

## **CHAPTER II**

### **GENERAL EXPLANATION ABOUT LESBIAN**

#### **1. Lesbian**

##### **A. Lesbian Factors**

###### **a. Environment Factor**

Since the child was born in the world to experience a development that could lead them towards the parents hope. Development of child began when they were aged 0 to death. So it could be said that since humans are born they have been given knowledge will be utilized and guide them to interact and socialize with others.

Development in children is not only characterized by their growth and development in the physical form, but here also includes the development of their personality. Personality in children can form when they are in the golden age that the first 5 years of age. This corresponds to Freud who argued that the basic structure of the personality is formed by age 5, and personality development after the age of 5 years is an elaboration of the basic structure earlier. Formation of the child's personality at this age can be molded into a good and bad thing in accordance with the wishes of the parents, so that

the desired personality pattern formation can be done at this age.<sup>1</sup>

In the golden age of character formation of the child can begin to be applied by their parents. Implementation of the child's behavior not only in the can from the role of parents, but in this golden age children also begin to imitate. Emulate here means children will do something that is often done by people around he saw. When the action he saw was something good, then by itself will emulate the good things and vice versa. Impersonation done by children is not only a course of behavior, but the child will also begin to contamination on the language he hears, so that the direction and giving a good example to the child since the child can begin at this phase.

After from this development that is 0-5 years, child will meet next phase. The important development in this is Oedipus complex, which have followed with the phenomenon of *castration anxiety* (in son) and *penis envoy* (on the daughter).<sup>2</sup> Coming of Oedipus complex because of son want to get mom and opposite for that daughter will do same activity and deny her mom. But in the next stage, Freud change his view that the daughter has important relation with her mom to understand

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<sup>1</sup> Alwisol, *Psikologi Kepribadian*, UMM press, Malang, 2010, p. 29

<sup>2</sup> *Ibid.*, p. 31

development of psychosexual which have influence her in Oedipus complex stage. So this category can include in infantile stage.

Oedipus complex future if Allowing will make the kids get in on the first stage in the homosexual. This is because of According to Freud that lesbians can form because they have a foundation on the concept of penis envy. This concept came because jealousy is a woman possessed of something a man and not a woman possessed. So from here the child begins to develop feelings of inferiority.<sup>3</sup> This inferiority, if left unchecked will grow up and raises her neurotic adults that would cause irregularities.

In addition to the one given parenting parents can also affect it. As well as the attitude of parents who do not want to know about the formation of the child's attitude and whatever happened to her son. A simple example is when the selection of clothing for children. Usually if a girl has a lot of brothers, parents are not aware of the girls form a pattern to manhood. Not only that, protect the child should also be considered because according to a calculation in America, 4-year-old child, they can already be affected by something than 3000 hours of broadcast

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<sup>3</sup> Arief Budiman, *Pembagian Kerja secara Seksual*, Gramedia, Jakarta, 1982, P. 8

TV. Aside from TV, reading books can also influence the child.<sup>4</sup> Such a thing will bring the child in a formation that does not suit the character of pure existence at that age.

The forming of identity who explains by Freud has support of his students, namely Erikson. According to Erikson, disorder or pathology may occur because a person is affected by psychosocial development. Every stage of life has its own influence in the psychosocial, and towards the establishment of pathology can occur since the children are at the age of 3-6 years. At the age of psychosocial conflicts experienced by children is initiative versus guilt.<sup>5</sup> Children used the initiative to select and pursue a variety of purposes, such as married to the mother or father, or leave the house. If this initiatives are developed without any restraints that occurred within the child grows guilt. This feeling will be the source of pathological.

In the direction of forming into a lesbian, as described by Erikson that psychosocial influence also. Then the environment can affect a person a homosexual or lesbian. This formation occurs when the neighborhood began labeling the child into something that is a tomboy or sissy.

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<sup>4</sup> Save M. Dagun, *Maskulin dan Feminine Perbedaan Pria dan Wanita dalam Fisiologi, Psikologi, Seksual, Karier dan Masa Depan*, Rineka Cipta, Jakarta, 1992, P. 19

<sup>5</sup> Alwisol, *Op. cit.*, P. 95

Of the label will indirectly shape the personality of children towards labeling it. If the labeling provided by the child's environment is supported by the people closest to the child as a family, then their personality will gradually change. This happens because many proponents of the change.

Formation towards lesbians can develop when children are in the phase where the adolescent psychosocial crisis at this stage is identity and identity confusion.<sup>6</sup> Condition when the child enters puberty stage is very important socially because puberty can stimulate adult role expectations in the future. Resulting in the development of the child, the parents can't take the child when they have started to mature. The role of parents in the stages of child development has always been a measure of success in educating their children. This success can be measured with no disruption present in children.

Stages of the search for identity is important step for the child because her children interacting with the environment than the family. Interaction of these kids still has to get guidance from parents. It is very important to the parents, because the child's identity discovery stage if not guided nicely it will cause identity confusion. Identity

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<sup>6</sup> Alwisol, *Op. cit*, P. 98

disorder in children is like looking for a life outside the family, meaning that they are more dependent on the environment and their playmates.

Identity confusion can bring their children in moral damages. The moral damage as drunks, smoking, drugs and even turns them into homo hetero world. This event often occurs in adolescents who did not receive guidance from parents. Depravity of their natures diverts children than hetero to homo began more common in children who experience puberty. So a good family environment and could cure them than their existing disorders.

**b. Traumatic Factor**

Other than someone environment can shape a lesbian is the trauma they experienced in the past. Factor this trauma will bring the child to the harm that they will bring him up to adult. Not only that when a person experiences trauma will then personality disorder. So that it would cause serious disorder if allowing.

Much theory explains about lesbian. Homo which have specific with same sex that is girl, many discuss by people at the last time. Homosexuality is a symptom from traumatic in the past which influence their character, and this can solved when the indication is lose. According to Sigmund Freud, homosexuality can appear on three

types, they are: latent homosexual oppressed of homosexual, and open homosexual.<sup>7</sup>

Latent homosexuality existing in everyone, meaning everyone may experience irregularities anytime. Whereas oppressed of homosexual more to the Freud view that said every human is bisexual. So there are some individuals whose origin libido capability allocated in homosexual and heterosexual. And open homosexuality is a form of homosexuality that can easily move from homo to hetero.

Trauma someone in the past was a result than anxiety that can't be solved, so that would arise than these anxiety disorder can be a cause of stress. Here trauma can be caused by someone who was left alone a foreign place, being in the dark, out of love and death. Things like this that would cause a very strong anxiety reaction. Feelings of depression, was powerless and conflict with parents can cause anxiety reactions as well, so that when it is not able to overcome the child it will cause a reaction in the form of disorder.<sup>8</sup>

Disorders arising from past trauma could be stress, hallucinations, to sexual deviations. This could be a sexual deviant sexual distributing child to someone who has not timely. Not only was this sexual deviation can

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<sup>7</sup> Erich Fromm, *Cinta Seksualitas Matriarkhi dan Gender*, Jalasutra, Yogyakarta, 2002, P. 214

<sup>8</sup> Alwisol, *Op. cit*, P. 22

also be transferred to the people who pay more attention to him, and here's a close friend either same-sex or opposite sex could be channeling their place.

Traumatic factor is the originator of someone being a lesbian. This is because they are experiencing trauma can't find a solution to the problem. such as when a person who experienced a breakup and at the same time do not get the attention and guidance than parents, then taken by these people is to approach people who are willing to pay attention to him, and here is usually a close friend.

Relationships established between close friends with either same or with the opposite sex will cause effect. Effect here could be caused moral damage because they can't control themselves. But if when someone is traumatized can control him then things like aberrations or disruption can be minimized.

**c. Innateness Factor**

Innate factors mean a lesbian or a homosexual trying to convince its environment, which in them there is no deviation. But lesbian or homosexual behavior is included from innate factor, like hermaphrodite or *khuntsa*. In certain cases the goods are rare times, two of sexual devices are equally slow growing though both of them. This is because every individual has some sort of innate

tendencies hermaphrodite factor, there are continued without function, or are only elementary organ, and nothing has changed to accept other functions.<sup>9</sup>

Many factors affect a person becomes a lesbian, one of them is came from biology theory in which is the genetic factors and hormonal factors. In genetic factors explained that homosexual orientation can be evidenced by the identical twins, twins and siblings heterozygote. Whereas on hormonal factors caused by production of hormone which too much.<sup>10</sup>

Innate or hereditary factors, if examined in more detail then homo homosexual disorders or lesbian come from the Prophet Lut, which is in this time he loves same sex. This is suitable with verse in Quran:

وجاء قومه يهرعون إليه ومن قبل كانوا يعملون السيئات قال  
يا قوم هؤلاء بناتي هن اطهر لكم فاتقوا الله ولا تحزون في ضيفي  
أليس منكم رجل رشيد<sup>11</sup> (٧٨)

“And his people came rushing towards him, and since aforetime they used to commit crimes (sodomy), he said: “O my people, here are my daughters (i.e. the women of the nation), they are purer for you (if you marry them

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<sup>9</sup>Abu Rafi' Ibn Sumarjo, *Zikir Cinta Eksplorasi Cinta dan Seksualitas dalam Islam*, Suluh Press, Yogyakarta, 2006, P. 552

<sup>10</sup> Rohmi hidayati, *Struktur Kepribadian dalam Perspektif Psikoanalisa (Studi Kasus pada Lesbian)*, thesis of psychology faculty in State Islamic University (UIN) Malang, 2007, P. 14-15

<sup>11</sup> Yayasan Penyelenggara Penterjemahan/Pentafsir, *Al-Qur'an dan Terjemahnya*, Departement Agama, 2005, P. 230

lawfully). So fear Allah and disgrace me not with regard to my guest, Is there not among you a single right-minded man. (QS. Hud:78)”

Homosexual practices that occurred in the time of Prophet Lut were the only man who is channeled his sexual desires to other men. These deviations, although they do this practices but they still have a warning from the Prophet Lut. Distorted behavior is the people of Luth, the prophet Luth they were given three nicknames:

1. *Qaum 'adun*<sup>12</sup>, this is a people who not only do polytheism alone but vile and disgusting deeds also.
2. *Qaum musrifun*<sup>13</sup>, are people who commit deviation to channel sexual desire with a partner who is not should have been.
3. *Qaum tajhalun*<sup>14</sup>, is one of people who didn't has pure unconsciousness so they didn't know if their do give negative effect for their live.

Prophet Luth give Third nickname to his people shows that his people had indeed violated the religious orders. In fact they also do not want to listen to Prophet Luth command, so the punishment from Allah given by them.

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<sup>12</sup>Badan Litbang dan Diklat Departemen Agama RI, *Kedudukan dan Peran Perempuan (Tafsir Al-Qur'an Tematik)*, Lajnah Pentashihan Mushaf Al-Qur'an, Jakarta, 2009, P. 329

<sup>13</sup> *Ibid.*, P. 329

<sup>14</sup> *Ibid.*, P. 329

Deviation from the people of Lut continues even today. Sexual practices in modern times even explore on all circles and gender. Not only men, women also began to classify her in the same sex romance. Avowal of one's self as something that different not embarrass them, but they are proud to love and a relationship with the same sex.

Long lost than habit, the Prophet Lut comes back with a little difference. In the times of the prophet Lut who had more same-sex who loved where they are men, then in the euro zone began to spread the people who like the same sex and they are women.

Lesbian people have been there since 2000 years ago and they were in the euro area. Lesbos Island located in the Greek Orthodox, which is some community opposes same-sex relationship. But in the corner of the Aegean Sea are lesbian ethnic who secretly developing fast. So the increasing years, the population in the Aegean Sea is known about the mayor and originally got negative responses and prohibitions, finally has the freedom to make choices. It was also experienced by lesbian people around the world. However, only a few countries that allow for lesbian practices in the region.<sup>15</sup>

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<sup>15</sup> Taken from <http://www.psychologymania.com/2012/09/sejarah-homoseksual.html>, accessible at May 11, 2013, time: 09.10.

Than history began to form above it a thought that homosexuals and lesbians have existed since the time of Prophet Lut. Not only that lesbian people would describe that they experienced disorder is derived by heredity factor ancestors before them. So that people will argue that lesbian deviations they are doing is normal and does not violate the existing norms.

## **B. Lesbian Characteristic**

### **a. Behavior**

Behavior is an attitude that can make the foundation of the feminine and masculine. In every human act has a norm that must be made between men and women, as feminine and masculine. Behavior should not be misconstrued as social behavior, which is an act with a higher level, because social behavior is behavior specifically directed at other people. Acceptance of a person's behavior is measured relative to social norms and regulated by various social controls.

Behavior is one of the characteristics that could indicate someone is deviant or not. Behavior also be said to be characteristic of the hetero or homo.<sup>16</sup> When a person is gay or lesbian then their habits deviate from heterosexual

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<sup>16</sup> Behavior that deviates from the norm is to be one of the characteristics of someone being homosexual. For a more complete reading, Rusdi Maslim, *Diagnosis Gangguan Kejiwaan*, Nuh Jaya, 2001, P. 115.

people. Their behavior towards people brings up same-sex desires more. This passion can be seen from the way of she looked and give attention to same-sex.

Lesbian behavior can be seen from their appearance. They look more to their role as a tomboy when men and women act as feminine. This appearance was indistinguishable between the hetero and homo, because most can be seen is the behavior of the lesbian. In the lesbian behavior although they were friends with the same sex, attention and eye gaze are given different friendships were forged friendship hetero men to lesbian friends.

### **C. Homosexual or Lesbian in Islamic Law**

Religion is guidance as an intermediary to get closer and get to know of God. Religion also has a rule that will establish a personal or a man to noble morality. Islam is the religion of the Prophet Muhammad as a true religion. This religion mentions all of aspect in the live, moreover to something for smallest.

Problems that happened in the past a lot of that comes back, and that will be the discussion here is about homosexuality. Problem during the Prophet Lut should be used for the lesson later. However, the fact says another. In these last days, many homosexual behavior performed by various groups, from young children to the elderly. In fact they are

players know that any religion prohibits sexual deviation like this

The people of Prophet Lut is where men who love each other and they kind of relationship. This relationship is a despicable act that is not worth doing by normal humans. Allah has created human beings composed of men and women, and women make as a place to channel lust biological, and the other way. Here the homosexual behavior is a form of resistance to the destiny determined by God.

The kind of sexual disorders has been discussed in the Qur'an, where the people who do this disorder will get punishment from God. Allah says in surah Al-Qamar verse 34:

انا ارسلنا عليهم حاصباً إلا ءال لوطٍ نَجَّيْنَهُمْ بِسَحَرٍ.<sup>17</sup>

“Verily, we sent against them a violent storm of stones (which destroyed them all), except the family of Lut, them we saved in the last hour at the night.”

God give punishment for homosexuals as a warning to men that they do not do the same as experienced by the people of Prophet Luth. This is because God created humans couple so that they have a generation who will continue their struggle in Allah. If someone has chosen the way of homosexual

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<sup>17</sup> Yayasan Penyelenggara Penterjemahan/Pentafsir, *Al-Qur'an dan Terjemahnya*, Departement Agama, 2005, P. 530

means they do not running as destiny and they do not care about the moral damage there.

## 2. Treatment in Islamic Psychology

Spiritual is an important aspect of life, because the spiritual aspect of a person can feel feeling safe and peace. A healthy spirituality is the crystallization of wisdom that always respects diversity, creativity, and always positive minded. The spiritual aspect is not only at identical with the only religion, but religion is a source of spirituality. While spirituality is a universal experience that not only refers to the teachings of a particular religion.<sup>18</sup>

Spiritual for someone will have an influence on mental life. So when someone has a good mental personality it will have a good or healthy as well. Research Lidenthal and friends concluded that the group of people with high religious will minimize the tendency for stress. So that other opinions like Comstock and Patridge also suggested that a person who has committed that it will reduce the high suicide death.<sup>19</sup>

In Islam to learn the spiritual aspect can be done with dhikr. Dhikr is one easy way to cleaning one's soul for a variety of diseases, including heart disease. Dhikr can also be done to give treatment to deviate people like lesbians. This is because one of

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<sup>18</sup> Triantoro Safaria and Nofrans Eka Saputra, *Manajemen Emosi*, Bumi Aksara, Jakarta, 2009, P. 227

<sup>19</sup> *Ibid*,... P. 228

the goals dhikr is to have pleasure, safety, and welfare physical and spiritual.<sup>20</sup> This aims same as verse Quran:

فَانْقَلَبُوا بِنِعْمَةٍ مِنَ اللَّهِ وَفَضْلٍ لَّمْ يَمَسَّسْهُمْ سُوءٌ وَاتَّبَعُوا رِضْوَانَ اللَّهِ وَاللَّهُ ذُو فَضْلٍ عَظِيمٍ (١٧٤)<sup>21</sup>  
“So they returned with grace and bounty from Allah. No harm touched them and they followed the good pleasure of Allah. And Allah is the owner of great bounty.” (Q.S. Ali Imran: 174)

Paragraph above can be used as a basis for making dhikr as a treatment, because the verse explains that the person who returned the favor of God it will get enjoyment and gifts. This is also same with the purpose of giving treatment to gay people. This is because most of the people who have chosen the path as homo forget to god, so they are not concerned about the state of those who deviate from religious teachings and norms that exist.

Treatment is applied to gay people, including lesbian, dhikr can be summarized into treatment. In this dhikr treatment clients are not only given the practice of dhikr to be applied in everyday life, but there are other treatment the steps should also be included in it. As for the concept of dhikr treatment that can be given to people lesbian is progressive relaxation, positive thinking and meditation treatment dhikr. The third step can't be given to the client at a time, but will have to give the distance between one treat with another treatment.

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<sup>20</sup> *Ibid*,...P. 241

<sup>21</sup> Yayasan Penyelenggara Penterjemahan/Pentafsir, *Al-Qur'an dan Terjemahnya*, Departement Agama, 2005, P.73

The spacing to the clients is given to know the reaction of the treatment provided to clients. Reactions that can occur after administration of treatment for lesbian people can be in the form of consciousness. Consciousness is awareness of existence is in the form of a woman who essentially had to have a couple with men. This is in accordance with the word of God, which reads:

و من ابته ان خلق لكم من انفسكم ازواجاً لتسكنوا اليها وجعل بينكم مودة ورحمة. إن في ذلك لآيت لقوم يتفكرون.<sup>22</sup>

““And among His signs is this, that He created for you wives from among yourselves, that you may find repose in them, and he has put between you affection and mercy. Verily in that are indeed signs for a people who reflect. (Q.S. Ar-Rum:21).”

Therapy to clients will have different reactions according to the wishes of the client, because the therapy can work well and produce something good also if the client has a desire to heal from an illness or disorder. The three treatments are:

#### **A. Progressive relaxation**

Progressive relaxation is one therapy that is used to relax the muscles that have been strained, because of anxiety experienced by the client. In progressive relaxation therapy, there are some things that need to be understood are.<sup>23</sup>

1. Develop passive attention condition

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<sup>22</sup> Yayasan Penyelenggara Penterjemahan/Pentafsir, *Al-Qur'an dan Terjemahnya*, Departement Agama, 2005, P. 406

<sup>23</sup> Triantoro Safaria and Nofrans Eka Saputra, *Op. cit*, P. 115

In the relaxation needed balance between attention and being still. Focus point in this step is the counselor is able to read, recognize, and differentiate between auto-tense muscles with muscles loosened. Clients should be here in a passive state that can experience a state of relaxation.

2. Do not try to create a state of relaxation to occur

This is because the natural state of relaxation. To achieve a state of relaxation a person does not need a big ambition, but enough to live, feel, and observe the changes that take place every second in the entire body. This is because the muscles are tightened once, after a person experiences a state of relaxed comfort with it will experience loss of muscle tension that is in the client.

3. Do not be afraid by the emergence of different feelings

Progressive relaxation therapy can bring different feelings when given to clients. With this treat can arise feelings like strange feeling, anxiety and afraid. So before giving relaxation counselor should provide suggestions to clients to always think positive for any feelings that will appear on the client.

After being given direction about the relaxation therapy, counselors follow up of treatment is the therapeutic process. Clients who are ready to be easily treated but can be excellent in entering stage than clients they who didn't want. Therapy to clients must also be in a convenient place so that it

can lead to positive effects and quickly bring clients in a relaxed state. The progressive relaxation treatment modules that can be given to clients lesbians are as follows.

**Instruction:**

You currently sitting comfortably and eyes closed, all parts of the body are lean, and so you do not have to tense your muscles. Let's take the state further and further .... ( 3 seconds ).

Focus your feelings on your right hand and remove all the tensions that exist (3 seconds), relax ....( 3 seconds ). Relax your all of muscles-muscles wherever possible you capable.. ( 3 seconds ). Relax the muscles of your arms further and further... ( 3 seconds ). Let the deep, deep, and getting away...( 3 Seconds ). Now relax the muscles in your up its sleeve as far as you possibly can. Get on the arms, wrists, palms and your fingers, relax... ( 3 seconds ). While you still maintain the relaxed situation on your right hand, your left hand observe, relax your left hand .... ( 3 seconds ). Let the far and deep. Let the deep on your left arm, relax. Further and deeper....( 3 seconds ). Feel relaxed state it on your upper arms, further and further....( 3 seconds ). Relax and more relax .....( 3 seconds ). At present the left shoulder and right let you relax and feel the lightness, slowly continued to relax and keep your arms, hands and fingers ( 3 seconds ). Let these muscles relax further and further .....( 3 seconds ). Now we

focus on the face slowly, and still maintain the relaxed situation, relax your forehead, relax your muscles ( 3 seconds). Feel relaxed it is getting deeper and deeper.... Your eyes closed in a comfortable and quiet ( 3 seconds ). Go ahead relax it spreads in your cheeks further and further.... ( 3 seconds ). Relax your jaw more deep and more relaxed ..... ( 3 seconds ). Continue to flow towards the neck, down to your chest and more relaxed further and further ..... ( 3 seconds ). You can keep thinking it's going to let relax deepens further ..... ( 3 seconds ). You breathe in and release it slowly and regularly kept ... kept getting slowly every time you breathe in and let it out ( 3 seconds ). Now the feeling of relaxation comes on your stomach. Relaxed and more relaxed again, getting away and deeper ( 3 seconds ). Feel you are more relaxed and relaxed .... (3 seconds). Relax your thighs, more relaxed and more relaxed again ... (3 seconds), the more deep and deep relax and relax ..... (3 seconds). Get on the right calf, left calf, more relaxed, more deep and deep ..... (3 seconds). Continue until your feet further relaxed. Continue to maintain this relaxed further and further ..... (3 seconds).

I will help you to count slowly from 1 to 10. Every time I mention a figure, try to be more relaxed than ever, let's relax getting away and deeper ..... (3 seconds). 1 more relaxed and deep ... (3 seconds), 2 further and further .... (3 seconds), 3 more relaxed again .... (3 seconds), 4 more relaxed

and relaxed ..... (3 seconds), 5 rilekskanlah whole body must let loose the tension is getting loose and getting off .... (3 seconds), deeper and more in another, more relaxed ..... (3 seconds), 7 throughout your body more relaxed and continue to flow .... (3 seconds), 8 even further .... (3 seconds), 9 getting away and deeper .... (3 seconds), 10 continued to maintain and loose, more relaxed again .... (3 seconds).

For a few minutes I'll shut up and you continue to practice making yourself more relaxed again. I want you to think and say the word "relax" every time you breathe in. It will be helpful for you. Every time breathing in the hearts and minds pronounce you "relax, relax". Keep practicing until I talked back.

Alright, you can stop this practice and listen to what I say once again. I hope you recognize your relaxed levels between 0 to 10 and you report it after you wake up.

Now I am going to count from 5 to 1 and on the count of 1 you will open your eyes and awake completely back, 5 ... 4 ... 3 ... 2 ... 1.

Above is a progressive relaxation treatment that can be used to relax the muscles of the client first. Keep in mind, before the counselors provide progressive relaxation therapy, counselors should provide free association to clients. This is because the use of free association clients will feel confused by the feelings within him.

Free association aims to study the events that happened the client in the past, so that later there will be discomfort to the client. This uncomfortable situation, then the treatment is given in the form of progressive relaxation, before ending the process in which the counselor may suggest relaxation-positive suggest to clients. This suggestion will give effect or reaction to clients within a few days.

## **B. Therapy of Positive Thinking**

Thinking is one of activity that always does every human life, and what distinguishes it from other creatures. Strength thinks every human being has a great effect on their lives. Because unconsciously by everyone, when they think of something bad to him and that is in the environment, then it will cause a bad effect anyway. Different when everyone always had positive thoughts on whatever happens in life, it will also have a positive impact in our daily lives.

Human who think positive, can be characterized by the behavior of joy, optimistic and always able to achieve success. Like a donut, "the optimist see the donut, pessimist and see the hole". Thus the positive thought can be given to people who are confused and down with his situation. It also can be given to people lesbian where when lesbian want to back on their fate that is hetero, so they have to give this therapy.

To make it easier to get used to thinking positively, Dr. Ibrahim Elfiky give some method to us, they are:<sup>24</sup>

a. Strong desire

Strong desire to be a way for everyone to have a positive mind, with a strong desire, it will lead to positive responses making it easier for someone to get something to be desired.

Strong desire to be used for the beginning step when lesbian wants return to hetero, this happens because when lesbians want a strong dream to return to hetero, then all the concentration of his life will be centered on the desire. This will result in the body automatically responds positively mind that there is a way to make it a reality.

b. Strong decision

Strong decision used to convince you again. By making a decision that person has taken a risk that must be faced. So that when a decision is taken and you are sticking to it, then nothing can stop you to make that decision.

c. Conscious perception

Conscious perception can be categorized into those lesbian who cannot accept their nature to have a

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<sup>24</sup> Taken from <http://kesehatan.kompasiana.com/kejiwaan/2012/12/17/terapi-berpikir-positif>, accessible at June 30, 2013, time: 21.56.

couple of different types. Usually someone use conscious perception in determining positive things will support lesbian people to get back to nature, because the company aware of the existence of himself as being pairs, he will begin to understand and realize what he's done over the years, so that will bring good effect self into lesbian.

d. Support from around the subject

Positive thinking can not only be created by you. Positive thoughts can also be shaped by the people around. In interacting with the surrounding, gay people shall also have the support of family, friends and environment. This is done to speed up the healing process on the client later.

After described the definition and methods that can support a person to think positive, then the following is a positive thinking treatment module that can be used to apply to lesbians.

Instruction:

Take good your position... once you are comfortable position as now, you can begin to relax your body ... take the breath out of his nose,, remove it from the mouth slowly .. take the breath out of his nose,, remove it from the mouth,,, take the breath from the mouth, remove it from the mouth ,, then close your eyes slowly,,, still take the breath slowly and remove it from the mouth .. (2 seconds)

Make yourself as comfortable and relaxed position,, focus your mind on a your biggest wish now to heal from any illness ... still take the breath slowly and remove ... rest assured that all the good wishes will be granted by Allah ... keep your body and relax your mind ...

Imagine now God is hugging you with the wind blowing in your body,, Allah took all the weight that is within you, so make your mind so light, eliminating the existing load the shoulders you now,, and believe Allah will always see you in all situations, so that you will remain calm in any situation, because Allah is always nearing you,, make you grow yourself relaxed and comfortable,,

Well before you open your eyes,, be sure to drain your decision to go back to your nature as beings pairs,,, that your nature is pairs with a man,, and before the eyes imagine that the things that have happened to the past is only memories,,, and when you open your eyes later, you are ready with the day-to-day your new,,, new activities, and with records new daily as a whole woman, not a lesbian ... take a deep breath in,, at the count of 3, you can open your eyes slowly and you are ready with your new world,, a,, inhale slowly,,, two,,, remain in a relaxed state, , three, you can slowly open your eyes ...

After client is given the above treatment, the counselor must study the feelings experienced by the client

after a given treatment. Here, although the client is aware, the counselor must remain to provide suggestions to clients about the choice to return to nature. Counselors should also always provide leisure time if the client requires people to be a place of sharing. This is because after the client chose to return to hetero, usually many things that attract clients to come back again on to a lesbian.

### **C. Meditation Dhikr**

In closer to Allah, Islam has its own way to educate their people. It is also applied to those homosexual or lesbian. Islam gives the therapies to people who doing homosexual practice, and which therapies are offered here in the form Dzikir.

Dzikir terapi<sup>25</sup> conceptualized by the Sufis "modern" to solve problems that are apply in this era of modernization. This therapy can also be applied to the deviant, such as homosexual or lesbian. By using the concept of approach to Allah by way of dzikir, the people who are expected to experience disorders can gradually recover or heal from an alone suffered. Because after all the problems there must be a way out and God is the giver of drugs of all kinds of diseases, disorders and problems.

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<sup>25</sup> Dzikir therapies came from the word *dzakara*, means remembering, attention, memory, with taking lessons. Dzikir means also remember the laws of God. Read more on Amin Syukur and Fatimah Usman, *Terapi Hati dalam Seni Menata Hati*, Pustaka Nuun, Semarang, 2009, P. 58

At Dzikir therapy, clients are asked to say tasbih, tahmid, tahlil. The goal is to guide and thrill clients. Due to getting used say tasbih, tahmid, tahlil then they will always be close and always noticed by God. This will have an impact on healing little by little disorders there is in her.

If studied more in depth, Dzikir therapy is not only aimed at *taqorub ilallah* (closer to God), but there are other benefits that can be obtained with this therapy. Such as: stability of the faith because of her are rarely given vitamin in closer to Allah, raises moral energy, can be spared from harm, and can be used as mental therapy.

Psychological state of a person when it is implementing a state of worship such as prayer, prayer or dhikr, can bring them on the situation relaxed, calm, and peace. This condition affects parts of the human brain associated with emotional processing, particularly in the hypothalamus. At meditation state through concentration on the process of respiration, sentence pronunciation dhikr, prayer, prayers, and other auto-suggestion pronunciation sentence would lead to stimulation of the activity of the hypothalamus, thereby inhibiting hormone corticotrophin Releasing factor (CRF), which resulted in the anterior pituitary gland secrete inhibited adrenocorticotrophic hormone (Acht) thus inhibiting the adrenal glands to secrete hormones cortical, adrenaline, and noradrenalin. So this will

cause someone to be in a good state, both of body and arrangement of nerves in the body.

In the meditative state, nervous working parasimoatis have job to causing the decline in blood pressure and heart rate. Strain the muscles in the position of someone who is down to meditation to relax and can reduce levels of glucose in the blood, and decreased energy consumption. According to the research, led to a state of meditative alpha waves in the brain and this can occur if the situation individual is calm.<sup>26</sup>

In performing the dhikr, there are procedures that must be understood by the person or the client first. The recommended procedure of doing dhikr is:<sup>27</sup>

1. Intend only to please God, no other purpose.
2. Perform with full concentration and deep appreciation of the meaning. This is done to appreciate the meaning of the sentence dhikr that we said. For example, we read Ya Rahman, Ya Rahim repeatedly, then in our hearts and permeates explain the sentence as a sign that Allah is Loving and Merciful to the servants who are powerless. So that would bring relief to his servant.
3. Do it with condescension and liver, as well as slow down the sound.

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<sup>26</sup> Triantoro Safaria and Nofrans Eka Saputra, *Op. cit*, P. 233

<sup>27</sup> Triantoro Safaria and Nofrans Eka Saputra, *Op. cit*, P.238

4. Using dhikr pronunciation as taught by the Law and adjust the read to time, place, and situation.

After knowing the procedure of dhikr, the following are modules that can be used when doing meditation dhikr.

Instruction:

Prepare yourself, now take wudlu water first. Once completed purify ourselves, we headed for the place where you used to worship. We do with worship Dhuha prayer, then after you have finished praying, set your body in a relaxed seating position and comfortable. Loosen everything that makes your body feel tight and uncomfortable. Take your beads and set it so that your right hand, place your convenient way to hold the rosary (used to count the number of words or phrases that are repeated). Concentrate your mind by closing his eyes slowly, and try to reach the set respiratory relaxed situations (aided by Progressive Relaxation instructions). Once you reach a relaxed situation, your imagination be present the greatness of Allah. Bring in your imagination everything that reflects that Allah is the creator of the universe and its contents are the Most Gracious and the Most Merciful. Allah has given all the gifts that you feel up to now, how you feel that you have health is solely for Allah ... Go on and on how you feel your health is very meaningful ... (3 seconds) Presents in mind that for all the mercy and grace of Allah, you are still given health, you can still gather together friends and

relatives to enjoy the fresh morning. Bird song in the garden..  
... how is easy his Creator to us ....

Adjust breathing and relax your mind all the tensions  
... continue to relax and relax ... (3 seconds). While you adjust  
your breathing ... you start saying over and over again  
....Allah ... Allah ... until you feel so calm and serene. Tell me  
Allah ... until you feel that you have said as many as 50 times.  
Tell me when you draw a deep breath, until you feel that the  
greatness of God filled the entire void your heart. Feel the  
power of Allah that has been flowing throughout your blood  
vessels. Now present in yourself that Allah is with you ...  
Allah ... Allah ... Keep in mind when you say ... Allah ...  
Allah, Allah is with us ... Allah always hear complaints hearts  
we will never forget ... Allah with His servant who always  
give his name ... Now you feel that Allah was hugging and  
hugging your body tight ....

Now you have felt that Allah is with you ... Set back  
breath and feel that the power of a million middle with you ....  
a million forces have filled your entire body .. The power of  
Allah that makes you feel tough now ... capable and believes  
that you are not alone ... Allah is with you and Allah always  
besides you....

While you adjust your breathing ... you start saying  
over and over again ... Ya Rahman Ya Rahim until you feel  
comfortable so comfortable .. (3 seconds). Tell me Ya

Rahman Ya Rahman Rahim ... until you feel that you have said as many as 50 times. Tell me when you draw a deep breath, until you feel that Allah Rahman and Rahim have filled the void in your life ... Bring your heart, a loving Creator and affection love you .... feel the sense of a very noble Allah ... Allah is love .... Love... Allah loves you ... and Allah will never leave you ..

Set your breath and breath align with greeting Ya Rahman Ya Rahim .... (3 seconds). Now you always remember when Ya Rahman Ya Rahim came out of your mouth, you are in Allah arms ... genuine affection ... who loves you no reward have you get ... when you say Ya Rahman Ya Rahim ... your heart feels calm ... and quiet ... Feel that you are not alone because Allah is always with you now, you've had a lover who always see and understand yourself. While continuing to close my eyes, adjust your breathing and you start saying Ya Ghofuur .... say as many as 50 times while you breathe slowly .. (3 seconds). Present in your heart for Allah is love and love has provided forgiveness for His servants. Allah is Forgiving, has alerted us that the sins we have scratched our lives, as he has been very much .... keep reading .... Well Ghofuur inhale slowly and exhale slowly through the mouth ... relax ... . relax and relax ... (3 seconds). Now feel the relief in your heart .... present peace in your heart ... forgiveness gift Allah has given to you when

every word ... Ya Ghofuur Ya Ghofuur ... come out of your mouth .... say in your heart .. Allah is Forgiving ... so now you are quiet ... quiet ...

Take a breath slowly ... and make sure in your heart ... Allah has forgiven all your sins ... a mistake and now you continue to breathe slowly and with your eyes closed .... say ... Ya Fattah Ya Fattah .. . repeated 50 times, is now present in your heart that Allah grace and gift of the Supreme Loading ... Allah comes to you with all the blessings and the abundance of His grace. As you adjust the breath and release it slowly, now present in your heart the belief that you have been granted the grace to live a very healthy because it means you ... Allah ... you never alone because of Allah besides you.... so thankful for Allah ...

Set your breath and breath align with greeting Ya Fattah Ya Fattah .... (3 seconds). Now you always remember when Ya Fattah Ya Fattah came out of your mouth, you are given the abundance of grace amid the incomparable ... Allah has loved and loves you .... Allah has forgiven a mistake and your sins ... now Allah has opened the door of mercy wide open for you ... make sure in your heart when you give ... Ya Fattah Ya Fattah ... (3 seconds).

On and on you say ... Ya Fattah Ya Fattah .... while continuing to pull and release the breath slowly ... rest assured that you will get up out of the void and emptiness of life ...

now slowly open your eyes and rubbed the palms your hands on your face while say ... *Alhamdulillahirabbilalamiin*

When giving suggestions through meditation dhikr has been completed, the counselor can ask the client about the events that have been experienced during meditation, especially to the feelings that are experienced by the client. The third treatment was given by the counselor can be seen their effect when counselors are always monitor the progress of clients. So when all three of these therapies has been done and completed, the counselor should not immediately release the clients, but counselors will always give a good direction for future client's condition.

In meditation dhikr, there are some of the benefits the client when to do it and practice it in everyday life. After the above was presented regarding the therapeutic process, the client or the person must also know the benefits that can be taken after they did the dizikr therapy. As described earlier when a person is in a meditative state and then himself in a state of calm, this relaxed state may cause some benefits, they are:<sup>28</sup>

1. Making a peaceful heart. This is like Allah say:

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ . أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ . (٢٨)<sup>٢٩</sup>

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<sup>28</sup> Triantoro Safaria and Nofrans Eka Saputra, *Op. cit*, P. 239

<sup>29</sup> Yayasan Penyelenggara Penterjemahan/Pentafsir, *Al-Qur'an dan Terjemahnya*, Departement Agama, 2005, P. 252

“Those who believed (in the oneness of Allah, Islamic monotheism) and whose hearts find rest in the remembrance of Allah.” (QS. Ar-Ra’d:28)

In this verse explains that when a person is remembering Allah by way of dhikr, then God willing heart will be calm with a grace given by God. Because dhikr through, hearts will be at rest and peace, through peace that come from this dhikr, then the soul will be filled with positive emotions such as happy and optimistic.

2. Adds confidence and bravery. This is as Allah says:

إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَّتْ قُلُوبُهُمْ وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُهُ زَادَتْهُمْ إِيمَانًا وَعَلَىٰ رَبِّهِمْ يَتَوَكَّلُونَ (٢) <sup>٣٠</sup>

“The believers are only those who, when Allah is mentioned, feel a fear in their hearts and when His verse (this Quran) are recited unto them, they (i.e. the verses) increase their faith and they put their trust in their lord (alone)” (QS. Al-Anfal:2)

With the addition soul feels tranquil dhikr can also add confidence in the greatness of God. So that makes us the courage to face any challenge, as long as it is not contrary to the prohibitions of Allah SWT.

3. Remove the fear This is showing on Quran:

إِذْ هَمَّتْ طَائِفَتَانِ مِنْكُمْ أَنْ تَفْشَلَا وَاللَّهُ وَلِيُّهُمَا، وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ (١٢٢) <sup>٣١</sup>

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<sup>30</sup>Yayasan Penyelenggara Penterjemahan/Pentafsir, *Al-Qur'an dan Terjemahnya*, Departement Agama, 2005, P.177

“When two parties from among you were about to lose heart, but Allah was their wali (supporter and protector). And in Allah should the believers put their trust.”(QS. Ali Imran: 122)

Fear can be eliminated through dhikr. With dhikr all fear will disappear and will make us steadfast in our establishment. This constancy makes us desperate abstinence so we keep trying maximally achieves His pleasure in our lives and removing humans from life's difficulties. This is confirmed by Allah in the Qur'an:

إِن يَنْصُرْكُمُ اللَّهُ فَلَا غَالِبَ لَكُمْ وَإِن يَخُذْكُمْ فَمَنْ ذَ الَّذِي يَنْصُرُكُمْ مِنْ بَعْدِهِ، وَ  
عَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ (١٦٠)<sup>٣٢</sup>

“If Allah helps you, none can overcome you and if He forsakes you, who is there after Him that can help you? And in Allah (Alone) let believer put their trust.” (QS. Ali Imran:160).

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<sup>31</sup>Yayasan Penyelenggara Penterjemahan/Pentafsir, *Al-Qur'an dan Terjemahnya*, Departement Agama, 2005, P.66

<sup>32</sup>Yayasan Penyelenggara Penterjemahan/Pentafsir, *Al-Qur'an dan Terjemahnya*, Departement Agama, 2005, P.71