



THE IMPACT OF TAZKIYATUN AN-NAFS COUNSELING IN REDUCING THE TRAUMA OF VIOLENCE EXPERIENCED BY A WIFE

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ABSTRAK

Background, domestic violence is a serious thing that is being experienced by many women, especially wives, which has an impact on misery and suffering physically, psychically, sexually, and neglect by a husband. So treatment is needed to reduce the trauma of violence experienced by a wife in the household by using tazkiyatun an-nafs counseling. Case Reports, a 30-year-old woman with one child received violent treatment from her husband, both physically and psychologically, and was neglected. The results from the counseling showed that the client experienced violent acts from her husband in the form of physical harm, such as being slapped and beaten, then psychically in the form of getting harsh words and leaving inner wounds and neglect because their husbands did not support them. In conclusion, counseling with a tazkiyatun an-nafs approach impacts the client in reducing the trauma of violence experienced by the client in the household. From the counseling results, the client suggests using a spiritual approach in handling one's problems because it has proven effective.

Kata Kunci: Counseling; Tazkiyatun An-Nafs; Trauma; Violence; Woman

INTRODUCTION

Having a family is the dream of every human being, and the purpose of a human family is to get peace or sakinah in life (Juliawati & Marsela, 2017). The indication of a family that has achieved sakinah can be seen from the following characteristics, namely the straightness of intention and a strong relationship with God; Compassion, openness to each other; courteous and wisdom; communication and deliberation; tolerant and forgiving; fairness and equality; patience and gratitude (Chadijah, 2018).

The current family phenomenon has lost its spirit (essence), far from the standard set by Allah Almighty in the Quran Surah Ar-Rum verse 21; the sakinah family is harmonious, happy, born inwardly, living calmly, serenely, peacefully, and full of affection (quran.kemenag.go.id, 2019). This is evidenced by the many acts of violence that are increasingly rampant; this can be seen from various mass media reports ranging from violence against women, and adolescents, against children, brawls, and bullying (Sartika & Yandri, 2019; Sujadi et al., 2021; Widi, 2021; Yandri et al., 2013) so that it becomes essential for the government to concentrate on preventing and eradicating it. As reported in news.detik.com that there was an act of domestic violence experienced by one of the public figures with the initials LK committed by her husband (news.detik.com, 2022)

A study revealed 2,527 cases of violence against women that occurred in the personal sphere based on complaints to Komnas Perempuan in 2021. This number increased by 79.99% compared to the previous year, of 1,404 cases, and domestic violence recorded as many as 450 cases (Widi, 2021). Then the data collected by Komnas Perempuan every year through the Annual Record shows that the reporting of domestic violence cases every year has increased. In 2021 Komnas Perempuan received direct complaints of 771 cases of violence against wives, or 31% of the reports of 2,527 cases of domestic/personal violence. Based on complaints and monitoring conducted by Komnas Perempuan, the impact of domestic violence on victims is diverse and layered. Victims suffer from physical injuries, trauma, and depression and even become disabled or lose their lives (komnasperempuan.go.id, 2022).

There are four types of violence: physical abuse, psychological abuse, material abuse or theft of money or personal property, and violation of rights (Kosberg, 1988). Then the forms of crime that can be categorized as gender violence are forms of rape of women, including marital rape; Acts of beatings and physical assaults that occur in

the household; A form of torture that leads to the organs of the genitals; Violence in the form of prostitution; Violence in the form of coercion of pornography; Violence in the form of forced sterilization in family planning; Covert violence; The most common crimes against women in society are known as sexual harassment (Fakih, 2016).

Then the data on acts of violence against women during 2021 can be seen in the following table:

Table 1. Types of Violence in the Personal Sphere in 2021

Types of Violence	Komnas Perempuan	Service Institutions
Ex-Boyfriend Violence	813	112
Violence against Wives	771	2633
Violence in Courtship	463	122
Violence against Girls	212	910
Domestic Violence	171	279
Ex-Husband Violence	92	75

Source (Widi, 2021)

From table 1, we can see that the trend of cases of violence against women is increasing and the most occurs in wives. Domestic violence will leave a psychological impact on the victim as the victim will feel anxious, frightened, depressed, always alert, continue to imagine when seeing similar cases, often daydreaming, moody, easy to cry, difficulty sleeping nightmares, loss of self-confidence, to act feeling helpless; Loss of interest in self-care, irregularity of the pattern of life lived; Decreased concentration of a person, often performs careless deeds; Low self-esteem and unsure of existing abilities; Quiet, reluctant to chat, often shutting himself in the room; Loss of courage in opinion and action; Always feel confused and forget easily; Frequent self-harm and attempted suicide; Behaving excessively and unorthodoxly tends to be difficult to control oneself; Aggressive, being a character whose temperament and emotions are rude in speaking and acting (Alimi & Nurwati, 2021; Maisah & SS, 2016)

This is also what the clients I deal with experience. My client, a woman as a Housewife, experienced domestic violence committed by her husband. Now the client is traumatized by the incident of violent acts he has experienced.

Domestic violence is an act that can cause misery to the victim both physically, sexually, psychologically, and neglect (Undang-Undang Republik Indonesia Nomor 23 Tahun 2004 Tentang Penghapusan Kekerasan Dalam Rumah Tangga, 2004). The factors causing domestic violence are the existence of an unbalanced power relationship between husband and wife; economic dependence; violence is viewed as a tool for resolving conflicts; competition; frustration; and fewer opportunities for women in legal proceedings (Ribka, 1998)

This article addresses the client's problem using the Tazkiyatun An-Nafs Counseling approach; this approach was chosen because it uses a spiritual approach (ma'rifah to Allah) that sees humans as balanced beings between material potential and their spirit. After all, humans have reason (theoretical and practical reason) and have spiritual (the ability to see with the ultimate potential) so that they have the potential for self-correction (Faiz et al., 2019; Hawwa, 2005).

Tazkiyatun An-Nafs counseling approach was chosen to solve client problems because this approach can increase one's awareness in a better direction (Hamid & Hadori, 2022), proven to be used as addiction counseling for drug addicts (Hasan & Tamam, 2017), able to improve Self-Management (Agustin et al., 2017; Reny & Mwemonah, 2020), Shaping the Muslim Personality (Hutami, 2019), decrease in premarital sexual behavior (Hartati et al., 2018), lower negative emotions (Faiz et al., 2019), and much more.

From the results of literature studies, previous studies, and research results, the closeness of Tazkiyatun An-Nafs counseling is considered feasible in solving the problem of violence experienced by clients so that clients can return to enjoy their lives usually and in the hope of living happily with a sakinah family.

METHODS

The case reports method is considered appropriate to solve this article's problems. The case report is a type of qualitative research. The case report in this article is the result of counseling using the Tazkiyatun An-Nafs Counseling approach, which is carried out for clients who have received acts of domestic violence. The client with the initials P is a woman who is 30 years old and has one child and receives violent treatment from her husband both physically, psychically, and neglectfully. Their marriage age is seven years old, and they contract in a Town X Village. The client's daily life is a housewife and husband working as a

coolie in the market. The counseling process was carried out in three sessions, two sessions with the client, and the third session presented the client and her husband. Data was collected through counseling interviews and analyzed through data reduction, data presentation, and conclusion drawing.

The counseling session using the Tazkiyatun An-Nafs Counseling approach is through the following three phases:

Table 2. Tazkiyatun An-Nafs Counseling Phase

Phase I Tathahhur (Self-Cleansing)	1. Build a good rapport with the client.
	2. Interviewing clients about behavioral and emotional habits carried out by clients and based on observations so far.
	3. The client's suggestion was to acknowledge his despicable behavior.
	4. Interviewing clients to reveal barriers and distractions to change.
	5. Invite the client to consciously commit to changing every behavior and emotion that she wants to be changed as well as the taubat process
Phase II Tahaququ (Self-Filling)	1. Motivate clients to have strong self-efficacy to control negative emotions and behaviors better.
	2. Train clients for good behavior by the guidance in the concept of purifying the soul of Sufism akhlaki.
	3. Provide training and understanding of Taubat on negative behaviors during this time
	4. Provide training and understanding of the nature of patience in order to be able to control negative emotions
	5. Provide understanding and practice on how to behave Zuhud, sufficing oneself with existing ones and eliminating covetous and arrogant behavior.
	6. Provide understanding and practice for Ihsan in every

	intention and daily action
	7. Provide positive suggestions for each client's efforts to change and be consistent
Phase III Takhalluq (Self Reborn)	1. Summing up the results of tazkiyatun an nafs counseling services by guiding clients to be able to carry out all these self-fillings in daily life
	2. Advise clients to consistently maintain personal and positive behaviors despite many environmental disturbances and always contemplation every time after worship.
	3. Close the service process and open the next meeting if the client needs
	4. Evaluating the client's field in his daily life

RESULT AND DISCUSSION

In general, the acts of domestic violence experienced by P are in the form of physical, psychic, and neglect violence. Physically, client P gets immoral treatment, such as being slapped and hit. This action is experienced by clients almost every month and has been experienced since three years ago, namely around 2020. This incident began when the COVID-19 pandemic hit Indonesia so that P's husband could not leave the house at work to make a living for household needs; since then, P's husband became temperament and "light-handed" towards P, and this has also happened in front of their children. Currently, even though P's husband has begun to be able to work again in the market, the incidents of violence he has experienced are still getting even though they are not as frequent as in 2020.

The frustration-aggression theory states that violence is a way to reduce the tension resulting from situations of frustration. This theory comes from a reasonable opinion that a frustrated person often engages in aggressive actions. The frustrated person often attacks the source of his frustration or transfers his frustration to someone else (Charles & Bowker, 1998). Then people who are squeezed into economic problems will likely cause violent actions because they are depressed by deteriorating economic conditions, while the needs of life must still be met (Cahayanengdian & Sugito, 2021; Marwiyah, 2015). Factors that exacerbate violence against children in the household are poverty,

economic inequality, and unemployment (Fabbri et al., 2021; Farid, 2019).

So, economic factors turned out to be one that contributed to the occurrence of violence, client P got violence from her husband when husband P could no longer work because of COVID-19, so that husband P as a family experienced pressure to meet the economic needs of the family, and this became one of the triggers for husband P to become temperamental and sensitive.

Then the psychic or psychological violence experienced by client P is in the form of getting harsh words that hurt the client's heart. The harsh words that come out of P's husband's mouth indicate the quality of mind and heart that is not good, one of the contributing factors is the socio-cultural community where P's husband works, namely in the market. The socio-culture in the market makes P's husband's speech style loud and rude. Psychological violence is an act that results in fear, loss of self-confidence, loss of ability to act, a sense of helplessness, and severe psychic suffering in a person (*Undang-Undang Republik Indonesia Nomor 23 Tahun 2004 Tentang Penghapusan Kekerasan Dalam Rumah Tangga*, 2004). Furthermore, another triggering factor is that the role of men is more dominant than the role of women in decision-making in the family, in social life, and in work matters (Farid, 2019), so men tend to behave excessively and unusually, tend to have difficulty controlling themselves, aggressive, become temperamental characters and violent emotions in speaking and acting (Maisah & SS, 2016).

The client's condition is often yelled at and often gets harsh words from her husband, which makes the client's psychological condition unkind, leaves inner wounds, and makes the client uncomfortable, especially when the client's husband yells or scolds him in public or crowds, the client feels humiliated by her husband's attitude. The client becomes a person who tends to be introverted, unconfident and feels helpless in front of her husband. Her husband's harsh words are received almost every month by clients from her husband, especially when he comes home from work, and her husband is tired of bringing little money home.

Furthermore, the neglect condition experienced by client P has also been experienced by clients, especially during the early days of the COVID-19 pandemic. The client is not given a living born, so the client works alone to meet the child's needs and himself. Until now, clients are sometimes not given a living, so they have to work

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odd jobs so their families can eat. The factors causing the wife's neglect are not giving a living, creating dependence; a patriarchal culture in society; low education and knowledge of women as wives. (Rachmasari & Yunantika, 2021). Then the education and patriarchal culture already part of society gives the view that a wife is supposed to depend on the husband. This phenomenon often makes some wives unable to be independent or economically empowered, so when domestic violence occurs, the wife must survive. This kind of behavior also makes the husband feel that he has more power over the helplessness of his wife (Alimi & Nurwati, 2021).

CONCLUSION

From the results of the counseling implementation, it shows that the client experiences violent acts from her husband in the form of physical harm, such as being slapped and beaten, then psychically in the form of getting harsh words and leaving inner wounds and neglect because the husband does not support them. The results of counseling with the Tazkiyatun An-Nafs approach carried out to clients with the initials P can be felt the benefits for clients in reducing the trauma of violence they experience in the household. From the counseling results, the client suggests using a spiritual approach in handling one's problems because it has proven effective in reducing one's problems, so it is intended for subsequent researchers to research Tazkiyatun An-Nafs with different problems.

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