

Ketenangan jiwa pada pengamal zikir shalawat wahidiyah = Peace of mind felt by the doer of shalawat wahidiyah dhikr / Muhammad Ngusri Yusron

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Abstrak

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Studi WHO pada 2001 menunjukkan gangguan depresi menjadi penyebab keempat disabilitas atau tidak mampunya seseorang menjalankan aktivitas normal sehari-hari. Pada 2020 nanti diproyeksikan gangguan depresi akan menjadi penyebab kedua disabilitas setelah penyakit jantung. Fenomena ini terjadi karena ketidakmampuan individu mengelola kondisi kejiwaannya untuk mendapatkan standar ketenangan pada dirinya.

Islam menawarkan metoda untuk meraih ketenangan jiwa ini dengan zikir. Metode zikir telah dikembangkan oleh banyak komunitas tarekat dengan eksplorasi fisik dan jiwa, dan mampu menjadi salahsatu alternatif bagi masyarakat modern untuk menggapai ketenangan jiwa, sebagai bentuk keselarasan hidup.

Penelitian dilakukan untuk lebih mengetahui mengenai ketenangan jiwa yang diperoleh para pengamal setelah melaksanakan zikir Sholawat wahidiyah, menggunakan pendekatan kualitatif sebagai tumpuan analisis. Data dikumpulkan melalui pengumpulan dokumen, pengamatan langsung dan wawancara mendalam terhadap pengamal.

Hasil penelitian menunjukkan bahwa perubahan yang terjadi sebelum dan sesudah mengamalkan sholawat wahidiyah sangatlah kentara. Gangguan kejiwaan (symtomp) seperti bosan, jenuh, resah, gelisah, tidak puas, yang dialami sebelumnya akan sirna ketika sudah mampu mendawamkan amalan sholawat wahidiyah ini dan mengikuti ajaran-ajarannya. Perasaan tenang, ketentraman jiwa serta kekhusu'an dalam beribadah dapat mereka peroleh ketika enam aspek ketenangan jiwa dalam sholawat wahidiyah dipenuhi, yakni syukur, ikhlas, sabar, ridho, mahabbah dan husnudzhan.

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ABSTRACT

Research of WHO on 2001 showed that depressive disorders become the fourth leading cause of disability or inability of a person to run the daily activities. The prediction on 2020, depressive disorders will become the second leading cause of disability after heart disease. This phenomenon occurs because of the inability of the individual to manage his mental state to reach the standard of serenity.

Islam offers a method to achieve this peace of mind with remembrance. Remembrance method has been developed by many community of congregations with physical and mental exploration, and be able to be an alternative for modern society to achieve peace of mind, as a form of harmony of life.

This research conducted in order to know about the peace of mind which felt by the doer after doing Sholawat wahidiyah dhikr, by using the qualitative approach as the pedestal of analysis. The data collected through the collection of documents, direct observation and in-depth interview towards the doers.

The result of the research shows that the changes which happened before and after doing the Sholawat Wahidiyah dhikr is really obvious. Mental disorders symptoms like bored, restless, and dissatisfied which

are previously experienced will disappear when a man is able to accustom this sholawat wahidiyah and following the teachings brought by the Muallif. They can feel the sense of calm, tranquility and also devoted in doing the religion rituals when they fulfill the six aspects of peace of mind within sholawat wahidiyah, namely gratitude, sincerity, patience, blessing, love and good prejudice.;Research of WHO on 2001 showed that depressive disorders become the fourth leading cause of disability or inability of a person to run the daily activities. The prediction on 2020, depressive disorders will become the second leading cause of disability after heart disease. This phenomenon occurs because of the inability of the individual to manage his mental state to reach the standard of serenity.

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