



## Theoretical Review Of The Group Guidance Model With The Muhasabah Approach To Increase Relijiusity

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**Article Information:**

Received September 17, 2022

Revised September 23, 2022

Accepted November 29, 2022

**ABSTRACT**

Guidance counseling teachers in schools are required to have insights and skills related to group guidance, including various theories of group guidance researched by researchers in the field of guidance and counseling to improve various psocological aspects. One of the very important psychological aspects in life is religiosity. The purpose of this study is to formulate a group guidance model with a muhasabah approach to improve religiosity. This research method uses the study of your literate. Data are collected from reference books, journals, proceedings and reports of research results. Analisis data through contentanalysis techniques which are then described and balanced by researchers. The results showed that the group Guidance modelwith the Muhasabah Approach (BKp-M model) is one of the guidance models and consesualling through integrative and interconnective group guidance services with the muhasabah approach by utilizing group dynamics to facilitate optimal and comprehensive individual development in various aspects of development individual self to face the challenges of change in life. The research method is a literature review. Data is obtained through various analysis of books, journals and proceedings. Data analysis through content analysis. The results showed that group guidance of the muhasabah approach can be used to improve religion. For various parties who want to increase religiosity can use the guidance of the muhasabah approach group. Likewise, for subsequent researchers, they can use this theoretical data to be experimented with.

**Keywords:** *Group Guidance, Muhasabah, Religiosity*

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

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How to cite:

Tessi Karyati, M., Zubaidah, Zubaidah., Petoukhoff, G., & Papaioannou, J. (2022). Theoretical Review Of The Group Guidance Model With The Muhasabah Approach To Increase Relijiusity. *International Journal of Research in Counseling*, 1(1). <https://doi.org/10.55849/wp.v1i1.51>

Published by:

Yayasan Minang Darussalam

## **INTRODUCTION**

The dimension of spirituality is something that cannot be ignored in everyday life, because it affects mental health (Fiorillo, 2020; Gruber, 2021; O'Connor, 2018). Sprituality and religiosity are sometimes interpreted the same by various experts. Spiritual values are an important part of human livelihood, because they can stabilize the soul. Spritual value as a belief in God that can stabilize the soul so that life is full of tranquility and comfort (Irman et al., 2020). Increasing religiosity is one of the duties of counselors in schools and communities, namely through counseling religious approaches (Keränen-Pantsu, 2018; Saada, 2021; Taja, 2021). Religious approach counseling is an assistance from the counselor to help the client awaken his religious teachings to solve all life problems faced in ways that are justified according to his religion and beliefs (Nelisma Y., Fitriani W, Silvianetri, 2022). One way that can be done to increase religiosity is through group guidance (Susiaty, 2018)

Group guidance service as an effort made to prevent the development of difficulty problems in counselors (Lewis, 2019; Pinnecke, 2020; Sorariutta, 2018). The content of this activity consists of the delivery of information related to educational, work, personal, and social issues presented in the bentuk group guidance service as an activity of providing information in a group atmosphere and the preparation of plans for making appropriate decisions with the existence of group dynamics as a vehicle for the achievement of the goals of counseling guidance activities (Prayitno, Afdal, Ifdil, 2017)

Furthermore, group guidance is defined as a group activity carried out between the group leader (counselor) and group members (counselors / students) who take advantage of group dynamics, namely the interaction of mutually expressing opinions, providing responses, suggestions, and so on, where the group leader provides useful information in order to help individuals as group members achieve development in personal terms, social, learning, and career (Puluhulawa et al., 2017)

From some of the opinions above, it can be concluded that group guidance is an effort made to help individuals solve problems with difficulties in counseling and problem prevention in order to obtain information and assist counselors in making plans or making the right decisions. counseling and problem prevention in order to obtain information and assist the counselor in drawing up a plan or making the right decision (Preece, 2019; Rodriguez-Conde, 2020; Thielsch, 2021).

Various innovations related to research and the implementation of group guidance, one of which is the elaboration of group guidance with muhasabah, which is called group guidance muhasabah approach. There are four stages of group guidance activities for the muhasabah approach, namely the formation, transition, activity and closing stages. One of the objectives of this muhasabah approach group guidance is to increase religiosity (Lafrarchi, 2020; Miskiah, 2019; Ucan, 2019).

## **RESEARCH METHODOLOGY**

This research uses a literature study approach. The data collection technique used is text study in order to find information or data about group guidance and muhasabah. The sources obtained consist of onik electr reference books, articles and proceedings on group guidance and muhasabah. The data obtained were analyzed using content analysis techniques and described with a description. Furthermore, there researcher explained the problems discussed systematically and hopefully can be used as a guideline for BK teachers in the sekolah or counselor.

## **RESULT AND DISCUSSION**

Muhasabah is derived from Arabic and the root of the word is hasaba yahsubu-hisaaban which means to count (Ardimen et al., 2019). Muhasabah is an attempt by a Muslim to consider and evaluate himself, how many sins have been committed and good that has not been done. Muhasabah or self-introspection is one of the keys to the glory and personal hygiene of a Muslim. Muhasabah is to pay attention and reflect on the good and bad things that have been done. Including paying attention to the intention and purpose of an action that has been done, as well as calculating the profit and loss of an action (Huggins, 2019).

Muhasabah is identified with the terms of introspection, self-correction or introspection by looking at deeds, attitudes, weaknesses, mistakes related to oneself.

counting the charity of one's own deeds. If a person has conducted a self-introspection to the charity of his deeds, of course he will know his strengths and weaknesses. By knowing his shortcomings, a desire was born to improve his state by increasing good deeds and improving the relationship with his God. Thus it is preserved from deeds which his God does not know (Taves, 2018). It is also explained that the virtues of muhasabah are beneficial for the purification of the soul (García, 2019).

In a somewhat different language but relatively similar in meaning, al-Muhasibi in Mohamad, Hamjah, & Mokhtar, (2017:121) states that: muhasabah is that a person takes time to think of his deeds whether he is liked by Allah or not, and he always thinks to protect himself from the evils of his passions. In addition, what is meant by muhasabah according to Zaharudin & Amaliyah (2014) is the activity of evaluating oneself or sucking oneself and not following the wills of lust.

In a more specific focus al-Mawardi in al-'Aid (tt:2) explains that muhasabah is a person's activity in introspecting himself at night against the work he does during the day, if his deeds are good or commendable then he will continue it, if his deeds are despicable then he will abandon and try not to do the same in the future. Muhasabah in this sense is more likely to be a muhasabah performed alone and not a muhasabah performed in an organized manner or a muhasabah in a group form (Amri, 2018).

From the various concepts and some notions of muhasabah as said above we can draw that muhasabah is useful for introspecting ourselves, in order to be better, and to realize all the mistakes that we have made eating from that we must get used to preaching, so that we are always aware of our sins, and perfect our worship charity before life (Franken, 2018; Muhid, 2020; Rissanen, 2018).

From the review of the literature, it is rare to find a standard method that describes in detail the methods and steps of muhasabah. But for al-Ghazali, the perfect muhasabah consisted of six stages. First, Musyarathah or the establishment of conditions. Second, Muraqabah or supervised. Third, Muhasabah or audited. Fourth, Mu'aqabah or sanctioned. Fifth, Mujahadah or mean it. Sixth, Mu'atabah or self-deprecating. These stages can be divided into three parts, namely the practice before, during the prayer and the practice after. Musyarathah and Muraqabah can

Categorized as a practice that is carried out before worship that functions to control and supervise intentions before doing a practice. Meanwhile, Mu'aqabah, Mujahadah and Mu'atabah are practices that are carried out after the muhasabah. All three function to give rewards or punishments to themselves who have received evaluation results from the muhasabah process (Mansur, 2018).

The aforementioned techniques or approaches are used as approaches in group guidance. Group guidance activities that have been commonly carried out are modified using the muhasabah approach. The choice of the muhasabah approach is based on the consideration that muhasabah is very suitable for improving the self-identity of madrasa students (Alabdulhadi, 2019).

The purpose of group guidance with a muhasabah approach is to facilitate optimal and comprehensive individual development in various aspects of self-development, especially improving self-identity, self-concept, self-efficacy, self-regulation, self-integrity, self-adjustment, self-motivation, self-motivation. commitment), and an optimistic attitude to face the challenges of change in life (Ardimen et al., 2019).

One of the objectives of the muhasabah approach group guidance is to increase the commitment to religiosity. It cannot be denied that religiosity has a strategic function to become a source of moral strength for all human beings on earth to at any time be aware of their existence as a creature of God whose later all deeds have value in the eyes of Allah SWT (Euchner, 2018). By always remembering Allah SWT will make life peaceful and calm, and avoid stress and depression (Asmendri, Irman, Annas et al., 2019). Awareness of the existence of Allah SWT as a helper to avoid humans from feeling hopeless and increase oral sensitivityt hat guides behavior in daily life (Wati & Silvianetri, 2018). This is in line with the purpose of guiding the muhasabah approach group.

The purpose of the muhasabah approach group guidance in general is that the individual is aware of the deeds he does because he is supervised by Allah SWT, in order to be able to introspect himself and improve himself for the salvation of life in the world and the Hereafter. Through the guidance service the muhasabah group can improve itself from time to time, with serious and full of awareness conditions to participate in the activity.

## **CONCLUSION**

Some conclusions can be extracted from this study, namely as follows. First, the Group Guidance model with the Muhasabah Approach (BKp-M model) is one of the

guidance and counseling models through group guidance services that are integrative and interconnective with the muhasabah approach by utilizing group dynamics to facilitate optimal and comprehensive individual development in various aspects of individual self-development to face the challenges of change in life.

Second, the purpose of group guidance with a muhasabah approach is to facilitate the optimal and comprehensive development of individuals in various aspects of self-development, especially improving self-identity, self-concept, self-confidence, self-regulation, self-integrity, self-adjustment, self-motivation, motivation to excel, religious commitment, and an optimistic attitude to face the challenges of change in life.

Third, the muhasabah techniques or approaches that are integrated and interconnected in the group guidance process are (1) tabayyun, namely; invite clients/counselors to introspect and explore themselves; (2) al-hikmah, namely; invite clients/counselors to come up with concepts or strategies to develop and actualize their potential; (3) mauizah, i.e.; invite clients/counselors to bring up concrete examples; and (4) mujadalah, namely; invite clients/counselors to create dialogical conditions and situations to achieve the goals of group guidance.

This study has produced a group guidance model with muahasabah approach (BKp-M model), so to facilitate students' self-development take advantage of this BKp-M model. Its application can be done to achieve specific student self-development along with its various dimensions. To determine the effectiveness and practicality of this BKp-M model in facilitating student self-development, it is necessary to conduct model trials or experimental research by using the BKp-M model.

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