

ISLAMIC-BASED GROUP GUIDANCE TO DEVELOP INDEPENDENCE IN VISUALLY IMPAIRED ADOLESCENTS AT THE PALEMBANG SENSORY DISABILITY CENTER

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Abstract

This study aims to determine the picture of independence in blind adolescents before and after being given Islamic-based group guidance and to determine the implementation of Islamic-based group guidance to develop independence in blind adolescents at the Palembang sensory disability home. This study uses a descriptive qualitative research method, while data collection techniques are observation, interviews, and documentation. The data analysis techniques used are data collection, data reduction, data presentation, and conclusions. The subjects taken were 8 people with sensory disability. The results of this study found that the picture of independence before being given Islamic-based group guidance was that adolescents tended to depend on others and lacked initiative in worship. Group guidance was carried out in four stages, namely the beginning, transition, work, and end. After being given Islamic-based group guidance, the results showed that Islamic-based group guidance was effective in developing independence and quality of life for blind people as a step towards a better life.

Keywords: Group Guidance, Islam, Independence

Abstrak

Penelitian ini bertujuan untuk mengetahui gambaran kemandirian pada remaja penyandang tunanetra sebelum dan sesudah diberikan bimbingan kelompok berbasis ajaran Islam serta untuk mengetahui pelaksanaan bimbingan kelompok berbasis ajaran Islam untuk mengembangkan kemandirian pada remaja penyandang tunanetra di panti disabilitas sensorik Palembang. Penelitian ini menggunakan metode penelitian kualitatif deskriptif sedangkan teknik pengumpulan data adalah observasi, wawancara dan dokumentasi. Teknik analisis data yang digunakan yaitu pengumpulan data, reduksi data, penyajian data, dan kesimpulan. Subjek yang diambil ialah remaja disabilitas sensorik Palembang sebanyak 8 orang. Hasil penelitian ini menemukan bahwa gambaran kemandirian sebelum diberikan bimbingan kelompok berbasis ajaran Islam ialah remaja cenderung bergantung pada orang lain dan kurang inisiatif dalam beribadah. Bimbingan kelompok dilakukan dalam empat tahap yaitu awal, peralihan, kerja, dan akhir. Setelah diberikan bimbingan kelompok berbasis ajaran Islam hasilnya menunjukkan bahwa bimbingan kelompok berbasis ajaran Islam efektif dalam mengembangkan kemandirian dan kualitas hidup penyandang tunanetra sebagai langkah menuju kehidupan yang lebih baik.

Kata kunci: Bimbingan Kelompok, Islam, Kemandirian

INTRODUCTION

Independence often arises from continuous dependence on other people or situations. Sometimes, there are still many individuals who find it difficult to make decisions on their own or, in other words, when facing challenges without external support, which ultimately hinders their personal development. In today's rapidly evolving world, the ability to be more independent is increasingly important for individuals to adapt, take initiative, and achieve personal well-being (Hadiyati, 2021). One of the characteristics taught in Islamic law is independence, which refers to individuals who can fully understand the laws and regulations of Allah, customs, and the laws followed in daily life. This process begins in childhood and continues until the age of puberty. Based on Islamic teachings, it can be said that individuals will receive taklif (responsibility), which means they have an obligation to Allah SWT to practice Sharia in Islam. The angels begin to observe every good or bad deed performed by each individual as part of their accountability for their behavior (Saproni, 2016). As explained in the Quran, Surah Ar-Ra'd, Verse 11, which states:

لَهُ مُعَقِّبَاتٌ مِّنْ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهِ يَحْفَظُونَهُ مِمَّنْ أَمَرَ اللَّهُ إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنفُسِهِمْ وَإِذَا أَرَادَ اللَّهُ بِقَوْمٍ سُوءًا فَلَا مَرَدَّ لَهُ وَمَا لَهُم مِّن دُونِهِ مِنْ وَالٍ ۝ ۱۱

Meaning: “For every human being there are angels who follow him in turn, before and behind him, protecting him by Allah's command. Indeed, Allah does not change the condition of a people until they change what is in themselves. And when Allah intends to do something bad to a people, there is no one who can repel it; and they have no protector other than Him.”

According to Wanto, independence is a form of individual freedom in living life without dependence on others. Independent individuals are able to manage themselves, both in overcoming challenges and making their own decisions. Meanwhile, according to Asri and Meidarti, independence can be identified through an individual's ability to determine their own destiny. Independent individuals generally have a creative spirit, high initiative, are able to regulate their behavior well, are responsible for their actions, and have the ability to restrain themselves (Hadiyati, 2021). Thus, independence does not only include the ability to live independently, but also involves comprehensive self-development, one of which is the ability to think creatively, act independently, and be responsible for one's actions. Independence is a very important foundation for achieving individual success and well-being in various aspects of life. Therefore, independence cannot only be measured by each individual's ability to break free from dependence on others, but also by their emotional relationships with other individuals. Teaching independence to adolescents can increase their self-confidence, help them adapt to their environment, and prepare them for the future. With independence, adolescents can continue to develop and live their lives better.

The results of the pre-survey indicate that visually impaired individuals at the Palembang sensory disability center have not yet been able to develop independence in terms of their mental and spiritual aspects. They tend to depend on others to solve simple problems and lack initiative in performing religious duties, such as mandatory prayers, which still require prompting. This indicates that the eight clients or group members still need further guidance. Developing independence in blind people requires special attention from the community, family, and related parties in improving their quality of life. Every individual, including blind teenagers, has the right to enjoy a decent and quality life. Independence does not appear instantly, but requires special services so that visually impaired adolescents can move away from high dependence on others towards independence. These special services, such as group guidance based on Islamic teachings, are designed to help visually impaired adolescents develop their independence in terms of mental and spiritual aspects.

Group counseling is an activity led by a group leader who provides information and guides discussions so that members become more social and achieve common goals. This method is used to help individuals through interaction within a group. This counseling is carried out collectively, where a group of teenagers with similar needs gather and are guided to find solutions to the challenges they face, both individually and as a group. This group guidance is an effort to guide individuals through group activities with the aim of providing information to a group of visually impaired teenagers to help them plan and make the right decisions (Prayitno, 2017). Nasution states that Islam as a religion is a teaching that was directly revealed by Allah to humans through the Prophet Muhammad SAW as His messenger. These teachings encompass various aspects of life, providing comprehensive guidelines that guide believers in all matters, both spiritual and social. The primary sources of Islamic teachings are the Quran and Hadith, which serve as a guide (*hidayah*) for humanity (Fachri, 2023).

Thus, it can be understood that Islamic-based group guidance is an effort to provide assistance to individuals or groups experiencing difficulties, whether physical, emotional, or social, related to their current and future lives. This assistance focuses on mental and spiritual aspects, encouraging individuals to utilize the power of faith and piety towards God. Through guidance, teaching, and direction, individuals are encouraged to overcome various problems in life so that their goals are in accordance with the guidance of Allah SWT. This guidance is very important for the visually impaired so that they can carry out their obligations as Muslims without obstacles. This means that everyone, whether they have normal abilities or disabilities, is required to comply with the religious obligations and rules established by Allah. The implementation of Islamic-based group guidance for visually impaired teenagers aims to help them develop independence by providing information about aspects of Islamic teachings. This is expected to convince individuals about various basic principles (according to their needs), encourage and assist individuals to understand and practice religious teachings correctly, as well as encourage and assist individuals in understanding and practicing the principles of faith, Islam, and *ihsan* in

daily life, understanding ethics and manners, and being able to overcome their problems independently.

METHOD

This study was conducted to determine the level of independence among visually impaired adolescents before they received Islamic-based group counseling, how the Islamic-based group counseling was implemented, and how the level of independence among visually impaired adolescents changed after they received Islamic-based group counseling. The researcher conducted this study using a qualitative research method with a descriptive research design. The subjects of this study were eight students or clients at the Palembang Sensory Disability Care Center. The location of this study was the UPTD Panti Sosial Rehabilitas Penyandang Disabilitas Sensorik (Social Rehabilitation Center for People with Sensory Disabilities), Suka Bangun, Kec. Sukarami, Kota Palembang, South Sumatra. In this study, the data collection techniques used were observation, interviews, and documentation. Observation is the process of understanding the context of data in depth within the overall social situation, resulting in a comprehensive view (Sugiyono, 2020). The interview technique in qualitative research is a conversation with a specific purpose, preceded by informal questions. According to Sugiyono, documentation techniques can take the form of written texts, images, or someone's monumental works. Data analysis was conducted using qualitative descriptive techniques.

RESULTS AND DISCUSSION

This study was conducted through observation, interviews, and documentation of eight students at the UPTD Panti Disabilitas Sensorik Palembang (Palembang Sensory Disability Care Center). The results of the study indicate that blind people at the Panti Disabilitas Sensorik Palembang are still unable to develop independence. They tend to depend on others to solve simple problems and lack initiative in performing religious duties, such as mandatory prayers, which still require prompting. This indicates that all eight clients or group members still require further guidance. Subsequently, the researcher conducted group guidance based on Islamic teachings with group members to develop independence through three Islamic-based materials. The group leader provided information related to Islamic teachings that can be considered beneficial to convince individuals about various basic principles (according to their needs), encourage and help individuals to understand and practice religious teachings correctly, as well as encourage and help individuals to understand and practice the principles of faith, Islam, and ihsan in their daily lives. This was done to help group members or clients achieve optimal development based on Islamic values. The results showed that this guidance was implemented through several stages, namely the initial formation stage, the transition stage, the activity stage, and the final stage, as follows:

1) Initial or formation stage

In the first stage, the group leader greets the group members, leads a prayer, and reads verses from the Holy Quran- Qur'an to start the activity. The group leader explains the meaning and importance of group guidance. The group leader explains the objectives, activities, process, and principles of group guidance. The group leader presents the topic to be discussed. The activity begins with introductions among group members, and the service contract (agreement) is explained, which involves conducting activities for 2 x 50 minutes.

2) Transition phase

The group leader plays a role in building enthusiasm, creating a friendly atmosphere, and increasing member participation. In addition, the leader helps members understand group dynamics and prepares them for the next phase, which is the activity phase as the core of this process. The leader and members then prepare to carry out the next phase.

3) Work stage

The group leader explains the prepared topic, which is about developing independence. The group leader explains the importance of developing true independence. At this stage, the group leader explains the definition of independence. The group leader provides important information related to Islamic teachings, as follows:

- a) Faith. (Aqidah) Believing in Allah SWT (praying sincerely, reading the Qur'an, and performing other acts of worship with sincere intentions). Believing in the Prophet and Messengers by acknowledging that the Prophet Muhammad is the messenger of Allah (following the teachings of the Sunnah and practicing the teachings of the Prophet Muhammad SAW). Believing in the Day of Judgment by acknowledging that the Day of Judgment is the day of reckoning for all deeds (reminding oneself of the Day of Judgment, performing good deeds, and striving to be better). Believing in qadar (accepting everything with patience and contentment, and doing the best in all situations). Believing in angels by acknowledging that angels are creatures created by Allah SWT to carry out certain tasks. (Respecting and appreciating the role of angels in life, striving to be a good person by following the example of angels).
- b) Regulations (Sharia). This material covers the practice of worship, namely the five daily prayers, the rules for leaving prayers, and the virtues of prayers. At this stage, the group leader encourages and helps individuals to understand and practice Islamic teachings correctly.
- c) Morals (Akhlakul Karimah). In this material, group leaders provide practical advice related to morals towards Allah (believing in the oneness of Allah, reading and practicing Islamic teachings), morals towards oneself (controlling emotions and desires, thinking positively and having a strong

mentality), morals towards others (respecting and valuing others), and morals towards the environment (respecting and maintaining environmental cleanliness and reducing negative impacts on the environment).

This guidance based on Islamic teachings is very useful in convincing individuals about basic principles according to their needs. In addition, the leader encourages and guides members to understand and practice religious teachings correctly, including the principles of faith, Islam, and ihsan in daily life. This effort aims to help group members achieve optimal independence based on Islamic values.

4) Final stage

The final stage is the last phase that leaders and group members go through. At this stage, the leader explains that the activity is coming to an end. Group members then summarize the results of the discussion, convey their hopes, messages, and impressions after participating in the guidance. Next, they discuss plans for the next meeting. An evaluation is conducted, and the group leader expresses gratitude for the members' participation. The activity is closed with greetings and handshakes. Based on the results of the implementation of Islamic-based group guidance that has been carried out in the field, the results obtained from the eight research subjects or clients related to the aspect of independence that was observed by providing Islamic teachings with verses from the Qur'an related to Aqidah, Shariah, and Akhlak, show that all eight clients have achieved results in developing their independence, which can be seen from the observations.

The research shows that intensive Islamic-based group counseling brings positive changes to the eight visually impaired adolescents. They gained new understanding of Islamic teachings, experienced an improvement in the quality of their worship, and became more consistent in performing prayers. Additionally, they demonstrated significant progress in aspects of independence, such as the ability to make decisions boldly with a deep understanding of the consequences of their actions. The eight clients or group members feel like better individuals and are more optimistic about their potential after participating in effective Islamic-based group counseling. This underscores the importance of Islamic-based group counseling as an effort to build independence and improve the quality of life for visually impaired individuals. Therefore, it can be concluded that the eight visually impaired teenagers have achieved optimal independence after receiving Islamic-based group counseling as a step toward developing independence to achieve a better life.

CONCLUSION

The results of the study indicate that visually impaired individuals at the Palembang Sensory Disability Center have not yet developed their independence. They tend to rely on others to solve simple problems and lack initiative in performing religious duties, such as mandatory prayers, which still require prompting. This suggests that the eight clients or group members still require further guidance. The implementation of group-based Islamic guidance to develop independence among visually impaired adolescents consists

of four stages. First, the initial stage utilizes group dynamics to train communication skills. Second, the transition stage focuses on creating a safe and comfortable environment among group members. Third, the working or prevention stage, where the group leader helps them understand the basic principles of religion, motivates the application of Islamic teachings, instills the values of faith, Islam, and ihsan, accepts opinions, and develops themselves with Islamic values. Fourth, the final evaluation stage to measure the success of the process that has been carried out. After participating in the Islamic-based group counseling program, all eight clients felt better and more optimistic about their potential. Additionally, they now understand the Islamic teachings that were provided. These findings indicate that Islamic-based group counseling is effective in developing independence and improving the quality of life for visually impaired individuals. Overall, the eight visually impaired adolescents successfully developed their independence as a step toward a better life.

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