

## Internalization Of Islamic Values In Counseling Services To Improve Adolescent Mental Health

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**ABSTRACT.** Adolescents are vulnerable to mental health problems. Signs of adolescents experiencing mental health problems include lack of energy, decreased appetite, insomnia, and excessive anxiety or worry. Counseling is a process of assistance provided by a professional to improve adolescent mental health. In the implementation of counseling, it is necessary to internalize Islamic values such as Q.S. al-Baqarah: 155 about being patient in facing trials, Q.S. al-Anbiya: 90 about surrendering and praying to Allah when facing trials, Q.S. al-A'raf: 201 about the command to fear Allah when afflicted with feelings of anxiety, and Q.S. al-Baqarah: 286 about Allah testing or burdening his servants according to their abilities. This research is a qualitative research with the type of library research. Data collection was carried out by examining various literatures relevant to the research study which were then analyzed using content analysis and the results were presented descriptively. From the results of the review of several literatures, ten journals were obtained that are relevant to the study under study with the result that the internalization of Islamic values in counseling services can improve adolescent mental health. Adolescents who experience mental health problems can understand that the test or problem they are experiencing is a test from Allah, always be patient and surrender to Allah when experiencing a problem in their life, and do not take actions that harm themselves. Internalization of Islamic values in counseling is an important thing to do in an effort to create adolescents who have a healthy mentality.

**Keywords:** Internalization, Islamic Values, Counseling, Mental Health, Adolescents.

**ABSTRAK.** Remaja rentan mengalami masalah kesehatan mental. Tanda-tanda remaja yang mengalami gangguan kesehatan mental antara lain kurang bersemangat, nafsu makan menurun, susah tidur, dan cemas atau khawatir yang berlebihan. Konseling merupakan suatu proses bantuan yang diberikan oleh seorang profesional untuk meningkatkan kesehatan mental remaja. Dalam pelaksanaan konseling, perlu adanya internalisasi nilai-nilai islam seperti q.s. Al-baqarah: 155 tentang bersabar dalam menghadapi cobaan, q.s. Al-anbiya: 90 tentang berserah diri dan berdoa kepada allah ketika menghadapi cobaan, q.s. Al-a'raf: 201 tentang perintah bertaqwa kepada allah saat dilanda perasaan cemas, dan q.s. Al-baqarah: 286 tentang allah menguji atau membebani hambanya sesuai dengan kesanggupan. Penelitian ini merupakan penelitian kualitatif dengan jenis penelitian kepustakaan (library research). Pengumpulan data dilakukan dengan menelaah berbagai literatur yang relevan dengan kajian penelitian yang kemudian dianalisis dengan menggunakan analisis isi (content analysis) dan hasilnya disajikan secara deskriptif. Dari hasil telaah beberapa literatur diperoleh sepuluh jurnal yang relevan dengan kajian yang diteliti dengan hasil bahwa internalisasi nilai-nilai islam dalam layanan konseling dapat meningkatkan kesehatan mental remaja. Remaja yang mengalami masalah kesehatan mental dapat memahami bahwa ujian atau masalah yang dialaminya merupakan ujian dari allah, selalu bersabar dan berserah diri kepada allah ketika mengalami suatu masalah dalam kehidupannya, dan tidak melakukan tindakan yang merugikan dirinya sendiri.

**Kata Kunci:** Internalisasi, Nilai-Nilai Islam, Konseling, Kesehatan Mental, Remaja.

## INTRODUCTION

Adolescents according to the Population and Family Planning Agency (BKKBN) are individuals aged 10-24 years and are not married, while according to the World Health Organization (WHO) adolescents are individuals who are in the age range of 10-19 years. Adolescence is a transitional period or transition from childhood to adulthood. In this phase adolescents experience rapid changes in both physical, psychological, intellectual, and emotional aspects. Adolescence is also often referred to as a period of self-discovery (Desmita, 2019), or an unstable period where it still requires guidance and direction from various parties.

Adolescence can be a beautiful time if you can get through it well, but adolescence can also be a bleak time if you are not able to get through it well. Many teenagers fill their days with positive activities but not a few teenagers also fill their days with negative activities. Teenagers are prone to experiencing problems and problems in their lives. According to Zakiah Daradjat (in Susanti, S.S., 2018) the problems that often occur in adolescents are problems related to growth, problems that arise in relation to parents, problems related to school and subjects, problems related to social values or environmental conditions, and problems related to sex. Meanwhile, problems that often occur in adolescents are problems in social aspects which are shown in the form of criminal acts, immorality, and promiscuity, problems in cultural aspects such as being influenced by outside culture so that self-identity is lost, problems in the aspect of morality, namely behavior that lacks respect for others, dishonesty and even attempts to harm themselves such as taking drugs, stress, depression, and suicide (Handayani, S., Rahajeng, UW., Basaria, D., et al. 2020).

The many problems and issues experienced by adolescents can cause adolescents to experience mental health disorders. Mental health disorders are a condition where an individual experiences disturbances in thinking, feelings, mood, ability to interact with others and daily functioning (National Alliance of Mental Illness, 2015).

According to the Indonesia-National Adolescent Mental Health Survey in 2022, 15.5 million (34.9 percent) adolescents experienced mental problems and 2.45 million (5.5 percent) adolescents experienced mental disorders (Arif, A., 2023). Adolescents who experience mental health disorders are characterized by experiencing anxiety disorders, depressive disorders, schizophrenia, bipolar disorder, eating disorders, autism spectrum disorders, attention deficit/hyperactivity disorders, behavioral disorders, intellectual disabilities, and other mental disorders (Unicef, 2021). The results of research from Ningrum, M.S., Khusniyati, A., Ni'mah, M.I., in 2022, showed signs of adolescents experiencing mental health problems, such as lack of enthusiasm, decreased appetite, insomnia, and excessive anxiety or worry.

The inability of an adolescent to deal with the pressures of life, lack of support from those closest to them, difficulty controlling themselves and their emotions causes adolescents to take negative actions in their lives as a form of effort to deal with the problems they are experiencing. The consequences of mental health disorders experienced by adolescents are disharmonious relationships, changes in behavior, impaired physical health, self-harm, and suicide.

Mental health should be a problem that gets serious attention from those closest to the sufferer (Ningrum, M.S., Khusniyati, A., Ni'mah, M.I., 2022). In addition, only 2.6 percent of adolescents who have mental health problems want to use mental health facilities or do counseling (Arif, A., 2023). Even though the consequences of failing to manage mental health disorders can be fatal for sufferers and can even continue into adulthood.

There are many efforts that can be made to improve mental health in adolescents, one of which is by providing counseling services in which Islamic values are integrated. Counseling services are a process of professional assistance provided to someone to alleviate the problems experienced by a client by developing his potential. In the implementation of counseling services, a

counselor should internalize Islamic values in it. Islamic values related to mental health that can be internalized into counseling services either through individual, group, or classical formats include Q.S. al-Baqarah: 155 about the command to be patient in facing trials, Q.S. al-Anbiya: 90 about the command to surrender and pray to Allah SWT when facing trials, Q.S. al-A'raf: 201 about the command to fear Allah SWT when afflicted with feelings of anxiety, and Q.S. al-Baqarah: 286 about Allah testing or burdening his servants according to their abilities.

By internalizing Islamic values in counseling services, the counselor can help adolescents who experience mental health problems to be able to understand that the test or problem they are experiencing is a test from Allah SWT, directing clients (adolescents) to always be patient and surrender to Allah SWT when experiencing a problem in their lives, and preventing them from taking actions that are detrimental to themselves, and directing or developing the potential of adolescents to be able to alleviate the problems they face by taking positive actions in accordance with the Qur'an and Prophetic hadiths. The process of internalizing Islamic values in counseling services is very important and can be used as a foothold or foundation in shaping adolescents to have a healthy mentality.

Adolescents who have Islamic values in themselves will be able to understand, face, and alleviate the problems experienced in their lives while still surrendering to Allah SWT and always involving Allah in their lives. Therefore, this study aims to describe the internalization of Islamic values in counseling services as an effort to improve adolescent mental health

## METHODS

This research is a qualitative research with the type of library research. The data collection techniques used in this research are documentation studies, studies of books, literature, notes, scientific journals both articles, theses, dissertations and reports that have to do with the problem under study, namely the internalization of Islamic values in counseling services to improve adolescent mental health. The purpose of this study is to determine the description of the internalization of Islamic values in counseling services to improve adolescent mental health. Data were obtained through searches on google scholar with the help of keywords Internalization, Islamic Values, Counseling, Mental Health, and Adolescents. Then the data that has been collected is analyzed and discussed in depth and described using content analysis and descriptive analysis.

## RESULT

From the results of the review of several literatures, ten journals that are relevant to the research study can be seen in the following table:

**Table: List of Research Materials and Findings**

NO	Title Article/Proceedings	Year	Author	Findings
1	Contemporary Mental Health and Islamic Treatment of Disorders	2019	Radiani, W.W.	Therapies that can be carried out by others or on oneself such as being patient, familiarizing oneself with implementing and disciplining praiseworthy habits, doing positive activities, increasing belief in certain values (truth, beauty, virtue, faith and others), reading

				prayers, verses of the Koran, dhikr and prophetic traditions, performing night prayers, associating with good or pious people, fasting, attending Islamic medicine recitals, attending Tajweed and Fiqh recitals, attending Dhikr Assembly and studying Da'wah and Islamic science.
2	Raising Awareness of Mental Health Disorders in Adolescents	2022	Ningrum, M.S., Khusniyati, A., Ni'mah, M.I.	Signs of adolescents experiencing mental health disorders include lack of energy, decreased appetite, insomnia, and excessive anxiety or worry. This can interfere with the daily activities of adolescents who experience mental health disorders.
3	Improving Mental Health of Children and Adolescents Through Islamic Worship	2019	Lubis, L.T., Sati, L., Adhinda, N.N., dkk.	Children and adolescents who understand and live worship, are able to overcome problems in their lives, increase gratitude, are able to adjust to the environment, maintain relationships with the environment and God so that they tend to have good mental health standards
4	Islamic Counseling: An Alternative for Mental Health	2019	Muzaki, & Saputra, A.	Islamic counseling services are a service that not only strives for humans to be mentally healthy and live prosperously, but also that can lead to a life that is sakinah, the mind feels calm and serene because it is always close to God Almighty
5	The Role of Religion in Shaping Adolescent Mental Health.	2020	Yasipin, Rianti, S.A., & Hidaya, N.	Mental health problems can be overcome with Religious Therapies Dhikr can make someone relax. And the higher a person's religious understanding, the healthier his mental state.
6	Islamic Approaches to Achieving Mental Health	2020	Siregar, R.	Some of the influences of religion on mental health that can be used as a benchmark are: Stretching oneself from bad deeds, Practicing Life with patience, Life Becomes More Sincere, Life Becomes More

				Trustworthy
7	The Relationship Between Gratitude and Mental Health of Adolescents in SMA Negeri 8 Pekanbaru	2021	Hardianti, R., Erika, & Nauli, F.A.	There is a significant positive relationship between gratitude and the mental health of adolescents at SMA Negeri 8 Pekanbaru
8	Adolescent Mentoring as an Effort to Improve Mental Health of Adolescents in Laban Village, Gresik.	2021	Lestarina, N.N.W.	Adolescents' knowledge of mental health increased after being given guidance
9	The Effectiveness of Peer Counseling as an Effort to Strengthen Mental Health of Adolescents in Orphanages	2022	Qoyyimah, N.R.H., Noorrizki, R.D., Sa'id, M., dkk.	Peer counseling is effective as an effort to strengthen the mental health of adolescents in orphanages
10	Internalization of the Values of Tawhid in the Counseling Process in Realizing a Healthy Mentality	2018	Suryani, I.	Internalizing the values of monotheism in the counseling process is an urgent matter to create people who have a healthy mentality

Based on the research results that have been obtained from several journals, the internalization of Islamic values in counseling services can be used to improve adolescent mental health.

## DISCUSSION

### Adolescent Mental Health

Adolescence is a transition period from childhood to adulthood. Adolescents in this phase experience many changes both physically, intellectually, emotionally, and psychologically. Adolescence is an important period to develop habits or potential to maintain mental health. Mental health is the ability possessed by a person (adolescent) to adjust to himself, society or the environment as well as the realization of harmony in mental functions and the creation of the ability to deal with daily problems based on faith and devotion which aims to achieve a meaningful and happy life (Susanti, S.S., 2018).

Various factors can cause adolescents to experience mental health disorders. These factors are the many problems or pressures faced by adolescents, difficulties in adjusting to the environment or peers, the influence of social media, abusive parenting, socioeconomic problems, and acts of violence experienced by adolescents. The inability of adolescents to deal with the problems they experience, the lack of literacy insights about mental health, the absence of support from those closest to them make some adolescents very vulnerable to mental health disorders. According to the Indonesia-National Adolescent Mental Health Survey in 2022, 15.5 million (34.9 percent) adolescents experienced mental problems and 2.45 million (5.5 percent) adolescents experienced mental disorders (Arif, A., 2023).

Adolescents who experience mental health disorders according to the results of research from Ningrum, M.S., Khusniyati, A., Ni'mah, M.I., in 2022 have signs that are lack of enthusiasm,

decreased appetite, insomnia, and excessive anxiety or worry. The consequences of mental health disorders in adolescents are disharmonious relationships, changes in behavior, impaired physical health, self-harm, and suicide. According to Ningrum, M.S., Khusniyati, A., Ni'mah, M.I. (2022) mental health should be a problem that gets serious attention from those closest to the sufferer. In line with the results of research from Radiani, W.W., in 2019 that mental health disorders cannot be underestimated, because the number of cases is currently still quite alarming.

This can interfere with the daily activities of adolescents who experience mental health disorders, affecting their survival (Ningrum, M.S., Khusniyati, A., Ni'mah, M.I., 2022), mental health can affect a person's state of mind, feelings and mood, mental health disorders cause a person to be ineffective (Yasipin, Rianti, S.A., & Hidayat, N., 2020), and the consequences or consequences of failure to treat mental health disorders can be fatal for sufferers and can even continue into adulthood.

### **Internalization of Islamic Values in Counseling Services to Improve Adolescent Mental Health**

Many adolescents experience mental health problems (34.9 percent of adolescents experience mental problems and 5.5 percent of adolescents experience mental disorders) but few adolescents or only 2.6 percent of adolescents who have mental health problems want to use mental health facilities or do counseling (Arif, A., 2023). In fact, the impact of mental health disorders can continue into adulthood and many adolescents who experience mental health disorders try to end their lives.

Mental health disorders experienced by adolescents cannot be left unchecked considering that the impact is very dangerous for sufferers. Therefore, various efforts must be made to improve mental health in adolescents.

Journal 1: The results of research from Radiani, W.W., in 2019 on Contemporary Mental Health and Islamic Handling of Disorders show that we cannot underestimate mental health disorders, because the number of cases is still quite alarming. In Indonesia, efforts and benefits of services for mental health are still very limited. Apart from medically, to help with mental health services, Islam plays a role in creating therapies that are based on Islamic teachings. These therapies can be carried out by others or on oneself such as being patient, getting used to implementing and disciplining praiseworthy habits, doing positive activities, increasing belief in certain values (truth, beauty, virtue, faith and others), reading prayers, verses of the Koran, dhikr and hadith of the prophet, doing night prayers, associating with good or pious people, fasting, attending Islamic medicine recitals, attending Tajweed and Fiqh recitals, attending Dhikr Assembly and studying Da'wah and Islamic science.

The findings of Journal 1 show that mental health disorders need to be treated using an Islamic approach that can be done independently or with the help of others.

Journal 3: The results of research from Lubis, L.T., Sati, L., Adhinda, N.N., et al., in 2019 on Improving Mental Health of Children and Adolescents Through Islamic Worship showed that children and adolescents who understand and live worship, are able to overcome problems in their lives, increase gratitude, are able to adjust to the environment, maintain relationships with the environment and God so that they tend to have good mental health standards.

Journal 3 shows that improving mental health in children and adolescents can be done through Islamic worship.

Journal 4: Research results from Muzaki, & Saputra, A., 2019 on Islamic Counseling: An Alternative for Mental Health shows that Islamic counseling services are a service that not only strives for humans to be mentally healthy and live prosperously, but also that can lead to a life that is *sakinah*, the mind feels calm and serene because it is always close to God Almighty.

Journal 4 shows that Islamic counseling can be used as an alternative to improve mental health.

Journal 5: The results of research from Yasipin, Rianti, S.A., & Hidayat, N., 2020 on the Role of Religion in Shaping Adolescent Mental Health show that mental health problems can be overcome with religious therapy. dzikir can make a person relax. And the higher one's religious understanding, the healthier the mental condition.

Journal 5 shows that religion has a role in shaping adolescent mental health.

Journal 6: The results of research from Siregar, R., 2020 on Islamic Approaches to Achieving Mental Health show that some of the influences of religion in mental health that can be used as a benchmark are preventing themselves from bad deeds, training life with patience, life becomes more sincere, life becomes more Tawakal.

Journal 6 shows that to achieve mental health, Islamic approaches are needed.

Journal 7: The results of research from Hardianti, R., Erika, & Nauli, F.A., in 2021 on the relationship between gratitude and adolescent mental health at SMA Negeri 8 Pekanbaru show that there is a significant positive relationship between gratitude and adolescent mental health at SMA Negeri 8 Pekanbaru.

Journal 7 shows that gratitude has a relationship with adolescent mental health.

Journal 8: The results of research from Lestarina, N.N.W., in 2021 on Youth Mentoring as an Effort to Improve Adolescent Mental Health in Laban Village, Gresik showed that adolescents' knowledge about mental health increased after being given assistance.

Journal 8 shows that to improve adolescents' mental health, it is necessary to provide assistance.

Journal 9: The results of research from Qoyyimah, N.R.H., Noorrizki, R.D., Sa'id, M., et al., in 2021 on the effectiveness of peer counseling as an effort to strengthen the mental health of orphanage adolescents show that peer counseling is effective as an effort to strengthen the mental health of orphanage adolescents.

Journal 9 shows that peer counseling can be used as an effort to strengthen adolescent mental health.

Journal 10: The results of research from Suryani, I., 2018 on the Internalization of Tauhid Values in the Counseling Process in Realizing a Healthy Mentality show that there is a strong relationship between bertauhid and mental health. Because with tawhid, a person's mentality can develop in accordance with the guidance of Allah SWT, which is undoubtedly the truth of all the instructions in the Qur'an. Someone who has a strong and true ketauhidan then his soul will always be healthy because he can adjust himself, is qona'ah (feeling enough what is received), avoiding anxiety, and without any sense of hopelessness. Therefore, internalizing the values of ketauhidan in the counseling process is an urgent thing to do to create humans who have a healthy mentality.

Journal 10 shows that to improve adolescent mental health, it is necessary to internalize the values of tawhid in the counseling service process. Based on some of the findings that have been obtained from several journals, it can be concluded that mental health disorders in adolescents need special attention and special actions are needed to improve mental health in adolescents. In addition to the efforts and approaches that have been found from several research journals, efforts can also be made to improve mental health in adolescents by providing counseling services in which Islamic values are internalized.

Internalization of Islamic values in counseling services is an effort to improve mental health in adolescents by instilling Islamic values based on the Qur'an and the Prophet's hasith. Islamic values that can be internalized into counseling services to improve adolescent mental

health are Q.S. al-Baqarah: 155 about the command to be patient in facing trials, Q.S. al-Anbiya: 90 about the command to surrender and pray to Allah SWT when facing trials, Q.S. al-A'raf: 201 about the command to fear Allah SWT when afflicted with feelings of anxiety, and Q.S. al-Baqarah: 286 about Allah testing or burdening his servants according to their abilities, and other verses about mental health.

By internalizing Islamic values or verses about mental health in counseling services, adolescents who experience mental health problems can understand that the test or problem they are experiencing is a test from Allah, always be patient and surrender to Allah when experiencing a problem in their lives, and not commit actions that harm themselves. Internalization of Islamic values in counseling is an important thing to do in an effort to create adolescents who have a healthy mentality. Adolescents who have a healthy mentality will be able to overcome the problems experienced in their lives. With counseling services that internalize Islamic values received by adolescents who experience mental health disorders, it is hoped that they can gain insight into literacy about mental health, knowledge to overcome mental health disorders, skills in overcoming various problems that can cause mental health disorders, positive values in acting and behaving, and a wise attitude in responding to various mental health disorders they experience

## CONCLUSION

Mental health disorders are one of the issues that are currently being discussed in Indonesia. The rise of mental health disorders that afflict adolescents must certainly be a special concern for those closest to the sufferer, because if mental health in adolescents is disturbed, it can certainly affect their daily life activities. Islamic values are needed in improving mental health in adolescents. Islamic values that can be internalized into counseling services both in individual, group, and classical formats are Q.S. al-Baqarah: 155 about the command to be patient in facing trials, Q.S. al-Anbiya: 90 about the command to surrender and pray to Allah SWT when facing trials, Q.S. al-A'raf: 201 about the command to fear Allah SWT when afflicted with feelings of anxiety, and Q.S. al-Baqarah: 286 about Allah testing or burdening his servants according to their abilities.

By internalizing Islamic values into counseling services, adolescents who experience mental health problems can understand that the test or problem they are experiencing is a test from Allah SWT, always be patient and surrender to Allah SWT when experiencing a problem in their lives, and not take actions that harm themselves. Internalization of Islamic values in counseling is an important thing to do in an effort to create adolescents who have a healthy mentality.

Efforts to improve mental health in adolescents certainly cannot be left to teachers or counselors at school. Various parties such as parents, communities, and related parties need to take part, responsibility, joint commitment, and concrete steps to prevent mental health disorders that can attack adolescents

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