribusi Konseling Islam Dalam Penyembuhan Penyakit Fisik."

Meaning, "It was narrated to us in Sahih Muslim Rahimahullah, from Uthman bin Abil 'Ash RA that he complained to Rasulullah SAW about the illness that he felt in his body. Rasulullah SAW then told him, 'Put your hand on the part of your body that feels sick. Read three times, 'Bismillah.' Then recite seven times, 'A'ūdzu billāhi wa qudratihī min syarri mā ajidu wa uhādziru (I seek refuge in the majesty and power of Allah from all the evil that I get and what I fear."¹⁹

CONCLUSION

The goal of self-healing in general is to heal wounds, grief, trauma within oneself as a process of recovery from traumatic events that occur to individuals. Self-healing with the Qur'an has the goal of achieving inner and outer peace by using self-healing methods.

SUGGESTIONS AND RECOMMENDATIONS

Bearing in mind that the method of healing using the Qur'an is rarely practiced among medical personnel due to the rapid developments in medical treatment that rely on chemical substances, doctors have been successful in achieving resounding success in the medical field. The next researcher can develop research by analyzing several surahs, verses of the Qur'an which are highly believed by many people, especially for Muslims, for healing diseases for which there is no medical cure, such as mental and emotional wounds.

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¹⁹ Sa'id Abdul Azhim, *Agar Hati Lebih Hidup* (Jakarta: Cakrawala Publishing, 2011). p. 259

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