

THE EFFECT OF GROUP COUNSELING USING DHIKR THERAPY TO REDUCE AGGRESSIVE BEHAVIOR IN DRUG ADDICTS

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Abstract

Drug abuse is often associated with increased aggressive behavior. Aggressive behavior in drug addicts can vary, from verbal aggression to physical violence. Factors such as the type of drug used, the individual's mental condition, and the social environment can affect the level of aggression shown. Therefore, this study aims to analyze the effect of group counseling using dhikr therapy to reduce aggressive behavior in drug addicts. This study uses quantitative writing with the Pre-Experiment method with the One-Group Pretest and Posttest type with the Purposive Sampling technique, and researchers use numbers processed in SPSS 26. Based on the research conducted, the pretest results showed an average mean value of 77 which was categorized as high, then given treatment through group counseling with dhikr therapy for four meetings after which a posttest was given to determine whether there was an effect after being given treatment with an average mean value of 46.1 which could be categorized as low. And based on the results of the statistical test output, the T test results were obtained with a significant value (2-tailed) of $0.000 < 0.05$, it can be concluded that "Ha is accepted". This means that there is a difference between the results of the pretest and posttest, so it can be concluded that "group counseling using dhikr therapy affects reducing aggressive behavior in drug addicts".

Keywords: Group Counseling, Dhikr Therapy, Aggressive Behavior, Drug Addicts

Abstrak

Penyalahgunaan narkoba seringkali dikaitkan dengan peningkatan perilaku agresi. Perilaku agresi pada pecandu narkoba dapat bervariasi, mulai dari agresi verbal hingga kekerasan fisik. Faktor-faktor seperti jenis narkoba yang digunakan, kondisi mental individu, dan lingkungan sosial dapat mempengaruhi tingkat agresi yang ditunjukkan. Maka dari itu, penelitian ini bertujuan untuk menganalisis pengaruh dari konseling kelompok menggunakan terapi dzikir untuk mereduksi perilaku agresi pada pecandu narkoba. Penelitian ini menggunakan penulisan kuantitatif dengan metode Pra-Eksperimen dengan jenis One-Grup Pretest dan Posttest dengan teknik Purposive Sampling dan peneliti menggunakan angka yang diolah dalam SPSS 26. Berdasarkan penelitian yang dilakukan hasil pretest menunjukkan nilai rata-rata mean yaitu 77 yang dimana dikategorikan tinggi lalu diberikan treatment melalui konseling kelompok dengan terapi dzikir sebanyak empat kali pertemuan setelah itu diberi posttest untuk mengetahui apakah ada pengaruh setelah di berikan perlakuan dengan nilai rata-rata mean 46,1 yang bisa dikategorikan rendah. Dan berdasarkan hasil output test statistic diperoleh

hasil uji *T* dengan nilai signifikan (2-tailed) $0,000 < 0,05$ maka dapat disimpulkan bahwa “*Ha* diterima”. Artinya ada perbedaan antara hasil pretest dan posttest, sehingga dapat disimpulkan bahwasanyav ”konseling kelompok dengan menggunakan terapi dzikir berpengaruh untuk mereduksi perilaku agresi pada pecandu narkoba”.

Kata Kunci: *Konseling Kelompok, Terapi Dzikir, Perilaku Agresi, Pecandu Narkoba*

INTRODUCTION

Narcotics are those that start from plants and are derived from plants, both systemic and semisystemic, can cause a decrease and change in consciousness, loss of taste, not being able to experience the slightest pain in the body, and can also experience dependence, and are distinguished into groups as stated in Law No. 35 of 2009 concerning narcotics (Triyanto, 2020). The impact of drug addiction is that when consuming illegal drugs, it will provide a sense of relaxation, relieve anxiety, and create dependence. In addition, it also eliminates appetite, is intoxicating, and causes many more damages that will be experienced by drug addicts, and can also cause violence, aggressive behavior, be unbiased in judging things clearly, and even cause madness (Syaputri, 2021).

Doing dhikr to Allah SWT is a way to reduce aggressive behavior in drug addicts because if a person always remembers Allah, he will always feel calm and not become arrogant, not only but he can also get more than peace of mind and mind. Aggressive behavior in drug addicts often arises as a result of chemical changes in the brain caused by drug abuse. These changes can trigger difficulty in self-control, hallucinations, and a love of talking without thinking first, thus increasing the risk of violent acts. According to Myers, it is explained that aggressive behavior is physical or non-physical behavior, intentional or unintentional, but aimed at hurting, destroying, or harming others to harm the object of aggression (Lubis & Muhammad, 2023; Mukaromatun et al., 2023; Sulistyo, 2012). According to Hasrita, (2022) Aggression is an impulse to attack, injure, belittle, harass, severely berate, damage, harm, or commit other sadistic acts.

The results of research conducted by Ririn Crisdiani (2022) show that dhikr therapy has significant potential as an alternative form of treatment for drug addicts at the Ar-Rahman Palembang rehabilitation center. In her research, Ririn found that dhikr activities not only provide spiritual calm but are also able to form self-awareness, increase emotional control, and strengthen motivation to recover from drug dependence. These findings open up space for spiritual approaches as a complement to the medical and psychological rehabilitation process, particularly for individuals experiencing self-isolation, depression, and deviant behavior due to addiction. Inspired by this research, the author is interested in expanding the study on the influence of group counseling that integrates dhikr therapy as an intervention to reduce aggressive behavior in drug addicts.

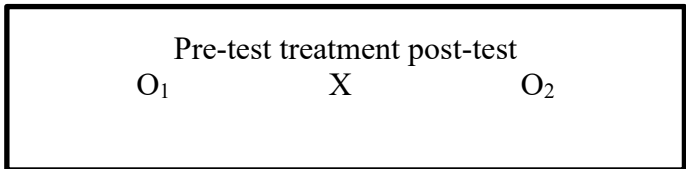
Aggressive behavior often appears as a psychological impact of the use of addictive substances, where addicts experience disturbances in managing emotions, have impulsive tendencies, and have difficulty in social interaction. Aggression that is not handled appropriately can hinder the recovery process and create conflicts, both in the

rehabilitation environment and in the process of social reintegration after leaving the institution (Kibtyah, 2017). Therefore, there is a need for a counseling approach that not only focuses on the psychic and social aspects but also touches on the spiritual dimension as a source of internal strength for the individual. Group counseling is an effective method of creating spaces for sharing experiences, strengthening emotional support, and forming constructive group dynamics. When group counseling is combined with dhikr therapy, the healing process not only touches the rational aspect but also touches the inner depth that has the potential to change mindsets and behaviors. The Ar-Rahman Palembang Drug Rehabilitation Center Foundation is a strategic place to implement this approach, considering that the institution already has a spiritual foundation in its rehabilitation system. This study aims to analyze the extent to which group counseling with dhikr therapy can reduce aggressive behavior in drug addicts, as well as look at the dynamics of changes that occur during the intervention process. With this approach, it is hoped that a holistic and effective intervention model can be found in dealing with aggressive behavior, while strengthening the rehabilitation process that is dignified and based on religious values.

METHOD

This writing is quantitative using pre-experimental methods that are researched in a real, measurable, and clear way when conducting research (Barlian, 2018). By using *design one-group pretest and posttest* with techniques *purposive sampling* and the researcher used data in the form of numbers that would be processed using SPSS 26.0 *for Windows*. The author uses a research method, namely quantitative, regression as a simple linear approach, which aims to determine the influence of dependent variables (aggression behavior) with independent variables (dhikr therapy) on clients at the Ar-Rahman Palembang Drug Rehabilitation Center Foundation. This study is used to analyze the influence of variables expressed by numbers or scales. The research method taken is a type of quantitative research, namely *pre-experimental Design* with design *one-group pre-test dan post-test* with techniques of *purposive sampling*. Method with *One Group Pretest Posttest Design*, that is, the research is only one comparison group. The research design used is as in the table below:

Figure 1. *Pretest and posttest*



Information:

O₁ = pretest value (aggressive behavior before being given treatment)

X = treatment (giving treatment using dhikr therapy)

O₂ = posttest value (aggressive behavior that has been treated)

The purpose of this experimental research is to use the dhikr therapy method to reduce aggressive behavior in drug addicts. The reason researchers use this method is so that the researcher can better remind themselves of Allah SWT. Because we both know that this dhikr is a process where, when we experience excessive emotions, by doing this dhikr, our hearts feel calm, and we are not easily controlled by Satan because we are not in a state of emotion.

The sample consisted of individuals selected from the relevant population for the study. In this study, the researcher used the purposive sampling method, which is a sample selection technique based on certain criteria that have been set (Budianto, 2024). The selection of this sample is based on the criteria of the client's condition with stable recovery. The number of clients that will be used as a sample of this study is 10 people, because according to the latalso in the book Namora explains that group counseling generally has several members in the range of 4-12 people, where the number of group members is less than 4 people, the group dynamics are not effective and if there are more than 12 people, the group counseling process will not run effectively because there are too many members in the group counseling (Djaali, 2021). The selection of this sample with criteria taken from drug addict clients is:

- a. Clients who have aggressive behavior both verbally and non-verbally.
- b. Clients who have difficulty controlling themselves or often speak in a high tone.
- c. Clients whose physical and psychological recovery conditions are stable.

Based on the sampling criteria above to be studied, the researcher took 10 samples to be studied. The reason why 10 samples were taken is because in this study the researcher used group counseling.

RESULTS AND DISCUSSION

Aggressive behavior in drug addicts often appears in response to drug side effects, feelings of hopelessness, or social pressure experienced by a person that can result in physical, verbal, or self-harming violence. This group counseling with dhikr therapy is expected to help drug addicts in managing their aggressive behaviors by providing an understanding of the negative impact of these behaviors and providing positive ways to overcome emotions that are difficult for them to control. The clients were rehabilitated by ar-rahman Palembang which amounted to 59 people. The researcher only took 10 people who used the arikunto formula, after which of these 10 people the researcher used the *purposive sampling* and providing group counseling treatment using dhikr therapy.

Table 1. SPSS Std. Deviation Results

	N	MINIMU M	MAXIM UM	MEAN	HOURS OF DEVIATION
Pretest	10	68	87	77.00	7.958

Valid N (listwise) | 10

The score of the results of the pretest of aggression behavior in the experimental group is as shown below:

Table 2. Aggression Behavior Pretest Result Score

No	Value	Range	Frequency	Presentation
1	Tall	85	4	44%
2	Keep	69 - 85	4	37%
3	Low	69	2	18%

Through the calculation of the table above, it is known that the sample where 4 respondents can be grouped high with a percentage of 44%, which is categorized as medium there are 4 respondents with a percentage of 37% and the low category there are 2 respondents with a percentage of 18%. It can be concluded that aggressive behavior in drug addicts is highly categorized.

At this stage, the researcher provides group counseling using dhikr therapy to 10 samples that are classified as having high aggression behavior. The group counseling process was carried out based on an agreement between the researchers and also on 10 samples. The process *treatment* Group counseling is carried out in 4 stages, namely:

- a. Early stages
- b. Transition stage
- c. Activity stage
- d. Final stage

Based on the results of the study, it is clear that after the group counseling using dhikr therapy began to change their way of behaving or controlling their aggressive behavior, both in their speech and their behavior towards others. A drug addict with a tendency to aggressive behavior, after following a series of group counseling using dhikr therapy that has been performed, shows significant changes in self-control and decreased levels of aggression, indicated by the ability to be calmer in responding to stressors, increased self-awareness of the negative impact of aggression behavior on oneself and others, and the ability to manage emotions more constructively Through deep breathing exercises and dhikr learned during therapy, although challenges may still exist and the recovery process takes time and ongoing support.

In the next process, namely *the administration of Posttests* to 10 samples that have been given *treatment*. The purpose of this *Posttest* is to see the changes in clients' aggressive Behavior after they have done 4 sessions of group counseling with dhikr therapy conducted by the researcher and with Mr. Syahrizal. The results of the *Posttest* are in the explanation and table below:

Table 3. SPSS Std. Deviation Results

	N	MINIMUM	MAXIMUM	MEAN	HOURS OF DEVIATION
Posttest	10	25	60	46.10	10.867
Valid N (listwise)	10				

The results of the posttest image of the level of aggressive behavior in the experimental group can be seen in the table below.

Table 4. Posttest Results Score for Aggression Behavior

No	Value	Range	Frequency	Presentation
1	Tall	57	2	26%
2	Keep	35-57	2	23%
3	Low	35	6	51%

Through the calculation in the table above, it is known that in the sample where the high group is grouped, there are 2 respondents with a percentage of 26%, in the medium category, there are 2 respondents with a percentage of 23% and in the low category, there are 6 people with a percentage of 51%. It can be concluded that aggressive behavior in drug addicts is low-categorical.

Table 5. Differences in Pretest and Posttest Scores in Aggression Behavior

No	Name	Pretest	%	Category	Posttest	%	Category
1	And	70	9%	Keep	60	13%	Tall
2	YS	69	9%	Low	38	8%	Low
3	P	70	9%	Keep	25	5%	Low
4	THAT	68	9%	Low	41	9%	Low
5	I	73	9%	Keep	60	13%	Tall
6	ATA	84	11%	Tall	52	11%	Keep
7	D	86	11%	Tall	55	12%	Keep

8	WW	87	11%	Tall	44	10%	Low
9	APB	86	11%	Tall	44	10%	Low
10	FF	77	10%	Keep	42	9%	Low
Sum		770			461		
M		77			46,1		
SD		7,9			10,8		

In obtaining data, this research was carried out to determine the influence of group counseling to reducing aggressive behavior in drug addicts. Mean (average) of the calculation result *pretest* and *posttest*, each of the counseling groups given treatment, $M = 77$ and $M = 46.1$, was rounded up to 46 with an average score difference of 30.9. It can be seen that in counseling, this group experienced a decrease in aggressive behavior after being given dhikr therapy.

1. Normality Test Using the Shapiro-Wilk Test

The following explains the results of the normality test using the Shapiro-Wilk test can be seen in the table below:

Table 6. Shapiro-Wilk's Normality Test

	KOLMOGOROV-SMIRNOVA			SHAPIRO-WILK		
	Statistic	df	Itself.	Statistic	df	Itself.
Pretest	.210	10	.200*	.834	10	.037
Posttest	.177	10	.200*	.936	10	.512
*. This is a lower bound of the true significance.						
a. Lilliefors Significance Correction						

Based on the above results, it is known that the significant value for *Pretest* is 0.37 and the significant value for *Posttest* is 0.512. So it can be concluded that the data *Pretest* normal distribution due to $0.37 > 0.05$, and the data *Posttest* is also normally distributed because it is $0.512 > 0.05$.

2. Uji T-test

The following explains the results of the t-test (*Paired Samples Test*) using SPSS 26.

Table 7. Paired Samples Test

		PAIRED DIFFERENCES					T	DF	SIG. (2- TAIL ED)
		Mean	Std. deviation	Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pretest - Posttest	30.900	11.827	3.740	22.439	39.361	8.262	9	.000

Based on Table 7 it shows that the results of the T (*Paired Samples Test*) test are 8,262 with a significant value of 0.000. It can be seen that a significant value (2-tailed) of $0.000 < 0.05$ means that H_a is accepted and H_0 is rejected, there is a significant difference between before and after being given group counseling and being given dhikr therapy. Aggression behavior in drug addicts after being given dhikr therapy decreased compared to aggressive behavior before being given dhikr therapy. So, it can be concluded that group counseling using dhikr therapy affects aggressive behavior in drug addicts. This study was conducted 6 times for approximately 1 month and has been successfully carried out based on the results of the calculation of the average *pretest* and *posttest* in group counseling has an effect on aggressive behavior. Based on the results of the *average pretest* score of 77 and *posttest* 46.1, it can be concluded that there is a decrease after being given group counseling using dhikr therapy.

CONCLUSION

Before the group counseling process using dhikr therapy, the aggressive behavior shown by drug addicts at the Ar-Rahman Palembang Drug Rehabilitation Center Foundation was at a fairly high level. This is reflected in the frequent occurrence of fights between fellow clients, indications of wanting to harm rehabilitation friends, and emotional conditions that are still unstable. Emotional incontroll and impulsivity are the dominant features that appear in daily interactions in the rehabilitation environment. This condition was strengthened by the results of the pretest, which showed an average value (mean) of 77, which indicates that the level of aggression behavior of participants is still in the high category.

However, after being given an intervention in the form of group counseling combined with dhikr therapy, there was a significant change in the behavior of the clients. They showed better emotional control, decreased intensity of conflict between individuals, and the emergence of mutual respect and support among fellow rehabilitation residents. This is evidenced by the results of the posttest, which showed a mean value of 46.1, which indicates a decrease in aggression behavior and shifted the aggression category to medium and low levels. This change indicates that a combination of group dynamics and a spiritual

approach is able to shape self-awareness and increase control over negative emotions that were previously difficult to control.

Based on the results of the statistical test conducted through the t-test, it was found that the significance value (2-tailed) was 0.000, which was far below the threshold of 0.05. Thus, the alternative hypothesis (H_a) is accepted, which means that there is a significant difference between the pretest and posttest results. These findings confirm that group counseling using dhikr therapy has a real influence on reducing aggressive behavior in drug addicts. These results reinforce the belief that a structured and grouped spiritual approach can be one of the most effective methods in the rehabilitation process of drug addicts, especially in helping them overcome aggressive behaviors that have been obstacles to recovery.

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