RESEARCH ARTICLE

THE EFFECTIVENESS OF *TAZKIYAH AL-NAFS* THROUGH GROUP GUIDANCE TO PREVENT AND OVERCOME THE PSYCHOSES.

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Manuscript Info	*Abstract*
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	The purpose of this study was to examine the effectiveness of *tazkiyah al-nafs* through group guidance in preventing and overcoming psychoses. This research is based on the belief that the problems faced by humans actually stem from the liver disease they have. Therefore, this study wants to prevent and overcome liver disease experienced by students through *tazkiyah al-nafs*. This study uses an experimental method with design one group pretest and posttest. The research subjects were 10 final year students who were undergraduate thesis at the guidance and counseling Department at IAIN Batusangkar. The research data were analyzed descriptively and then tested its effectiveness to see differences before and after treatment. The results showed that thetazkiyah al-nafs method through group guidance was effective in preventing and overcoming student psychoses. It could reduce/ alleviate the feeling of being burdened to meet the supervisor. The *mujahadah al-nafs* application through effective group guidance to reduce stress, tense and nervous, confused, indecisive, resentful, disappointed, and irritability experienced by students who are undergraduate thesis. The application of *riyadah al-Nafs* prayer through effective group guidance can equip students to have confidence and self-confidence, sincerity, honesty, think critically, be flexible, optimistic, polite, and patient in undergoing the guidance process.

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Introduction:-

Thesis is the scientific work of the study results and research results that must be completed by each undergraduate student (S.1). The success and smoothness of students in completing their thesis on time is not only determined by intellectual factors, but also influenced by non-intellectual factors. Among these non-intellectual factors are emotional intelligence, communication and mental health as well as the bad character or liver disease that students have. These bad qualities or liver disease will be a personal problem for students in realizing their desires and hopes for success. According to Arifin & Hamjah (2017:58) that the psychoses causes the birth of a society that is not good in terms of morals and emotions and results in various problems in daily life. Among these psychoses is swearing, envy, revenge, indecision, prejudice and so on (Arifin & Hamjah, 2017:58 in Ibn Manzur, 1966:25; Saliba, 1971: 537; al-'Ajam, 1999:169; Amatullah, 195:231; Mustafa, 1984:4; Salasiah, 2010:46). In addition, more specifically Puspitawati, 2013; Huerta, Goodson, Beigi & Chlup, 2016 in Fatmawati (2017:84) assert that increasing anxiety can

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hinder the communication of supervisors and students in thesis guidance. This was evidenced by the Fatmawati Study (2017) which concluded that students experience anxiety communicating with the supervisor during the thesis guidance process. Another finding is the results of Wiyatmo et al. (2010:411) showing that 44.1% of students experienced obstacles due to fear when they were going to the thesis guidance with Final Thesis Supervisor (TAS).

Because of the many non-intellectual factors that damage the students' personalities in thesis writing, resulting in delays in study, strategic and anticipatory efforts are needed, including through the method or approach of the *tazkiyah al-nafs* or codifying self-purification. With a clean and modest self will have an impact on the smooth communication between students and lecturers in thesis guidance. According to Al-Ghazali in Arifin and Hamjah (2017: 58) *tazkiyah al-nafs* is carried out through two main processes namely *mujahadah al-nafs* (*al-takhalli*) and *riyadah al-nafs* (*al-tahalli*).

From the study of theory, the concepts and studies conducted above further strengthen the author's belief to conduct research with the title, "the effectiveness of tazkiyahal-nafs through group guidance to prevent and overcome the psychoses"

Methodology:-
The research design used in this study was Pre Experimental Design using One Group Pretest-Posttest or also called One Group Experiment (research design using one group of subjects). The initial activity was measured, then treated (treatment) as much as 6 times the treatment, then carried out measurements after treatment. The population in this study was students majoring in Tarbiyah Faculty and Teacher Training IAIN Batusangkar who were in thesis guidance, while sampling in this study using purposive sampling technique. The instrument used for data collection is the scale of liver disease with a reliable value of Cronbach alpha of 0.955. Measured the psychoses includes feeling tense, nervous, confused, cursing, bad words; feeling depressed (stressed), hate and revenge, indecisiveness, disappointment and irritability. In addition, researchers used a liver disease observation sheet. Observed liver diseases include facial expressions, tone of voice, eye gaze, and verbal words.

To prove the research hypothesis in the form of testing the effectiveness of *Tazkiyah al-Nafs* through Guidance, this group used the Wilcoxon Signed Ranks Test. Analysis of research results data based on interpretations of predetermined scores from the Likert scale 4, namely: 1.00 - 2.00 low categories, 2.01 - 3.00 medium categories, and 3.01 - 4.00 high categories.

Table 1:-Interpretation of Average Scores Based on Scale 4 (Likert Scale)

Mean Score	Interpretation of Man's Score
1.00 – 2.00	Low
2.01 – 3.00	Simple / Moderate
3.01 – 4.00	High

Source:-Adapted from Fauziah in Arifin and Hamzah (2017:58)

Results and Discussion:-
Student Disease Identification Results in Guidance (Pre-test Results): -
Table 2:-Student's Psychoses (Pre-test Results)

No.	Kinds of Psychoses	Choice of Answers				Mean
		Sl	Sr	Kd	Tp	
1.	Feeling tense to meet the supervisor	2 (8%)	9 (36%)	14 (56%)	0	2.5
2	Feeling nervous about seeing a supervisor	2 (8%)	11 (44%)	12 (48%)	0	2.2
3	Feel burdened to meet the supervisor	21 (84%)	4 (16%)	0	0	3.8
4	Feeling confused to meet the supervisor	0	2 (8%)	15 (60%)	8 (32%)	1.8
5	Like to swear because you can't get guidance	1 (4%)	0	10 (40%)	14 (56%)	1.5
6	Use bad words to the supervisor	0	0	3	22	1.1

No.	Kinds of Psychoses	Sl	Sr	Kd	Tp	Mean
				(12%)	(88%)	
7	Facing stress in guidance	0	5	13 (52%)	7 (28%)	1.9
8	Feel hatred and resentment towards the supervisor	0	0	1 (4%)	24 (96%)	1.0
9	Feeling doubtful after guidance	1 (4%)	2 (8%)	14 (56%)	8 (32%)	1.9
10	Feel disappointed after guidance	1 (4%)	0	8 (32%)	16 (64%)	1.4
11	Feel irritable after guidance	1 (4%)	1 (4%)	6 (24%)	17 (68%)	1.4

Description: Sl = Always, Sr = Often, Kd = Sometimes, Tp = Never
Source:-Results of research in 2017

Based on table 2 data above, the results of the pre-test showed that the psychoses experienced by students varied greatly. It was found that there was one statement item that obtained the highest mean value, "Feeling burdened to meet the supervisor" (mean = 3.8), followed by other items, "Feeling tense to meet the supervisor" (mean = 2.5), "Feeling nervous about seeing supervisors (mean = 2.2), "Facing stress in guidance" (mean = 1.9), "Feeling indecisive after guidance" (mean = 1.9), "Feeling confused about seeing a supervisor" (mean = 1.8), " Likes to swear for being unable to guide "(mean = 1.5)," Feeling disappointed after guidance "(mean = 1.4)," Feeling irritable after guidance "(mean = 1.4)," Using bad words to the supervisor "(mean = 1.1) , and also there were still respondents who "felt hate and revenge against the supervisor" (mean = 1.0).

The pre-test results also found that the students felt tense, nervous, confused in meeting the supervisors were the majority of students (64%) because they felt unsure about their own abilities, as many as (44%) students realized that the proposal was made a lot of mistakes, 4 people (16%) realized that the proposal was prepared hastily, 3 people (12%) realized they did not understand the contents of the proposal made, and 2 people (8%) realized that the concepts/ theories cited were not directly from the original source. Furthermore, causing students to feel disappointed, cursing, stressed, indecisive, resentful, and irritable is the majority of students (60%) because the agenda time is near, 7 people (28%) students because of the proposals he made many mistakes citing and typos, 6 people (24%) because the main reference book and theory were not found, and there was 1 person (4%) because it was not according to his wishes. While the feeling of satisfaction felt by students after guidance was motivated because they felt that effort and hard work paid off (92%), their understanding of research design was getting stronger (36%), and there were those who felt the results were beyond predictions (8%).

Research Results of Application of *Tazkiyah al-Nafs* through Group Guidance to Prevent and Overcome Student Psychoses: -
The application of the *tazkiyah al-Nafs* approach through group guidance to prevent and overcome student psychoses in thesis guidance is carried out through the process of *mujahadah al-nafs* (training emptied the heart from despicable traits/ liver disease) and the process of *riyadah al-nafs* (practice adorning oneself -good attitude). The treatment was carried out in 6 sessions with details of 3 group guidance sessions through the *mujahadah al-nafs* process and the next 3 sessions of group guidance through the process of *riyadah al-nafs*. The implementation of 6 group guidance sessions with consideration to get effective and efficient service results. This consideration is reinforced by Myrick (2003:223) which states that "Six to eight sessions seem more ideal. Some counselors typically make plans for four sessions before ending the group or re-contracting for a few more sessions. "The quote means that 6 to 8 sessions seem more ideal. Some counselors usually plan four sessions before ending the group or re-contracting for a few more sessions. This research was conducted to prevent and overcome student's psychoses in thesis guidance. The results of the research in detail can be seen in the table as follows.

Table3:-Student's Psychoses (Post-Test Results)

No.	Kinds of Psychoses	Choice of Answers				Mean
		Sl	Sr	Kd	Tp	
1.	Feeling tense to meet the supervisor	0	2 (8%)	7 (28%)	16 (64%)	1.4
2	Feeling nervous about seeing a supervisor	0	0	10	15	1.4

				(40%)	(60%)	
3	Feel burdened to meet the supervisor	10 (40%)	7 (28%)	8 (32%)	0	3.1
4	Feeling confused to meet the supervisor	0	0	9 (36%)	16 (64%)	1.4
5	Like to swear because you can't get guidance	0	0	5 (20%)	20 (80%)	1.2
6	Use bad words to the supervisor	0	0	1 (4%)	24 (96%)	1.0
7	Facing stress in guidance	0	0	6 (24%)	19 (76%)	1.2
8	Feel hatred and resentment towards the supervisor	0	0	0	25 (100%)	1.0
9	Feeling doubtful after guidance	1 (4%)	0	8 (32%)	16 (64%)	1.4
10	Feel disappointed after guidance	0	0	4 (16%)	21 (84%)	1.2
11	Feel irritable after guidance	0	0	3 (12%)	22 (88%)	1.1

Description: Sl = Always, Sr = Often, Kd = Sometimes, Tp = Never
Source:-Results of research in 2017

Based on table 3 data above, the results of the post-test show that statement items that obtain the highest mean value are "Feeling relieved to meet the supervisor" (mean = 3.8). In other items, namely "Feeling tense to meet the supervisor" (mean = 1.4), "Feeling nervous about seeing the supervisor" (mean = 1.4), "Feeling confused to see the supervisor" (mean = 1.4), "Feeling uncertain after guidance "(Mean = 1.4)," Facing stress (stress) in guidance "(mean = 1.2)," Likes to swear because you cannot get guidance "(mean = 1.2)," Feeling disappointed after guidance "(mean = 1.2)," Feeling irritability after guidance "(mean = 1.1)," Using bad words to the supervisor "(mean = 1.0), and no students" Feeling resentful and resentful towards the supervisor ".

Based on the effectiveness test using the Wilcoxon Signed Ranks Test, of the 11 indicators of student's psychoses there was a decrease of 10 indicators with an average of 5.50 and none of the student's psychoses indicators experienced a score increase. Based on test statistics output, it is known Asymp. Sig. (2-tailed) worth 0.005. That is, the *tazkiyah al-nafs* approach through group guidance is effective in preventing and overcoming student's psychoses in thesis guidance.

Analysis:-
Based on the analysis of research data it was found that the *tazkiyah al-nafs* approach through group guidance was effective in preventing and overcoming the psychoses. Judging from mental health, group guidance with the *tazkiyah al-nafs* approach was carried out as prevention, guidance and treatment efforts. Because a clean, holy heart needs to be nurtured and maintained so that it remains pure, while an unstable heart, back and forth, hesitates needs to be nurtured so that it is confident and able to maintain its sanctity. Whereas a dirty heart needs to be treated with the process of *mujahadah al-nafs*, this empties it from its despicable nature and deeds and decorates it with noble character. According to Arifin and Hamjah, (2017:58), precisely this *mujahadah al-nafs* must be carried out seriously to give birth to a calm souled society. Whereas according to Al-Ghazali in Jalil, Stapa and Samah, (2016:68-69) a clean heart is a heart that is awakened with faith and devotion that is firm and full of commendable morals. A heart that always remembers and is close to Allah. A clean, calm heart, full of gratitude, patience, fear (*khauf*), redha, *tawakkal* and so on.

Furthermore, the application of the *mujahadah al-nafs* through effective group guidance to reduce stress, tense and eliminate feelings of nervousness, confusion, hesitation, hatred and resentment, disappointment, and irritability experienced by students who are undergraduate thesis. According to Abdullah, (2010:91) "actually mild stress is almost experienced by everyone. But what's dangerous is heavy stress. If you are unable to solve problems in your daily life, you can disturb your life's stability and disturb your mental functions. "Feelings of disappointment, irritability, swearing, stress, confusion and hesitation stem from a dirty heart. Al-Ghazali in Jalil, Stapa and Samah,

(2016:69) affirms a dirty heart that is a heart filled with lust, full of despicable morals and easy to enter Satan. A heart that is subject to the temptations of shaitan and an unkempt heart and even more despicable than livestock is even lost its way again. The study is in line with the concept of al-Jauzi, (2009:115) which states that immorality humbles and tramples on the soul to become insulted. In addition, the application of al-Nafs prayer through group guidance is effective in equipping students to have confidence and self-confidence, sincerity, honesty, think critically, and be flexible, optimistic, polite, and patient in undergoing the guidance process. The results of the study are in line with the findings of Fahrudin, (2016:82) asserting that "belief fills the heart with light that frees the heart from the mist of anxiety and doubt that causes the wind to blast happiness in the human heart". Someone is able to nurture the heart and decorate it with pious deeds will give birth to mental health.

Among the principles of mental health according to Masyhuri, (2012:99) are; (a) a good picture and attitude towards oneself; (b) integration or self-integration; (c) self-realization; (d) capable of accepting other people; (e) interested in duties and jobs; (f) having religion, ideals and life philosophy; (g) self-supervision of passions or impulses that are contrary to the law, both religious, state, customary and moral rules in his life; and (h) feeling right and responsible. While the characteristics of people who have good mental health according to Hanurawan, (2012) are; (a) a person has a feeling of happiness and satisfaction in living life; (b) Someone has enthusiasm in living life (the ability to enjoy life, joy, and other pleasures); (c) A person has life force (elan vital) in facing life stress and rising from life's failures experienced; (d) someone has the ability to realize themselves.

Self-realization ability is the ability to participate in life according to the best potentials in him through meaningful life activities and positive social relations; (e) someone has flexibility. Flexibility is the ability to change, develop, and experience various variations of feelings in line with variations in changes in living conditions; (f) someone has a feeling of life balance; (g) a person has feelings about the integrity of a well-roundedness view which includes views on spirit, soul, body, creativity, and intellectual development; (h) someone has attention to themselves and others; and (i) a person has good self-confidence and self-assessment. People who are able to carry out self-assessment will give birth to critical thinking to always make improvements and coaching for themselves. Fishman in Hadjam and Widhiarso, (2011:63) found that critical thinking supports individuals in making the right decisions and solving problems effectively. One recommendation from the research results of Muti'ah & Suhartiningsih, (2011:313) states that "students are advised to deepen their understanding in the chosen field before participating in the guidance process". In addition, according to Hadi, (2001) in the thesis students are required to mobilize thinking skills, behave and act in an effort to explore and develop new knowledge to be donated in their field of expertise. In addition, it is required to apply scientific principles and ethics that are based on the scientific community environment (Dudija, 2011:199).

This study also contributes to optimizing guidance for students in universities. Because, among the goals of guidance in higher education is to develop understanding and self-understanding of students during the process of progress in Higher Education and identify and solve problems faced by students (Angker in Hariyati, 2012:126).In addition, lecturers should not only teach research methodology theoretically, but need to involve students actively and provide practical examples in line with the scientific field of students. For this reason, lecturers are required to master various teaching methods that can enable students to explore science and explore their experiences. In this case, study Ardimen, (2017:90-91) shows that action research using the Problem Based Learning (PBL / I) method has been able to increase the activity and ability of prospective counselors in writing research proposals. The research has also been able to eliminate the negative views of prospective counselors regarding research that had been considered difficult and a barrier to completing studies on time.

Conclusion:-
Overall the results of the study can be concluded that the *tazkiyah al-nafs* approach through group guidance is effective in preventing and overcoming student's psychoses. The *tazkiyah al-nafs* approach can reduce/ alleviate the feeling of being burdened to meet the supervisor. Furthermore, the application of the *mujahadah al-nafs* through effective group guidance to reduce pressure, tense and eliminate feelings of nervousness, confusion, hesitation, hatred and revenge, disappointment, and irritability experienced by students who are undergraduate thesis. In addition, the application of *riyadah al-Nafs* prayer through group guidance is effective in equipping students to have confidence and self-confidence, sincerity, honesty, think critically, be flexible, optimistic, polite, and patient in undergoing the guidance process.

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