

## **Implementation of Islamic Counseling in Students of Madrasah Aliyah / Senior High School**

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**Abstract:** *Counseling science is needed to help the problems to faced by someone that who he or she is unable to solve. By needed of help other people (counselor). That the other person must have knowledge about counseling either the science he obtained from college majoring in counseling as well as based on the experience and many reading of the books around of counseling. That Counseling service is aworship to Allah SWT for providing assistance to others, and in Islamic teachings is calculated as a sadaqah. The Islamic counseling service is based on the Qur'an and the Sunnah of the Prophet, the intelligence of activity and human experience. Among the high school / MA students that often occur are dating, stealing, coming late to school, fighting, not finishing homework, fighting with teachers and cheating in exam. With the approach of Islamic counseling that was done by counselor or teacher counseling guidance expected positive results, students no longer repeat the deviant actions and get out of the problem.*

**Keywords:** *the Implementation Islamic Counseling is an effort to strengthen the function of monotheism to the counselee, with all problems that faced will be resolved if the counselee can offer all of the problems to the owner of this world that is Allah SWT.*

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### **I. INTRODUCTION**

All of the problems that faced by human demands a solution, because the problem is a hindrance, obstruct and narrow the possibility of someone to successfully achieve to the something (Lubis, 2008: 17). A small problem must be solved because if not then it is not impossible that small problems can be a big problem. If it becomes a big problem then it is more difficult to overcome it. While a person is still alive then there is always faced the problem. In the development and process of life, humans are very likely to find some problems, both as an individual or in groups. The problems faced by every individual is possible in addition to affecting himself, also affect other people or the environment. However, the expected is that every human can solve the problem of their respective of life.

In essence, the whole process of human development is about to achieve the mature self-morals, with good social skills, high morals, and qualified faith and piety. However, in reality, there are often find less and fragile personal circumstances, low levels of social and moral ability, and a level of faith and piety that is not qualify. As a result a person does not have independence, a fragile soul, easily influenced by bad environments; if someone else invites him to do something that is not good then he will be easily affected. Precisely that, no matter how small the problem should be anticipated early on. Problems are marked by a gap between hope and reality. However, not all issues need to be addressed through a counseling approach. A problem needs to be addressed through counseling, if it fulfils certain criteria. Basically, the problem comes from a problem that is quite serious, enough to shake the person of the counselee, the problem is always tense, so that the mind and feelings of the counselee can not function properly, even affect the physiological changes of the body (Lubis, 2012: 156).

Furthermore, consciously the counselee needs help from others to face, overcome, and solve problems that are beyond his ability. Then, the problem needs to be worked out in special ways, in sufficient ways. In other words the problem is solved with the help of others who have the competence or expertise in accordance with the characteristics and the level of the problem needs to be handled professionally (Lubis, 2012: 2).

### **B. Islamic Counseling**

The word counseling (counseling) comes from the word counsel taken from the Latin language is *counselium*, meaning together or talk together. The definition of talking together in this case is the conversation between counselor (counselor) with a person or several clients (counselee). In English dictionary, "counseling is associated with the word counsel, defined as follows; Counsel (to obtain counsel); Advice (to give counsel); Talk (to take counsel) .. "(Echols, 1990: 68). Then, counseling is defined as advisory; Recommendation; and conversation by brainstorming. Counseling is a counseling technique, in other words counseling is under guidance. Counseling faced with the object of the problem. The concept of counseling rooted in vocational guidance and spearheaded by Frank Parson in Boston in 1908, (Blum, 1990: 17) has evolved as a primary

service of guidance in education (Lubis, 2015: 1). Counseling in the meaning of "helping relations" is a relationship between two parties, in which one party has the will to promote growth, development, maturity, improve function and improve the ability of others to face and handle their own lives (solar, 1988: 85) Providing assistance including awareness of alternatives and seeing the possibility of action. That is the sense of counseling in a general sense. What about the concept of Islamic counseling and what is the difference between Islamic counseling and conventional counseling below will explain the difference between the both.

In Arabic literature the word counseling is called *al-irsyad* or *al-istisyarah*, and the word guidance is called *at-taujih*. Then, guidance and counseling are translated into *at-taujih wa al-irshad* or *at-taujih wa al-istisyarah* '. (Etiology, 2008: 5) Etymologically the word *irshad* means: *al-huda, ad-dalalah*, in Bahasa means: guidance, whereas the word *Istisyarah* means: *talaba min al masyurah / an-nashihah*, in Bahasa means: seek advice, consultation. The word *al-Irsyad* is finding in the Qur'an and hadith and books that examine Islam. In the Qur'an the word *al-irshad* becomes one with *al-huda* as in Sura al-Kahf (18) verse 17:

..... who is guided by Allah, He is guided; And whoever he leads astray, Then you will not find a leader who can guide him.

He also guided similarly the word *al-irshad* is contained in sura al-Jin (72) verse: 2:

... (who) gives guidance to the right path, then We believe in him ...

Saiful Akhyar Lubis explains:

"In essence Islamic counseling is not new, but it has existed together with the revealed teachings of Islam to the Prophet Muhammad Saw for the first time. At that time he was an educational contrivance in the Islamic education system developed by the Prophet. Spiritually that Allah gives guidance for guidance (guidance) ". (Lubis, 2008: 58)

The basis of Islamic counseling refers to revelation and human intellect which can raise the possibility of developing anticipatory theories with the development of human psychic life needs. The needs of human psychic life are always evolving along with the progress of science and technology that always just go ahead and keep changing. Progress in an ever-changing age can be a problem for someone who is not ready to face.

If the course of Islamic education history has been thoroughly and carefully examined since the time of the Prophet Muhammad Saw to the present day, it will be found that counseling services in the form of counseling are a prominent and dominant activity. The Prophet's practices in solving the problems faced by friends at that time can be recorded as an interaction between the counselor and the client / counselee, either in groups (eg on the *halaqah ad-dars* model) or individually. The Service with a model of counseling during the time of the Prophet was driven primarily by problematic societal conditions and was born out of an established culture of ignorance. The word *iqra'* chosen by Allah as the initial word and as the key word of the apostolic authority of Muhammad Saw, is a meaningful word of conditional reality. The word *iqra' bismi rabbikalladzi khalaq* which means read with the name of your Lord who has created contains two meanings that is reading the verses *qauliyah* and verses *kauniyah*.

The *qauliyah* verses of God's written word contained in the Qur'an must be read frequently because it is the correct guide and guide of the path. While the verses of *kauniah* are all things created by God are a manifestation of the greatness and vice that He has created and the Creator. Allah SWT shows His power, His majesty and His greatness through the creatures that created it. As a believer the more he examines, reviewing in depth what creatures God has created in the end he discovers the secret of God's majesty behind something he has studied and not infrequently a person to increase his faith, towards of this what is expected in Islam.

The proverb saying to reading (*iqra'* ') is a window of knowledge. By reading then we will know something from the findings or research or experience of others. The more reading then the more is known. An Islamic thinker Al-'Abrasyi argues that Islam is a religion of science, in the sense of being a religion that high values science, teaches the principles of science to deliver human intelligence level. (Al-Abrasyi, 1987: 20-21).

Similarly, the science of counseling is no less important to the other sciences. Counseling science is needed to help the problems faced by someone who he or she is unable to solve. By need of help other people (counselor). The other person must have knowledge about counseling either the science he obtained from college majoring in counseling as well as based on the experience and reading many of the books around counseling. The counseling service is worship to Allah, a helper to others, including counseling services, in the teachings of Islam is counted as a sadaqah. Islamic counseling services are based on, the Qur'an and the Sunnah, the activities of mind and human experience (Musnamar 1992: 55).

Islamic counseling services believe in life after death. Islamic counseling services discuss the rewards and sins that have been done. Islamic counseling services, namely: a process of providing assistance to individuals to realize their existence back as a creature of Allah Almighty who should live in harmony with the provisions and instructions of Allah SWT so as to achieve the happiness of the world and the hereafter. (Kholil: 2009, 66). Islamic counseling is a help service that given by counselor to the human being who have problem in religious life, wishing to develop dimension and potency of its religion as optimal as possible, either individually or group, to become human being independent and adult in religion, in guidance of aqidah,

worship, Morality, and muamalah, through various types of support services and activities based on faith and piety contained in the Qur'an and hadith. Islamic Counseling as an effort that can be done in order to develop the potential and solve problems experienced by clients in order to achieve happiness in life in the world and hereafter based on Islamic teachings. (Kholil: 2009, 66).

There are two basic reasons why it is necessary to present the Islamic counseling. The most important reason is that Islam has its own views on human beings. The Qur'an, the main source of Islam, is a guide book and in it there are many clues about man. Allah SWT as the creator of human through the Qur'an gives secrets about human. Therefore if we want to know how to deal with all the problems of human life then the Qur'an is a source that deserves to be the main reference and not worth to be forgotten.

### **C. The Deviant Behavior among Students**

The deviant behavior commonly known as social aberrations is all acts that deviate from the norms prevailing in a social system and generate the efforts of those authorized in the system to correct such deviant behavior. In the Dictionary of Bahasa Indonesia, the deviant behavior is defined as a person's behavior, actions, or responses to the environment that conflict with the norms and laws in society. (Alwai, 1999: 153).

In the life of society, all human actions are limited by the rules (norms) to act and behave in accordance with something that is considered good by society. Nevertheless in the midst of people's lives we still encounter actions that are not in accordance with the rules (norms) that apply to society, such as robbing, killing, stealing, cheating, lying, pitting, fighting and so forth Deviations from the norms or values of society are called deviations, whereas the perpetrators or individuals who perpetrate deviations are called deviants. The opposite of aberrant behavior is a non-deviant behavior often called conformity. Conformity is a form of social interaction in which a person behaves according to group expectations.

The definition of irrational behavior according to experts as suggested by James Vander Zenden of social aberrations is a behavior which by a large number of people is regarded as blameworthy and beyond the limits of tolerance (Zenden 1998: 51). From what Zenden suggests the deviant behavior is when the act is condemned to harm the offender and others and beyond the limits of tolerance. Next Robert M.Z. Lawang argues that social aberrations are all acts that deviate from the norms prevailing in the social system and generate the efforts of those authorized in the system to correct the deviant behavior (Lawang, 1986: 24) From this Lawang opinion can be drawn red thread that the irregularities Social action is any action that deviates from the norms applicable to both religious norms, laws or customs prevailing in an area and raises the efforts of those authorized in the system to correct such deviant behavior.

Bruce J. Cohen believes deviant behavior is any behavior that does not successfully adjust to the will of a particular society or group in society (Cohen: 2010 p.21). Cohen's opinion can be understood that deviant behavior is any behavior that is not able or not managed to adjust o the wills of society so that there is disharmony. From some of the above opinions the authors conclude that behavioral aberrations are any behavior expressed as a violation of the norms of groups or communities. Then every violation of group norms in society is called behavioral deviation.

### **D. Islamic Counseling toward Deviant Behavior among Students**

#### **1. Guidance on Islamic Counseling to the Students in Dating**

Among students of junior high school / MTs and SMA / MA are very susceptible to dating. This is because of growth period for adolescence to grow up so with a high curiosity including the desire to know the opposite of gender, this is one of the causes of students doing the dating. If there are students dating this should not be allowed, the best done by the teacher counseling guidance is to call them and do individual counseling. In the first individual counseling are the male side and then the woman. In conducting guidance, the teacher asks the problem students what are the advantages and disadvantages of what they are doing? Teachers can explain that their actions are prohibited in Islam because they include the act of approaching adultery as Allah's Word in Q.S Al-Isra 'verse 32 which means "do not go near *zina*, in fact it is a bad deed and a bad way". Furthermore, the teacher can explain how good social ethics with the opposite gender with information service according to Islamic teachings. After the individual service is done if the student repeats the action then it can be done parent calling. In the case of students who are both in a quiet place (dating) sometimes have to repeatedly in guiding it. To change student behavior from bad to become good sometimes can not one time but must repeatedly. Therefore, as parents and teachers in the school do not be bored to provide guidance to children and students even though it is delivered repeatedly to remind them.

#### **2. The Guidance on Islamic Counseling to the Students Who Steal**

The behavior of stealing is bad behavior and includes deviant behavior. If a student steals then this should not be allowed but must be saved because if left then the students personality will be damaged and in the

future he still likes to steal. It should be if the students are caught stealing then taken to the guidance room for guidance and counseling. Handling of deviant behavior toward steal students is as follows:

**Case**

Ina (17) is not her real name, her parents including people who "are" always meet all her needs. But Ina has a different disorder than most people who in her age is like taking other people's stuff in the language of psychology called klepto. Ina takes her friends things just to have, her pleasure taking other people's stuff. Where if she wants to have something that cold enough to tell her parents and will be fulfilled. In the handling of cases like this, the first thing to do is to call the students in the question and then find out why she stole. Then it was given an understanding to her that taking other people's things was not good and a great sin. Allah does not forgive the sin of theft before the person returns the stolen item to the owner. It is considered good if the student is ordered to repent by standing up while saying the word *astaghfirullah al-azhim* (I am reproof) will not steal ..... Mention the stolen goods, the words are mentioned as many as a hundred times. For example if the student stole his friend's handphon then as punishment is to have the student return the mobilephone he stole and standing repeating with the saying *astaghfirullah al-azhim* I repent not steal the mobilephone anymore", it is pronounced a hundred times.

**c. Guidance of Islamic Counseling to Students Come too Late**

The problem of students arriving late is a deviation that most often occurs compared with other behavioral aberrations.

**Sample case**

Andi (17) a name that is not actually, often late to come to school, he arrived at the school always past 7.30 am. Where the first hour bell lesson 7.15. Andi is often late because of he is slow movement, what he do often slow because Andi often late to come to school. Bimbingan konseling Islami yang dapat dilakukan terhadap Andi ini adalah ketika datang ke sekolah tetap menyambutnya dengan salam namun ditahan, tidak boleh masuk langsung ke kelas. Selanjutnya ditanya apa alasannya terlambat. Karena Andi gerakannya agak lambat atau lelet maka dia diberikan hukuman jalan cepat dengan mengelilingi lapangan basket sebanyak 3 kali sambil mengucapkan kata istighfar.....*astaghfirullah al-azhim* saya bertaubat tidak terlambat datang ke sekolah, itu diucapkan sebanyak tiga kali keliling lapangan basket.

Guidance Islamic counseling that can be done for Andi is when coming to school still greeted with greetings but arrested, can not go directly to the classroom. Then asked what the reason comes late. Because Andi movement is slow then he was given a quick road sentence around the basketball court 3 times while saying istighfar ... ..*astaghfirullah al-azhim* I repent not late to come to school, it is pronounced three times around the basketball court. After that given guidance, how important it is to appreciate time. About the importance of this time that Allah swt swear in Q. S Al-Asr verses 1-3 which means "for the sake of time. Surely man is in loss. "Except those who believe and do good deeds and exhort each other in truth and counsel in patience ". We give him a correct understanding that walking quickly is important because the Prophet Muhammad Saw is also in his daily walk fast. If the students late it can also be given a punishment by having them memorize short letters in *jus* of 30 of the Qur'an for example Dhuha letter continues down to Annaas or memorize Qunut prayer. But if the late is a regular Qori memorize then the teacher see the situation and conditions could be students feel happy, and not deterrent to the punishment, because it is a daily activity for them. For such students to be punished by others such as citing garbage in the school environment and throwing it into place while say *istighfar* "*astaghfirullah al-azhim* I repent not late to come to school", this is done until the end of the first hour of study.

**d. Guidance on Islamic Counseling to Fighting Students**

One of the behavioral aberrations in school is to fight. How to deal with the following fighting students will be explained.

**Case**

Rizki (16) a pseudonym. An emotional, easily offended and hard-tempered. In his house he was always depressed, his father an army and hard in educating his children. His mother as a trader is busy with her business. One day Rizki was involved in a fight with his schoolmates and was taken to the counseling room for give counseling guidance. In this case Islamic counseling that can be done is to regulate breathing. If there are students who fight, should not be directly given counseling but that is done by doing the breath arrangement or also called breathing because with good breathing can reduce emotions. Basically people who are emotionally usually breathing with the stomach so that the neck is tense, so it takes a deep breath and exhaust through the nose is done 5 to 10 times, then breathe as usual the goal is to emotionally decreased and if it is down can be given counseling. It's good to do if someone is emotional while he is standing up and then he is told to sit down,

if he is still not down yet his emotions are told to lie down, if he lays still emotion he is told to take water wuduk” then hopefully his emotions will slowly fall to normal then given counseling. Counseling is given by straightening his understanding if all this time he thought that with a fight it feels great, then the great straightened it is the people who are good, believe and do good deeds and many benefits for others. If many enemies of life will be narrow terraces, if want to go anywhere it limited movement because in everywhere there is an enemy. Ratna adds taught also to the fighting child to be patient a lot in this life, do not be easily angry because the anger is a friend of the devil, people who are easily angry person who is close to the devil.

#### **e. Guidance on Islamic Counseling to the Students Who Do not Complete Homework (PR)**

##### **Case**

The student named Budi (17) is not a real name, always not doing homework or schoolwork. Every assignment is never completed. The reality is *brokenhome* household. Her mother is having an affair with another man and is rarely at home, when at home often fight with her father. Budi the eldest child of three siblings, the youngest sister is still aged 5 years while the the second child is still schooling in the junior high school in eighth grade. Budi often does not attend school and his homework is never finished, so many teachers complain and complain about Budi's situation to the coneling teacher. Guidance on student problems does not solve this homework, it can be done as the teacher of coneling contacted the parents of the students by phone or SMS so that the student's parents come to school or the parents of the students can calling the coneling teacher essentially establish communication to the parents of the students.

#### **f. Guidance of Islamic Counseling to Students against Teachers**

In the world of formal education today with very complex problems can happen a student against his teacher. If this happens, then it should be fast-settled.

##### **Case**

Rudi (16) is not a real name, a "stubborn" person, in his parents' house often quarreling, whenever his mother advises Rudi his father always defends him. Everyday his parent's always spoils him and gives him whatever he wants. One day Rudi fought the teacher because he did not want to be told to throw the garbage outside the classroom in the place that was available. Rudi disregarded what the teacher had told him to do, he left the trash under his seat because he felt the trash was not his waste. Therefore the teacher is angry with him and he is against the teacher by saying inappropriate words pronounced as a disciple. Against the behavior of Rudi that is suitable to do is first call Rudi to come to the office of coneling teacher next the conling teacher give understanding to Rudi who really the teacher, the teacher is changing parents in school. Who does not love the parents? Teachers should be viewed as parents in school. At home parents can get angry, as well as teachers at school, for example if students do not want to according to what the teacher instructed, then the teacher can be angry. Teacher is not possible to do evil to his students, in fact all teachers want their students to be a good child, as well as our parents.

If the student answers what the counseling teacher said then teacher does silence first to control his emotions. Because if passed the teacher who was counseling teacher in the right position, could be blamed for being considered to defend the subject teachers. The teacher in teaching must also be aware and understand the student why the student up against the teacher, so the teacher must also always do self-introspection about what he has done and the language used if the students to do something.

#### **h. Guidance on Islamic Counseling to Students Who Cheated In Exam**

Cheating in the exam is a behavioral deviation that should not be happened. But in fact for the sake of graduation in exams or high scores sometimes students try the wrong way that is by looking at the key answers or see a book or cheating from a friend.

##### **Case**

Bondan Twelfth grade students (not real names). Bondan is a student who is friendly, good at sharing, so he likes his classmates. In the classroom he includes middle-class students in terms of class rankings. The time of the exam he always cheated the answer from his friend. He tried to find an exam answers from anywhere including from the mobilephone that were kept in his trousers. One day a repetition of a daily math lesson took place, Bondan was seen by a fraudulent teacher, he searched for answers from the internet using android mobilephone. Seeing this directly the teacher took the mobilephone Bondan and pulled the answer sheet. This issue is reported to the teacher to counseling teachers to be addressed.

The handling of this issue that can be done is first by calling Bondan. Next Bondan was asked whether he was cheating. Why did he do it? It is explained to him to bring a mobilephone or like it at the time the exam is not allowed / prohibited because it is feared that students cheat answers from the internet, while cheating in the exam is a deviation and cheating, bad and dishonest behavior. The counseling Teachers may submit the information to all students at the apple morning on Monday after the flag ceremony, at that time the

mobilephone in examination should not be used. If a student gets cheated on the exam or sees answers from the internet then his mobile is on hold. Parents of students are contacted and delivered if their child's mobile is detained, will be refunded if the parent or guardian comes to collect it.

#### **FINALY**

Based on the descriptions that have been described it can be concluded that the problems mentioned above such as alone in a quiet place (dating), Stealing, coming late, fighting, not praying zuhur congregation, not finishing homework, Teachers and cheating in the exam is a behavioral aberration. It says irregularities for violating the rules that exist in school. The behavioral deviation that has been done by the students is not left alone, but must be sought way out so that students out of the problem. The solution is an Islamic counseling with the right method. The method of counseling given to the problem students is the method of Islamic counseling, with guidance techniques and making the Quran and Hadith as its main benchmarks coupled with the *ijtihad* or thought of the scholars and the opinions of experts in the field of counseling by looking at existing theories. After receiving the Islamic counseling service from the counseling guidance teachers it turns out that the students who perform the behavioral deviation can accept and change towards be better. This has been proven in MAN 1 Medan that applies Islamic counseling in solving student problems. Then, Islamic counseling guidance techniques can be used as an offer to solve all student problems at school. In the wider scope, the guidance of Islamic counseling can be used as the solution of the twists and turns of life problems encountered.

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