



Visi Prodi Tasawuf dan Psikoterapi: "Menjadi Program Studi yang Unggul di Bidang Ilmu Tasawuf dan Psikoterapi Berbasis Ilmu Islam Terapan Pada Level ASEAN Tahun 2023"

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*"For The Kingdom of God is Within You:
Sufi Healing for a Dignified Human Civilization"*

**PRODI TASAWUF DAN PSIKOTERAPI
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INTEGRATION OF TASAWUF EDUCATION AND ISLAMIC PSYCHOLOGY IN BUILDING COMMUNITY MENTAL HEALTH IN ERA 4.0



By :

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The Reality of Public Mental Health

1. Indonesia's readiness to face the industrial revolution 4.0, one of the indicators is seen in the Global Competitiveness Index issued by the World Economic Forum (WEF). In 2018 Indonesia was in the 45th position in the world, up from the previous 47th position in 2018. Meanwhile, for the ASEAN region, Indonesia is ranked 4th under Singapore, Malaysia and Thailand. This is a challenge for the Indonesian people to immediately advance to class.

The Reality of Public Mental Health

2. There are 12 components to measure the readiness of a country to enter the industrial era 4.0. Indonesia's ranking in 2018 for each of these components is 48 for institutional development, 71 for infrastructure, 50 for ICT adoption, 51 for macro economic stability, 95 for health, 62 for skills, 51 for the product market, 82 for the labor market, 52 for the financial system, 8 for market size, 30 for business dynamism, and 68 for innovation capability.

The Reality of Public Mental Health

3. Output Students or students in basic education institutions to higher education are still not able to develop their potential to the fullest. More emphasis on ability in the academic field but less encouraging learning related to creativity and innovation.
4. Symptoms of immorality in society have shown an alarming level as a result of the development of information and technology. not matched by religious values, it has brought people to moral and spiritual degradation as a result of human life being carried away in a negative social pathology that leads to a destructive human life, so that human problems are increasing from time to time. For example, crime in the field of technology, promiscuity, brawls between students, corruption as a result of a hedonistic lifestyle, and conflicts between communities caused by sara, taste and religion issues.

Definition of Sufism Education

- Education is a conscious effort made by educators to students in the framework of equipping the next generation.
- The term Sufism comes from Arabic from the word "tashowwafa-yatashowwafu-tashowwuf" which has the meaning (to be) a lot of hair, namely to become a Sufi or resemble him with his characteristic clothing made of wool / wool (suuf), although in practice not all experts Sufi clothes use wool. According to some opinions stated that the Sufis were given the name Sufi because of the purity (shafa) of their hearts and the cleanliness of their actions. On the other hand, it is mentioned that a person is called a Sufi because they are in the forefront (shaff) before Allah, through the elevation of their desires to Him. There are even those who take the term ash-hab al-Shuffah, namely the companions of the Prophet SAW who live in the rooms/porches of the mosque (they leave the world and their homes to concentrate on worship and be close to the Prophet Muhammad).
- In essence, Sufism is an effort and effort in the context of purifying oneself (tazkiyatunnafs) by keeping it away from the influence of worldly life that causes neglect of Allah SWT to then focus its attention only on Allah SWT.

Understanding Psychology

The word "psychology" comes from the Greek words psyche and logos. Psyche means breath, because it is life (associated or characterized by breath), the principle that animates in humans and other living beings, the source of all living activities, soul or spirit or the principle that animates in the whole universe, the spirit of the world. While logos means a word or form that shows that principle. In theology, logos means the word of God. So psychology originally meant a word or form that expressed the principle of life, soul or spirit.

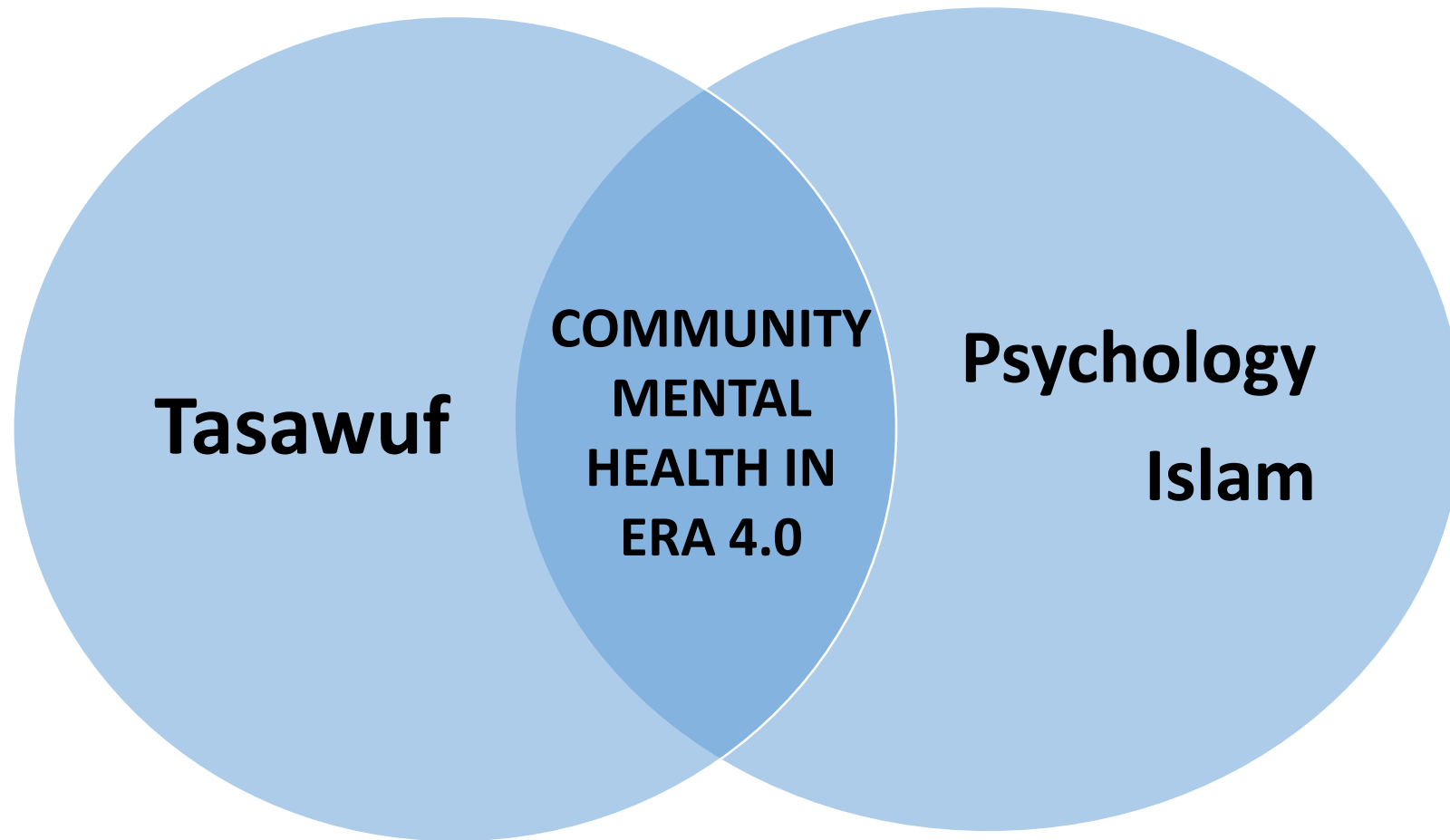
Urgensi Integrasi Pendidikan Tasawuf dan Psikologi Islam

The Urgency of Integration of Sufism Education and Islamic Psychology

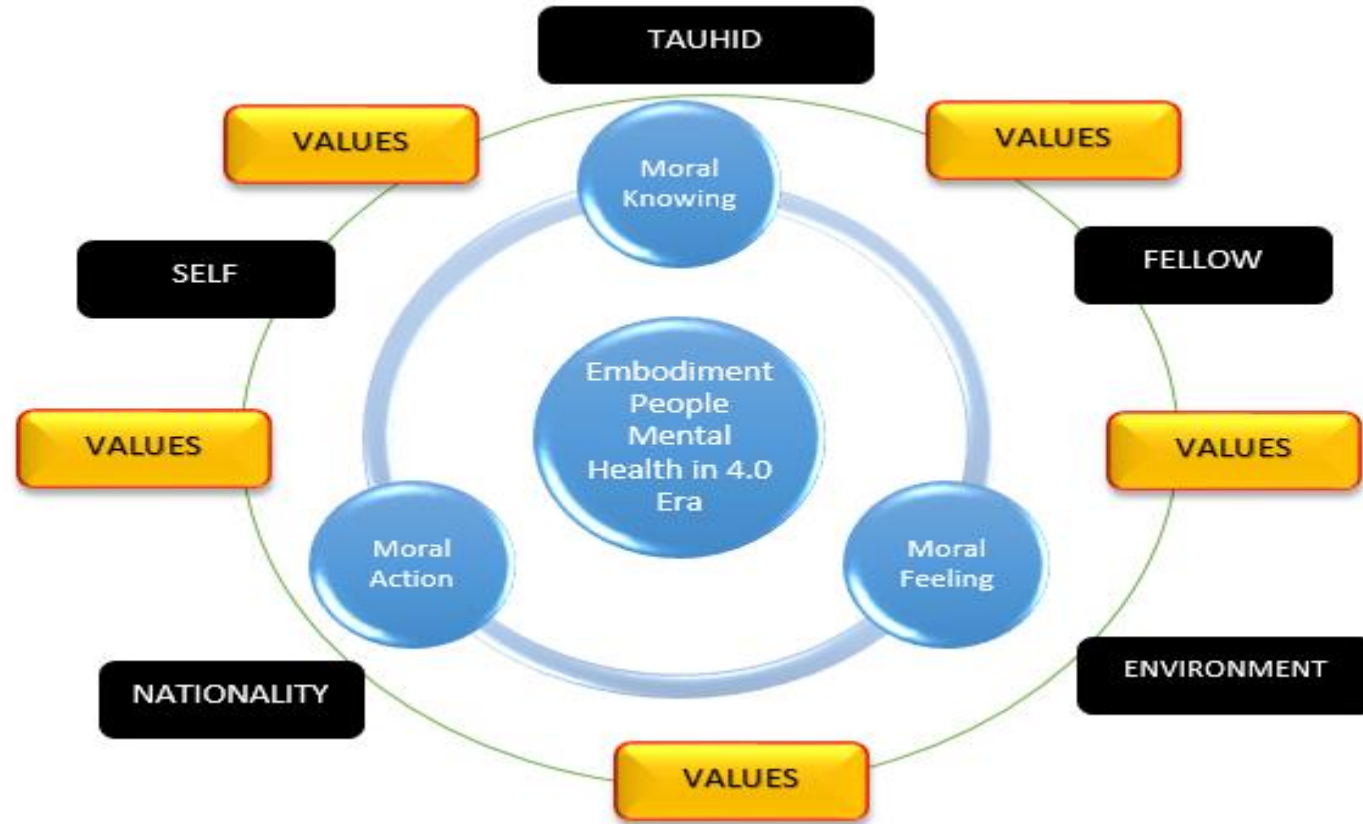
Psychology is the study of human behavior or character. Sufism is cleaning oneself by carrying out the concepts of tahali, takhali and tajali, namely by decorating oneself with goodness, staying away from Allah's prohibitions and further increasing faith and getting closer to Allah SWT.

Integration of Sufism Education and Islamic Psychology, namely psychology can affect the level of our faith and piety to Allah, someone who is psychologically good and never does bad things, it will be easier to carry out the concepts of Sufism tahalli, takhalli and tajalli, namely by adorning oneself with goodness, avoiding prohibitions Allah SWT and increase faith and get closer to Allah SWT.

Figure 1. Integration Model of Sufism Education and Islamic Psychology in Building Community Mental Health in Era 4.0



Gambar 2. Relations of Dvelopment Embodient People Mental Health in 4.0 Era



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Thank you

Wassalamualaikum Wr. Wb.



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