

Prayer Psychotherapy as an Implementation of the First Precepts of Pancasila

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Abstract

Psychotherapy is the main solution in curing mental health problems today. One of the simple things we do like praying is one of the psychotherapeutic practices. For in a state of prayer one will feel tranquility, peace, and even feel the presence of god. Along with that, in the first precept of Pancasila, it is explained that god is one, the only creator of the universe, so that the activity of praying becomes a sign of trust and belief, as well as one's need for the existence of the one true god.

Keywords: Psychotherapy, Prayer, The First Precept of Pancasila.



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INTRODUCTION

Who has included a spiritual or religious dimension equivalent in importance to the physical, psychological, and psychosocial dimensions in 1984. There is one aspect of religious psychotherapy that is often used and quite popular, namely prayer psychotherapy. In Indonesia itself there is more than one religion. Therefore, in this paper will focus on the psychotherapy of prayer therapy in Islam. Praying becomes one of the routines and even obligations carried out as a form of application of the noble values of the first precept of Pancasila. Dr. D.B. Larson (1992) in (Fortuna & Khadir, 2022) in his research entitled 'Religious Commitment and Health', concluded that in guiding this complex human health with all its interrelationships, the commitment of religion as a force (spiritual power) should not be ignored. Religion can act as a protector more than as a cause of the problem. By making a habit of praying, a person will always remember his god and be reluctant to commit forbidden acts.

DISCUSSION

PSYCHOTHERAPY

Understanding Psychotherapy.

In language psychotherapy comes from the word "psyche" which means clear, mind, soul, and "therapy" which means to take care of or nurture. So psychotherapy etymologically means the treatment of the psychiatric aspects of a person (Singgih, 1996: 164). Psychotherapy is terminologically formulated as follows: According to Watson and Morse (1977) and (Maulana & Ismail, 2022), psychotherapy is formulated as: A special form of interaction between two people, the patient and the therapist, in which the patient initiates the interaction because he seeks psychological help and the therapist arranges the interaction by using the psychological basis to help the patient improve his self-control ability in his life by changing his thoughts, feelings and actions.

Corsini formulated psychotherapy as follows: Psychotherapy is a formal process of interaction between two parties, each party usually consists of one person, but there is the possibility of consisting of two or more people on each side, with the aim of correcting an

unpleasant state (distress) in one of the two parties due to incompetence or malfunction in one of the following areas: cognitive function (abnormalities in the function of thinking), affective function (suffering or unpleasant emotional life) or behavioral function (behavioral inaccuracy); with therapists who have theories about the origins of personality, development, maintaining and changing together with several treatment methods that have a theoretical basis and their profession is officially recognized to act as a therapist (Singgih, 1996: 155-156).

Prawitasari formulated psychotherapy as follows: psychotherapy or treatment of the psyche is a formal process of interaction between two or more parties. One is a professional helper and the other is a "helper" with a note that the interaction leads to a change or healing. The change can be in the form of changes in taste, thought, behavior, habits caused by the professional actions of helpers with the background of behavioral science and the usada techniques he developed (Subandi, 2002: 2) (Oktavia & Nurkhalizah, 2022).

Objectives of Psychotherapy

The objectives to be achieved in psychotherapy include several aspects in human life, namely: Strengthens the motivation to do the right things, Reduce emotional distress by giving a person the opportunity to express deep feelings. Helping the client develop his or her potential. Changing habits. Increase knowledge and capacity to make informed decisions. Increase self-ability or insight. Improving interpersonal relationships. Changing the social environment of the individual. Connects somatic processes to reduce pain and increase body awareness. Changing the status of consciousness to develop awareness, control, and self-creativity.

Prayer In Islamic Psychotherapy

Understanding Prayer

Prayer in harfiah means worship (Jonah: 106), istighatsah (asking for help and help) (Al Baqarah: 23), request or supplication (Al Mukmin: 60), conversation (Jonah: 10), calling, praising (Al Isra': 110) (Hasbi, 2002: 78-79). The definition of prayer in terms is "to give birth to disgrace and humility and declare depravity and submission to Allah Almighty." (Hasbi, 2002: 79). It can be concluded that praying means an activity that begins with praise of god and then continues with asking for help or help with all your heart.

The Virtues of Prayer

Some of the virtues of prayer can be seen in the Quran and Hadith as follows: In Sura Ghafir verse 60 Allah says: " And your Lord said: Pray to Me, I will undoubtedly allow you. Surely those who boast of worshipping Me (praying) will go to hell Jahanam in a state of contempt" (Ghafir: 60).

The Process of Praying

It can be seen from the verses made by Abu Nawas Before praying, one should affirm to himself his weakness and realize the power of Allah Almighty. Reassure himself that God is one, the only place where his creatures rest, this activity can be done by means of pilgrimage. The next stage is that a person is allowed to tell his heart to Allah or commonly called munajat, then only ask for a plea, after which to wait for the result with the king' or be hopeful to Allah. The last one is tawakal.

Prayer Psychotherapy As An Implementation Of The First Precepts Of Pancasila

In the first precept pancasila is clearly written "The One True Godhead". This precept was declared by Soekarno on August 17, 1945 as a symbolic of Indonesian independence with four other precepts. The value contained in this precept is that Indonesian citizens have freedom in choosing religion and guaranteed security in carrying out worship in it. One of the worship activities found in religions in Indonesia, especially Islam, is praying. In terms of psychotherapy itself, praying is one of the soul healing practices that indirectly even realizes its benefits (Dewantara & Nurgiansah, 2021). Praying activities cause peace of mind which has a positive impact on his mental health. When a person prays, he sincerely admits all his mistakes and weaknesses, this raises more awareness of the perpetrator. In addition, the feeling of need for the presence of a god further strengthens one's belief in one's god. Praying is used as a trigger to bring out good qualities and behaviors. Starting from increased self-awareness, then the emergence of efforts to correct shortcomings, changes in one's habits, and increase life motivation. In line with the first precept of pancasila which seeks to encourage a religious and virtuous person, prayer psychotherapy is one of its implementation in everyday life.

CONCLUSION

Prayer psychotherapy produces a person with noble and religious character, with the characteristics of having recognition of god's oneness, more self-awareness, understanding self-weaknesses and trying to improve them, and having a high motivation for life.

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