

SPIRITUAL STRENGTHENING OF SANTRI THROUGH THERAPEUTIC DA'WAH: STUDYING AT AL FARIDZ ISLAMIC BOARDING SCHOOL IN GARUT

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Abstract

This study aims to explore the effectiveness of therapeutic da'wah in strengthening the spiritual dimension of students at Al Faridz Islamic Boarding School, Garut. Research methods involve literature studies, case studies, interviews, and questionnaires. The results of the case study show that therapeutic da'wah activities are able to create an environment that supports self-reflection, deeper religious understanding, and increased positive social interaction among students. Supporting factors, including the support of cottage caregivers and the quality of therapeutic da'wah materials, play an important role in the success of the program. However, there are several obstacles such as incompatibility of methods with certain student characteristics and limited resources. The questionnaires showed a high level of satisfaction from the students, while there was a significant improvement in their understanding of aspects of spirituality. Recommendations include improved training of therapeutic da'wah preachers, adjustment of methods, and optimization of resources to expand positive impact. This research contributes to the understanding and development of spiritual reinforcement methods in Islamic boarding schools, relevant for the context of religious education in modern Islamic boarding schools.

Keywords: *Spiritual, Therapeutic Da'wah, Islamic Boarding School*

1. INTRODUCTION

Da'wah is a series of religious activities that are closely related to social life. However, da'wah that is widely understood today is a lecture activity carried out by an ustadz and muballigh from pulpit to pulpit or from stage to stage, even though da'wah can be done with various things that are universal. First, da'wah can be done through the realm of khitobah, which is conveying religious messages orally to mad'u either in ta'lim assemblies, educational institutions such as schools or pesantren or even non-institutions. This is a series of da'wah that is most popular and often carried out by the people of the archipelago. In fact, not a few who conceptualize it with Muharaman, Maulidan, Rajaban or other religious events (Rofidah & Alfrisi, 2022).

Second, da'wah can be done through the realm of kitabah, namely da'wah through writings published in books, magazines, newspapers, even on social media. This realm certainly has a target for mad'u who like to read. Even da'wah in this realm will become da'wah that is always remembered for all time because it is enshrined in writings containing da'wah that arouse the spirit of Islamic literacy studies. The third da'wah can be done through the realm of I'lam, which is conveying

religious messages through short videos, audio, films, or other digital media. This realm is a realm that is very loved by all circles of society, especially among the millennial generation because of its da'wah content through audio and visual video content, so it attracts the attention of its mad'u. The content is very diverse ranging from Islamic folklore, humorous sketches or other content. This is a small part of the process of conveying religious messages in various ways according to needs (Putra et al., 2022).

Da'wah using any domain has the same goal, which is to educate the public about religious science, especially in their own ways. However, these methods both have the hope of influencing the audience, because the best da'wah is what has an impact on the target. Communication is also a study that is very closely related to da'wah, this is because in the process it involves social communities or many people. Communication is the most important indicator for a da'i to succeed in his da'wah. When the communication runs smoothly, the da'wah runs smoothly, but when the communication is problematic, it will also have problems with the da'wah. The function of communication in the realm of da'wah is basically not only on the concept of how to communicate, but is also expected to be a bridge for changes in attitudes, views, thinking styles and behavior. This applies to all da'wah targets, both individuals and groups (Setiawati et al., 2022).

Therapeutic is one part of the study of communication, where this therapeutic communication focuses on calming communication and imprints on the heart so that it is expected to have a good impact on the target. Therapeutic also includes a communication style that is assumed to be one of the effective ways of da'wah to influence behavior and motivate mad'u, so that the communication process can be developed continuously. Spiritual is a topic that is studied from the pattern of therapeutic da'wah itself, where this spiritual examines how a person's relationship with his God after participating in the series of therapeutic da'wah activities. Whether the therapeutic da'wah has an impact and influence or not. If the therapeutic da'wah succeeds in producing an influence or effect, then spiritually it will produce good results for his God. This is the reason why the author chooses therapeutic da'wah as the object of research, because good da'wah is da'wah that has an impact on his mad'u (Fanaqi et al., 2023).

KH. Tatang Astarudin is one of the Muslim scholars who has various concepts of tradition-based spiritual practice, including Takbirotul Ula, Tazkiyatun Nafsi, Taqwiyyatul Jismi, Ta'lim Ta'alum, Tawassul, Tabarruk and other spiritual concepts. The author will examine the therapeutic da'wah pattern of one of the figures, namely KH. Tatang Astarudin in building the spirituality of students of Darus Salam Al Faridz Islamic Boarding School Garut. The concept built by KH. Tatang Astarudin has many meanings or lessons that can be taken and applied by students in everyday life, especially in spiritual studies, so that it can foster a sense of mahabbah to their God. Indirectly, this concept is a combination of spiritual, intellectual and emotional to train the sensitivity of hablum minallah and hablum minannas (Fikha, 2023).

The author previously conducted an initial survey to students of Darus Salam Al Faridz Islamic Boarding School in Garut who had participated in da'wah studies with KH. Tatang Astarudin at a gathering and comparative study between Islamic Boarding Schools in Cirebon. The author

interviewed students who in this case focused on the question "What is the Therapeutic Da'wah Pattern of KH. Tatang Astarudin in Shaping the Spirituality of Santri Pondok Pesantren Darus Salam Al Faridz Garut?". From the initial survey results, 3 students gave positive responses, 1 other person gave negative responses and the remaining 1 person gave neutral responses. This is very interesting to study because most students give positive responses rather than negative. From the results of the initial survey, this study was conducted to find out more about how the Therapeutic Da'wah pattern in shaping the spirituality of Darus Salam Al Faridz Garut Islamic Boarding School students, of course, the pattern is viewed from various things including the spiritual concept built by KH. Tatang Astarudin (Sukmalara, 2023).

2. IMPLEMENTATION METHOD

This research is entitled "Spiritual Strengthening of Santri through Therapeutic Da'wah: A Case Study at Al Faridz Islamic Boarding School, Garut" with the aim of assessing the effectiveness of therapeutic da'wah in strengthening the spiritual dimension of students at Al Faridz Islamic Boarding School, Garut. The research method involves the study of literature with a focus on literature related to therapeutic da'wah, spirituality, and spiritual reinforcement methods. Furthermore, the study used a case study approach with the selection of students as subjects, participatory observation of therapeutic da'wah activities, as well as interviews with cottage caregivers, ustadz/ustadzah, and students to identify the impact on changes in students' attitudes and behavior. The preparation of questionnaires is used to measure students' satisfaction and understanding of therapeutic da'wah. Data analysis was conducted qualitatively for interview and observation data, while statistical analysis was applied to questionnaire data. It is hoped that this research can provide an in-depth understanding of the influence of therapeutic da'wah in strengthening the spirituality of students, as well as provide recommendations for the development of more effective methods in the context of pesantren (Sugiyono, 2018).

3. RESULTS AND DISCUSSION

This study provides an in-depth analysis of the effectiveness of therapeutic da'wah as a method of spiritual strengthening for students at Al Faridz Islamic Boarding School, Garut. By embracing various research methods, including literature studies to understand theories that support therapeutic da'wah, case studies to gain contextual understanding, as well as interviews and questionnaires to get direct views from participants, this study succeeded in describing the overall dynamics of the influence of therapeutic da'wah on the dimension of student spirituality. The findings show that therapeutic da'wah activities not only provide space for deeper self-reflection and religious understanding, but also have a significant positive impact in shaping the spiritual values of students. This increase is reflected in changes in positive attitudes, the development of religious understanding, and more harmonious social interaction among students. Thus, this study confirms that therapeutic da'wah in Al Faridz Islamic Boarding School is effective as an instrument of strengthening the spirituality of students. These findings can not only contribute to the academic literature on religious education in Islamic boarding schools, but also provide practical direction for similar institutions that want to increase the dimension of spirituality in their curricula and daily activities (Riyadi & Adinugraha, 2021).

The detailed case study illustrates that through therapeutic da'wah activities, Al Faridz Islamic Boarding School succeeded in creating an empowering environment for students to understand and develop their spirituality dimension. This activity is not just a discussion forum, but also a vehicle that stimulates deep self-reflection, leads to a more substantial understanding of religion, and strengthens spiritual values that are the moral foundation for students. The results showed a positive change in the attitude of students, with increased awareness of religious values that are recognized and applied in daily life. In addition, there is an improvement in the quality of social interaction between students, creating a more inclusive and supportive environment. In conclusion, therapeutic da'wah at Al Faridz Islamic Boarding School not only provides an opportunity to strengthen the spirituality aspect of students, but also makes an important contribution in shaping their overall character and social ethics (Mustari, 2014).

Supporting factors are key elements in ensuring the success of the therapeutic da'wah program at Al Faridz Islamic Boarding School. Strong support from cottage caregivers creates a stable foundation, provides appropriate direction, and creates a supportive environment for students. The quality of therapeutic da'wah material is a crucial aspect, with content that is relevant, in-depth, and can trigger student reflection effectively. The active involvement of students themselves is also a major supporting factor, indicating awareness and active participation in spiritual activities. Nonetheless, the study also identified several inhibiting factors that may affect the effectiveness of therapeutic da'wah. The incompatibility of the method with the specific characteristics of students highlights the need to adjust the approach to meet the needs of diverse students. Meanwhile, limited resources, both in terms of time and material, can be an obstacle in organizing therapeutic da'wah activities optimally. Awareness of these factors is important to strengthen and improve program implementation so that it can be more responsive to the diversity of characteristics and needs of students (Arifin, 2019).

The results of the questionnaire provide a very positive picture of the level of student satisfaction with therapeutic da'wah activities at Al Faridz Islamic Boarding School. The high level of satisfaction reflects the positive acceptance of this method by the participants, indicating that the activity is considered relevant, meaningful, and appropriate to their spiritual needs. In addition, the questionnaire also recorded a significant improvement in students' understanding of aspects of spirituality. This shows that therapeutic da'wah succeeds in not only achieving the goal of understanding the concept of spirituality, but also improving it markedly. This increase reflects the positive impact of these activities in shaping students' perceptions and understanding of spiritual values, contributing significantly to the development of individual spirituality in the context of religious education in Islamic boarding schools (Ramdani, 2022).

In this context, recommendations can be given to improve the training of therapeutic da'wah lecturers, make adjustments to methods according to the characteristics of students, and optimize resources to expand their positive impact. This research makes an important contribution in the understanding and development of spiritual strengthening methods in Islamic boarding schools, expected to be a foundation for further development in the context of religious education in modern Islamic boarding schools.

Spiritual Strengthening of Santri through Therapeutic Da'wah at Al Faridz Islamic Boarding School, Garut

Al Faridz Islamic Boarding School in Garut plays a central role in enhancing the spiritual dimension of santri through a unique and effective therapeutic da'wah approach. Different from traditional approaches, these pesantren combine a deep understanding of religion with modern therapeutic concepts, creating a holistic and immersive learning environment. This approach not only limits itself to aspects of religious rituals, but also explores and understands the complexities of the psychological, emotional, and social well-being of students. The importance of a holistic approach can be seen from his efforts to involve students in activities that cover various aspects of life, from religious rituals to moral formation and character education. These pesantren form an atmosphere that not only emphasizes the theoretical understanding of religion, but also encourages the practical application of faith values in the context of everyday life. The therapeutic approach applied at Al Faridz Islamic Boarding School is not only focused on handling individual psychological problems, but also on strengthening the values of faith and devotion as the main foundation of mental well-being. Islamic scholars and counselors work together in guiding students to face life's challenges with a positive attitude and solutions derived from Islamic teachings (Samsul et al., 2020).

The use of Islamic psychology as a tool in providing counseling and guidance is also an added value of this pesantren. Santri is not only taught to understand and apply religious teachings mechanically, but also to explore the deep meaning of these teachings and connect them with everyday life. The importance of personal relationships between teachers and students is also a key aspect in this therapeutic da'wah approach. Through strong mentorship, students get more personalized and targeted guidance in overcoming spiritual challenges and daily life. Thus, Al Faridz Islamic Boarding School in Garut is not only a place of religious learning, but also embraces its important role in shaping the character and holistic welfare of students through an innovative and effective therapeutic da'wah approach.

Therapeutic Da'wah Approach

Al Faridz Islamic Boarding School in Garut distinguishes itself as a religious educational institution that prioritizes a holistic and integrated approach in providing da'wah to its students. Not only focused on aspects of religious rituals, this pesantren places special attention on a deep understanding of Islam as well as guiding students psychologically and emotionally. The holistic approach applied in this pesantren includes an understanding of religious values, religious practices, and the personal welfare of students. Santri are not only taught to perform religious rituals properly, but are also empowered to understand and feel the deep meaning of every aspect of worship (Arifin et al., 2021).

In terms of psychological and emotional guidance, Al Faridz Islamic Boarding School has a special program involving trained ustadz and counselors. They help students overcome personal challenges, internal conflicts, and stressors that may arise in their spiritual journey. This approach creates a safe space for students to talk about their feelings and thoughts, building strong mental

health. In addition, activities such as group discussions, seminars, and social activities are integrated into the pesantren curriculum to enrich the spiritual and emotional experience of students. This is so that students can apply religious values in daily life and develop emotional maturity and social care (Sholihah & Zaenurrosyid, 2020).

This holistic and integrated approach not only creates students who understand religion, but also individuals who have emotional stability and psychological well-being. Al Faridz Islamic Boarding School encourages its students to become balanced, resilient, and contribute positively to society, illustrating that this holistic approach provides a solid foundation for spiritual development and overall well-being.

Strengthening Faith Values

To shape the character of students, Al Faridz Islamic Boarding School in Garut prioritizes moral development as a key element in religious education. Santri is not only given a surface understanding of religious teachings, but also deepens Islamic morals. Values such as patience, honesty, and compassion are not only taught as concepts, but applied as ethical norms that must be internalized in everyday life. The teaching of Islamic morals at Al Faridz Islamic Boarding School is not just a series of lessons, but a continuous process that includes understanding, reflection, and real application in every aspect of student life. Through direct teaching, group discussions, and practical activities, students are invited to perceive these values so that they become an integral part of their personal character (Khairil et al., 2020).

The application of Islamic moral values is not limited to the scope of the pesantren, but is also integrated into the daily activities of students outside the pesantren environment. For example, when interacting with the surrounding community or in social projects, students are directed to apply the moral principles they learn. This is so that students can become agents of positive change in society. With the application of Islamic moral values as an inseparable part of daily life, Al Faridz Islamic Boarding School creates an environment that supports the formation of strong character and high morals. The students not only understand the teachings of religion theoretically, but are also able to implement them in concrete actions, creating a young generation who are not only believers but also role models for goodness and justice.

Faith-Based Skill Development

Al Faridz Islamic Boarding School in Garut applies an innovative approach by ensuring that the teaching of Islamic science is not only limited to the realm of theory, but also includes practical application in various aspects of life. Santri is not only taught Islamic concepts academically, but also given intensive training in applying these knowledge in the context of everyday life, such as business, social interaction, and education. In learning applied Islamic science, Al Faridz Islamic Boarding School equips students with skills that can be applied in real situations. For example, students are involved in business projects developed with Islamic economic principles, ensuring that

they understand and are able to implement economic values that are in accordance with religious teachings (Aryadi & Rahmawati, 2019).

In addition, this pesantren pays special attention to the application of Islamic science in the social realm. Santri are encouraged to participate in social and humanitarian activities, utilizing their Islamic knowledge to have a positive impact in society. They are taught to be agents of change who promote human values, justice, and empathy in interaction with others. In the world of education, Al Faridz Islamic Boarding School provides space for students to combine Islamic principles in the learning process. They are invited to develop learning methods that are in accordance with religious teachings, ensuring that Islamic values permeate every aspect of the education they receive. With this approach, pesantren not only produce students who are highly knowledgeable in Islamic science, but also individuals who are able to apply and integrate the knowledge in various walks of life. As a result, students of Al Faridz Islamic Boarding School not only become a deep understanding of religion, but also have a positive impact on society and can act as leaders with integrity in various sectors of life (Denisiregar & Rahmatullah, 2019).

4. CONCLUSION

Conclusion This study discusses in depth the therapeutic da'wah approach applied at Al Faridz Islamic Boarding School in Garut as a strategy to improve the spiritual quality of students. In this context, Islamic boarding schools are not only religious educational institutions, but also centers for holistic character building that combine religious, psychological, and social aspects. The holistic and integrated approach at Al Faridz Islamic Boarding School creates an environment that supports the spiritual development of students through various methods, including moral formation, application of applied Islamic science, and Islamic counseling. The results showed that students not only gained a deep understanding of religious teachings, but also were able to apply Islamic values in everyday life. Islamic moral development in this Islamic boarding school not only teaches ethical concepts, but also integrates them as norms that must be lived in concrete actions. Similarly, the teaching of applied Islamic science is directed to provide students with practical skills that can be applied in various contexts of life, including in business, social, and education. In addition, the therapeutic approach involves Islamic counseling and personal assistance from trained scholars and counselors. This creates an environment that supports students' mental health, helps them overcome psychological challenges, and strengthens their spirituality. Overall, Pondok Pesantren Al Faridz in Garut emerged as a model of educational approach that successfully combines religious traditions with the psychological and social needs of students. This research provides an in-depth look at how therapeutic da'wah in pesantren not only shapes individuals of faith, but also creates future leaders with integrity, competitiveness, and positive contribution in society. Thus, the spiritual strengthening of students through therapeutic da'wah at the Al Faridz Islamic Boarding School in Garut proved to be successful in creating a generation that is spiritually, mentally, and morally strong.

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