

ABSTRAK

MUHAMMAD PERDIANSYAH: Integrasi Shifa al-Qur'an Dan Herbal Dalam Konseling dan Psikoterapi (Studi Kasus Tabib Hasan Dalam Proses Penyembuhan Gangguan Mental Pada Klien Di Kabupaten Kaur Provinsi Bengkulu)

Penelitian pada tesis ini dilatarbelakangi oleh terbatasnya akses layanan kesehatan mental di Indonesia, khususnya di daerah pedesaan, dan kebutuhan akan pendekatan alternatif yang holistik. Penelitian ini meneliti praktik Tabib Hasan di Kabupaten Kaur, Bengkulu, yang mengintegrasikan *Shifa Al-Qur'an* (penggunaan ayat-ayat Al-Qur'an untuk penyembuhan) dan pengobatan herbal dalam konseling psikoterapi. Praktik Tabib Hasan menawarkan pendekatan unik yang menggabungkan aspek spiritual, fisik, dan mental, yang relevan dengan kepercayaan dan budaya lokal.

Penelitian ini bertujuan untuk (1) menganalisis konseling yang ditangani Tabib Hasan; (2) mengidentifikasi ayat Al-Qur'an dan jenis herbal yang digunakan; (3) mendeskripsikan proses integrasi *Shifa Al-Qur'an* dan herbal dalam konseling; (4) mengevaluasi hasil integrasi terhadap masalah konseling; dan (5) merumuskan konseptual konseling psikoterapi Islam melalui integrasi *Shifa Al-Qur'an* dan herbal.

Penelitian ini menggunakan metode kualitatif deskriptif dengan pendekatan studi kasus yang mendalam. Pengumpulan data dilakukan melalui wawancara mendalam dengan Tabib Hasan dan kliennya, observasi partisipatif, dan dokumentasi. Analisis data menggunakan analisis tematik untuk mengidentifikasi tema utama dan interpretasi temuan. Validitas dan reliabilitas data dijaga melalui triangulasi sumber dan metode.

Hasil Penelitian ini menunjukkan bahwa (1). Tabib Hasan menangani masalah konseling terutama pada perempuan dengan keluhan fisik (maag, tiroid) yang dipicu stres. (2). Ia mengintegrasikan ayat-ayat Al-Qur'an tertentu (Al-Ahzab 56, Al-Fatihah 6, lafadz *thayyibah hauqolah*) dan herbal (jeruk nipis, daun sekajang, kulit kayu petai, akar manggul, dll.). (3). Proses terapi meliputi asesmen holistik, pemilihan ayat dan herbal yang tepat, sesi konseling spiritual, dan pendampingan berkelanjutan. Klien melaporkan ketenangan, peningkatan kualitas tidur, dan berkurangnya beban pikiran. (4). Keberhasilan terapi diukur melalui kesadaran klien akan perbaikan kondisi dan tradisi pemberian "penutup obat". (5). Kebaruan Penelitian Penelitian ini menawarkan kebaruan melalui fokus integrasi holistik *Shifa Al-Qur'an*, pengobatan herbal, dan psikoterapi. Studi kasus mendalam; eksplorasi konteks budaya lokal Kaur, Bengkulu; analisis tematik yang mendalam; dan pengembangan kerangka konseptual untuk konseling psikoterapi Islam yang mengintegrasikan *Shifa Al-Qur'an* dan herbal.

Kata Kunci: Integrasi *Shifa -Qur'an*, Pengobatan Herbal, Konseling Psikoterapi

ABSTRACT

MUHAMMAD PERDIANSYAH: *Integration of Al-Qur'an Healing and Herbal Medicine in Counseling and Psychotherapy (A Case Study of Traditional Healer Hasan in the Healing Process of Mental Disorders in Clients in Kaur Regency, Bengkulu Province)*

This thesis research is motivated by the limited access to mental health services in Indonesia, particularly in rural areas, and the need for a holistic alternative approach. This research investigates the practice of Traditional Healer Hasan in Kaur Regency, Bengkulu, who integrates Shifa Al-Qur'an (the use of Quranic verses for healing) and herbal medicine in psychotherapeutic counseling. Hasan's practice offers a unique approach that combines spiritual, physical, and mental aspects, relevant to local beliefs and culture.

This research aims to: (1) analyze the counseling handled by Traditional Healer Hasan; (2) identify the Quranic verses and types of herbs used; (3) describe the integration process of Shifa Al-Qur'an and herbal medicine in counseling; (4) evaluate the results of the integration on counseling issues; and (5) formulate a conceptual framework for Islamic psychotherapeutic counseling through the integration of Shifa Al-Qur'an and herbal medicine.

This research uses a descriptive qualitative method with an in-depth case study approach. Data collection was conducted through in-depth interviews with Traditional Healer Hasan and his clients, participatory observation, and documentation. Data analysis used thematic analysis to identify main themes and interpret findings. Data validity and reliability were maintained through source and method triangulation.

The results of this research show that: (1) Traditional Healer Hasan handles counseling issues primarily in women with physical complaints (gastritis, thyroid) triggered by stress. (2) He integrates specific Quranic verses (Al-Ahzab 56, Al-Fatihah 6, thayibah hauqolah [This term needs clarification in the original text for a more accurate translation]) and herbs (lime, sekajang leaf, petai bark, manggul root, etc.). (3) The therapy process includes holistic assessment, selection of appropriate verses and herbs, spiritual counseling sessions, and ongoing support. Clients reported calmness, improved sleep quality, and reduced mental burden. (4) The success of the therapy is measured through the client's awareness of improved condition and the tradition of giving a "closing medicine". (5) The novelty of this research offers novelty through its focus on the holistic integration of Shifa Al-Qur'an, herbal medicine, and psychotherapy. It includes an in-depth case study; exploration of the local cultural context of Kaur, Bengkulu; in-depth thematic analysis; and the development of a conceptual framework for Islamic psychotherapeutic counseling integrating Shifa Al-Qur'an and herbal medicine.

Keywords: *Shifa Al-Qur'an Integration, Herbal Medicine, Psychotherapeutic Counseling*