

THE EFFORT OF ISLAMIC COUNCELING GUIDANCE BY COUNSELOR IN SOLVING STUDENTS' PROBLEM AT STATE ISLAMIC SENIOR HIGH SHOOLE (MAN) 2 MODEL MEDAN

Tarmizi Situmorang

Abstract: *Nowdays counseling guidance has been applied in some school/ islamic school, although there counselor who has education background is not counseling guidance or is synchronized of counseling guidance through training. Even, there counselor is appointed by headmaster of teachers who teaches islamic religion. In the Holy Koran, many dialog stories is done by the prophets toward their followers. These stories can be as method to be example of illumination for hoped behaviour, where the behaviour that Allah likes or not. From the explanation above, many methods can be applied in running islamic counseling guidance. The counselor's effort in solving students' problem in State Islamic Senior High School 2 Model Medan can be done by considering problem level. Levels of severe problems will be given responsive service such as individual counseling, group counseling, home visit, consultancy, mediation.*

Keywords: Islamic Councelling; students' problem; MAN 2 Model Medan, Mediation.

Introduction

Nowdays counseling guidance has been applied in some school/ islamic school, although there counselor who has education background is not counseling guidance or is synchronized of counseling guidance through training. Even, there counselor is appointed by headmaster of teachers who teaches islamic religion, this case is just for filling chart structure at school/ islamic school because in the school/ islamic school is still lack of school counselor that has education background of counseling guidance appointed by the goverment based on Letter decision as school counselor.¹

If it is seen in state islamic senior high school 2 model medan, the counselors in this school have characteristics where counselors have education background of conventional counseling guidance, psychology education, teacher and only one counselor has background of islamic counseling guidance from FITK islamic counseling guidance department State Islamic University North Sumatera.²

¹ Ramayulis. *Ilmu Pendidikan Islam* Jakarta: Kalam Mulia. Cet. 4, 2004.

² A. Hallen, *Bimbingan dan Konseling*. Jakarta: Quantum Teaching, 2005.

All students, all teachers in State Islamic Senior High School 2 Model Medan are moslem and so are all administration employees. Everybody in this school is moslem. Then, good thing for counselor that has education background of islamic counseling guidance is alumni of FITK, islamic counseling guidance department for implementing their science accepted for showing different of the others school, besides the researcher finds the unique materials such as worship, *tauhid*, *akhlak* (behaviourism), and *Mu'amalah*.³

The difference of education background that is had by counselor such as conventional counseling guidance, psychology, teacher and islamic counseling guidance ofcourse will attempt to show different in running the duty as appropriate as knowledge achieved. In this case, the writer has observed to State Islamic Senior High School 2 Model Medan and found some facts like the counselor appointed based on decision letter of Headmaster as counselor that has Islamic counseling guidance background. This case is the interesting thing for writer to do research by explaining or describing how counselor from Islamic counseling guidance department, FITK, State Islamic University North Sumatera Medan runs islamic counseling guidance toward his/her students in State Islamic Senior High School 2 Model Medan.

Methodology

In running counseling guidance, the method used is really need to achieve good result, if the method is not appropriate of counseling problem that will be solved, it will not achieve good things. In the Holy Koran An Nahl/ 16: 125:

Meaning: *Invite to the way of your Lord with wisdom and good instruction, and argue with them in a way that is best. Indeed, your Lord is most knowing of who has strayed from His way, and He is most knowing of who is (rightly) guided.*⁴

The word *Ud'u* above is imperative taken from the word *da'a – yad'u* meant “call” or “invite” while the basic word is *da'watan* meant a call. In Indonesia culture, the word “*dakwah*” is often used as the effort or process running Islam. Based on *ud'u*, Q.S An Nahk/ 16: 125 is become a base of theorem method in *dakwah*, but it may be used as a method in islamic counseling in the school.

³ Walgito, Bimo. *Bimbingan dan Penyuluhan Di Sekolah*, Yogyakarta: Andi Offset, 1995.

⁴ Ahm, Asy'ariet. *al.Pengantar Studi Islam*. Surabaya: IAIN Sunan Ampel, 2004.

In explaining above, there three methods can be used in conveying education, *dakwah*, and counseling guidance. Counseling guidance itself is sub system of education, while the science of education itself is as basic study of counseling guidance, then in running islamic counseling guidance. The three approachments found in the holy Koran can be approaches in islamic counseling guidance (1) *al- hikmah*, (2) *manz'hub al hasanah* and (3) *jaadilbulbum billatibiya absan*.

If taking attention of the three approachments above, they can be divided into some methods that can be applied either guidance or islamic counseling. The method found in Holy Koran can be used in running islamic counseling guidance, as following:⁵

a. Exemplary Method

Word of God related with paragon is one of methods that must be showed by counselor how to do good thing and how to convey the information to the students so that nothing contradiction of what is conveyed toward what is done, this case is found in verse of Al Ahzab/ 33 :21:

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ يَرْجُوا اللَّهَ وَالْيَوْمَ
الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا ﴿٢١﴾

There has certainly been for you in the messenger of Allah an excellent pattern for anyone whose hope is in Allah and the Last Day and (who) remembers Allah often.

b. Awareness Method

Many use advice idioms and also *at Targhib wat Tarhib* (promise and threat) like word of Allah in Al Hajj/ 22:1-2:

Meaning: (1)O mankind, fear your Lord, Indeed, the convulsion of the (final) Hour is the terrible thing. (2) one the day you see it every nursing mother will be distracted from that (child) she was nursing, and every pregnant woman will abort her pregnancy, and you will see the people (appearing) intoxicated while they are not inticated ; but the punishment of Allah is severe.⁶

c. Logical Reasoning Method

⁵ al-Mali al-Shawi, Ahmad bin Muhammad. *Syarh Al-Shawi `Ala Anbar Al-Taubid*.

⁶ Arifin, M. *Pedoman Pelaksanaan Bimbingan dan Penyuluhan Agama*. Jakarta: Golden Terayon Press, Cet. 1, 1982.

Logic method is an dialogic effort done by individual with mind and feeling. Generally, this logic reasoning is also called cognitive approachment orienting on active process that involves inspective and introspective data. According to T Glading, counselor role on cognitive approachment to make up counselees' closed mind become open. Counselees' closed mind is caused by negative opinion/concept of counselee in viewing the facts about her/himself.

Logic reasoning method in counseling guidance can be found in the Holy Koran Al- An'am/ 6: 76-78.

Meaning: (76) *So, when the night covered him (with darkness), he saw a star. He said "this is my Lord". But when it set, he said, "I like not thosethat disappear". (77) And when he saw the moon rising. He said, "this is my Lord". But when it set, he said, "Unless my lord guide me, I will surely be among the people gone astray." (78) And when he saw the sun rising, he said, " this my lord; this is greater," but when it set he said , " O my people, indeed I am free what you associate with Allah.*

d. Story Method

In the Holy Koran, many dialog stories is done by the prophets toward their followers. These stories can be as method to be example of illumination for hoped behaviour, where the behaviour that Allah likes or not. From the explanation above, many methods can be applied in running islamic counseling guidance. In the Holy Koran, Yusuf/12:3 mentions that these stories are in the Koran tended as media for remind negligent people.

Meaning:*We relate to you, (O Muhammad), the best od stories in what we have revealed to you of this Qur'an although you were, before it, among the unaware.*

Discussion

Related the effort of islamic counseling guidance done by a counselor in solving students' problem, the researcher takes some examples of problem solving that happens to the students based on the instrument done by counselor. The problems are the difficultness in studying, health and worship.⁷

The interview result done by counselor in solving students' problem in State Islamic Senior High School is by doing various services such us orientation, information, studying, group guidance, group counseling and individual counseling with material linked to religion, for

⁷ Latipun. *Psikologi Konseling*. Malang : UMM Pres, 2008.

example, researcher's observation toward the counselor's documents in giving information can be described from the observation that relates the effort in solving students' healthy problem, the counselor give information with the theme "Healthy Lifestyle of *Rasululloh*".

There are some advices from *Rasululloh* that can be imitated in keeping our health so we can always study well. Some advices as followings:

a. In the morning, He uses twig or root (*sivak*) for His dental and mouth health. *Sivak* contains nature flour very functioning for teeth and gums. Nowadays, extract of *sivak* can be found in tooth paste, so it is easy to be used.

b. *Rasululloh* has lunch of a glass of mineral water mixed a spoon of honey. In the Holy Koran, Honey is medicine (*syifaa*) of various diseases. Honey contains micronutrition needed by the body.

c. *Rasululloh's* menu is vegetable. Generally, vegetable contains ame substance and function, they are to strengthen body endurance and to protect it of attacking diseases.

d. In the night after having dinner, He doest go bed directly. He does some activities first so that the food consumed runs to side fast and easy to be ingested. *Rasul* ever says "dilute your food by remembering to *Allah Swt* and prayin, then do not go bed directly after eating because it can make your heart hard" (Hadist narrated by *Abu Nu'aim of Aisyah r.a.*

e. Some kinds of food are liked by *Rasululloh*, but He does not consume routinely such as, tsarid (the mixed of meat bread and gravy), *yaqthib* (pumpkin), grape and *hilbab* (milk).

f. *Rasululloh* always does sport, sometime while He play with His children and grandchild. Sport is admitted by health expert that sport is really function for the body.

g. *Rasululloh* does not suggest followers to stay up all night. He does not like speaking and eating after praying *isyah*. He go bed early so He wake up early. Because taking rest is enough, sleeping is body right needed by body.

h. The core of *Rasul's* consumption pattern is by avoiding eating and drinking too much. He never eat again after getting full. The real full is when body feels enough by substance needed as appropriate as portion.

i. Based on narratives, *Aisyah r.a* ever says "previous time *Rasululloh* never eat fully with two kinds of food. When He gets full with bread, He will not eat date palm. This research proves that gathering the

food in the stomach will birth various diseases. That's why, it is really important for us to organize our food well.⁸

It is also found in studying problem. For example, low studying achievement can background by lower intelligence, lack of studying motivation, unwell habitual in studying, health disruption, lack of studying facilitation, unupport family, the unwell way of teacher's teaching etc.

The difficulty factors of studying are classified as:

1. Intern factor (in child self factor) include: a) biological, is the obstacle thas has physical characteristics, such as healthy, deformed body, underfed, non functioning of the five senses, etc b) psychological, is the obstacle that has phychological characteristics, such as attention, interest, talent, IQ, emotion, and psychological disturbance.

2. Extern factor (out child self factor) include : a) family environment factor, such as broken home, lack of parent's attention and control etc. B) school environment factor, such as curriculum, no efficient in studying process, the way of teacher's teaching, the student's relation with teacher and classmate etc c) social environment factor, like unsupport environment.

There effort done by counselor in studying problem is by giving content service as appropriate as student's problem and by providing teachers related problems content. If the counselor gives understanding about studying in Islam's view to the students, the students will understand what she study for through studying information service. If the students have understood correctly what she/he studies for, feeling lazy, bored will be lost automaticly. The conclusion of material information service, the counselor's effort in studying promblem is by giving content service related to content problem. Besides the counselor give the comprehension first about the studying nature in the view of Islam so the students will understand what she/he studies for through studying information service. If the students have understood correctly what she/he studies for, feeling lazy, bored will be lost automaticly. This following is the conclusion of material information service with theme " Studying in Islam".

Studying is an activity that must be done by students. Aphorism says that studying is like drinking herbarium, the taste is bitter but taking attention, the next day someone drinking herbarium will get fresh, bright thinking and spirit in working. While careless in studying is like drinking

⁸Munandir. *Beberapa Pikiran Mengenai Bimbingan Konseling Islami*. Yogyakarta: UII, 1997.

wine, the taste is sweet, someone drinking wine the next day his/her body gets weak, confusion and lazy in working. By studying, someone will be smart, being smart, someone will get bright future. It can not be avoided in studying process, there will be problems, such as laziness, no spriti that come from self, sometime it come from out of self like the lack of the styding mediuma and facilitation etc.⁹

Studying in the islamic school is not as different as studying in university. For being able to follow the lesson well, students have to know everything that should be prepared before having the class and what steps and action that should be done during studying learning process taking place and finishing.

It is ok if the students use collage way for joining the lesson in the class at once train themself with good habitual for stepping to university next. This followings are the ways or steps to follow the lesson / teaching studying process in the class:

a. Intention

While stepping and leaving home for going to school, the student must intend and has willpower for having knowledge. "*Bismillahir rahmaanir rabiim*", with Your name I search knowledge as Your calling so please add my knowledge and give me comprehension. Heart says: "I must understand the teacher's explanation and describition. I will focus so what the teacher tell later will be mine and get in my brain". Besides pure intention, that contains high value is to not neglect time and to not do useless thing so this intention must keep continually, till the lesson in over. Cause of intention is the basis and the main for stepping next.

b. Hard will

A will is the important capital in studying. This thing must be accompanied with hard effort and persistent struggle. A will without effort means half failure. Natural law says: "persevere, you will be in power". A student who wants to get success must prepare and not afraid to face difficulty and obstacles. We know that there are no enjoyment and happines of life except after the difficlty, annd indeed, after the difficulty there is ease. A student who is afraid to face difficulty will be sink in darkness and stupidity. Aphorism of Arabic says: "Who does not want to feel difficulty in studying will feel mordacity of stupidity lifetime".

c. Attention

⁹Hana ,Attia Mahmoud. *BimbinganPendidikandanPekerjaan*. Jakarta: BulanBintang, 1978.

A student have to function his/her ear as good as possible for listening teacher's explanation and describition who is teaching. S/he have to select expalantion considered important one and repeated by a teacher because many teachers make it as semester examination material. Besides that, s/he must be able to use her/his eye for taking attention of teacher's mimic, body language and teaching style so it can add conphrehension an understanding toward the less which is given. All will make brain easy to memorize and remind the lesson back.¹⁰

d. Concentration

Concentration means centre of thinking toward a problem. In this thing, the student only thinks about faced lesson/studying. S/he will not give a chance to the others something and problems which come to brain so it disturb the lesson. Leave and do not think something except studying.

Many students who come and sit in the class, not sleepy looks taking attention teacher and the written on the whiteboard, but accutually her/his thinking is nothing, thinking out of lesson, enjoying fantasy and dream. It is proven when s/he is asked so s/he is surprised, nervous, confuse and not know what is asked, as a student, that case is shameful something even damage. Is not the school fee expensive need much time and energy etc ?. For avoiding it, a student must remember the purpose/ intention, getting the knowledge. This intention must be always remembered and kept s o it ingrained on her/him so the other disturbance is easy to be chased away. The student who is easy getting disturbance is the student who is not strong and note to him/herself to search the knowledge. They will be tempted easily and influenced the environment so only failure is achieved.

e. Apperception

The student must be clever in listening the teacher's explanation because following the study must be done actively and creatively. It is better for the students to study first so it needs apperception. Apperception is the knowledge prepared to accept new things and knowledge. Apperception can be done as following:

a. Reading and rereading the study that is ever given previously or the past study.

¹⁰ Prayitno & Amti, Erman. *Dasar-Dasar Bimbingan dan Konseling*. Jakarta: Rineka Cipta, 2004.

b. Reading the chapter or the next material from handbook. This case can be done if the teacher explains the book sequentially, chapter to chapter or page to page.¹¹

c. Reading the other book related to the problem that will be explained.

If a student can do point a and b, s/he will understand and catch up the teacher's explanation easily although s/he does not understand yet while s/he reads by him/herself. If s/he has understood, ofcourse it will be better.

Sometimes the student has negative behaviour. S/he feel that s/he has understood and comprehended all. The effect, s/he undertimates and does not take attention to teacher's explanation. In her/his heart says " I already read, i have understood, the teacher may say the same what in the book is, just relax". It is not right, really wrong. S/he does not know that the teacher makes preparation and reads some books before teaching. Ofcourse there is addition and new things that really need to be known, but nothing is in the book. That is an bad student. How smart a student must be respected the teacher. Teacher is the second parent after mother and father. The teacher follow to mature us.

f. Note

If there someone hunts and get a fresh and health deer, then the man does not bind it tightly. It will runs and loose as well as someone who hunt knowledge. After getting it, it must be binded tightly. The rope is complete, clean, clear note and easy to be read.

The are two kinds of note:

a. Official note

Official note is the note about what is dictated or written by teacher in the whiteboard. In this thing, the student just note and write. The student should make complete, clean, interesting and bright note. If the teacher dictates fast, the student leaves or give blank line to continue the note later. The blank line can be complicated by borrowing your friend's note after studying. May in your friend's note, there some lines are blank because of left. You and your friend can discuss or cooperate for complicating the note. Stopping or not writing note is bad behaviour. This case can occur bad habitual such as depend on other people, not confident or feel inferiority etc:

b. Unofficial not

¹¹ Yusuf , Syamsu dan Jatmika Nurihsan. *Landasan Bimbingan Konseling*. Bandung : PT Refika Aditama, 2006.

The mean by unofficial note is the note gotten by students by studying such as getting conclusion, the core and the main of what teacher have explained. Unofficial note is seldom done by students whereas the function is good.

Unofficial book is scratch book. In this book contains something considered important, can help grey problem and facilitate difficult things of the teacher's explanation. One unofficial book can be used for some lessons. For getting the best, it needs high spirit and full motivation. Student should know keyword always used by teachers of important thing. The keyword are " need to be remembered", "the important in this case", "the conclusion is" and etc.

g. Asking

If there keyword for achieving ambition is effort and praying, there knowledge is asking. By asking makes the students understand. The students are not worry. The students are sure with the owned knowledge. That is why if there is unclear explanation, it is better for asking soon. Dont be afraid and shy for asking. If it is needed dan does not disturb the teacher, choose good time, the student can ask in the teacher's house, the teacher will welcome, many function of this way. Besides the student will have good relationship with the teacher, s/he will be more taken attention. As a student, s/he will more care of the lesson. All will motivate spirit of studying and achieving ambition.¹²

It can be concluded that giviing service of material related to religion become student's basic in doing especially studying. Here is the difficulty found in conventional counseling not based on religion. From the material, the students are hoped to have studying concept that appropriate to The Holy Koran and *Sunnah*, where studying is the obligation done from baby tii death.

Broken home is a family or household without of one of parent caused by death, disvorce, leaving family etc. The condition of family that lack of giving attention in teeneger life as how should be. It will be effect to child's growth.

Based on the report, the counselor will act:

a. Collectinnng data about the students

Collected data can be base to decide the action at once do diagnosis toward students' problem because what is reported is not the main problem, precisely what is reported is the effect of the problem. It is important to find first the cause of why the students do so. At this

¹²Nata,Abuddin. *Metodologi Studi Islam, cetakan IX* . Jakarta: PT Raja Grafindo, 2004.

collecting data is not different between conventional counseling and islamic counseling.

b. Calling student

After collecting data and can be considered the cause of the problem, counselor decides what action will be done, the action is calling student. There is the interesting here where the counselor call the student does look to be counseled but ask the students' help, implicitly the counselor does islamic counseling. When viewed from the standpoint of conventional counseling, the counsees who comes because of called will be more difficult than the counsees which comes by themselves to the counselor to solve their problem. This case because the counsees who is called does not feel to have problem and it will be more difficult to solve someone's problem that does feel to have not problem although indeed s/he has problem. It is different to people who comes by themselves, s/he has understood that s/he has problem, so to solve the problem easier.¹³

c. Having a close relationship

The activity of having close relationship needs to be done to counsees who comes not based on awareness, this case is done so that the counsees feels that the counselor is a friend who can be as place to solve problem. In this case, the counselor asks students' help by asking the students to out of school for delivering competition invitation, and the students want to do that. It is needed to take note that what the counsees does is counselor's need to deliver the invitation. That's why the counselor function it to have a close relationship to the students.

Conventional counseling is also done to have a close relationship with the counsees. There effort done is by asking directly to the counsees about light something, but indeed this is difficult to counsees who come because of called.

d. Islamic counseling

In delivering invitation counseling implicitly, the counselor does islamic counseling, such as; the counselor take the students through grave where the counselor stops in front of the grave for reciting verse of Al Fatihah. Indirectly the counselor informs to the students that all muslim is family although they has been in the grave, even the parents still breath although s/he agonize her/his children.

The counselor take the students to the mosque to pray *zuhur* together. The counselor invites the students to near with Allah. In the

¹³Jaya, Yahya. *Bimbingan konseling Agama Islam*. Padang: Angkasa Raya, 2000.

counselor's mind that if someone does bad thing, s/he will get problem. This case is written by Lahmuddin in his book "counseling guidance in islamic perspective". If human being is far from Allah or careless the obligation, they will get problem. Their life is more and more narrow, worry and the problem comes continually. They will never be happy although having much wealth.

Farther, Lahmuddin says that the steps is suggested to the counselee having problem is as following:

- a. Praying to Allah
- b. Reciting the Holy Koran
- c. Much remembering Allah
- d. Alms
- e. Forgiving
- f. Being patient
- g. Being sincere

e. Evaluation

This activity is same of the conventional counseling activity where after counseling is done needs to be seen a change and success. The counselor observes and asks to students' friend and teacher to make sure success of islamic counseling that is done.¹⁴

Conclusion

The counselor's effort in solving students' problem in State Islamic Senior High School 2 Model Medan can be done by considering problem level. Levels of severe problems will be given responsive service such as individual counseling, group counseling, home visit, consultancy, mediation, while minor problem can be done with basic service. The characteristic of islamic counseling guidance is by presenting divine value in each islamic counseling guidance by using triadic communication.

¹⁴ Musnamar, Tohari. *Dasar-dasar Konseptual Bimbingan Konseling Islam*. Jakarta: Rajawali Pers, 2009.