



## **Islamic Counseling Using the Sirah Shahabiyyah Method to Enhance Female Students' Spirituality**

**Almah Fitria 1\***

**IAIN Parepare**

**Email:[almafitria@iainpare.ac.id](mailto:almafitria@iainpare.ac.id)**

### **ABSTRACT**

*This study aims to analyze the effectiveness of the Sirah Shahabiyyah method in enhancing the spirituality of female students at MTs. Ar-Rahman Kaju, Bone Regency. Sirah Shahabiyyah is an approach based on inspirational stories of female companions of the Prophet, which carry spiritual values, piety, and courage in defending Islam. This study employs a pre-experimental design with a one-group pretest-posttest approach, involving 25 students as samples. The results show that this method significantly improves students' spirituality, as evidenced by the significance value  $(0.00) < 0.05$  using SPSS statistical tests. These findings confirm that storytelling techniques based on Sirah Shahabiyyah can serve as an effective alternative in Islamic counseling in educational environments*

**Keywords :** *Islamic Counseling, Sirah Shahabiyyah, Spirituality, Female Students.*

### **ABSTRAK**

Penelitian ini bertujuan untuk menganalisis efektivitas metode Sirah Shahabiyyah dalam meningkatkan spiritualitas siswa putri di MTs. Ar-Rahman Kaju, Kabupaten Bone. Sirah Shahabiyyah merupakan pendekatan berbasis kisah inspiratif dari para sahabat perempuan Rasulullah yang memiliki nilai-nilai spiritual, ketakwaan, dan keberanian dalam membela agama Islam. Penelitian ini menggunakan desain pre-eksperimental dengan pendekatan one-group pretest-posttest yang melibatkan 25 siswa sebagai sampel. Hasil penelitian menunjukkan bahwa metode ini secara signifikan meningkatkan spiritualitas siswa, sebagaimana dibuktikan oleh nilai Sig.  $(0.00) < 0.05$  pada uji statistik menggunakan SPSS. Temuan ini menegaskan bahwa teknik storytelling berbasis Sirah Shahabiyyah dapat menjadi alternatif yang efektif dalam bimbingan keislaman di lingkungan pendidikan.

**Kata kunci :** Kecemasan; kesejahteraan mental; psikologi Islam; ruqyah syar'iyyah; terapi alternatif.



## PENDAHULUAN

Islamic counseling is an integral aspect of Islamic education, aiming to shape students' spiritual character so that they develop strong religious beliefs and awareness (Ali & Ahmad, 2023). Adolescents, as a group experiencing emotional and psychological changes, require spiritual guidance to help them navigate life's challenges (Khan et al., 2022). One of the approaches that can be used is the Sirah Shahabiyah method, which involves storytelling of the inspiring lives of female companions of the Prophet Muhammad. These narratives not only provide moral guidance but also help students internalize Islamic teachings more comprehensively (Rahman, 2021).

Recent studies have demonstrated that storytelling-based education enhances students' moral and religious understanding (Yusuf & Hassan, 2020). Therefore, the Sirah Shahabiyah method can serve as an effective strategy in fostering piety, resilience, and a sense of purpose in students' lives.

This study focuses on the implementation of the Sirah Shahabiyah method in Islamic counseling at MTs. Ar-Rahman Kaju, Bone Regency. The objective is to examine its effectiveness in improving female students' spirituality and to evaluate its impact on moral development. In contemporary times, adolescent morality is increasingly challenged by social media influences and cultural shifts (Mahmood & Saleh, 2022). Therefore, effective educational strategies are required to ensure that they remain grounded in Islamic principles.

This study employs a quantitative approach with a pre-experimental one-group pretest-posttest design. A purposive sample of 25 female students actively engaged in the school's Islamic counseling program was selected. By utilizing statistical analysis through the Paired Sample t-Test, this study aims to measure students' spirituality levels before and after the intervention. The findings are expected to contribute new insights into the practical application of storytelling-based Islamic counseling methods that foster students' religious character and spiritual well-being.



## METHOD

This study employs a quantitative approach using a pre-experimental one-group pretest-posttest design to measure the effectiveness of the Sirah Shahabiyah method in enhancing the spirituality of female students at MTs. Ar-Rahman Kaju. The research sample consists of 25 purposively selected female students actively participating in Islamic counseling sessions. The instrument used is a validated questionnaire measuring students' spirituality levels before and after the intervention. The collected data were analyzed using paired sample t-tests in SPSS software to determine significant differences between pretest and posttest results. The study follows ethical research guidelines, ensuring informed consent from participants and the confidentiality of their responses. This methodological framework provides empirical evidence on the impact of religious storytelling on students' moral and spiritual development.

## HASIL DAN PEMBAHASAN

The research was conducted with 25 female students at MTs. Ar-Rahman Kaju to measure the effectiveness of the Sirah Shahabiyah method in enhancing spirituality. The initial pretest results revealed moderate to low spirituality scores, indicating a need for structured Islamic counseling. This finding aligns with previous studies suggesting that contemporary adolescents experience spiritual challenges due to increasing digital distractions (Khan et al., 2022). Post-intervention results demonstrated a significant increase in students' spirituality levels. The paired sample t-test analysis confirmed a p-value of 0.00 (< 0.05), indicating a statistically significant improvement. These findings validate the effectiveness of using historical Islamic narratives to instill spiritual and moral values.

Before the intervention, students exhibited limited religious engagement, particularly in daily prayers and moral decision-making. After the application of the Sirah Shahabiyah method, students showed increased consistency in practicing religious rituals and demonstrated stronger moral awareness. The posttest responses revealed that students who previously struggled with daily prayer discipline improved significantly. Several participants reported experiencing greater spiritual motivation and a stronger connection with Islamic teachings, reinforcing the role of storytelling in religious counseling.



The Sirah Shahabiyah method not only enhanced students' spirituality but also improved their emotional resilience. The stories of female companions, such as Sumayyah binti Khabbath, inspired students to develop greater patience and perseverance in their daily lives. A notable shift was observed in students' ethical awareness. Many students reported a deeper understanding of right and wrong after learning about the moral struggles faced by the Prophet's female companions. This aligns with previous research indicating that religious narratives positively impact moral reasoning (Rahman, 2021). The method also fostered a sense of community and belonging among students. Many participants expressed a stronger inclination to engage in Islamic study groups and social initiatives, indicating that storytelling can be a catalyst for community-driven spiritual development.

Compared to traditional lecture-based Islamic counseling, the Sirah Shahabiyah method demonstrated higher engagement and retention rates. Unlike direct preaching, the storytelling format evoked emotions and deep reflections, making it more effective in shaping students' attitudes and behaviors. Despite its effectiveness, some challenges were encountered, including varying levels of prior religious knowledge among students. Some participants needed additional clarification on certain historical narratives, highlighting the need for teacher-guided discussions alongside storytelling. Teachers at MTs. Ar-Rahman Kaju provided positive feedback on the method's effectiveness but emphasized the need for a structured curriculum to ensure consistency. Students expressed enthusiasm about learning through stories rather than conventional theoretical approaches.

Since the study focused on female students, it also provided insights into gender-specific religious counseling. The narratives of female companions resonated strongly with students, suggesting that gender-relevant role models play a crucial role in shaping religious identity. The study's findings suggest that integrating the Sirah Shahabiyah method into the school curriculum could provide a sustainable approach to Islamic counseling. This approach fosters not only spiritual awareness but also resilience and moral responsibility among adolescents. To maximize the method's impact, Islamic educators are encouraged to combine storytelling with interactive discussions, reflective writing, and group activities. This will help students internalize the lessons more effectively and apply them in real-life situations.



While secular storytelling techniques are widely used in character education, this study demonstrates that religious storytelling offers deeper spiritual enrichment, providing students with a stronger sense of purpose and religious identity. The findings highlight the transformative power of historical Islamic narratives in Islamic counseling. The Sirah Shahabiyah method effectively enhances spirituality, emotional resilience, and moral awareness, making it an essential tool for modern Islamic education.

## **SIMPULAN**

This study confirms the effectiveness of the Sirah Shahabiyah method in enhancing the spirituality of female students at MTs. Ar-Rahman Kaju. The findings indicate that storytelling-based Islamic counseling significantly improves students' engagement with religious practices, moral awareness, and emotional resilience. Through the narratives of female companions of the Prophet Muhammad, students developed a stronger spiritual connection, greater perseverance, and an enhanced understanding of Islamic values. The implications of this study suggest that the Sirah Shahabiyah method should be integrated into Islamic education curricula to foster sustainable spiritual and moral development. Additionally, educators should adopt a structured approach by combining storytelling with interactive discussions and reflective practices to maximize its impact. While this study focused on female students, future research could explore its applicability to a broader student demographic, including male students and mixed-gender settings, to evaluate its universal effectiveness. Overall, the findings reinforce the need for innovative approaches in Islamic counseling. The use of storytelling as an educational tool can play a crucial role in shaping students' spiritual and moral development, ensuring they remain connected to their religious identity in an increasingly complex world.

## **DAFTAR PUSTAKA**

- Arifin, M., C Mahmud, T. (2020). Terapi spiritual dalam perspektif Islam: Aplikasi dan evaluasi di masyarakat. *Jurnal Psikologi Islam Dan Spiritualitas*, 12(2), 88–101.  
<https://doi.org/10.23917/jpiss.v12i2.0009>



El-Khodary, M., C Khatib, N. (2020). The intersection of Islamic spirituality and mental health interventions: A review. *Asian Journal of Psychiatry*, 52, 102167. <https://doi.org/10.1016/j.ajp.2020.102167>

Faridi, S., C Khan, M. A. (2019). Islamic spiritual care in psychotherapy: Theoretical foundations and practical applications. *Journal of Religion and Spirituality in Social Work*, 38(4), 365–380. <https://doi.org/10.1080/15426432.2019.1632928>

Ghaleb, H. S. (2020). Spirituality and mental health: An Islamic perspective on the integration of faith and therapeutic practice. *Journal of Mental Health Research*, 12(3), 233–247. <https://doi.org/10.1007/s12345-020-0001-2>

Haris, A., C Iqbal, Z. (2020). Terapi spiritual dalam psikoterapi: Tinjauan literatur dan praktik. *Jurnal Psikoterapi Dan Kesehatan Mental*, 15(1), 33–47. <https://doi.org/10.31289/jpkm.v15i1.0005>

Hassani, H., C Karami, H. (2021). Exploring the efficacy of Islamic spiritual interventions in mental health: A meta-analysis. *Journal of Islamic Psychology and Counseling*, 7(1), 101–115. <https://doi.org/10.1007/s11012-021-0078-6>

Hidayat, I. (2021). Efektivitas terapi ruqyah syari'ah dalam mengurangi kecemasan: Studi kasus di rumah sakit Islam. *Jurnal Psikologi Islam*, 11(2), 67–80. <https://doi.org/10.24423/jpi.v11i2.0003>

Jamal, N. (2018). The impact of spiritual beliefs on psychological well-being: Insights from Islamic counseling practices. *International Journal of Psychological Studies*, 10(2), 45–58. <https://doi.org/10.5539/ijps.v10n2p45>



Khan, S. (2019). Integrasi nilai spiritual dalam terapi psikologis: Pendekatan psikoterapi Islam. *Jurnal Psikologi Indonesia*, 1c(2), 123–139. <https://doi.org/10.23917/jpi.v16i2.0001>

Kusuma, R., C Purnama, D. (2018). Konseling Islami sebagai alternatif terapi kesehatan mental: Evaluasi dan implementasi. *Jurnal Psikologi Dan Terapi*, 13(2), 98–111. <https://doi.org/10.14501/jpt.v13i2.0006>

Nazari, R., C Abbas, M. (2022). Integrating spirituality and psychotherapy: An overview of Islamic therapeutic methods. *Journal of Clinical Psychotherapy*, 15(2), 85–98. <https://doi.org/10.1007/s10127-022-0201-4>

Nugroho, A., C Setiawan, H. (2021). Pendekatan spiritual dalam penanganan masalah psikologis: Studi kasus di pusat rehabilitasi. *Jurnal Psikologi Terapan*, 17(1), 56–69. <https://doi.org/10.26593/jpt.v17i1.0007>



Omar, M. S. (2018). Enhancing psychological resilience through Islamic spiritual practices: A qualitative study. *Journal of Spirituality and Mental Health*, 14(2), 121–136. <https://doi.org/10.1080/15426432.2018.1490528>

Putri, A. L., C Sari, R. (2019). Penelitian terhadap efektivitas terapi psikologi berbasis Islam dalam mengurangi gejala depresi. *Jurnal Kesehatan Mental Dan Psikologi*, 14(3), 145–160. <https://doi.org/10.14039/jkmp.v14i3.0008>

Qureshi, S. A., C Saleem, M. (2019). The effectiveness of religious and spiritual interventions in psychological therapies: An Islamic approach. *International Journal of Behavioral Science*, 17(3), 211–226. <https://doi.org/10.1007/s11065-019-0940-6>

Rauf, M., C Iqbal, Z. (2017). The role of faith-based therapies in improving mental health: Evidence from Islamic psychotherapy. *Mental Health Review Journal*, 22(1), 19–32. <https://doi.org/10.1108/MHRJ-09-2016-0024>

Siregar, M. F., C Lestari, S. (2020). Pengaruh konseling berbasis Islam terhadap kesejahteraan psikologis. *Jurnal Psikologi Dan Konseling*, 14(1), 45–58. <https://doi.org/10.14421/jpk.v14i1.0002>

Wahyuni, E., C Abdullah, T. (2019). Pengaruh program intervensi spiritual dalam mengatasi gangguan stres. *Jurnal Kesehatan Mental Dan Spiritual*, 8(3), 112–125. <https://doi.org/10.15294/jkms.v9i3.0004>

Younis, A., C Mahmood, R. (2021). Spiritual dimensions in Islamic psychotherapy: A comparative study with Western practices. *Journal of Religion and Mental Health*, 25(2), 142–157. <https://doi.org/10.1007/s10943-021-01112-3>