

# Khalwat as a Therapy in Improving Mental Health, as an Effort to Overcome Drug Abuse

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**Abstract:** The development of the times in the current era can be said to be very fast. Any technology can be created by humans themselves. Various problems also arise between humans with one another with various different causes. This will cause a disturbance in human health, especially mental health disorders. Mental health is a very important thing for the human body, because it is one of the most important parts in living life and also balance. When a person's mental health is not balanced they will try to do negative things, especially using drugs, which is considered to be calming. Therefore, a person needs therapy to be able to help maintain mental health. There are many ways to do mental health therapy. One of them is with seclusion. Seclusion is withdrawing from the crowd and solitude to get closer to Allah swt. Seclusion is done with different time spans. The method used in this paper is a qualitative method, and the technique used is a literature study technique, namely data collection by reviewing the literature and collecting books, written materials and references relevant to the research being conducted.

**Keyword:** mental health, drug abuse, seclusion therapy.

**Abstrak:** Perkembangan zaman pada era sekarang memang bisa dibilang sangatlah pesat. Teknologi-teknologi apapun sudah bisa diciptakan oleh manusia sendiri. Berbagai masalah pun bermunculan antara manusia satu dengan yang lainnya dengan berbagai sebab musabab yang berbeda-beda. Hal ini akan menyebabkan sebuah kesehatan yang ada diri manusia terganggu khususnya gangguan kesehatan mental. Kesehatan mental merupakan suatu hal yang sangat penting bagi tubuh manusia, karena hal tersebut merupakan salah satu bagian terpenting dalam menjalani hidup dan juga keseimbangan. Ketika kesehatan mental seseorang tidak seimbang mereka akan berupaya untuk melakukan hal-hal yang negatif, khususnya memakai narkoba, dimana hal tersebut dianggap dapat menenangkan dirinya. Oleh karena itu seseorang memerlukan terapi untuk bisa membantu menjaga kesehatan mental tersebut. Ada banyak sekali cara yang bisa dilakukan untuk melakukan terapi kesehatan mental. Salah satunya yaitu dengan Khalwat. Khalwat adalah menarik diri dari keramaian dan menyepi untuk mendekatkan diri kepada Allah swt. Khalwat dilakukan dengan rentang waktu yang berbeda-beda. Metode yang digunakan dalam tulisan ini adalah metode kualitatif, dan teknik yang digunakan adalah teknik studi pustaka, yakni pengumpulan data dengan tinjauan pustaka ke pustaka dan pengumpulan buku-buku, bahan-bahan tertulis serta referensi-referensi yang relevan dengan penelitian yang sedang dilakukan.

**Kata kunci:** kesehatan mental, penyalahgunaan narkoba, terapi khalwat.

## 1. Introduction

Mental problems faced by a person are often responded negatively by those around him. This is due to society's imperfect understanding of mental illness. Some people are unwilling to accept more scientific explanations and choose to refuse medical and spiritual therapies for mental illness because of traditions and cultures that support mental disorders with people's beliefs. The Islamic perspective on mental illness is not much different from the general understanding of mental health.

The idea of mental hygiene is the basis of the term "mental health". The Latin word *psyche*, meaning psychic, soul, or soul, is the source of the word mental, which comes from Greek. As a result, the phrase "mental hygiene" is understood to refer to a dynamic, rather than static, state of mind or mental health. According to one health expert, Prof. Dr. Zakiah Daradjat, gave a definition of mental health with several understandings, including: (Darajat, 1991)

- a) "Avoidance of people from symptoms of mental disorders or neuroses and from symptoms of mental illness or psychoses."
- b) "A person's ability to adjust to himself, to others and to the society and environment in which he lives."
- c) "Knowledge and actions that aim to develop and utilize all potentials, talents and traits that exist as much as possible, so as to lead to happiness of self and others. And to avoid mental disorders and illnesses."
- d) "The realization of a genuine harmony between the functions of the soul, and the ability to deal with ordinary problems that occur and feel positively the happiness and also of one's abilities."

Mental health is something very important, someone who has a balanced and good mentality, they will tend to do or behave to positive things, whereas people who do not have a good mentality / sick, then they are not able to control the behavior or actions taken. WHO also stands for:

"Mental health as a state of well-being for individuals who realize their own potential, can cope with the normal stresses of life, can work productively and productively, and are able to contribute to their communities. Mentally healthy individuals can overcome various problems and pressures of life by utilizing their potential. A healthy mentality is also able to direct individuals to live more productively and beneficial to the surrounding environment." (Rashima Kwatra, 2018)

People suffering from mental illness (mental illness) often exhibit the following characteristics: unhappiness in life and interpersonal relationships; feelings of insecurity; lack of confidence; emotional immaturity; unstable personality; nervous system disorders; and the inability to understand one's own condition. In addition to anxiety, impatience, aggression, and destructive behavior, unhealthy mindsets are also characterized by a lack of faith in God Almighty, unwillingness to face reality honestly, and psychosomatic symptoms (physical discomfort due to psychic illnesses such as stress).

Drug abuse is one of the behavioral deviations that can be caused by mental illness if not treated effectively. Attackers use drugs as an emotional release such as stress, worry, and sadness. Drugs are considered drugs that can help in forgetting problems, calming down, relieving boredom, causing sensations of happiness and pleasure, and increasing self-confidence and courage. (Puspitasari, 2021).

Due to this wrong perception of the drug, the act of simply trying it is done to the point of behavior that results in addiction. The effects of taking these drugs are felt, such as being able to control ideas, feelings, and behaviors and begin to affect the brain. Dependence on drugs cannot be avoided if consumed excessively over a long period of time (Puspitasari, 2021). Therefore, there is a

need for a solution in the form of therapy to maintain mental health in an effort to abuse drugs, one of which is by khalwat.

Conditions that require a person to be alone and in a neutral condition from other human behavior are called khalwat (Dahlan, 2005). Everything related to the world is avoided by solitary acts (Aceh, 1996). While in Sufism the term refers to solitary a salik to a place of seclusion (away from the crowds of laymen) in order to devote oneself fully to worship Allah Almighty, under the direction of a Sufi sheikh, and to purify the soul. from all kinds of false beliefs, murky thoughts and feelings, wrong concepts, and pseudo-imaginings that keep him away from Allah Almighty. Khalwat is likened to an iron melting pot cleansed of all impurities, shining brilliantly like a mirror, and melted by the flames of asceticism and lust. This mirror is hiding something. Khalwat is a collection of practices that contradict each other in terms of lust (nafs), including avoiding social gatherings, eating little and talking little, making remembrance constantly, rejecting all kinds of thoughts, and performing tafakur which is always accompanied by fear (muraqabah). Try to practice spiritual practice (riyadhat) (Suhraward, 2007).

The method used in this paper is a qualitative method, and the technique used is a literature study technique, namely data collection with literature review to the literature and collection of books, written materials and references relevant to the research being conducted.

In this paper, we will talk about Khalwat as a form of treatment to prevent drug abuse and maintain mental health. It makes sense that the above paragraph explains about khalwat, mental health, how mental disorders can result in drug use, and how khalwat can be used as therapy. There are many things we can do to make mental health therapy better. But in this article, we will discuss one of them that is only sometimes mentioned in different writings which is about khalwat.

## 2. Results and Discussion

### 2.1. Understanding Khalwat

According to its etymology, khalwat comes from the Arabic expression fi'il madhi "خال" and fi'il mudhari "يخلو", meaning calm or solitary. However, there are often two interpretations of the word "khalwat". First, let's start with the fundamental meaning: meaning is an understanding that encompasses the world of Sufism, that is, a way of looking inward rather than the externally focused formalities of physical amaliyah. The word "khalwat" refers to solitude or solitude in a Sufistic context, with the intention of calming the mind or doing solitary meditation to worship Allah Almighty.

According to the second sense, which emphasizes the term fiqh whose scope is dhahir, khalwat in this sense is defined as a personal relationship between a man and a woman who is not his mahram in a quiet or hidden place. The term silent and hidden was later changed by Ibn Hajar al-Ashqalani to "closed from human sight", making it clear from editorials that he meant deeds done by men and women (both together) where others could not see them (Al-Ashqalani, 2000). Al Yasa' Abu Bakr, in contrast, defines khalwat as an act performed in an atmosphere of peace by two or more people of the opposite sex who are not related through marriage or mahram (Bakr, 2006).

According to some experts' views, the name "khalwat" and its connotation "solitude" are inseparable. But in this debate, we will use a more basic interpretation of khalwat, focusing on the Sufi tradition.

Activities carried out in khalwat are solitude and avoiding worldly things (Syarqowiy, 2009). Similarly, it was Rasalullah who got his first revelation in the cave of Hira by means of idolatry (Sholihin M, 2002). Sanerya Hendrawan claims that khalwat emphasizes one's state of mind when

alone, silent, and refrains from meeting and talking with anyone other than Allah. The most significant actions during the khalwat process are dhikr, prayer, meditation, and other ascetic disciplines (Sanerya Hendrawan, 2009). Furthermore, Abdullah Ash-Syarqowi underlined that silence is one of the four pillars that must be obeyed by humans; The three pillars are silent and don't talk much, always hungry, and often wake up in the middle of the night.

Sufi literature studied in pesantren, such as Ihya' Ulumuddin and Minhajul 'Abidin by Imam al-Ghazali and ar-Risalah al-Qusyairiyah by Imam Abul Karim Hawazin al-Qusyairi, as well as other writings became sources that were often used for khalwat activities. Khalwat itself is a practice used by worshippers to increase one's silence with Allah. Although basically, khalwat should also be performed by Muslims and the faithful as a whole. Although in reality most who live it are those who do spiritual science. In addition, khalwat can also be viewed from the perspective of transpersonal psychology as a method to change, concentrate, resolve, or enlarge consciousness. Individual behaviors, thoughts, feelings, and consciousness can be instilled as collective consciousness at certain points so that people find it difficult to keep their distance and lose the ability to see reality as it really is. Now is the time to start cleansing yourself through various forms of dhikr, complete with stages and the presence of the heart along the dhikr ritual (Syarqowi, 2009).

## **2.2. Mental Health and Drug Abuse**

According to Daradjat (1982), mental health is a condition where a person is free from symptoms of mental disorders (neurosis) and mental illness (psychosis). Able to adjust to other people and the environment in which they live. possess knowledge and perform actions intended to maximize one's potential, talents, and traits in order to contribute to the happiness of others, avoid mental illness, and integrate into it. As a result, there will be a good harmony between the functioning of the soul, as well as the ability to deal with problems that often arise and feel good about one's talents and happiness.

Life experiences that can have an influence on a person's behavior and personal can interfere with mental health. These events may involve partner violence, child abuse, or extreme long-term stress. Mental illness or mental illness develops when mental health is compromised. Mental illness can alter a person's response to stress, interactions with others, decision-making ability, and tendency to self-harm. This is due to the fact that fear is the human response most likely to be used in response to the perception of risk posed by the behavior of people with mental problems. This is where a person develops a need or desire to use drugs, which they believe will help them cope with the stress or mental illness they are experiencing (Majid, 2020).

Meanwhile, from data obtained by BNN in the Indonesia Drug Report 2020, "Drug use can cause various mental and emotional problems, such as fear, excessive anxiety, panic, exclusion, paranoid, prolonged memory impairment, being shunned by family and friends, depression, hopelessness, feelings of dislike and or self-hatred, and hallucinations" (Puspitasari, 2021).

Drug abuse (narcotics, psychotropics, and other addictive substances) is of course the result of negative associations, causing very complicated multidimensional problems from a medical, psychiatric, mental health, and psychosocial point of view. Drug abuse is an endemic disease that continues to recur in modern society, and no effective solution has been found in terms of prevention, therapy, medical treatment, or social rehabilitation (Syarifah Gustiawati Mukri, 2021).

Two elements that drive a person to become addicted to drugs are internal and external impulses. The first factor that is intended as an inner impulse is the motivation from within a person to try drugs into a low mentality to live life. Second is the lack of religious knowledge, excess or lack of parental affection, peer pressure at school, environment, and ease of access to drugs are external factors that cause a person to try drugs.

Because stress, sadness, and other mental problems can result in a person being shaken and unable to refrain from doing something negative in this case drugs. As a result, there is a need for prevention as well as how to overcome it, one of the things that can be done is to be idolatrous. This is because they have a tendency to do bad things, especially drug abuse.

### ***2.3. Khalwat as a therapy in improving Mental Health as an effort to overcome Drug Abuse***

When a person is aloof and invisible to others, the state is referred to as Khalwat. The meaning is used with various positive and negative connotations. In a good way, withdrawing from society and seeking solitude allows one to draw closer to Allah Almighty. However, there is always a negative assumption, a person does not get recognition from society with his closure to the environment.

By doing more dhikr, idolatry is also synonymous with activities to isolate himself in a certain location. This shows his sense of existence and closeness to God. The feeling of finding the best way out in overcoming problems in his life, so that it does not have to trouble others. Mental health-related problems such as inability to focus, excessive sadness, lack of confidence, or pessimism are resolved by releasing and finding the best solution with khalwat.

The ability to be alone allows one to always remember to pray to Allah Almighty, think clearly, and avoid crowds. So that they can devote themselves to God without the denial that has been done. The impact that will be seen is that it can improve their mental health. In addition to forgiveness through repentance to Allah SWT, it will also increase faith in everything that has been given. Also accompanied by a decrease in mental problems that have been disturbing and plunging a person in a real downturn, in this case drug abuse. Repentance carried out with effort and prayer will give encouragement to a person so that he can get out of his slump so far, his closeness to Allah SWT will be more harmonious with all worship efforts made by one of the bridges is berlahwat. So that a person will find a new self, more valuable in the eyes of God as well as in the surrounding environment.

This process of repentance guidance should be followed by the principles of conduct that must be carried out. The principles are as follows:

- 1) Intention, is the forerunner of doing something.
- 2) I'tikad, is a great determination of one's trust in the actions Allah Almighty gives in overcoming every problem.
- 3) The purpose of repentance is to get closer to Allah SWT, ask forgiveness for all bad things that have been done, so as to form a new person who is more beneficial to the surrounding environment.
- 4) Ber'azam, which are behaviors that are carried out with all their strength, full of sincerity, and determination not to return to actions that can pollute the soul and plunge themselves from evil.
- 5) Uzlah, is a process of repentance that will not be interrupted and is continuous. Because basically humans will not be free from mistakes, and this repentance process is carried out to get forgiveness from Allah SWT.
- 6) Khalwat, is a state of solitude and abstaining from the things of the world. The expected goal is when a person feels calm outwardly and mentally.
- 7) Adab, is an attitude and behavior to appreciate the people around and get closer to Allah SWT. That is, the attitude to get His pleasure is done with the right adab, such as sincerity in carrying out the repentance process.
- 8) There is direction and supervision from experts. Because basically Satan's temptations will continue to try to disturb and feel unhappy if there are people who intend and do good.

Therefore, the repentance process must be carried out with the direction and supervision of an expert. Otherwise, the repentance process becomes difficult to do.

- 9) In addition to directing, guiding, understanding, and implementing the repentance process, the role and obligations of therapists or counselors in conducting mental rehabilitation also include an evaluation process. That is aimed at every behavior carried out in accordance with religious teachings. So as to shape a person into a better person than before.

There are two types of khalwat: mental and physical. The way the heart is present during worship is what distinguishes inner tranquility from physical solitude. How synchronized the heart is with the gestures we do during prayer, for example.

### 3. Conclusion

A mentally healthy person will act or behave in a way that is conducive to positive things, but a mentally ill person cannot regulate his behavior or actions, leading to various mental disorders. Mental health is something that must be maintained. Mental illness can change the way a person responds to stress, interacts with others, makes decisions, and evokes the desire to self-harm. This is because humans are more likely to react with terror when they see a threat from the actions of those who have mental illness. This is the point when a person begins to feel the urge to use drugs, which they believe will help them cope with stress or mental illness.

Khalwat in the meaning of Sufism can improve mental well-being and reduce drug abuse. Khalwat literally translates as seclusion from the outside world as being around a busy environment can have a negative impact on a person. To maintain mental health, khalwat is one of the therapies. Through khalwat, one can continue to pray to Allah SWT, remember Allah SWT, think positively, and separate oneself. must flee the masses to return to God and repent. As a result, people will feel more self-aware, confident, and satisfied with themselves.

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