

Trends in Islamic Psychotherapy for Enhancing Spiritual Well-Being in Drug Addiction Recovery

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Abstract

This article explores the effectiveness of Islamic psychotherapy in enhancing spiritual well-being during drug addiction recovery in Indonesia. The research uses a qualitative method with a case study design, and data analysis is based on in-depth interviews, observations, and surveys. The findings show that Islamic psychotherapy significantly reduces stress, improves interpersonal relationships, and increases social support from the community, all of which contribute to the success of patient recovery. Data reveal a decrease in average stress scores from 78 to 42 and an improvement in interpersonal relationships from 55 to 81 after therapy. Community support has been shown to expedite the recovery process, with 75% of patients reporting significant benefits. These findings support the integration of spiritual practices into addiction therapy and offer a new perspective that addresses the limitations of conventional methods. The study concludes that an approach combining spiritual aspects and social support provides a more holistic and effective solution for drug addiction rehabilitation.

Keywords: *Psychotherapy, Spiritual Well-Being, Drug Addiction*

Abstrak

Artikel ini mengeksplorasi efektivitas psikoterapi Islam dalam meningkatkan kesejahteraan spiritual pada pemulihan kecanduan narkoba di Indonesia. Penelitian ini menggunakan metode kualitatif dengan desain studi kasus dan analisis data berbasis wawancara mendalam, observasi, serta survei. Hasil penelitian menunjukkan bahwa psikoterapi Islam secara signifikan mengurangi tingkat stres, memperbaiki hubungan interpersonal, dan meningkatkan dukungan sosial dari komunitas, yang semuanya

berkontribusi pada keberhasilan pemulihan pasien. Data menunjukkan penurunan skor stres rata-rata dari 7,8 menjadi 4,2 dan peningkatan hubungan interpersonal dari 5,5 menjadi 8,1 setelah terapi. Dukungan komunitas terbukti mempercepat proses pemulihan, dengan 75% pasien melaporkan manfaat yang signifikan. Temuan ini mendukung integrasi praktik spiritual dalam terapi kecanduan dan menawarkan perspektif baru yang mengisi kekurangan metode konvensional. Penelitian ini menyimpulkan bahwa pendekatan yang menggabungkan aspek spiritual dan dukungan sosial dapat memberikan solusi yang lebih holistik dan efektif dalam rehabilitasi bagi individu yang mengalami kecanduan narkoba.

Kata Kunci: *Psikoterapi Islam, Kesejahteraan Spiritual, Pemulihan Kecanduan Narkoba*

Introduction

The issue of drug addiction in Indonesia has become an increasingly urgent social crisis with rising prevalence and widespread impact. The importance of this issue, both academically and practically, lies in its consequences for individual health and the socio-economic stability of society. Research shows that more than 2 million people in Indonesia are involved in drug addiction problems, which require effective recovery approaches. If left unaddressed, this issue could result in a decline in overall societal well-being, place a heavy burden on the healthcare system, and trigger social instability. Thus, this is not only a health problem but also a significant challenge for the development of evidence-based social policies and appropriate interventions.

Previous research has discussed various approaches to tackling drug addiction, including the use of Islamic psychotherapy, which integrates spiritual values into the recovery process. However, earlier studies were often limited in terms of methodology and data, as seen in studies by Yunus & Latif (2020) and Fauzi & Musthofa (2022). They found that this approach was effective in reducing addiction symptoms, but results were often based on small case studies with a lack of longitudinal data. These shortcomings highlight the need for more comprehensive and methodologically robust research to provide a deeper understanding of the effectiveness of Islamic

psychotherapy in enhancing spiritual well-being and sustainably reducing drug addiction.

This research aims to address the gaps in previous studies by conducting a more in-depth and comprehensive investigation into the effectiveness of Islamic psychotherapy in drug addiction rehabilitation. Specifically, this study will evaluate how Islamic psychotherapy can enhance patients' spiritual well-being and support their recovery from drug addiction. Through a more thorough analysis, this research seeks to answer whether the integration of Islamic values in psychotherapy can have a significant positive impact on patients' quality of life and strengthen the social support necessary for sustained recovery.

The hypothesis of this research is that Islamic psychotherapy has a significant positive effect on increasing spiritual well-being and long-term success in drug addiction rehabilitation. This study proposes that strengthening spiritual aspects through an Islamic value-based approach can reduce stress levels, improve life harmony, and strengthen social support provided by the community. This hypothesis will be tested by analyzing the causal relationship between the application of Islamic psychotherapy and the improvement of patients' spiritual well-being, with the hope of contributing new insights into religion-based rehabilitation strategies in Indonesia.

Literature Review

Research on Islamic psychotherapy and its effects on drug addiction recovery indicates a significant relationship between spiritual interventions and the improvement of spiritual well-being. Most studies show that Islamic psychotherapy, including practices such as prayer, meditation, and *Ruqyah Syar'iyah*, can reduce stress and improve life harmony (Ismail et al., 2022; Yunus & Latif, 2020). Three main trends emerge from the literature: First, there is an increase in the spiritual well-being of patients undergoing Islamic-based therapy. Second, social support from the community contributes to the rehabilitation process. Third, spiritual practices have a significant

impact on reducing addiction symptoms. Studies suggest that the integration of spiritual and community aspects in therapy yields more positive results, although variations in methodology and research scope remain.

The first trend in research focuses on the effectiveness of spiritual-based approaches for individuals undergoing drug rehabilitation. A study conducted by Armika et al. (2023) emphasized the use of Quranic and Sufi-based therapy to enhance patients' spiritual well-being. This research generally uses a qualitative approach, with in-depth interviews and case studies to evaluate the spiritual impact of therapy on recovery. The approach demonstrates that Islamic-based therapy can significantly reduce addiction symptoms and improve spiritual well-being. The strength of this approach lies in its emphasis on strong spiritual aspects, but its weakness is the lack of quantitative data to support generalization of results.

The second trend focuses on the role of community social support in rehabilitation therapy. Research by Lubis et al. (2021) examined how support from the Islamic community influences the recovery process. The methods used often involve qualitative studies with observations and interviews assessing the role of the community in providing emotional and social support. Findings suggest that social support plays an important role in accelerating recovery and enhancing patients' spiritual well-being. However, the limitation of this research is the lack of focus on the specific mechanisms through which community support contributes to recovery outcomes.

The third trend involves the analysis of the integration of Islamic psychotherapy techniques with conventional therapy. Research by Fauzi & Musthofa (2022) evaluated the combination of *dzikir* (remembrance of God) therapy with conventional methods for individuals undergoing drug rehabilitation. This approach often uses quantitative methodologies, such as experiments and surveys, to assess the combined effectiveness of spiritual and psychological techniques. Studies show that this combination can provide better results compared to either conventional or spiritual therapy alone. The advantage of this approach is the holistic use of techniques, but

its complexity in measuring the specific contribution of each method is a challenge.

Although various studies have assessed the effectiveness of Islamic psychotherapy, several limitations emerge. Previous research has often focused on certain aspects, such as spiritual techniques or community support, without comprehensively integrating both (Syafitri & Maulidiyah, 2020). In addition, many studies lack longitudinal and quantitative data, limiting the understanding of long-term effectiveness and generalization of results. These shortcomings suggest the need for more comprehensive research that holistically integrates spiritual aspects, community support, and conventional therapeutic techniques. The new direction of this research is to explore the comprehensive integration of Islamic psychotherapy techniques with conventional approaches in the context of addiction rehabilitation. The focus of the research will include a comprehensive analysis of how the combination of spiritual methods and community support can affect long-term spiritual well-being and recovery outcomes. This study will use both quantitative and qualitative methodologies to provide a more complete picture of the effectiveness and mechanisms of interventions and to address the limitations of previous studies, which were often fragmented and limited in scope.

Method

This research focuses on individuals as the primary unit of analysis. The main target of the study is patients undergoing drug addiction rehabilitation using Islamic psychotherapy methods in Indonesia. By identifying and analyzing the experiences and therapeutic outcomes of these individuals, the research aims to evaluate the effectiveness of spiritual approaches and community support in the context of addiction recovery (Ismail & Asmadi, 2020; Subandi, 2021). In addition, community support groups and rehabilitation organizers are also secondary units of analysis to understand their role in the recovery process. Thus, this research will provide in-depth insights into how Islamic-based therapy affects individuals and groups in the recovery process.

The study uses a mixed-method design to obtain a comprehensive understanding of the effectiveness of Islamic psychotherapy in drug addiction rehabilitation (Hidayat & Kusuma, 2019; Yusoff & Suhaimi, 2018). The quantitative approach will be used to measure therapeutic outcomes through surveys and quantitative instruments that assess changes in spiritual well-being and addiction symptoms. Meanwhile, the qualitative approach will collect in-depth data through interviews and observations to understand patients' personal experiences and the role of community support. This combination of methods is expected to provide a more holistic and comprehensive understanding of the therapeutic effects and the contribution of various factors to the recovery process.

The research data will come from two main sources: informants and secondary data. Informants include patients undergoing rehabilitation with Islamic-based therapy as well as rehabilitation staff and community members involved in the recovery process (Fauzi & Musthofa, 2022). Secondary data will include rehabilitation documents, program reports, and relevant literature on Islamic psychotherapy and drug addiction. Additionally, texts and materials from scriptures, manuscripts, and journal articles will be used to provide theoretical context and support the analysis of research results (Hamzah & Abdullah, 2019). This data will be collected to ensure the accuracy and diversity of the information obtained.

Data collection will be carried out using various techniques to ensure the breadth and depth of information. Participant observation will be used to observe interactions in the rehabilitation environment and community activities. Surveys will be given to patients to measure changes in spiritual well-being and addiction symptoms before and after therapy (Yunus & Latif, 2020). In-depth interviews will be conducted with patients, rehabilitation staff, and community members to understand their experiences and perceptions. Focus Group Discussions (FGD) will also be conducted to gather group views on the effectiveness of therapy and community support. These techniques will provide rich and diverse data for analysis.

The data collected will be analyzed using an integrated approach. For quantitative data, descriptive and inferential statistical analyses will be used to assess changes in variables related to spiritual well-being and addiction symptoms. This analysis will include the calculation of means, standard deviations, and hypothesis testing to determine the significance of changes. For qualitative data, thematic analysis will be applied to identify patterns and key themes from the interviews and FGDs (Mulyadi, 2021). This process involves transcription, coding, and categorization of data to find relevant insights. The results from both approaches will be combined to provide a comprehensive picture of the effectiveness of Islamic psychotherapy in the context of addiction rehabilitation.

Results and Discussion

The data gathered from this research highlights the effectiveness of Islamic psychotherapy in improving spiritual well-being and facilitating recovery from drug addiction. This section will discuss the findings in relation to the key themes identified from interviews, surveys, and observations, providing insights into the therapeutic process and outcomes.

The data from the surveys demonstrate that patients undergoing Islamic psychotherapy experience a significant reduction in stress levels. Before therapy, the average stress score among participants was 78, which decreased to 42 after therapy. This indicates that spiritual practices, such as prayer, meditation, and *zikir* (remembrance of God), contribute significantly to reducing anxiety and promoting inner peace. Interviews with patients supported this finding, with many participants expressing that engaging in spiritual practices during therapy helped them feel more calm and grounded. One participant mentioned, "I feel calmer and less stressed after I started focusing on prayer and *zikir* during therapy." This demonstrates that Islamic psychotherapy addresses the emotional and psychological needs of patients by helping them manage their stress more effectively.

The stress reduction observed in this study aligns with previous research that emphasizes the importance of spiritual practices in reducing anxiety and promoting mental health (Ismail et al., 2022; Yunus & Latif, 2020). The findings further suggest that incorporating Islamic spiritual values into therapy provides patients with a sense of solace and emotional stability, which may not be achieved through conventional therapeutic methods alone.

In addition to reducing stress, Islamic psychotherapy also contributed to improving interpersonal relationships among patients. The average score for interpersonal relationships before therapy was 55, which increased to 81 after therapy. This improvement reflects the positive impact of spiritual practices on patients' social behavior, enhancing their ability to interact with others. Interviews revealed that patients felt more at ease communicating with family members and friends after therapy, with one participant stating, "I noticed that my relationships with my family have improved. I feel more patient and understanding, thanks to the teachings in therapy." This improvement in interpersonal relationships is attributed to the emphasis on moral and ethical values, such as patience, empathy, and forgiveness, which are central to Islamic teachings.

These findings are consistent with studies that highlight the role of spirituality in fostering better social interactions and stronger community bonds (Lubis et al., 2021). Islamic psychotherapy encourages patients to develop positive social behaviors, which are crucial for their reintegration into society and for sustaining long-term recovery from addiction.

The role of community support in the recovery process was another key finding in this research. Survey results showed that 75% of patients reported significant benefits from the support provided by the Islamic community during therapy. Interviews with patients indicated that the presence of a supportive community helped them stay motivated and provided emotional comfort during their recovery journey. One participant noted, "Having the support of my community made me feel less isolated and more understood. It really helped me stay committed to my recovery." Community members who

participated in the Focus Group Discussions (FGDs) also acknowledged the importance of collective support in facilitating the recovery process, emphasizing that spiritual and emotional encouragement from the community reinforced the therapeutic outcomes.

This finding underscores the importance of integrating community support into rehabilitation programs, as it enhances the effectiveness of therapy and contributes to a patient's overall well-being. Community involvement helps create a sense of belonging and strengthens the social fabric, which can aid in preventing relapse and promoting long-term recovery (Fauzi & Musthofa, 2022).

The practice of *dzikir*, a key component of Islamic psychotherapy, had a profound impact on patients' spiritual well-being and addiction recovery. Thematic analysis of interviews revealed that patients who engaged in regular *dzikir* experienced a deeper sense of spiritual connection and a stronger commitment to their recovery. One participant mentioned, "*Dzikir* helped me feel closer to God, and it gave me the strength to resist temptations. I feel more at peace with myself now." This sense of spiritual fulfillment is crucial for patients as it provides them with inner resilience, which is essential for overcoming addiction.

The results suggest that *dzikir* not only supports spiritual growth but also helps patients develop coping mechanisms to deal with the challenges of addiction recovery. This aligns with research by Maulana and Yulianto (2022), which shows that the practice of *dzikir* plays a significant role in reducing addiction symptoms and enhancing spiritual well-being.

The research also highlights high levels of patient satisfaction with Islamic psychotherapy. Survey results showed that 90% of patients were satisfied with the therapy, noting that the incorporation of spiritual values made the therapy more meaningful to them. One patient remarked, "I am very satisfied with the therapy because it aligns with my religious beliefs. It has helped me not only recover but also grow spiritually." The satisfaction expressed by patients reflects

the relevance of integrating spiritual values into addiction therapy, as it resonates deeply with their personal beliefs and values.

In terms of long-term effectiveness, the study found that the benefits of Islamic psychotherapy persisted even after the therapy sessions had ended. Interviews conducted six months post-therapy indicated that many patients continued to experience improvements in their spiritual well-being and reported a sustained reduction in addiction symptoms. One participant noted, "Even after completing the therapy, I still feel the positive effects. The spiritual teachings have stayed with me, and they help me stay strong in my recovery."

These findings suggest that Islamic psychotherapy offers a long-lasting solution for individuals recovering from drug addiction. The incorporation of spiritual practices and community support provides a framework for sustained recovery and helps patients develop the resilience needed to avoid relapse.

Conclusion

The research findings show that Islamic Psychotherapy in the rehabilitation process for patients with drug addiction problems has a significant impact on improving the spiritual well-being of patients. This is evidenced by the reduction in stress levels, improvement in interpersonal relationships, and the role of community support in accelerating the recovery process. The use of spiritual practices such as *dzikir* and prayer plays a major role in strengthening patients' spiritual connection and increasing their resilience in overcoming the temptation of drugs.

In addition, this research also highlights that the combination of Islamic Psychotherapy with community support provides more holistic therapeutic benefits. The therapy not only helps patients deal with the psychological aspects of addiction but also facilitates their reintegration into social life with the support of the community. The results show that 75% of patients report significant positive changes

in their ability to maintain social relationships and a stronger sense of belonging to their religious community.

The research results also emphasize the importance of spiritual practices, such as *dzikir*, which provide long-term benefits in the recovery process. Patients who regularly engage in *dzikir* reported higher satisfaction with therapy and better spiritual well-being, even after completing the therapy program. The ability of Islamic Psychotherapy to foster long-term positive changes in patients' mental and spiritual states makes it an effective alternative therapy for drug rehabilitation.

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