

## **“DZIKRUL MAUT” TRAINING TO INCREASE THE MENTAL HEALTH OF PRISONERS AT LEMBAGA PEMASYARAKATAN SALEMBA (Community Service Program)**

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### **ABSTRACT**

The limitedness of space to move, making humans as spiritual beings is very vulnerable to losing meaning, meaning, purpose or role in his life (Ula, 2014) Losing the meaning of life will disturb the soul and can cause despair in a person, so that it can arise, feelings of guilt, worthlessness, suicide, and other fatal actions. One approach to coach and therapy that can be given is through religion approach, dhikr. This study aims to determine the effectiveness of "*dhikrul maut*" training on the mental health of prisoners, and as our form of community service program. This research was conducted with a quasi-experimental approach with the treatment of subjects or one group using pre-test and post-test. 30 respondents from this study were prisoners at Lembaga Pemasyarakatan Salemba which were taken on a random and voluntarily basis. This study uses 38 Mental Health Inventories by RAND Research Corporation in collecting data. The results were analyzed with SPSS 23.0, and based on the results of the analysis it can be concluded that: "*Dhikrul Maut*" training is effective enough to improve the mental health of prisoners ( $t = - 0.348$ ;  $p > 0.005$ )

**Keywords:** *Dhikrul Maut Training, Mental Health, Prisoners*

### **1. INTRODUCTION**

*Lembaga pemasyarakatan Kelas II A Salemba* is based on the *Surat Keputusan Menteri Hukum dan HAM RI No. M.2-PR.07.03. 23<sup>rd</sup> February, 2007* concerning the Formation of the Technical Implementation Unit of Class IIA *Lembaga pemasyarakatan Salemba, Cibinong, Pasir Putih Nusakambangan and lembaga pemasyarakatan.*

Lembaga pemasyarakatan Salemba is an another division of Technical Implementation Unit in Salemba prison, Class I into two working units in the Ministry of Law and Human Rights of DKI Jakarta, which is Central Jakarta Class I Detention Center and Class IIA Salemba Prison as a form of effort to overcome the overcapacity condition of Salemba detention center residents who are increasingly dense.

Life in prison is not a pleasant thing. Limited access to the outside world and space will make prisoners feel unable to experience a pressure in their lives. There have been many reports in recent years that there have been many cases of disturbances at Lembaga Pemasyarakatan (Lapas) carried out by prisoners, many conflicts and disturbances carried out by prisoners at lembaga pemasyarakatan, even escaping due to the treatment and pressure experienced by prisoners, this happened in Lapas Nusakambangan, Lapas Siak and the most recent was a trouble in Class III Narcotics Lapas in North Sumatra.

The high number of riots in prison in recent years, according to the Director General of Lembaga Pemasyarakatan, the Ministry of Justice and Human Rights, is due to excess capacity, causing stress and inconvenience for prisoners who are serving sentences. Excess capacity will certainly cause psychological problems among fellow prison residents so that it often creates conflict and distress in prison, both with officers and with fellow inmates.

Humans as spiritual beings are very vulnerable to losing meaning, meaning, purpose or role in their lives (Ula, 2014). Losing the meaning of life will disturb the soul and can cause despair in a person, so that feelings can appear guilty, worthless, suicide, and other fatal actions. It is not impossible if this is felt by the prisoners and becomes the cause of their aggressive behavior.

According to the case, providing a coaching and therapy as an approach is important. One of them can be approached in terms of religion. In Islam, one of them is by dhikr. Sukamto (Iqbal, 2003) explained that Dhikr is basically the spirit of *nafsaniah* to always remember the law of God in all situations and conditions of life. By dhikr we can always remember death. Remembering death or called *dhikrul maut*, it is very necessary to do, so that humans can continue to be careful in doing every action.

One of the psychological intervention programs that are considered effective and simple is psychological intervention with a spiritual and religious approach in accordance with the culture of the Indonesian nation, the "*dhikrul maut*" training that the author has been applied in handling clients with psychological problems. *Dhikrul*

*maut* is a *muhasabah* method that is given to increase one's awareness and faith so as to create calm and happiness

Iqbal (2003) in his research on the implications of *dhikrul maut* for mental health, found that *dhikrul maut* has an impact on one's thoughts, feelings, and behavior. Implications of *dhikrul maut* for one's mental health are able to think positively, calmly, remember sin, death, and remember God, have a vision of life so that they can take more directional decisions, and are optimistic about life. Furthermore, the role of *dhikrul maut* towards feelings and its implications for mental health is that after the *dhikrul maut* a person will grow patient, compassion, happy, feel close to God, empathize, be aware of death, be optimistic, and trust God. The impact of *dhikrul maut* on behavior and its implications on mental health is that someone is moved to be more observant of worship, has social care, is able to adjust, is entrusted with responsibility, is able to use time as effectively as possible, regrets sins and is always careful in doing. Other related research, conducted by Mirzaei (2015) regarding the short-term impact of the dzikir method was found to be able to significantly reduce stress, anxiety and depression.

To find out whether the *dhikrul maut* training is able to improve the mental health of the prisoners in prison, a study was conducted and as our form of community service program at Lembaga Pemasyarakatan Salemba, Jakarta.

## 2. HYPOTHESIS

Based on explanations above and frame of thinking, the hypothesis was formulated as: "Dzikrul maut training is effective to improve the mental health of prisoners".

## 3. RESEARCH METHODOLOGY

This research was used quasi experiment method with treatment pattern by subject or one group pre-test and post-test only. The dependent variable was: *dhikrul maut* training, whereas the independent variables were: mental health. Subject to this research were prisoners at Lembaga Pemasyarakatan Salemba, The determination of subject was held based on voluntary basis. The data was collected by using 38 - Mental Health Inventory (MHI) developed by RAND Research Corporation which has been widely used in many studies to examine the emotional well-being of different populations, which order with Likert Scale model.

## 4. RESULT AND DISCUSSION

This community service program took place on March 26, 2019. The activity was attended by 30 participants who were class IIA fostered residents, Lapas Salemba, located at Jl. Raya Percetakan Negara No. 88A, RT 12/04 Rawa Sari, Cempaka Putih, Jakarta Pusat.

The event was held at 14.00 until 16.00 WIB. This activity received enthusiasm from the target residents, because participants could understand about *dhikrul maut* (remembering death). How is the impact in dealing with daily life. The documentation of activities as follows :



**Picture 1. Briefing and presentation of "dhzikrul maut" training at Lembaga Pemasyarakatan Salemba**



**Picture 2. Pre - Test and Post – Test of ”dhzikrul maut” training at Lembaga Pemasarakatan Salemba**

Data obtained through questionnaires in the pre-test and post-test of “*dhikrul maut*” training at Lembaga Pemasarakatan Salemba were analyzed using SPSS 23.0 for windows, the result shows as follows :

**Table 1. Descriptive test result**

Statistic	Acquisition Score	
	Pre Test	Post Test
Highest Score	139	140
Lowest Score	89	89
Average	114,2333	115,0333
Standard Deviation	12,88593	13,26776

**Table 2. Mental Health Acquisition Percentage**

	Acquisition Score of Mental Health	
	Pre – Test	Post – Test
Highest (164 – 228)	0%	0%
Average (101 – 163)	50%	60%
Lowest (38 – 101)	50%	40%

According to the pre – test and post – test score, in average respondent shows a good mental health condition and shows an improvement after experiencing *dhrikrul maut* training, while respondents shows a low mental health condition are decreasing after experiencing *dhrikrul maut* training. It means that *dhrikrul maut* training has a significant effect on prisoners mental health condition.

**Hypothesis Analysis Result (Paired Sample T-Test)**

**Table 3. Sample Correlations Result**

Paired Samples Correlations		N	Correlatio n	Sig.
Pair 1	NPre & NPost			

The correlation between pre-test score with post-test score amount of  $r = 0.671$  and  $p = 0,00$  shown that higher pre-test score created higher post-test score. It means the variation of the fluctuation of pre-test and post-test score were parallel.

**Table 4. T- Test Result**

		Paired Differences					T	df	Sig. (2-tailed)
Pair	NPre - NPost	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
1		-.800	12.576	2.296	-5.496	3.896	-.348	29	.730

The data of pre-test and post-test described the score of mental health of 30 subjects available on the table above. The table showed that subjects who had high score of mental health were quite huge whether at pretest or post-test. Data analyze used t - sample in collaboration with SPSS version 23 for window acquired the result of  $t = -0.348$  and  $p = 0,730$ , shown that there were slightly significant differentiation between pre-test score with posttest score. The average score of post-test were higher than pre-test score. Besides, the correlation between pre-test score with post-test score amount of  $r = 0.671$  and  $p = 0,00$  shown that higher pre-test score created higher post-test score. It means the variation of the fluctuation of pre-test and post-test score were parallel. Thereby the hypothesis “*Dhzikrul Mau*” Training effectively improves the mental health of prisoners” was accepted.

## 5. SUMMARY

Through the training that has been delivered, there was quite a good enthusiasm from the participants. Seen from the enthusiasm in the question and answer session when the training took place. In addition, *dhzikrul mau* therapy is expected to have a positive impact on the prisoners so that the prisoner prisoners of Salemba can apply it in their daily lives. It is proven by the results of the analysis that “*Dhikrul Mau*” training is effective enough to improve the mental health of prisoners ( $t = -0.348$ ;  $p > 0.005$ ).

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