



## Religious Counseling With A Cultural Approach "Basasandi Syarak, Syarak Basandi Kitabullah" to Improve Islamic Spiritualism

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### Article Information:

Received December 9, 2022

Revised December 14, 2022

Accepted December 20, 2022

### ABSTRACT

Counseling is an activity to help the counselee so that his daily life becomes an effective life. The current phenomenon that occurs in the West Sumatra region is the occurrence of moral decadence caused by many things and one of the causes is that people no longer apply "adat basandi syarak, syarak basandi Kitabullah". The method used in this study is the library research method or a method that explores articles or research that discusses the things the researchers are researching. The results of religious counseling research with the cultural approach of "adat basandi syarak, syarak basandi Kitabullah" are effective in helping counselee problems.

**Keyword :** Religious Counseling, Culture , Custom Basandi Syarak Syarak Basandi Book of Allah

Journal Homepage <https://journal.minangdarussalam.or.id/index.php/ijrc/>

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How to cite: Syafitri, R., Zubaidah., , Carol. T., & Steven, G. (2022). Religious Counseling With A Cultural Approach "Basasandi Syarak, Syarak Basandi Kitabullah" to Improve Islamic Spiritualism. *International Journal of Research in Counseling*,1(2). <https://doi.org/10.55849/wp.v1i2.18>

Published by: Yayasan Minang Darussalam

## INTRODUCTION

Spiritualism that exists in humans today related to the religion of Islam is low. This is evidenced by the many immoral cases that are happening in the Minangkabau realm at this time. One of the news that the researcher quoted on the news website was that there were cases of harassment committed by elementary school children to their peers, then there was an obscene incident carried out by junior high school students in a building that was no longer used, then a corpse was found on the side of the road in an unused condition. the wounds of some of the incidents that researchers did were moral critical conditions that occurred in the Minangkabau realm. So one of the things that can be done by guidance and counseling teachers or regional Minang counselors, is by providing counseling based on the customary

culture of Basandi Syarak, Syarak Basandi Kitabullah which is also the basis for the Minangkabau community itself.

Counseling is an activity of providing services by the counselor to the counselee to help solve the counselee's problems, and develop the potential in the counselee. Guidance and counseling always develops from time to time. Counseling is a helping relationship (P. Paul Heppner, et. al, 2008) (Howard Rosenthal, 2017) (Yusri & Afrida, 2019) (C. Wayne Perry, 2008) . Guidance and counseling first entered the West Sumatran region in 1967 when it appeared at the Padang Teachers' Training College or what is known as Padang State University. The development of counseling guidance in West Sumatra is no different from the development of counseling guidance in Indonesia in general. However, the development of guidance and counseling in West Sumatra faces greater challenges compared to other regions in Indonesia. According to (Yusri & Afrida, 2019) the cause is due to the culture in West Sumatra. Minangkabau culture has an impact on the kinship system, attitudes and behavior. The basic philosophy of life is *adat basandi syara', syara' basandi Kitabullah*. This is embedded in the life of the Minangkabau people.

The presence of counseling guidance as a profession aims to help each other among human beings. This is not necessarily easy to accept among the Minangkabau people in general. Minangkabau traditional wisdom suggests keeping private matters to others, except only for their nuclear family (Paul B. Pedersen, Walter J. Lonner, 2015) (Ariani, 2015) (Kempf et al., 2023) (Lena Salpietro, Clark D. Ausloos, Madeline Clark, Rosalyn Zacarias, 2023) (Deni Rahman, Arnelis, 2023) . Minang Kabau culture explains that telling other people about problems is something that is rarely done. However, researchers have not found cultural counseling on the basis of *adat basandi syarak, syarak basandi Kitabullah* to increase spiritualism in Islam. So the researcher believes that this needs to be considered, needs to be studied so that the benefits of culture-based counseling are effectively used for problems that are happening at the moment.

## **RESEARCH METHODOLOGY**

This research is a type of library research. Mestika Zed mentions that library research is research done by reading works related to the issues to be studied and recorded sections important to the topic of discussion. Moh. Nazir also explained that library research (library research) is a method used by reviewing books related to the themes discussed. There are several definitions of this literature research (Sari, 2020) suggests several definitions of literature research from several experts, namely:

1. Study literature is study theoretical , reference as well as literature scientific others that related with culture , values And growing norm \_ on situation studied social \_

2. Study literature is research using \_ technique data collection with do reviewers , books , literature, notes , and various related reports \_ with thing you want solved .

So library research is research activities carried out with how to collect information and data with the help of various materials in the library such as books references, results of previous studies similar, articles, notes, as well related journals problem to solve.

## **RESULTS AND DISCUSSION**

### **Culture**

According to Koentjaraningrat, culture is the whole system of ideas, actions and human creations in the context of social life which are owned by humans through learning. Culture is a lifestyle that is created and shared by a group of individuals that is passed down from one era to another. Culture consists of many complex components, including strict and political frameworks, customs, instruments, clothing, structures, and masterpieces (y Jaime Taets, 2023) (Nelisma Y., Fitriani W, 2022) .

One of the cultures in Indonesia that counselors must be familiar with is Minangkabau culture. Minangkabau is a culture in the area of West Sumatra, which was created by Datuk Katumanggungan and Datuk Parpatih Nan Sabatang. The Minangkabau tradition regulates the behavior of community members from the smallest to the largest, so that this can be linked to counseling activities. Minangkabau as a part of Malay culture (nature), is a region rich in cultural traditions. This Minangkabau cultural tradition grows and develops as a people's cultural tradition, which is rooted in the Minangkabau matrilineal kinship system. This cultural tradition at the same time reflects the dynamics and developments that occur in the Minangkabau society, in accordance with the customary philosophy of Alam Terkembang Make Guru, once aie grows up, once the edge is new.

The Minangkabau pioneers took reality in nature as the customary basis for values and norms in life. Therefore, the Minangkabau people are familiar with the philosophy of "Alam takambang jadi guru" (learning from nature). Natural law is an inspiration as a guide to formulate basic values and norms that will guide them in thinking and acting. Minangkabau identity is based on tradition, religion and science. Minangkabau people have at least three identities, such as stable emotions from culture, a strong spiritual identity from religion, and a high intellectual from knowledge and education (A.Agustina, 2012) (Heider, 2011) (Sayuti, 2005) . There are main basic values in Minangkabau society. Humans must learn from experience. This experience relates to nature. Minangkabau will see the structure and changes as a basis for thinking. Minangkabau people will always learn because of their broad outlook because nature will never stop teaching humans (Khodijah, 2018) (Jasril, 2017) (Zainuddin, 2010) . Minangkabau upholds religious values. Islam is the main religion in Minangkabau. Religion has merged with Minangkabau customs and culture. The philosophy of the Minangkabau people is, "adat basandi syara', syara' basandi kitabukllah". This means that Minangkabau people are civilized and religious (Jamil, 2015)

So it can be concluded that Adat Basandi Sarak, Sarak Basandi Kitabullah in the Minang community is an identity that was born from an awareness of history and struggles about struggle and life. The entry of Islam and combined with customs gave birth to a great agreement. That the entire universe is a creation of Allah SWT and becomes verses with signs of His greatness, interprets human existence as the vicegerent of Allah in the world.

### **Spiritualism in Islam**

Spiritual that is a the process of considering something based on faith in God for achieve calm and inner comfort, which is implicated in behavior everyday (Memaryan, 2017) (JI Packer, 2023) (Lund, 2006) (Irman et al., 2020) (Vahabi & Vahabi, 2018) . Spiritual values are an important part of human life, because they can stabilize the soul. Spiritual value as a belief in God who can stabilize the soul so that life is full of peace and comfort. Spirituality is a broad concept with multiple dimensions and marked perspectives a feeling of attachment (connection) to something bigger than ourselves, which is accompanied by search for meaning in life or can be explained as an experience that is universal and touching (Rezaei et al., 2022) (Michaelson et al., 2021) (Dreheeb, 2016) Some individuals describe spirituality in their life experiences as a feeling of being connected/transcendental to the sacred and reassuring, some other individuals feel peace when in mosques, churches, temples or other holy place.

According to Mario Beauregard and Denyse O'Leary, researchers and authors of The Spiritual Brain argues that Spirituality means the experience that is thought to bring about experiencing it into contact with God (in other words, not just an experience that feels meaningful). Ruth Beckmann Murray and Judith Proctor write that the spiritual dimension tries to become in tune with the universe, and strive for answers about the infinite, and come to in focus when someone faces emotional stress, physical illness, or Krenztnan's death (in Ardian, 2016) . (Como, June M. MSA, MS, RN, CCRN, 2007) (Amy L. Ai PhD, 2000)

Delgado (in Hanna, 2006) , identifies four characteristics of spirituality that are considered important; 1) Spirituality requires a belief system (willingness to believe) and what is believed to be the truth (belief in a higher power or religion based on core beliefs), 2) Spirituality involves individual conditions in the search for meaning and purpose of transcendent attachment or individual mission. called by destiny or destiny and shifted from material values to idealistic values, 3) Spirituality includes awareness of attachment to others obtained through self-introspection 4) Spirituality is the belief that one can transcend one's limits in a higher dimension, the existence the desire for truth and purity and the belief that one can overcome difficulties, loss and pain with that belief.

### **Culture-based Religious Counseling**

Counseling is a service process. It involves professional skills in service providers. Extension is basically a helping relationship (Mappiare, 2002) . The helping profession is defined as the existence of a person who is based on special knowledge. He applied intellectual techniques in special encounters with other people. In doing so, others may more effectively deal with dilemmas and conflicts. Religion and culture are two important things that cannot be separated. Religion is part of culture, because religion influences the existing culture in society. Counselors are required to be able to act proactively in their efforts to understand the counselee's culture (Nurintan Muliani Harahap, 2021) (Silvianetri et al., 2022) (Putra et al., 2022) (C.Wayne Perry, 2008) as someone who interacts with counselees, the counselor is required to know the culture around the counselee.

Counseling used by several researchers that researchers found was Islamic or religious counseling. Islamic counseling as a da'wah approach is a combination of Islamic counseling and da'wah that can be used to improve counselees. Islamic counseling is a service process that is given to clients individually so that they are aware of their existence and live in harmony with God's provisions and instructions according to Musnamar and Lubis (in Silvianetri et al., 2022) .

According to Yuri and Nurihsan (in Silvianetri et al., 2022) also explain that Islamic counseling is a process of motivating individuals to have awareness to return to religion through thoughts, attitudes, and behaviors that enlighten towards a better life. This can be interpreted that Islamic counseling is a service process to return individuals to the path of religion through cognitive, affective, and conative empowerment towards life safety in this world and the hereafter. The main elements that need to be considered in culture-based counseling according to (Robert T. CarterView all authors and affiliations, 2007) (Pratikta, 2020) (Britt et al., 2017) (Nelisma Y., Fitriani W, 2022) counselees as unique individuals, who have certain cultural elements, counselors as unique individuals are also inseparable from the influence of cultural elements, in a counseling relationship the counselor must aware of these elements for the counseling process to be successful. s

So it can be concluded that religious counseling can be elaborated with a Minangkabau cultural approach "adat basandi syarak, syarak basandi Kitabullah". Religious counseling that aims to be happy in the world and the hereafter whose goal is also in line with the philosophy of Minangkabau "adat basandi syarak, syarak basandi Kitabullah" which means that the Minangkabau people make Islam as a guide and pattern of behavior in everyday life ( Yusri & Afrida, 2019) .

Some of the findings that carry out counseling with the Minang Kabau cultural approach "adat basandi syarak, syarak basandi Kitabullah" explain that the counseling is effectively carried out. One of these studies was conducted by (Saputra, 2020) the results of research conducted by Saputra that existential counseling based on Minang

Kabau culture for gender equality has succeeded in increasing *the self-esteem* of young women. Other findings which also discuss counseling combined with culture were also stated by (Zubaidah, 2019) that counseling with a blend of Minangkabau cultural bases is considered effective for assisting counseling activities.

Research examining religious counseling with a Minang Kabau cultural approach for interventions for earthquake victims in West Sumatra studied by (Amalia, 2021) , states that culture-based religious counseling is effective in helping counselees to recover from the fear and anxiety experienced by the victims. Based on several studies conducted by previous researchers, religious counseling based on nudaya adat, basandi syarak, syarak basandi Kitabullah can be done to improve individual spirituality.

## CONCLUSION

So it can be concluded that religious counseling based on Minangkabau culture using Minangkabau philosophy can be used and effectively carried out to help with problems and can solve problems experienced by counselees. Religious counseling based on adat Basandi Syarak, Syarak Basandi Kitabullah culture really needs to be given and paid attention to to help with problems that occur especially in this Minangkabau realm.

Counselors need to understand multiculturalism so that they can help counselees with diverse cultural backgrounds. Cultural-based religious counseling "adat basandi syarak, syarak basandi Kitabullah" is effective for increasing the spiritualism of the counselee's Islamic religion.

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