


Implementation of Sufistic Counseling on Overcoming Game Online to Children at Kragan Village

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Abstract

The application of Sufistic counseling is beneficial for individuals, especially in changing deviant behavior. As in the Kragan Village, many children experience problems, namely online game addiction which has a negative impact on their behavior, daily activities, emotional stability, and their socialization to the community environment. Solving their problem is very important for the development children when they grow up to adults. The article aims to analyze the application of sufistic counseling in overcoming onlinegame addiction for children at Kragan Village. The researchers used is qualitative research by conducting direct interviews and observation. The results show that the application of Sufistic counseling to children in Kragan Village who are addicted to onlinegames in a way that counselors, the family environment, schools, and the community can provide direction and guidance in accordance with the Qur'an and Hadith. Hence, they would remember their duties and obligations, change behavior, maintain emotional stability, maintain social interactions, and apply spiritual values in order to get a good mental health in their daily activities.

Keywords: Sufistic Counseling, Overcoming Game Online, Game Online

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INTRODUCTION

In the development of the era of globalization, it brings good and bad effects on human life, such as the good influence which can help humans in carrying out daily activities and the bad influence can stretch social ties, neglecting a spiritual value which is very important in daily life. Developments that occur in this era of globalization such as computer technology, social media, games online, learning online which is growing rapidly all over the world. This technological development is not only developing in big cities but also in villages where there are positive and negative impacts on their lives (Wang, S., He, Y., & Song, M. 2021; Tabroni, et al., 2022). The industrial revolution at this time is growing rapidly, especially in technology. The development of this technology is like the development of the game online which used to be started from the development of computer technology and also computer networks that used to be small scale and turned into the internet and continues to grow rapidly until now. In general, the game is a form of game with certain rules that are carried out in order to refresh oneself. While games online is something that is played electronically or visually with certain rules so that

players win and some lose, which aims to create a relaxing activity as a form of self-relaxation (Rizky, et al., 2021). Games online apart from being self-relaxation, but there are many negative effects such as causing radiation to the eyes so that it makes the eyes tired and leads to headaches and body pain (Anggraeni & Wihardja, 2020; Steffen, C., Mau, G., & Schramm-Klein, H. (2013). In addition, it can also make individuals forget about time so they forget their daily duties and obligations such as eating, drinking, doing school work, helping parents, socializing with many people, and also doing spiritual activities such as praying, praying.

Addiction Game online according to experts is very dangerous for both adults and children. As stated by Van Rooij, et al., (2011) addicted to games Online is an electronic or visual-based game activity with certain rules that is carried out by an individual continuously or repeatedly which has a very bad effect on daily life which makes it difficult for individuals to end it. In children, especially school children, it has a very bad impact, especially it can interfere with their learning activities, their daily behavior and even their emotional stability resulting from game online. In fact, it is very disturbing to their social environment which causes children to often play at home and do not want to socialize both with their friends and the surrounding community so that they have introverted personalities. So it takes a direction and guidance for these children to remember the bad effects of game online. Usually the appropriate approach taken by the counselor is like getting closer to Allah, which refers to the Sufistic approach to become a positive personality and in accordance with the rules of Islamic shari'ah.

Sufistic counseling is very much needed by an individual to get closer to Allah SWT, which makes them always remember the nature of humans when they are born, which is sacred so that individuals can avoid vanity things that make humans avoid bad things (Mu'awanah, 2018). The purpose of Sufistic counseling is to assist individuals in overcoming a problem they face by referring to the Qur'an and hadith as the main sources (Ridan, Sutoyo, & Mansur, 2020). The counselor will provide assistance to the counselee so that he has a better personality in accordance with Islamic religious law, can understand himself, can make his own decisions and can solve the problems he faces by always getting closer to Allah SWT and being grateful for what he has. given. Therefore, Sufistic counseling is needed to change the behavior of children in urban or rural areas in order to eliminate the problems faced, namely game online such as Mobile Legends, Free Fire, Minecraft, PUBG Mobile Lite, Clash of Clans and many more. Most of them will forget the time so that they forget their duties and obligations.

Just like what happened in Kragan Village, many children are addicted to games online so as to make them forget everything like their duties and obligations. And also addicted to games online can also affect their emotional stability which can interfere with their mental health such as making them have high emotions, irritable, often rebellious and often speak harshly. So that these children really need a direction and guidance to the children in Kragan Village who will change their behavior with a Sufistic counseling process where children get direction and guidance that refers to the Islamic context that makes them continue to remember Allah. SWT and can also make them have positive thoughts, emotional stability so that mental health can be maintained. When the counselor directs the children to do positive activities such as reciting the Koran, praying, fasting, praying.

METHOD

In this study the author uses a field research method or observation. This field research or observation method is analytical and also descriptive. This analysis means observing something in detail and detail on the object of the study in order to get clear information, such as in children who are addicted to games online at Kragan Village. The author will observe continuously starting from the factors that cause the child to experience online, the impact of game online addiction game online on children in Kragan Village. Then this descriptive in a study will describe various events that occur in the object of research. This method focuses on observation through observation and also interviews by finding, investigating, and also describing from data that has been obtained from interviews or observations made directly by the author of children who are addicted to games online and also from their parents and the environment around them.

While this literature study method is a method commonly used to find sources of information and data from a book, journal, either online or offline or manually. How to collect this data by clarifying, writing, and also observing from the discussions of this research which contains the implementation or application of the Sufistic counseling process to children who are addicted games in this modern era, especially in Kragan Village.

RESULT AND DISCUSSION

Counseling etymologically comes from the word counseling which means advice. While the terminology is a relationship that is mutually helpful to achieve the desired goals better. The meaning of this assistance is an effort made to help an individual so that they are able to develop in the direction they expect, understand themselves, can solve the problems they face, are able to solve the problems experienced in their lives, and can make good decisions. for himself. According to experts, Amin Syukur, said that Sufism or Sufism is a scientific branch of an Islamic culture that emerged after the death of the Prophet Muhammad. So we can take from the above understanding that Sufism is an approach that directs to always get closer to Allah SWT which makes individuals always remember back to the initial nature of humans, namely sacred or fitrah in accordance with what is always applied by Sufis.

The Sufis are the most peaceful people in heart and soul because they always feel close to Allah and always believe that Allah is always with them. The Sufis have a very strong faith that makes them unaffected by the pleasures of the worldly life. Sufis have preceded modern psychologists in knowing and understanding mental illnesses and disorders and even their causes. These Sufis are individuals who are more inclined to psychologists who use the deepest self-reflection approach and method to find out what problems are happening to them. These Sufis are very deep in the soul and human instincts which greatly influence human behavior and the Sufis really understand the subconscious of every human being.

So we can conclude that this Sufistic counseling is an assistance given to individuals by getting closer to Allah SWT who is guided by the Qur'an and Hadith by always remembering the initial nature of humans, namely fitrah or holy in order to be able to

solve the problems they face, and can understand himself so that he can develop the potential within himself.

The importance of this Sufistic counseling for an individual is as an improvement for an individual whose mental health is often disturbed due to the impact of this modern era of globalization. The role of this Sufistic counseling is to provide advice in a patient, loving, polite and courteous manner so that individuals have good mental health. The provision of this guidance and advice is a need of every human being with a limited experience and knowledge that they must acquire in order to have a prosperous and happy life in the hereafter. Without guidance and direction, humans will easily fall and get caught in a mistake that violates the rules or norms that end up making life difficult, bringing difficulties, and unhappiness in the life of the hereafter.

This Sufistic counseling process is methodologically derived from general guidance and counseling methods. The following are some Sufistic counseling methods that can be applied in the process of handling the counselee, namely:

Individual

Method The individual method is a guidance, direction given by the counselor to the counselee which is carried out personally or usually done in a face to face manner which aims to solve the problems experienced by the counselee. In conducting the counseling process with this method, it is expected that the counselor can have a high sense of sympathy and empathy. Sympathy is an attitude where the counselor can show that he also feels what the counselee has felt when he is experiencing a problem. While empathy is an attitude where the counselor can place himself when the counselee gets a problem. When the counselor has this attitude, a counselee will give a high and complete trust to the counselor and will make the counselee's process run well and maximally. In Sufistic counseling, the counselor will provide a direction and guidance that is carried out individually in a way that is not forced but with sincerity so that the counselee can overcome the problems he faces and in accordance with religious law guided by the Qur'an and Hadith. This method is very effective because the counselor feels more comfortable, safe, and confidential as well as more awake so as to make the counselor's process run optimally.

The group

Method in Sufistic counseling is a method used by counselors in groups in solving a problem that still prioritizes the Qur'an and Hadith as guidelines. Usually this counseling activity is carried out by discussing where the counselee can have the same opportunity in solving a problem. In this counseling can instill a sense of responsibility and will also train the counselee to have a high sense of sympathy and empathy, especially towards other counselees. The counselee in this method will also participate in solving a problem faced by other counselees.

Field Trip The Field Trip

Method functions as a recreational medium carried out by counselors as a learning process carried out in groups basically. With this field trip the counselee can show and review an interesting object that can provide information and also the counselee can calm his mind because he is facing a problem so that the counselee can relax and clear negative thoughts. In this Sufistic counseling the counselor will show the greatness of Allah SWT and can be grateful and know the pleasures given by Allah SWT.

Sociodrama

The sociodrama method is a counseling activity carried out with techniques in solving social problems through role playing. In this counseling process, the counselee will play a role when he gets a social problem and live it directly as if he experienced it. Then the counselee will discuss how the right and appropriate way to solve the problem.

Implementation of Sufistic Counseling in Overcoming Game Online in Children in Kragan Village

Addiction according to the psychological dictionary is defined as a condition of physical dependence. The word addiction is usually referred to as excessive behavior. The concept of addiction is also usually applied to inappropriate behavior such as addiction to communication and information technology. Most addictions caused by technology are one of them addiction to games online. Games Online is a digital-based game. Games online usually has a bad effect on individuals because it can damage the eyes due to radiation from gadgets, forgetting time, physical complaints such as dizziness, and also disorders of the brain. addiction Game online is a condition where individuals play digital games that are carried out continuously which have a negative impact on themselves. addiction Game online is not only a bad influence but also a good influence such as relaxation on oneself when the individual is tired of facing problems. One is said to be addicted to games online if it has the following defined characteristics:

1. Unable to control oneself when playing online.
2. More concerned with the game online compared to doing daily activities which is an obligation that must be prioritized.
3. increasing ability in an online , resulting in increasingly addicted to the counselee.
4. Patterned behavior, when a counselee performs activities repeatedly or excessively results in brain and physical disturbances.

In Kragan Village, Kragan District, Rembang Regency, many children are addicted to games online which is very bad for them from physical to mental. Many children neglect their obligations due to games online so they have a rebellious and lazy behavior. In this Sufistic counseling has an important role to overcome game addiction online in children so that they have appropriate behavior and remember obligations and are also able to socialize with their environment. Here are some steps in doing this Sufistic counseling in overcoming game online experiences experienced by children in Kragan Village are:

Healing Through Faith:

A faith in Allah SWT is getting closer to Allah and monotheism to Him which is a solid foundation in forming a self-concept of the human personality. In this Sufistic counseling the counselor will direct the children so that they instill faith in them by learning, doing charity, and always putting their trust in Allah SWT so that they can avoid deviant behavior such as game online. Healing carried out with the concept of faith is very giving spiritual strength to the counselee so as to avoid bad deeds.

Healing through Nasuha:

Healing through nasuha's repentance is usually called true repentance, which means an individual conditions himself to return to Allah SWT by asking Him for forgiveness for all the sins and immoral acts that have been committed. The counselee will submit to Allah and will not repeat the sins committed by individuals such as games online that makes

them forget to pray, read the Qur'an, dhikr and much more. The counselor will guide and direct the counselee to always pray to Allah SWT asking for forgiveness and help so that they feel close to Him and think positively.

Healing Through Rituals of Worship:

Healing through rituals of worship is done by praying, fasting, zakat, prayer, almsgiving, reading the Qur'an and practicing it. With this foundation, a counselee will have faith and always have a relationship with Allah SWT and also with others and the community. This healing is very effective for children who are addicted to online because it makes them have positive activities so as to keep away from inappropriate behavior. This healing also makes them avoid mental disorders that make the counselee burdened because of the problems they face. The counselee will become a better personality, love himself and understand that Allah SWT is always there for him.

The research was line with Marlaokta, M., & Mutiara, R. (2019), found that the implementation of sincere intention therapy "Lillahi ta'ala only hopes for the pleasure of Allah Ta'ala". This practice when playing online games is a practical model of the basis of Islamic spiritual psychotherapy for sufferers of internet gaming disorder. The application of sincere intention which is the driving force or motivation in playing this game is often forgotten. Usually game lovers when playing games that come up with good intention such as for refreshing, to win games, to level up, to get additional coffers of money, and so on.

While, from various studies, most sufferers are unable to control themselves. The inability of self-control is channeled into the main cause of this patient's inability to reduce or stop playing games (Asfaruddin, 2019) Or in other words, low self-control is due to the inability to control behavior, cognitive and decisions (Huda, 2021). In addition, the characteristics of internet gaming disorder sufferers are generally difficult to accept and even refute the advice given to them by their parents. Based on research by M. Rizal Gani Prasetya, et al (2018), according to him there are two ways parents face children with internet gaming disorder, namely by letting go and authoritarian ways. Both of these methods turn out to produce the same personal characteristics, resulting in children becoming less willing to listen to the words of their parents which causes every word of their parents to only be heard but not obeyed, even children can easily do things outside normal limits due to lack of parental control or lack of control. Interpersonal communication that occurs in the family so that they feel they are not getting enough attention. Sufistic counseling as a supplier of moral values, as well as Islamic media counseling and as a physical and mental healing, so Sufism becomes a major contribution in human life (Bakri dan Saifuddin, 2019). When viewed from the roots of thought and teachings, Sufism comes from the concept of ihsan in Islam. Ihsan is a series of Muslim behavior in both physical and mental action. In addition, the practice of Sufism or Sufism also applies to patterns of life accompanied by religious values, for example living in simplicity as a manifestation of the concepts of zuhud and qana'ah (Tambak, et a., 2021). While modern Sufism or in the current context, Sufism emphasizes more on the humanistic, empirical, and functional understanding that can be applied in the behavior of human life (Hamka, 2015). Ilyas, S. M. (2020) in his finding found that teachings contained in Sufistic in counseling can be used as a medium to cleanse the soul of various forms of negative energy and negative emotions, someone whose spirituality is disturbed will affect the psychological condition of the individual. Muaz & Ahmad (2020) revealed, that the

practice of Sufistic counseling in teachings such as the concept of zuhud, repentance, resignation, patience, sincerity, pleasure can influence the mental or psychological conditions in individuals.

Based on experimental tests on sufferers of internet gaming disorder, using sufistic counseling that giving intention of "lillahi ta'ala only hopes for the pleasure of Allah Ta'ala" when playing online games resulted in data in the form of reluctance to continue playing the game being played (Hudiyanti, H., Syukur, M. A., & Hadziq, A. 2021). For sufferers who really want to be free from dependency on this game through sincere intention, Allah will be given convenience. However, for sufferers who still enjoy and still feel that their actions are mediocre and even admire them, it takes time and patience to provide understanding for awareness. This process of awareness of grace, guidance, help from Allah requires an open heart to listen, willing to accept input, advice, opinions from others and want to admit mistakes or shortcomings so that you don't want to fall back in the same hole and want to repent, In Shaa Allah later will be shown the way. In addition to being beneficial for sufferers, this sincere intention therapy is also beneficial for parents who face their children who experience internet gaming disorder in a way that parents simply remind sincere intention whenever they see their children want / are playing games. So that when parents call or tell children to do something, the child has got control from Allah, it is lightened to leave the game to obey the parents' orders so that the 'fighting drama' that usually occurs can be minimized. Thus, sincere intention therapy can become self-healing for internet gaming disorders that need it and it is hoped that it can reduce addiction towards psychological improvement of the sufferer.

Islamic Spiritual Psychotherapy for sufferers of internet gaming disorder is a basic foundation that can provide new benefits in the form of being able to bridge / direct / alleviate someone from the valley of immorality to the valley of obedience, and can be used as dhikr that can be done at the beginning of every activity of daily activities. day. If this can be done, gradually but surely - if Allah allows - will be given the ability to change morals to become a better person than before, because in fact sincere intention are the initial foundation / basis as well as the goal that is the core of charity, the purpose of life, and Islamic goals in which to contribute to faith, ihsan, worship, applicable pious deeds that can deliver an individual to relief, happiness and mental health. The intention of Ikhlas which only expects the pleasure of Allah is a practical method of application that is right in the Essenation of Allah in worship and towards the improvement of one's morals.

CONCLUSION

Counseling is an assistance given to individuals by getting closer to Allah SWT guided by the Qur'an and Hadith by always remembering the initial nature of humans, namely nature or purity in order to be able to solve the problems they face, and be able to understand themselves. for him to develop the potential within himself.addiction Game online is a condition where individuals play digital games that are carried out continuously which have a negative impact on themselves. Many children in Kragan Village are addicted to games online so as to make them forget their obligations. One is said to be addicted to games online if it has the characteristics that have been defined as follows: unable to control themselves when playing online, more concerned with the game online compared to doing daily activities which is an obligation that must be prioritized,

the increasing ability in an online that results in increasingly addicted to the counselee and patterned behavior. Here are some steps in doing this Sufistic counseling in overcoming game online experiences experienced by children in Krangan Village are: healing through faith, healing through repentance of nasuha, healing through worship rituals.

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