

THE RELATIONSHIP BETWEEN ISLAMIC RELIGIOUS GUIDANCE AND PATIENT MENTAL HEALTH AT DR. AMINO GONDOHUTOMO REGIONAL MENTAL HOSPITAL, CENTRAL JAVA PROVINCE

Putri Sonia Andini Sari *, Mardiyani Hayati, Wijayanti Fuad

Fakultas Kedokteran, Universitas Muhammadiyah Semarang

Jl. Kedungmundu No.18, Kedungmundu, Kec. Tembalang, Kota Semarang, Jawa Tengah 50273, Indonesia

Email: putrisonia1008@gmail.com

Abstract

The development of time continues, humans are required to adjust the social standards that exist in the community which can cause mental or psychological problems related to one's mental health. One of the elements that can affect mental health is religion. This study aims to analyze the relationship between Islamic religious guidance and mental health of patients at RSJD dr. Amino Gondohutomo Central Java Province. This study employed an analytical observational design with a cross sectional approach. The sample in this study were patients at RSJD Dr. Amino Gondohutomo Central Java Province as many as 32 respondents. The research tools used were mental health questionnaires and Islamic religious guidance questionnaires. The sampling technique used was total sampling. The statistical test applied is the Spearman rank test. The test results showed a relationship between Islamic religious guidance and the mental health patients at RSJD Dr Amino Gondohutomo, Central Java Province, as evidenced by the p value obtained as a result of 0.000 (< 0.05). There is a relationship between Islamic religious guidance and the mental patients at RSJD dr Amino Gondohutomo, Central Java Province with good mental health and high levels of Islamic religious guidance

Keywords: Mental Health, Islamic Guidance

Introduction

Mental health is one of the important aspects in realizing the quality of life of an individual. Along with the times, humans are faced with various social, economic, and environmental demands that are increasingly complex and have the potential to cause psychological pressure. If the pressure is not able to be overcome adaptively, the condition can develop into a variety of mental health problems. Mental health is a state when individuals are able to recognize their potential, overcome the pressures of everyday life, work productively, and contribute positively in the community.¹ In addition, mental health also reflects the condition of developing physical, intellectual, emotional, and social aspects in a balanced manner so that individuals are able to adjust to their environment and perform life functions optimally (Ardiansyah, 2023).

Mental health disorders are conditions characterized by changes in thought patterns, emotions, behavior, and the ability of individuals to carry out daily life functions. This disorder not only causes psychological suffering, but also affects social relationships, productivity, quality of life, and even increases the risk of suicide (Stuart, 2013). Individuals with mental health disorders often have difficulty controlling emotions, adapting to the environment, and solve the problems faced so that it requires comprehensive treatment.

Mental health is still a public health issue in many countries. The World Health Organization notes that about 450 million people in the world have a mental disorder, with millions of cases of depression, bipolar disorder, schizophrenia and dementia continuing to be the leading causes of disability (Saputri, 2024). In Indonesia, mental health disorders also show a fairly high number. It is estimated that about one in ten of the population has a mental disorder, with more than 19 million people having an emotional mental disorder. In addition, suicide rates are still a concern because most occur in productive age groups. In Central Java province, about 25% of the population has mild mental disorders, while severe mental disorders are estimated at about 12 thousand cases. This condition shows that mental health is still a problem that requires attention from various aspects of Health Services.

Mental health is influenced by various factors that interact with each other, both internal and external factors. Internal factors include biological, psychological, and religious factors, while external factors include sociocultural conditions as well as the environment in which individuals live (Yulianingsih, 2020). Among these factors, religious aspects have an important role because they are able to give meaning to life, increase hope, and become a source of psychological strength in dealing with various life pressures (Paizin, 2022). Individuals who have a good religious life tend to have more adaptive coping abilities, lower levels of anxiety, as well as a more stable psychological state compared to individuals with a low level of religiosity (Rahmi, 2008; Vergheze, 2008).

In Islam, religion is not only seen as a belief system, but also as a guide to life that governs human relationships with God, fellow humans, and their environment (Paizin, 2022). Religious values are believed to be able to provide inner peace, reduce stress, increase optimism, and strengthen the ability of individuals to face various life problems (Choirudin, 2015; Anwar, 2021). As the word of Allah SWT in Sura Yunus verse 57 which explains that the Qur'an is a guide as well as a healer for diseases contained in the heart. The verse shows that the spiritual approach has an important role in maintaining and restoring one's mental health.

One form of application of spiritual approach in health care is through the guidance of Islam. Islamic Guidance is the process of providing assistance to individuals and groups who experience difficulties both physically and mentally through the approach of Islamic teachings with the aim of increasing faith, piety, and the ability of individuals to face life's problems (Muhlisaturrohman, 2021; Prasetyo, 2016). Islamic religious guidance not only serves as a means of religious education, but also has preventive, curative, preservative, and developmental functions in helping individuals achieve better psychological conditions (Asir A, 2014). Through activities such as giving advice, religious lectures, prayers, moral development, as well as spiritual assistance, patients are expected to be able to accept their condition, improve self-control, and build a more positive psychological response to the disease (Rosyad, 2016).

The religious approach is also supported by physiological mechanisms related to the stress response system. When individuals experience stress, the body will activate the sympathetic nervous system and the hypothalamic-pituitary-adrenal axis (HPA axis) thereby increasing the release of stress hormones, such as cortisol, epinephrine, and norepinephrine (Al-Rouq et al, 2022; Nurdawati, 2018). Ongoing activation can worsen a person's psychological condition. In contrast, spiritual and religious activities can help create a relaxation response, decrease the activity of stress hormones, and increase emotional calm and thus support the recovery process of mental health.

Islamic religious guidance is one form of nonpharmacological therapy that can complement medical and psychological therapy in patients with mental disorders. This approach is expected to strengthen the spiritual condition of patients so that they have hope, optimism, and better motivation during the treatment process. With increased spiritual strength, patients are expected to be better able to accept their condition, reduce psychological pressure, and improve the quality of their mental health.

Based on this description, Islamic religious guidance is suspected to have a relationship with the mental health of patients undergoing treatment in psychiatric hospitals. However, research on the relationship of Islamic religious guidance with the mental health of patients in the Regional Psychiatric Hospital dr. Amino Gondohutomo Central Java province is still limited. Therefore, this study was conducted to analyze the relationship of Islamic religious guidance with the mental health of patients in the Regional Mental Hospital dr. Amino Gondohutomo Central Java province so that it is expected to be the basis in the development of mental health services that integrate biological, psychological, social, and spiritual aspects.

Method

This study is an observational quantitative analytical research with a cross-sectional approach which aims to analyze the relationship of Islamic religious guidance with the mental health of patients in the Regional Mental Hospital dr. Amino Gondohutomo Central Java Province (Sarwono, 2021). The research was carried out in November 2024 with the scope of Islamic Medical Science. The target population in this study is all patients in the Regional Mental Hospital of Central Java province, while the Affordable population is all patients with mental disorders rehabilitation period in the Regional Mental Hospital dr. Amino Gondohutomo Province Of Central Java.

Sampling technique using total sampling, so that all patients with mental disorders rehabilitation period that meet the inclusion criteria used as a sample of research (Kuriain, 2022; Adnyana, 2021). The number of samples obtained as many as 72 respondents. Inclusion criteria include patients with mental disorders rehabilitation period, undergoing treatment at the Regional Psychiatric Hospital dr. Amino Gondohutomo Central Java province, following the activities of Islamic religious guidance, and willing to be a respondent. The exclusion criteria were non-Muslim patients and respondents who were not willing to continue the series of studies.

Data collection was carried out using informed consent, primary data through the dissemination of questionnaires, as well as secondary data obtained from available documents or reports (Kuriain, 2022). The independent variable in this study is the guidance of Islam, while the dependent variable is mental health. Islamic guidance was measured using a questionnaire consisting of 9 Questions with a Likert scale. The instrument has been declared valid ($R \text{ count} > R \text{ table}$) and reliable with Cronbach's Alpha value of 0.744. Mental health was measured using the Mental Health Inventory (MHI-38) consisting of 38 Likert questions. MHI-38 instrument has been through the validity and reliability test with Cronbach's Alpha value of 0.946 so that it is declared valid and reliable for use in research.

The data obtained are processed using the program Statistical Program for Social Science (SPSS) through the stages of editing, coding, processing, cleaning, and tabulating. Data analysis was conducted univariate to describe the characteristics of each variable in the form of frequency distribution, while bivariate analysis using Spearman Rank test to determine the relationship between Islamic religious guidance and mental health because both variables use ordinal Scale (Sarwono, 2021). Before the study was carried out, the study had obtained ethical approval (ethical clearance) from the Health Research Ethics Commission (KEPK) of the Regional Mental Hospital dr. Amino Gondohutomo Province Of Central Java. All respondents have obtained an explanation of the objectives and procedures of the study and give written consent (informed consent). Confidentiality of respondent's identity is maintained and all research costs are the responsibility of the researcher.

Results

This study was conducted at the Regional Mental Hospital dr. Amino Gondohutomo Central Java Province on November 2, 2024 after obtaining ethical clearance. The study used observational analytical design with cross-sectional approach. Sampling technique using total sampling. Of the 72 patients selected, 32 patients met the inclusion criteria and became respondents to the study, while 40 patients did not meet the criteria, consisting of 12 patients did not follow the guidance of Islam, 10 patients were not willing to be respondents, and 18 patients have not undergone treatment at RSJD dr. Amino Gondohutomo Province Of Central Java.

Univariate Analysis

Univariate analysis was conducted to describe the characteristics of respondents and the distribution of each variable research. Based on the results of the study of 32 respondents, it is known that the majority of respondents are in the age group of ≥ 30 years, which is as many as 18 respondents (56.3%), while respondents aged < 30 years as many as 14 respondents (43.8%). The results showed that most of the mental patients who underwent rehabilitation and followed the guidance of Islam were in the adult age group.

Based on gender characteristics, most of the respondents were male, which was 20 respondents (62.5%), while female respondents were 12 respondents (37.5%). This shows that male respondents dominate the study sample compared to female respondents.

The distribution of respondents based on the level of Islamic guidance showed that most respondents had a high level of Islamic Guidance in the category, namely as many as 18 respondents (56.3%). Furthermore, as many as 12 respondents (37.5%) were in the medium category, while only 2 respondents (6.3%) were in the low category. These findings indicate that the majority of patients who responded have received Islamic Guidance with good intensity or quality during the rehabilitation period.

Meanwhile, based on the level of mental health, most respondents had mental health in the good category, namely as many as 18 respondents (56.3%). A total of 12 respondents (37.5%) had mental health with a very good category, while only 2 respondents (6.3%) were included in the less good category. The results showed that the majority of mental patients undergoing rehabilitation had good mental health conditions, although there was still a small percentage of respondents who showed poor mental health conditions.

Bivariate Analysis

Bivariate analysis in this study aims to analyze the relationship between Islamic religious guidance and mental health of patients in the Regional Psychiatric Hospital dr. Amino Gondohutomo Central Java province, with the following objective

Table 1. Spearman Rank Correlation Test Results

		Mental Health			Total	P Value	Strength Correlation
		Very Good	Good	Less Good			
Guidance	High	10	8	0	18	0,000	0,678
Religion	Medium	2	10	0	12		
Islam	Low	0	0	2	2		
Total		12	18	2	32		

The results of the analysis above obtained p value of 0.000 which is smaller than 0.05 so it can be concluded that there is a relationship of Islamic religious guidance with mental health patients in RSJD dr. Amino Gondohutomo Province Of Central Java. Then obtained a correlation coefficient

value of 0.678 which indicates that the relationship between the two variables is included in the category of strong.

Discussion

Univariate Analysis

The majority of respondents were 30 years old (56.3%). These results are in line with previous studies showing that the majority of patients with mental disorders are in the age range of 30-59 years (Celine T et al, 2014). This age is a productive period that is accompanied by the aging process of the brain and the demand to achieve self-actualization. The inability to meet these demands can trigger the emergence of mental health problems (Anas et al, 2022).

By gender, most respondents were male (62.5%). This finding is in line with previous research that states that mental disorders are more experienced by men than women (Celine T et al, 2014). Women are considered to have a higher tolerance for psychological pressure, while men tend to have more difficulty accepting life situations and are more prone to mental health disorders (Ririn, 2021).

Most respondents had mental health in the good category (56.3%). These results are in line with previous studies that have shown that the majority of respondents have good mental health (Samosir, 2021). the condition is suspected because the aspect of psychological well-being of respondents is more dominant than psychological distress.

A total of 56.3% of respondents have a high level of Islamic religious guidance. This result is in line with research on the implementation of Islamic religious guidance in RSJD dr. Amino Gondohutomo Semarang which shows that religious guidance programs run effectively through lectures, giving advice, dhikr, questions and answers, as well as strengthening patience, tawakal, prayer, and effort in dealing with illness (Riyan, 2017).

Bivariate Analysis

Spearman Rank test results showed a value of p-value of 0.000 (<0.05) with a correlation coefficient of 0.678, which indicates a significant relationship with the strength of a strong correlation between Islamic religious guidance and mental health of patients in RSJD dr. Amino Gondohutomo Province Of Central Java.

This finding is in line with Udy Hariyanto's research which states that Islamic religious guidance is positively and significantly related to mental health, where the higher the intensity of following Islamic religious guidance, the better mental health one has (Udy, 2015). Nevertheless, in some respondents found a high level of Islamic religious guidance but mental health is still not good. This shows that mental health is not only influenced by religious factors, but also by internal factors, such as genetics, family history of mental disorders, experiences of violence, lack of social support, and adaptability, as well as external factors, such as social inequality, bullying, and social environment.

Islamic religious guidance plays a role in meeting the spiritual needs of individuals thus helping to create a balance between physical, psychological, social, and spiritual aspects.² through religious guidance, individuals are encouraged to increase faith, patience, tawakal, and closeness to God so as to gain inner peace and better ability to deal with various pressures of life (Masrur et al, 2021). This is in line with the function of religion as a guide to life that provides spiritual strengthening, helps the process of self-reflection, and contributes to improving mental health (Muzaki, 2019).

Conclusion

Based on the results of research on the relationship of Islamic religious guidance with the mental health of patients in the Regional Mental Hospital Dr. Amino Gondohutomo Central Java Province, the following conclusions were obtained:

Patients at the Regional Mental Hospital Dr. Amino Gondohutomo Central Java province the majority have Islamic religious guidance in the high category of 56.3%, 37.5% who have Islamic religious guidance in the medium category and there are 6.3% who have Islamic religious guidance in the low category.

Patients at the Regional Mental Hospital Dr. Amino Gondohutomo Central Java province the majority have mental health in the category of good as much as 56.3%, 37.5% with mental health in the category of very good, and 6.3% with mental health in the category of less good.

There is a relationship between Islamic Guidance and the mental health of patients in RSJD dr. Amino Gondohutomo Central Java province, with the results of the p value of $0.000 < 0.05$ and the correlation coefficient of 0.678 which means that the relationship between the two variables is included in the category of strong.

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