

## Islamic Education as an Approach to Drug Rehabilitation

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### ABSTRACT

*Drug abuse is a serious problem that affects individuals and society. drug rehabilitation that requires a holistic and spiritual approach as pe cts. This research group aims to re-explore the role of rat education as a drug rehabilitation approach. There is research on the methods used by researchers by collecting data from all observations, parts of observations, and required documents. There are findings that show that Islamic education is very important for the recovery process of illegal drug patients. This is an educational program that must be carried out which includes enthusiasm, morals, and so on. The research results showed that patients responded positively to Islamic religious education through approaches, attitudes, values and behavior. The approach I take is about how to recover and recover from past drugs. . Implementation of this research is necessary to integrate Islamic education into Drug Addiction programs, provide speed to this approach, and I will not return our organization to support patient recovery.*

*Key words : Education , Rehabilitation , Drugs*

### A. INTRODUCTION

The problem of drug abuse is one of the serious challenges faced by society . people all over the world , including Indonesia . The National Narcotics Agency ( BNNP ) conducted a study , there were 851 cases of drug and narcotics abuse .t - drugs ( narcotics ) in Indonesia in 2022. The number of cases increased by 11.1 % compared to the previous year .a total of 766 cases . Meanwhile , the number of suspects in drug cases was 1,350 people throughout the year . a lu ( A nsy a ri, S a putri, Zulf a , & S a ' di a h, 2023 ) .

The research results that are relevant to this research are as follows : Recovering drug users through the implementation of Islamic education . The results of this study are Islamic education that will be carried out in the rehabilitation of drug users with a moral and spiritual approach covering education on religious foundations , Shallah , dhikr , and Guide to reading the Al - Qur'an ( Nazarudin & Jumanah , 2019 ) . Knowing how big the role of Islamic religious education is in the rehab process bi l i t a t i o n M a d a n i M e n t a l H e a l t h C a r e . Based on the research results , it can be concluded that Islamic religious education has aa very important factor in the rehabilitation process .(Mun a w a roh, 2014). M e n d e s t i c i n g t h i n g t h i n g the importance of drug addict rehabilitation with Islamic religious education and the Islamic religious education model used for drug addict rehabilitation at the Tetirah Dzikir Islamic Boarding School , Sleman , Yogyakarta .Rehabilitation of drug addicts is

carried out in three stages , namely , first , pre - education , second , Islamic religious education , covering guidance on prayer , fasting , dhikr , Qiyamul Lail , bathing and repentance , religious lectures , learning about religion , jurisprudence , reading and writing the Qur'an , and the third is post - recovery education ( Mac hsun , 2020 ) . D e s t i c i n g I n g t h e r i a l s o f I S l a m a l i a l v a l e s f o r a d d i c t s i s a p r o b l e m a m e t h o d o f t h e r a p y t h a t i s c u r r e n t l y d e v e l o p i n g . T h e r e s u l t s o f t h e s t u d y s h o w t h a t p r a c t i c a l I s l a m i c v a l u e s a r e c o n s i d e r e d c a p a b l e o f t r e a t i n g v a r i o u s d i s e a s e s . n y a b o d y k i t . B e c a u s e S A l a r g e p a r t o f t h e c a u s e o f d r u g a b u s e i s l a c k o f r e l i g i o u s k n o w l e d g e . ( M a r u f , 2018 ) . W r i t i n g a t h e s i s o n r e h a b i l i t a t i o n e f f o r t s t h r o u g h I s l a m i c r e l i g i o u s g u i d a n c e i s o n e o f t h e m . a l t e r n a t i v e t o p r e v e n t t h e r e t u r n o f f o r m e r d r u g a d d i c t s t o d a n g e r o u s e n v i r o n m e n t s . ( S a e f u l l o h , 2018 ) .

Based on the literature review conducted , there are several studies related to the role of Islamic education in drug rehabilitation , especially in Indonesia XX Pondok Suryalaya . Therefore , the purpose of this study is to explore the role of Islamic education as an approach in drug rehabilitation in Indonesia X X Pondok Suryalaya . P This research aims to understand how Islamic education can contribute to the process of recovery of drug patients , including its effects on attitudes , knowledge , and behavior . a i a m p a t i e n t . B y u n d e r s t a n d i n g t h e r o l e o f I s l a m i c e d u c a t i o n i n d r u g r e h a b i l i t a t i o n , i t i s h o p e d t h a t T h i s r e s e a r c h c a n p r o v i d e a s i g n i f i c a n t c o n t r i b u t i o n t o t h e d e v e l o p m e n t o f t h e p r o g r a m e f f e c t i v e a n d h o l i s t i c r e s u l t s .

## **B. THEORETICAL BASIS**

### **A. Islamic Education as Spiritual Therapy**

In improving Islamic education , of course , several methods must be taken . Because Islamic education is guidance and leadership that is carried out consciously . which is carried out by educators , in order to create physical and spiritual development for participants i k a g a r t e r b e n f o r h i s m a i n p e r s o n a l i t y . ( A m i n , S i s w a n t o , & H a k i m , 2018 ) . T h e e x i s t e n c e o f r e l i g i o n i n f o r m i n g c o n s c i o u s n e s s a p e r s o n ' s e f f o r t s a r e a n e f f o r t t o f u l f i l l t h e n e e d s o f a p e r s o n . f u n c t i o n t o n e u t r a l i z e t h e e n t i r e c i r c u l a t i o n o f t h e w o r k . ( L a k o n a w a , 2013 ) .

#### **1. The concept of Islamic education in the Quran and Hadith**

In the Qur'an , there are several verses that provide guidance and explanation . about the importance of Islamic education . The following are some of the verses related to Islamic education ( Nur & Sulastris , 2023 ) . " R e a d i n t h e n a m e o f y o u r L o r d w h o c r e a t e d " ( A l - Q u r ' a n : 1 ) . T h i s v e r s e i s t h e f i r s t v e r s e t h a t w a s r e v e a l e d t o P r o p h e t M u h a m m a d a n d h i s f a m i l y . n t h e i m p o r t a n c e o f r e a d i n g a n d s e e k i n g k n o w l e d g e . T h i s v e r s e i s t h e b a s i s f o r

Islamic education which upholds the value of science ( Hasani , 2018 ) . " And they said , ' My Lord , increase my knowledge ' " ( Ta - Ha : 114 ) . This verse is the prayer of Prophet Musa AS to Allah SWT , which shows the importance of asking for additional knowledge . a n as a form of self - development and the search for truth ( Amir , N.D. ) .

Hadith is the second source of law in Islam after the Qur'an . Hadith contains the statement , creation , and approval of the Prophet Muhammad to give a n guide and instructions in various aspects of life , including education ( Budiman, 2017 ) . " Demand yourselves from the beginning to the end " ( HR . Tirmidhi ) . This hadith emphasizes the importance of lifelong pursuit of knowledge . He taught that the search for knowledge must begin from childhood until the end of life , showing that education is a continuing process ( Darani , 2021 ) . " Seeking knowledge is obligatory for every Muslim " ( HR Ibn Majah ) . This hadith emphasizes the obligation of every Muslim to seek knowledge . This shows that that education is an individual 's responsibility and is an integral part of religious practice ( Sapada & Arsyam , 2020 ) .

## **2. The role of Islamic education in the development of morals and spirituality of individuals**

Islamic education emphasizes the importance of strong moral values , such as honesty , justice , compassion , humility , patience , and n many more . (Ruf a e d a h, 2020 ) . Through understanding religious teachings , individuals learn about the purpose of life , their relationship with God . and the importance of maintaining and enhancing their spiritual connection . ( Nurullah , 2019 ) . Drugs as a Challenge in Society

Drugs have a damaging impact on an individual 's physical , mental , and emotional health . ( He nd a y a ni, 2 019). The use of narcotics is contrary to religious teachings and moral values that are adhered to . in Islam . ( S y a f e ' i, 201 7 ) . Understanding of the dangers of drugs , knowledge of morality , ethics and ethicsstrong , and provide guidelines for a healthy and beneficial life ( Ash'ari & Dhul - Qadr ) . e wi, 2 021).

### **1. The negative impact of drugs on individuals and society**

Drugs have serious negative impacts on individuals and society . The following are some of the negative impacts that generally occur ( Saputra & Slamet , 2019 ) . Drug use can interfere with cognitive function , including learning ability , memory , attention , and , and problem solving .( A ini & P uspit a ri, 2021 ) . Drug abuse can also damage social relationships , break up families , and result inconflict d a in society ( Hart anto , 2017 ) .Drug use can divert an individual 's focus and attention from spiritual concerns to lust . world w i. (

Amrilah, 2022). Drugs can cause strong dependence and eliminate an individual's sense of self-control by yourself. (Hawid & Syarnubi, 2018). Individuals who are caught up in drug abuse may experience depression, anxiety, and depression. feelings of guilt, and feelings of emptiness that has an impact on the spiritual dimension of their lives (Majid, 2020). When individuals get caught in a cycle of drug abuse, they may feel guilty, da k b e r d a y, and it is not appropriate to b e r h u n e r with their s p i r i t i o n s i t i o n (Ekleisia, 2021). When individuals depend on drugs for satisfaction or escape from problems, they may lose the drive to search for meaning, life goals, and a deeper understanding of themselves and their relationship with God (Komarudin & Halim, 2021).

## **B . Islamic Education as an Approach to Drug Rehabilitation**

Islamic education can be an effective approach in drug rehabilitation. Islamic education provides a deep understanding of religious values, ethics, and strong morality. (Munawaroh, 2014). Islamic education teaches individuals about the existence of God, the afterlife, and the purpose of life. higher. (Muarofoh, 2014).

### **1. Implementation of Islamic education in drug rehabilitation programs**

Religious Education : Rehabilitation programs can provide in-depth learning about Islamic religious teachings, including an understanding of the values, ethics, and morality upheld in Islam (Tanjung, 2021). Rehabilitation programs can include practical Islamic life skills training, such as learning about prayer, fasting, reading the Qur'an, and dhikr. h (Setyani, nd). P r o g r a m r e h a b i l i t a t can involve teaching Islamic values and ethics, such as honesty, integrity, mutual assistance, and cooperation. (Siddik, 2018). Rehabilitation programs must provide a clear understanding of the dangers of drugs and its negative impact on individuals, families, and society. This includes an explanation of the physical, mental, and social effects of drug abuse. drugs, as well as knowledge about the risks of dependence and its consequences (Bunsaman & Krishnani, 2020).

### **2. The superiority of the Islamic educational approach in achieving healing**

Islamic education is based on the teachings of the Qur'an and Hadith which contain moral principles. l, ethics, and strong religious values. (Bashori, 2017). Islamic education encourages individuals to build a deeper relationship with God, seeking His pleasure - Nya, and improve oneself spiritually. (Yahya & Novira, 2022). Islamic education helps individuals understand the wisdom and meaning of life that is greater than their own perspective. i f a g a m a. (Harisah, 2018). Through Islamic education,

individuals can develop good attitudes , commendable personalities , and morals . high a lity ( Haris , 2017 ) . In the context of drug rehabilitation , individuals receive moral , social , and spiritual support .from various communities , the values of the same religion are the same .( Shodikun , Zaduqisti , & Subhi , 2023 ) .

### **C. RESEARCH METHODS**

Researchers use a qualitative approach with a descriptive method when they want to understand the problem . in a phenomenon or event in its natural context . The qualitative approach focuses on the explanation and interpretation of the meaning contained in the text . in data , while the descriptive method aims to describe the characteristics , behavior , a know nature object or subject of research ( Darma Laksana , 2020 ) . The object of the research is In abah XX Pondok Suryalaya , Tasikmalaya . So the type of data is qualitative data with the primary data source being from the Head of the Islamic Boarding School . e s a n t r e n , teachers and students of I N a b a h X X P ondok Suryalaya while the source of data is secondarydocumentation , journal studies , books , research results , websites , articles journals or notes on the internet that are related to research . Because this research is a qualitative research , the technique of collecting questions through observation conducted by Inabah XX Pondok Suryalaya , interviews conducted with participants who participated in Islamic education at Inabah X X Pondok Suryalaya and documentation ( notes , journals , etc. ) website , etc. Meanwhile , for data analysis , this study uses primary data analysis to provide important contributions in producing new knowledge , developing new theories , or improving understanding of the phenomena studied based on empirical evidence contained in the data collected ( Hussain Usman & Purnomo Setiada Akbar , 2000 ) . ) .

### **D. RESULTS AND DISCUSSION**

#### **A. Islamic Education Program in Drug Rehabilitation**

Islamic education is used in the process of healing drug rehabilitation patients at the XX Islamic Boarding School , the Surya Islamic Boarding School serves religious practices . Aims to help patients overcome drug addiction and improve their physical , mental and social health conditions .their spirit .in the healing of drug addiction , namely the habituation of dhikr , the habituation of prayer , andn p e r i v i a n bath of repentance ( Zunud Hariri , interview 25 March 2023 ) .

#### **B . The Role of Islamic Education in the Process of Drug Patient Recovery**



Dhikr meditation is one of the therapeutic methods used in Indonesia XX Surya Islamic Boarding School is a place for the healing process of drug rehabilitation patients . The use of this dhikr method is carried out in order to provide awareness to rehabilitation patients . i t a n d r a c t i o n so that they can recover from their dependence on drugs or narcotics a . However , even so , it is necessary to know that e p e therapy method including the d zikira therapy method will be seen if the drug rehabilitation patient has awareness and also the desire to recover from dependence on the drugs . Inab a h XX will be trained and given a fortress so that he does not fall back into the world of drugs by being trained to always do positive things such as doing drugs . children will pray , dhikr and also take a bath of repentance ( R S , interview 26 March 2023 ) . In other words , it can be said that a process will run well if This is accompanied by awareness from the person undergoing the therapy himself .

Prayer practice is also a therapy used by Inaba XX Islamic Boarding School of Surya l a t i o n the healing process for drug rehabilitation patients . The prayer program carried out by Inabah XX Pondok Pesantren Suryalaya is used in increasing orderstrengthen faith and also get closer to God . As it is known that according to Allah SWT , prayer is a It is a tool that can be used to prevent someone from committing immoral and evil deeds , including preventing someone from becoming addicted to drugs . Therefore , it is very appropriate if Inabah XX Pondok Pesantren Surya serves as a prayer room as therapy for people who are addicted to drugs .

As stated by F , his activities during his time at the XX Islamic Boarding School of Suryalaya from waking up to going to bed again were inseparable from the many religious activities , including the activity of performing prayers . According to him , the many religious activities carried out at Inaba XX Pondok Pesantren Suryalaya made him forget about other things . e g a t i f that he had ever done in the past ( F , interview 26 March 2023 ) . Other drug rehabilitation patients also said similar things . Where KA rehabilitation patients said that the high intensity of the exercise they underwentn in In a b a h XX P ondok P e s a ntr e n S ur y a l a ya ter included in it carrying out the prayer made him become aa j i n d a in carrying out the prayer both the prayer and the fasting prayer shol a t sun a h. He also added that the customs carried out in Indonesia are was a blessing for himself , where with the many religious activities he claimed e little bit - little bit began to forget the world of drugs that he had experienced in the past ( K A ,interview ( 26 March 2023 ) .

The third type of education carried out at In abah XX Pondok Pesantren Suryalaya is te ra pi bath taub a t. T he repentance bath therapy is a therapy used by In abah XX P ondok

Pesantren Suryalaya as a place support for the healing process for drug rehabilitation patients. The bathtub therapy carried out by drug rehabilitation patients in Indonesia at Pondok Pesantren Antrone Suryalaya can also be said to be a therapy that functions to heal the body from the drug rehabilitation patient himself. Because as we know that people who are addicted to drugs will ...There is no damage to organs or cells in the body. Therefore, the bathtub therapy is known as bathtub

This is intended to repair the damaged cells , so that it is hoped that with the help of the L I have to take a bath or repent - weak nerves can return to normal . In its implementation , this repentance bath therapy is carried out by rehabilitation patients .drugs at 02:00 in the morning . This is because this time is the best time to carry out childcare .a n bath.

In its implementation , this Tauba bath provides a good impact on rehabilitation patients . a rkob a . As stated by F who is one of the rehabilitation patients The drug addict who is not in Indonesia XX Pondok P e s antr e n Suryalaya said that the repentance bath program iscreate an effective program for drug addicts .This is just how he feels a n that after carrying out the repentance bath he felt refreshed in his body and in his mind . so that from the freshness in his mind , it finally has an impact on the clarity of his thoughts so that he can finally think about what is beneficial for him and what is not beneficial for him .

Thus , it can be said that the religious method used by Inaba XX of Pondok Pesantren Suryalaya as a healing method for drug rehabilitation patients has indeed proven to have a great impact .As stated by RS , the religious method used by Inaba X X had an impact on her , such as the emergence of feelings of regret for her actions in the past . He also said that a that by carrying out positive activities such as prayer , dhikr , and also taking a repentance bath made him forget about the world of drugs ( RS , interview , March 26 , 2023 .

### **C. Patient Perceptions of Islamic Education Approaches**

Of the three religious methods used by I n a b a h X X P ondok P e s a ntr e n S u r a l a y a , rehabilitation patients said that the religious methods used were the most helpful to them in the process of healing from drug dependency . As RS gave his view that the religious methods used by Inaba XX Pondok Pesantren Suryalaya were very influential on e s e healing himself . This is due to the religious methods used by Inaba X X ter s e but he was pressured to always carry out religious activities . From the existence of these pressures , he finally made himself change from his habits . - bad habits such as consuming drugs become good habits ( R S , interview )ra

26 March 2023 ) . The same as MS ( Personal Communication , March 27 , 2023 ) which



said that the existence of religious methods used in Indonesia X X Pondok Pesantren Suryalaya has a significant impact on the recovery of drug rehabilitation patients . However , other drug rehabilitation patients added that this religious method would have a significant impact on the recovery of drug rehabilitation patients if the religious method was practiced . with the awareness of the drug rehabilitation patients themselves . A s N A ( Personal Communication , 27 M a r e t 2023 )

Islamic education through dhikr , prayer , and repentance can be part of a drug rehabilitation program for individuals who want to improve their lives and move away from drug abuse . In the context of drug rehabilitation , a religion - based approach such as this can provide an important spiritual dimension to the recovery process .( Rism Mayanti , Summi Jaty , & Sulthonie , nd ) .D z i k i r a is a practice remember and mention the name of Allah continuously . In the context of drug rehabilitation , individuals who are in recovery can be taught k a n d z i k i r s e b a i a tool to divert their attention from temptation or desire i n a n to use drugs .(Muh t a r o m, 2016 ) . Prayer is one of the important pillars in Islam .In drug rehabilitation , i n d i v i d u can be taught to perform prayers regularly as part of a spiritual approach t u a l in their recovery . ( I r f a n g i, 2015). Repentance is the practice of cleansing oneself physically and spiritually with the intention of asking for forgiveness .forgiveness for the sins committed , including drug abuse .In the context of drug rehabilitation , individuals can be taught the importance of repentance , regret andand that 's i t , d My intention is to change and distance myself from the flames . ( U z l i f a h, 2019). Islamic education through dhikr , prayer , and bathing of repentance in drug rehabilitation will be more effective Effective treatment must combine medical , psychological , social , and spiritual approaches holistically .s t i c to provide comprehensive support in the recovery of individuals from drug addiction ( A s r i y a n i n g r u m, N.D. ).

## **E. CONCLUSION**

The dangers of drugs can damage physical health , mental disorders , dependence and even addiction . The conclusion of this study is that in drug rehabilitation through Islamic education approach can help drug patients to gain a deeper understanding of the dangers of drugs and strengthen their social skills and internal strengths in coping . g o d a a n n a r k o b a . Thus , the Islamic educational approach can provide concrete benefits in a m r e h a b i l i t a s i n a t i o n n a b a h X X Pondok P e s a n t r e n S u r a y a through prayer , dhikr , and bathing and repentance .

The findings of this study have significant academic implications in the field of education , especially the Islamic Education approach in drug rehabilitation , it is hoped that drug patients can improve their understanding of the dangers of drugs , develop social skills , build inner strength and improve the quality of life . This can help patients overcome the temptation of drugs and addiction . i h from addiction . In addition , the Islamic educational approach in handling drug addiction can also be used a t brings special benefits in the formation of a strong and noble personality in drug patients .

The researchers recommend that research on Islamic education in drug rehabilitation approaches be designed with a broader design , a more representative sample , or involving several drug rehabilitation centers , so that the findings on the role of Islamic education in drug rehabilitation can be stronger .and can contribute more to rehabilitation efforts bilit acy and help patients recover from drug addiction .

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