

## CHAPTER IV

### ANALYSIS

#### A. Process Therapy of Mental Disorders in A>t-TAqi< Boarding School.

After making observations directly that the existing therapeutic in A>t Taqi> boarding schools are:

1. Religion Therapy is including: prayer (sholat), zikir, reading mauleddarb'i, and mauleddarb'i, reading Rati<b a>l Hadda>d, Ratib a>l At}hos and th}aharoh. Prayer (sholat) movement to move the muscles are rigid bodies that began with take a ritual ablution or purification is hearts self-cleaning and minds in order to be clean of dirt and debris that looks inward, when the zikir say there will be vibrations that will enhance the positive energy that mind will be bright. It has contain value to restore the basic needs of human spiritual, self-consciousness; meaning of life is in harmony, balanced with the goal of building a relationship with Alla>h and the relationships among humans.
2. Supportive therapy is to strengthen the mental endurance that has owned, developed defense mechanism of a mental that new and better to maintain of self-control functions and enhance the ability of adaptation to the environment by giving responsibility to the patient in the form of easy activities such as bathing, sweeping, mopping, washing, shopping and other so think of load that can be reduced.
3. Relaxation therapy with sholawat's song, sing praises to God over and over with a sense of calm, comfortable, relaxed in order to eliminate emotion, anger and other negative qualities to foster a sense of self-confidence. This is to reduce anxiety, tension of blood; so that mind flow increases metabolism and mindset will become more mature and able to simplify the overall control themselves.

4. Education Therapy by encouraging patients who participated in the study that led by KH. Nur Kholis in order to obtain counsel stronger religious education, equip faith, as well as reinstalling education in the past do not come back to the need for self-acceptance and self-esteem, the need for security and safety of the future expectations, the need for achievement of degrees and higher dignity as a whole person (*integrated personality*) and perfect, the need for maintaining the interaction with nature and fellow human beings, the need for social life with religiosity or religious requirements.

When it has examined more deeply, actually Islam religion is containing basic human spiritual needs above. As the above description is a scientific findings and the scientific evidence against the words of Alla>h and hadith| Rasu>lulla>h. Alla>h says:

إِنِّي جَزَيْتُهُمُ الْيَوْمَ بِمَا صَبَرُوا أَنَّهُمْ هُمُ الْفَائِزُونَ ﴿١١١﴾<sup>1</sup>

*“I have rewarded them this Day for their patience and constancy: they are indeed the ones that have achieved Bliss.”*

#### **B. Effectiveness of Therapeutic Mental Disorders in A>t- Taqi< Boarding Schools.**

From the results of the research that the number of patients there are fifteen patients with two categories: *the first*, patients who cannot be controlled. *The Second*, patients can be controlled.

*The First*: patients who cannot be controlled is five persons and the patient is placed in a special room with heavy conditions, often upset himself there even damaging the fence to get out of their room, survive or rigid and clamoring for something endlessly. The process of this form of therapy for patients midnight bath, zikir at that time that read a>l fa>tikhah 1x, La> Ila>ha Illalla>h as much as

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<sup>1</sup>QS. A>l Mu'minu>n [23]:111.

possible, Surat a>l –Ikhla>s 3x, Surat a>l Fala>q, Surat a>l Na>s and closed surah a>l –Fa>tihah and listen to the recitation and stay on the his room.

The Conditions that can be seen when a patient in therapy is difficult in the invite to take a bath, maintaining a rigid stance when bathing, silent when zikir when in order, pesters friends beside him.

As for the effectiveness from the patient cannot be viewed and depicted as angry condition is still exists, loss of consciousness, hallucinations, dreamy then the patient is still quite heavy so the need for assistance in caring for the patient.

*The Second:* the patient can be controlled are ten patients and placed in outside a special room. There were two patients with conditions outside the room was silent, empty and have not been able to view the invite interaction yet but they are not angry condition or do the damage, so it does not harm the surroundings them. They follow all the activities of existing therapeutic in A>t-Taqi< boarding school. When they are told to be controlled by a companion and eight other patients in whom interactions can be well and there were aware of their condition and are able to do activities outside the lodge. They follow all the activities there in A>t-Taqi< boarding school.

The following specific features for eight patients and the diagram are:

1. Mr. FT, he is thirty years old; he has been at a>t-Taqi< boarding school Over the past 4 years. The footman man complained that there was some sort of traumatic even on him will be chased by a green snake, he is called bajolijo. It happened when he wanted to defecate in the river.

The first year he was in a state of some disabilities in reality relationships and communication, in weight stability in the multiple functions so the activity that he is doing just daydreaming, when there is some sort of shade of green snakes (visual hallucinations) he did a stomp move objects in front of his eyes as if saw green snake that will strike him.

The second year is still like the first year, but he was able to follow the activities there at a>t- Taqi< boarding school.

The third year there are heavy symptoms (serious), weight disability, in that year the patient had a decrease experienced in activity that was daydream and there a visual hallucination has been somewhat diminished although sometimes there are visual hallucinations and he immediately responds to what was ordered by the board and

The Fourth years there are moderate symptoms and moderate disability. In this year activity dreamy and visual hallucinations had diminished. His Routine activities that follow the orders of the management, the timely conduct of activities in the A>t – Taqi< boarding school and he was able to perform activities outside the lodge like the Friday prayers (sholat jum'at) and others.

2. Mr. BO, he is thirty years old. He has been stayed at a>t-taqi< boarding school for 3.5 years. With complaints of stress due to pacing to find a job in Cikarang West Java does not produce. From this he inequality experienced life and not feel unwell, just lazy that he did at the cottage.

The first year, he was in a state of some disabilities in reality relationships and communication, heavy disability in multiple functions, activities carried out his dreamy, vacant look, rarely participate cottage daily activities and lazy to do anything.

The Second until to the third year in a state still remains no increase, in this dreamy, vacant look. But he had joined the daily activities and even then must be governed by the board when he defied the force will be on him to join the daily activities.

The four year his conditions of severe symptoms (serious), weight disability, in terms of the activities he still needs the insistence of the

board and he was able to talk and respond in the proposed to him even though the response does not match the talk.

3. Mr. PO, he is twenty eight years old who ever studied and he has stayed for 4 years at A>t-Taqi< boarding school. He had complaints of not willingly going to his father's death. He said his father died in witchcraft by others but according to his family because his father died of illness. He was studying at a private university in Bogor.

The first year, his condition is severe symptoms, severe disability. In that year he suffered mental shock caused by the death of his father, who sustains him during the lecture, he was always talking loudly (the presence of auditory hallucinations) as people speak in a very long time and he followed all the daily activities of the cottage.

The second year is still like the first year. However, auditory hallucinations have been reduced slightly and perform activities such as washing clothes, sweeping, mopping and others.

The third year is moderate symptoms (moderate), moderate disability. All he had done daily activities without orders, orders from the board immediately he did. Friday prayers could go alone.

The fourth year has begun to stabilize, some mild symptoms, and settled, mild disability in function, in general is still good because he has been invited to interact outside the cottage as follow recitation, shopping and socialize with others outside the cottage.

4. Mr. SU, he is thirty three years old. He had stayed for 4 years at A>t-Taqi< boarding school. He has not complaints strong with the existing living conditions in place of residence. His life was hard, his neighborhood luxury while he was working odd. Income is not strong thinning condition of his life.

The first year, his conditions is severe symptoms, severe disability. Condition in that he often muttered to himself as he walked that he laughed as if there is nothing to talk (auditory hallucinations), he follows the daily activities of the cottage.

The second year is moderate symptoms, moderate disability. Muttered activity is still there, laughing too but is not like in the first year, he immediately responded as he was told. The third year still remains as the second year. He was able to interact with others in the Cottage by doing what he was told but sometimes still appear experienced symptoms.

The fourth year has begun to stabilize, some mild symptoms, and settled, mild disability in function, in general is still good because he has been invited to interact outside the cottage as follow recitation, shopping and socialize with others outside the cottage.

5. Mr. MK, he is fourthly one year old. He had stayed 5 years at A>t- Taqi< boarding school. Experiencing symptoms that ever loving a girl idol of the heart but not disclosed, and he knew that the girl idol's heart was married to someone else so that he does not accept these conditions. He was the longest stay at this cottage.

The first year, his condition is in a state of some disabilities in touch with reality and communication, severe disabilities in the function. Activities that he did daydreaming, doodling wall with broken bricks (auditory hallucinations) because muttering, grumpy and did not perform any activity that is in boarding school.

The Second year and the third years, there are still some disabilities in touch with reality and communication, severe disability in multiple functions. Activity there is a slight decrease in the activity above.

The Fourth year and the fifth years is in severe symptoms (serious) and severe disability. Activity to rise to recover yet to show of him even

though he was able to interact with others, but there is still a sense of laziness on him.

6. Mr. iin, he is twenty nine years old. He had stayed two years at A>t- Taqi< boarding school. Activities that he did speak for himself (muttering) when he being alone either out loud or quietly, never disconnected by his girlfriend and stayed married until 2 times.

The first year, his condition is severe symptoms (serious) and severe disability. Because he often muttering to himself like a white shadow that invites him to talk (auditory hallucinations), brooding, silent, lazy and doing other activities. In addition to these activities, he always conducts activities in cottage.

The second year is moderate symptoms and moderate disabilities. First year of activity has decreased and activity he is doing is carrying out activities in the cottage, sweeping, feeding the fish in the pond, it can be interacted with other people in the cottage.

7. Mr. Mn, he is twenty six years old. He was only a few months at A>t- Taqi< boarding school. Former shopkeepers who move placed. Less salary makes him despair in life and a lot of pressure from the outside so many problems accumulate that do not a strong deal on him.

His condition at this time there are some disabilities in touch with reality and communication, severe disability in multiple functions. Contemplate, settle in one position, sleeping, vacant look that activities done at this point. But when he was asked to join the board to cottage activities, he has always done a good job.

8. Mr. FG. He is thirty six years old. He had stayed three years at A>t-Taq>i the boarding school. Activities lazy, indifferent, and had worked as a construction worker, the economic crush his soul makes him feel disturbed and no passion to do other activities.

The first year, his condition is few disabilities in reality relationships and communication, severe disability in multiple functions. Upside-round is wear, daydreaming, and mumbling, lazy, sad, sleep. That activity he is doing and not doing the activities the lodge and the second year is still the same even though there are slight decreases in activity. The second is like the first years.

The Third year is with severe symptoms (serious) and severe symptoms. In that year he has been carrying out activities caretaker cottage with force and sometimes wriggle not want to come but must be forced by board. The following chart treatment of mental patients.

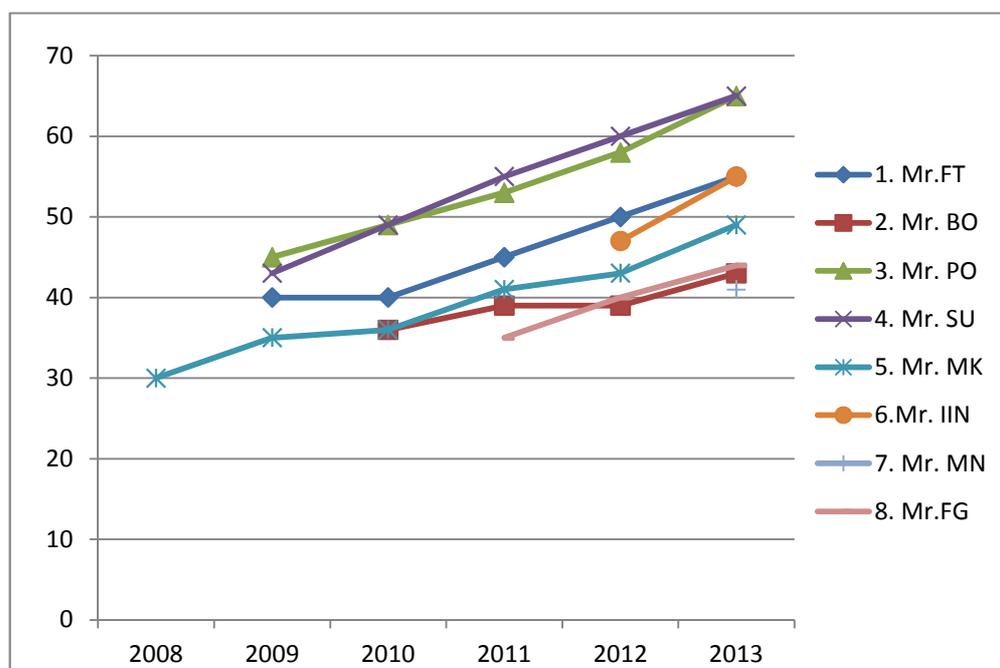


Table 4

## Recovery Data and Graphic of Patient Mental.

	1. Mr. FT	2. Mr. BO	3. Mr. PO	4. Mr. SU	5. Mr. MK	6. Mr. IIN	7. Mr. MN	8. Mr. FG
2008					30			
2009	40		45	43	35			
2010	40	36	49	49	36			
2011	45	39	53	55	41			35
2012	50	39	58	60	43	47		40
2013	55	43	65	65	49	55	41	44

Data graphic above is based on the questions that the authors ask three attachments on mental patients include three aspects of personality are:

1. Cognitive aspect: Thoughts
2. Kognatif Aspect: behavior
3. Affective Aspects: Feelings

To measure the levels of these three aspects the author uses axis V in PPDGJ - III the book, namely:

#### Global Assessment of Functioning (GAF) Scale

0 = inadequate information

01-10 = as above - persistent and more serious

11-20 = danger of injuring themselves or others, severe disability in communication and take care of themselves.

21-30 = severe disability in communication and power value, not able to function in all areas.

31-40 = multiple disabilities in touch with reality and communication, severe disability in multiple functions

41-50 = severe symptoms (serious), severe disability.

51-60 = moderate symptoms (moderate), moderate disability.

61-70= some symptoms of mild and settled, mild disability in function, in general is still good.

71-80= symptoms temporary and can be overcome, mild disability in social, work, school, etc.

81 -90= minimal symptoms, good functioning, fairly satisfied, not more than the usual daily problems.

91-100= no symptoms, functioning optimally, there are no insurmountable problems.

Thus the results of the analysis that the researcher can do about the therapy of Islamic religious values activities and effectiveness of the religion of Islam for the treatment of mental disorder patients at a>t-Taqi< boarding school Kalipucang Kulon Welahan Jepara.