

The Implementation of Psychoreligious Therapy to Overcome Drug Addiction in Santri in At-Tauhid Islamic Boarding School Semarang

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Abstract

Drugs are one of the problems currently being faced by Indonesia. Drugs have a negative impact on the abuser both physically, psychologically and spiritually. The purpose of this research is to find out the implementation of psychoreligious therapy in dealing with drug addiction among Islamic students at the At-Tauhid Islamic Boarding School, Semarang. This study uses a qualitative approach with a type of field research research. Data collection is done by observation, interviews and documentation. By using the data analysis techniques of the Miles and Huberman model. In this analysis, there are several steps including: the data collection stage, the data reduction stage, the data presentation stage, and the conclusion stage. The results of this study indicate that the condition of a drug addict has changed after applying Psychoreligious Therapy both physically, psychologically and spiritually for students who are addicted to drugs. The methods or methods applied in Psychoreligious Therapy at the At-Tauhid Islamic Boarding School in Semarang include: dhikr, congregational prayers, bathing in repentance, fasting and prayer.

Keywords: psychoreligious therapy, drugs addicted.

Abstrak

Narkoba menjadi salah satu permasalahan yang sedang dihadapi Indonesia. Narkoba memberikan dampak buruk pada si penyalahguna baik secara fisik, psikologis maupun spiritual. Tujuan dari penelitian ini yaitu untuk mengetahui implementasi terapi psikoreligius dalam mengatasi kecanduan narkoba pada Santri di Pondok Pesantren At-Tauhid Semarang. Penelitian ini menggunakan pendekatan kualitatif dengan jenis penelitian penelitian lapangan. Pengumpulan data dilakukan dengan observasi, wawancara serta dokumentasi. Dengan menggunakan teknik analisis data model Miles and Huberman. Dalam analisis tersebut, ada beberapa langkah diantaranya yaitu: tahap pengumpulan data, tahap reduksi data, tahap penyajian data, dan tahap kesimpulan. Hasil penelitian ini

menunjukkan bahwasannya kondisi seorang pecandu narkoba mengalami perubahan setelah menerapkan Terapi Psikoreligius baik secara fisik, psikologis maupun spiritual santri yang mengalami kecanduan narkoba. Adapun metode atau cara yang diterapkan dalam Terapi Psikoreligius di Pondok Pesantren At-Tauhid Semarang diantaranya ada: dzikir, shalat berjama'ah, mandi taubat, puasa dan doa.

Kata Kunci: terapi psikoreligius, kecanduan narkoba.

INTRODUCTION

Drugs are one of the problems currently being faced by Indonesia. In modern times like today, the rapid development of technology makes a person eventually fall into the wrong lifestyle, because he cannot choose which lifestyle to follow and which one to not follow. Drug abuse triggers problems and concerns for the nation and the world community. Economic conditions that are sometimes difficult make a person end up doing the wrong way to meet economic needs, such as by buying and selling drugs which in turn leads to more and more drug abuse. Drug abuse in Indonesia itself appeared for the first time in 1969. It is not uncommon for drug abuse to change types and mix one type of substance with another (Zubaida, 2011: p.17).

Based on data from the 2018 World Drug Report, most drug abusers are aged 14-25 years. In 2018, 47 cases were revealed in the city of Semarang, while in 2019, 60 cases were found which were uncovered by the Semarang Polrestabes. Among groups in society that are easily exposed to drug abuse are people aged 15-35 years or the millennial generation. The BNN, which is the focal point in the field of Prevention and Eradication of Drug Abuse and Illicit Trafficking or (P4GN), received 3,376,115 drug abuse figures in 2017 aged 10-59 years (Pertiwi, Saluhayah & Indraswari, 2020: p.545). So that cases of drug abuse that occur every year in the city of Semarang have increased.

Drugs is an abbreviation of narcotics, psychotropics and other addictive substances. While NAPZA is short for narcotics, alcohol, psychotropics, and other addictive substances. Drugs itself is a designation that represents all materials that can lead to dependence on the user (addiction, addiction) if used not according to the recommended dose can cause nerve damage to the user (Gunawan, 2006: p.7). The term narcotics is usually used by law enforcers such as the police, BNN and so on. While the designation of drugs is usually used by workers in the health sector.

In the health sector, drugs can be used for research purposes. However, nowadays it is misused. Victims of drugs usually come not only from parents, but many children and adolescents today also abuse them. Children or teenagers who use drugs are usually due to the effects of wrong associations so that they fall into the trap of using and abusing these drugs. Drugs can damage a person both physically, psychologically and one's future. The impact of drug use and abuse can also have an adverse effect on the user and the surrounding environment (Gunarso, 2017: p.127).

In addition to having a bad effect on the user and the surrounding environment, drug abuse also has physical impacts such as: kidney failure, liver cancer, pneumonia, and susceptibility to hepatitis and HIV/AIDS and can even cause death to a person. Meanwhile, the psychological impact of using and abusing drugs includes uncontrollable emotions, excessive suspicion, tension and anxiety, and even tends to hurt oneself. This is because basically adolescence is an age when they are looking for their own identity and are still unstable in controlling their emotions (Alhamuddin, Chaer & Hasim, 2015: 2). Farmawati (2019: p.108) explains that drug abuse can have several impacts such as damaging family relationships, reducing learning abilities, turning into an anti-social person, being unable to distinguish between what is good and what is bad, increasing traffic accidents and crime and other crimes. which can be harmful. According to Hidayatullah (2018: p.66), drug abuse has an impact on a person's spirituality. Spiritually, an addict does not consider God to exist, so he prefers to do what God has forbidden. This is because drugs give a very fast effect compared to worship with God. Basically, the faith that exists in addicts is gone. Then the most important process is to regain the faith that has been lost in him.

A drug addict is a patient who must receive treatment in the form of comprehensive and sustainable therapy so that he is not continuously dependent on the effects of drugs (Hidaayah, 2018: p.39). One way to overcome drug addiction is by using Islamic Spirituality or Islamic Psychotherapy or Psychoreligious Therapy (Ula, et al, 2020: p.106; Farmawati, 2021: p.133). This religion-based therapy has a very important role for someone who uses drugs both in terms of prevention, therapy and rehabilitation. Psychoreligious therapy itself is a treatment therapy that uses religious methods such as prayers, dhikr, religious lectures and so on. This therapy can be used to deal with various kinds of life problems

which are stressful situations or circumstances in order to improve better mental health (Indrawan, Putra & Hasnadi, 2015: p.239; Subhi & Habibi, 2022).

Of the many locations used as a place in the process of recovering from drug addiction, At-Tauhid Islamic Boarding School Semarang is a place used for recovery for someone who is experiencing addiction. At-Tauhid Islamic Boarding School Semarang is one of the Islamic boarding schools that has a role in the healing process of drug addicts using religious-based therapy. In addition, the students are also given skills in trade (management of a convenience store business) and workshops. At the At-tauhid Islamic Boarding School in Semarang alone there are 20 drug addicts, namely 18 men and 2 women. One of the treatments used in the healing process for drug addicts at the At-Tauhid Islamic Boarding School in Semarang is by using Psychoreligious Therapy. Some of the psychoreligious therapies that are applied at the At-Tauhid Islamic Boarding School in Semarang include bathing at night, praying, dhikr (shalawat nariyah and asmaul husna), reading the Koran, studying religious books, and other religious activities (Mustofa, 2021; Nugroho, 2020). Based on the background of this problem, the purpose of this study was to find out Psychoreligious Therapy to overcome drug addiction in Santri at Pondok Pesantren At-Tauhid Semarang.

The research method used is field research. The location chosen for the research was at the At-Tauhid Islamic Boarding School in Semarang, so they had to go directly to the place to be examined. The approach used in this study is a qualitative approach. The data collection techniques include interviews, observation, and documentation (Yusuf, 2017). The data analysis used is the data collection stage, the data reduction stage with the process of selecting data concentration through data simplification, the data presentation stage, drawing conclusions and interpretations that have been carried out such as answers to problems and research questions (Potingku, 2016).

DISCUSSION

1. Overview of the At-Tauhid Islamic Boarding School in Semarang

At-Tauhid Islamic Boarding School Semarang is a boarding school used to rehabilitate people who are addicted to drugs. At-Tauhid Islamic Boarding School was founded on May 5, 1998 by KH. Muhammad Sastro Sugeng Al-Haddad BA. At-Tauhid Islamic Boarding School is located at Jalan Gayamsari Selatan No. 41A Semarang City.

With the name At-Tauhid Islamic Boarding School and armed with the wisdom he received, At-Tauhid Islamic Boarding School focuses on serving to improve morals. After 3 years of existence, in 2001 the At-Tauhid Islamic Boarding School had a total of 70 resident students and more than 400 students from wasilah or outside the dormitory. Of the many students, some background problems faced by students include 45% of drug users, 40% of psychotic users, and 15% of other users.

In 2004, with encouragement and motivation from the Semarang City government community, the At-Tauhid Islamic Boarding School finally officially became the At-Tauhid Rehabilitation Foundation in 2008. The Semarang City National Narcotics Agency appointed the At-Tauhid Islamic Boarding School to become the Foster Partner of the Semarang City Narcotics Agency as drug rehabilitation lodge. In 2013, the At-Tauhid Islamic Boarding School was appointed by the Minister of Social Affairs of the Republic of Indonesia as a Compulsory Report Receiving Institution (IPWL) to carry out Social Rehabilitation activities for victims of drug abuse. From 2013-2021, IPWL Pondok Pesantren At-Tauhid has served approximately 1200 drug addicts. The role of IPWL Pondok Pesantren At-Tauhid Semarang City has a role in overcoming addicts which has been regulated in article 4 paragraph (1) government regulation No. 25 of 2011 that "mandatory reporting of narcotics addicts is carried out at the Obligatory Report Recipient Institution" and the decision of the Minister of Health no. 1305 regarding the determination of IPWL as well as Minister of Health regulation no. 2171 regarding mandatory reporting procedures for drug addicts. The following is the schedule for the activities of drug addict students at the At-Tauhid Islamic Boarding School, Semarang.

Table 1. Drug Addict Santri Activities

Number	Times	Type of Activity
1	04:30 - 07:00 AM	Shubuh Prayer Morning Exercise Bathing, Washing and Toileting
2	07:00 - 10:00 AM	Yasin's letter Sholawat Nariyah Prophet's prayer Dhuha Prayer and Du'a Breakfast
3	10:00 - 12:00 AM	Psychoeducation (Monday) Recite Memorization (Tuesday) BTQ (Wednesday) Adab Study (Thursday) Counseling / Assessment (Friday and

		Saturday) Community Service & Mutual Cooperation (Sunday)
4	00:00 - 03:00 PM	Dhuhur Prayer Have lunch Lunch break
5	03:00 - 06:00 PM	Asr prayer Surah Al - Waqi'ah Cleaning up Evening Sports (Every Tuesday, Thursday, Saturday, Sunday) Bathing, Washing and Toileting
6	06:00 - 07:00 PM	Maghrib Prayer Tadarus Al - Qur'an
7	07:00 - 09:00 PM	Isha prayer' Yasin & Tahlil Letters (Thursdays and Sundays) Sholawat Nariyah Prophet's prayer Manaqiban (Tuesday and Friday) Al Barzanji (Thursday and Sunday) Dinner
8	09:00 - 12:00 PM	Rest
9	00:00 - 01:00 AM	Mujahadah Evening Prayer Therapy (Monday and Thursday)
10	01:00 - 04:30 AM	Rest

Source: Documentation of the At-Tauhid Islamic Boarding School in Semarang, 2021

Apart from psychoreligious therapy, social rehabilitation at the At-Tauhid Islamic Boarding School in Semarang also provides several facilities to support students in the field of entrepreneurship, such as a basic food shop and workshop. With the existing facilities and infrastructure at the At-Tauhid Islamic Boarding School, it is hoped that students can use them properly so that students can realize the wrong behavior committed in the past as a drug addict so that they are expected to return to the right path and be able to join with the surrounding community without having to use various kinds of illegal drugs (Saraswati, 2021).

In an institution like the At-Tauhid Islamic Boarding School, Semarang, of course, it has a vision in it. Vision is a picture of the future that will be realized in order to achieve a desired goal within a specified time. The vision of the At-Tauhid Islamic Boarding School in Semarang is to create a religious, safe, comfortable and prosperous society without drugs.

In realizing this vision, At-Tauhid Islamic Boarding School Semarang has a mission, namely: (a) Creating accessible information, education, advocacy and social rehabilitation for the community to ensure a sense of security, comfort and prosperity without drugs. (b) Increase the professionalism, transparency and accountability of institutions in implementing programs. (c) Improving and preserving social, cultural and religious values to ensure resilience and the community's role in handling drug problems by developing a pattern of fostering Islamic boarding schools.

The objectives of the At-Tauhid Islamic Boarding School in Semarang, namely: (a) Organizing a Rehabilitation Program for Addicts and Victims of Drug Abuse, through a pesantren-based religious approach. (b) Providing information, education, advocacy and entrepreneurship services to support the rehabilitation program. (c) Establish cooperation with the government and the community to support the rehabilitation program. (d) Creating professional, accountable and transparent institutional governance in program implementation. (e) Carry out social, cultural and religious activities to create a community that is strong and has personality in efforts to tackle the drug problem.

2. The Condition of Santri Experiencing Drug Addiction at the At-Tauhid Islamic Boarding School in Semarang

Someone who uses drugs will certainly experience many changes within themselves, such as students at the At-Tauhid Islamic Boarding School, Semarang. Starting from the conditions at the beginning of the students entering the At-tauhid Islamic Boarding School, the level of addiction experienced by the students was different. As Nugroho (2021) said that every santri has different conditions. For the condition of the students themselves before the therapy, their faces were pale, their eyes were watery, sometimes their ears were watery, they were not fresh from their physical condition and they also often had hallucinations depending on the type of substance used. From a psychological or mental point of view, when spoken to, you cannot focus and sometimes look away, when you are spoken to, it sometimes doesn't connect.

As at the time of observation, some students who experienced addiction when asked to talk were many who were not focused and did not dare to stare or look away. Several other students were also invited to talk, sometimes it didn't connect. Someone who is addicted to drugs certainly has some initial symptoms, both physically and emotionally (Nugroho, 2021). Apart from the condition of the students before applying therapy,

Nugroho (2021) also explained how to find out the level of drug addiction at the At-Tauhid Islamic Boarding School in Semarang, namely through an initial assessment through screening and a urine test. In the initial assessment there were history such as medical history, psychiatric history, social history and work history. From some of this history it can be concluded which are mild level addicts, which are moderate levels and which are high levels.

At-Tauhid Islamic Boarding School Semarang is one of the places used to cure drug addicts. Since the establishment of the At-Tawhid Islamic Boarding School, this place has succeeded in curing thousands of addicts. Nugroho (2021) says that: "In the NIK there may have been 1,200 mba from 1998 until now". There are several factors that cause a person to fall into drug use. Based on the results of research conducted by researchers, the factors that cause drug abuse experienced by students at the At-Tauhid Islamic Boarding School occur most due to family factors followed by friendship factors. In addition to friendship and family factors, drug abuse that ends up becoming an addiction is usually due to factors from the individual himself. This is reinforced by the results of interviews with students at the At-Tauhid Islamic Boarding School, most of whom fall into drugs due to family factors and friendship factors. As stated by one of the drug addict students (M, 2021): "I have been using drugs since grade 7 of junior high school. Initially because at school but the most influencing factor is because of the family. The mother was married all the time and with her 4th husband, I almost wanted to be harassed, so I didn't want to be at home and chose to leave the house to meet my friends and be invited to drink alcohol, smoke and use drugs. And since I was little I often got violence from my mother, I was often beaten and others. In the end, it made me go out often because I didn't feel comfortable at home, I kept hanging out with friends, which ended up using drugs. Because apart from the friendship factor, the family factor made me fall into drugs."

Someone who is addicted to drugs will certainly have an impact on himself and on his daily life. This is as stated by Nugroho (2021): "If there are a lot of impacts, like one of them is mostly hallucinations, besides that it also has an impact on his work and daily life." The same thing was also expressed by students who are addicted to drugs, Santri L (2021) stated that: "What I feel dizzy is sometimes confusing myself, besides that I also become lazy to pray, which used to read the Al-Qur'an, now it becomes difficult. I am also in the home environment often talked about by neighbors ". Santri OP (2021) states that: "Feel

light, energetic, just feel easy". and Santri KR (2021) stated that: "You just feel good in your body and mind so when you work you feel enthusiastic." Based on the results of the interviews and observations, it can be concluded that drug addiction has a very bad impact on drug addict students, such as having an impact on the physical, surrounding environment such as work or home environment, as well as having an impact on their daily life.

3. The Implementation of Psychoreligious Therapy to Overcome Drug Addiction in Santri at At-Tauhid Islamic Boarding School Semarang

Someone who is already addicted to drugs, of course, needs a healing process. At-Tauhid Semarang Islamic Boarding School in the process of healing its students who abuse drugs using several methods, Nugroho (2021) said: "There are several methods or methods used to deal with students who are addicted to drugs, one of which is by using psychoreligious therapy. Apart from that, there is also some guidance such as spiritual guidance, social guidance, and vocational guidance. Psychoreligious therapy itself is therapy that uses a religious approach ordered by Allah SWT in this healing process. From the results of these interviews, it can be said that the process of curing a drug addict can be done in several ways or methods, one of which is Psychoreligious Therapy.

In Psychoreligious Therapy there are several types that are applied as expressed by Nugroho (2021): "The types that are applied are spiritual guidance, there is nariyahan, manaqiban more specifically there. Apart from that, there are also dhikr such as applying istighfar, monotheistic sentences or dhikr which are commonly applied by society in general. For example, praying 5 times a day is definitely mandatory, but here we also apply sunnah prayers like dhuha jama'ah. As for fasting itself, we don't make it obligatory to fast like fasting on Mondays and Thursdays, but if it's Ramadan fasting, it's definitely obligatory to do it, Miss. Apart from these types, there are also repentance bathing activities, this is as expressed by Farid (2021): "Yes, there are also repentance baths or night baths here, so indeed students who are addicted to drugs from the start enter must be routinely doing repentance baths or late shower. Usually done at 1 pm after mujahadah activities.

In the process of healing someone who has used drugs, let alone someone who is addicted to drugs, it certainly takes time in the healing process. In the process of healing a drug addict with Psychoreligious Therapy, they also need the help of other people. As expressed by Nugroho (2021): "Depending on the severity, inpatient care is usually 1 year

but outpatient treatment is 3-4 months. For those who carry out Psychoreligious Therapy, yes, people who are more expert in the field of religion, both clerics and ustadz, are assisted here.

After the therapy process, everyone will definitely have a change in themselves. Like the students who experience addiction at the At-tauhid Islamic Boarding School in Semarang, there will be little by little changes in themselves after applying Psychoreligious Therapy. As expressed by Nugroho (2021): "In the early days it might be difficult because of adaptation too, so I freed it to participate in activities whether I wanted to be in my room, whether I wanted to pray or not, I freed it initially. But in the end the students will take part in all the activities and therapies that are implemented in the boarding school and will get better after applying Psychoreligious Therapy even though sometimes the desire to use drugs again still exists. This is also reinforced by drug addict Santri L (2021), namely: "Thank God, we are closer to Allah Swt, feel more grateful and feel more calms". OP Santri (2021) states: "Better able to control emotions, spiritual also feel better and calmer". Whereas Santri KR (2021) said that: "Feel more comfortable, feel calm and then really want to stop using drugs".

4. Analysis of The Implementation of Psychoreligious Therapy to Overcome Drug Addiction in Santri at At-Tauhid Islamic Boarding School Semarang

Analysis of the findings obtained, there are several conditions of three students at the At-Tauhid Islamic Boarding School in Semarang who experience drug addiction including headaches, hallucinations, feeling anxious when not using drugs, experiencing psychiatric disorders such as hallucinations, not focusing when spoken to, and from a spiritual perspective, they are lazy to worship, far from Allah SWT and others.

The condition of the three drug addict students after applying Psychoreligious Therapy can be said to be better both in terms of physical, psychological and spiritual. By implementing Psychoreligious Therapy, drug addict students get peace of life and from a spiritual perspective they can still carry out their religious obligations and get closer to Allah SWT. From a physical point of view, the drug addict students feel fresher because they follow the therapy process. As revealed by one of the drug-addicted students, he felt better than before, from a spiritual point of view he was also closer to Allah SWT, and he was able to recite the Koran again as before and felt at home at the At-Tauhid Islamic Boarding School because he enjoyed all the therapeutic processes applied. by the cottage.

So that it can be said that the condition of the three drug addict students after applying Psychoreligious Therapy felt several benefits, namely feeling the peace of life, comfort in life and becoming a better person.

The several methods or methods of Psychoreligious Therapy that are applied at the At-Tauhid Islamic Boarding School in Semarang include:

1. Dhikr

The At-Tauhid Islamic Boarding School in Semarang also implements dhikr as a routine for drug-addicted students. By doing dhikr, it is hoped that the drug addict students will always remember Allah SWT who will make them aware as creatures of Allah SWT. the three students who were addicted to drugs were directed to become addicted to dhikr, so that they would always remember Allah SWT. As for some of the practices of dhikr and prayer carried out by the students, namely: asmaul husna, nariyah prayers, prophet prayers, verse chairs, and others.

In addition to implementing this dhikr, students also apply dhikr after each prayer, such as dhikr tasbih (subhanallah), tahmid (Alhamdulillah), takbir (Allahu Akbar), istighfar (Astaghfirullahal'adziim), and tahlil (laa ilaaha illallah). This is so that the santri do not give up in carrying out the healing process, and by applying dhikr it can make the heart calm and if the drug addict students are accustomed to applying dhikr, it is hoped that they will always remember Allah SWT, whenever and wherever. This is in accordance with Saiful Ghofur's theory in his work Secrets of Dhikr.

2. Prayer

Prayer is an obligation that must be carried out by Muslims. Prayer is also a form of worship that has several benefits not only in the physical aspect, but also in its movements. All movements in prayer can relax muscles, relax the nervous system, organize and construct joints, etc. so that they can have a positive effect on the body.

The At-Tauhid Islamic Boarding School in Semarang requires its students to pray 5 times a day and recommends performing sunnah prayers such as dhuha prayers, midnight prayers and sunnah prayers. So that by praying, the students can get closer to Allah SWT. Prayer can also have a calming effect on the soul, a peaceful effect and eliminate the feeling of anxiety that someone suffers. A calm and peaceful state of mind can be used as the most important therapy in the healing process because every prayer movement has a positive effect on mental health.

This is in accordance with the narrative of Alvan Goldstein, that by performing the correct and solemn prayers it can have a calming effect. Someone who performs prayers in a calm and relaxed manner can provide additional energy for the body, so that the body looks fresh. So that an addict at the At-Tauhid Islamic Boarding School in Semarang, who initially had an unhealthy body condition, by performing prayers his body would become fresh again... As Sari explained in his research, that by praying, one can increase one's religious character. So it is hoped that by carrying out prayers, it can make drug addict students have a religious character so that their faith is strong and will avoid the urge to use drugs.

3. Fasting

By carrying out fasting, drug addicts not only resist hunger and drink, but resist worldly temptations and strengthen their hearts so they don't fall for drugs. Fasting is also one way to detoxify substances that enter the body. This is in line with the narrative of National Narcotics Agency, that fasting has the benefit of improving the physical brain, eliminating bad habits, detoxification, and others. Fasting can reduce addiction to intoxicating substances in drugs that can cause disease.

4. Pray

Pray is one of the methods or methods used in the healing process at the At-Tauhid Islamic Boarding School, Semarang, including:

a. The Pray of Special Pray

The pray of special is usually performed by the ustadz or kyai in the hut, done by asking Allah SWT in the silence of the night for the healing of drug-addicted students. This special prayer is usually given in every food and drink that will be consumed by the students who have previously been prayed for by the ustadz or kyai at the At-Tauhid Islamic Boarding School, Semarang.

b. The Pray of Individual

The pray of individual is a prayer that is done individually which is practiced by the addict students. Where in every prayer each student is one with another in accordance with the needs of drug addict students.

c. The Pray of Congregational

The pray of congregational is usually carried out by drug addict students who are carried out together. Usually carried out in manaqib and mujahadah activities.

By pray, students who are addicts to drugs can ask Allah SWT for help so that by praying to Allah SWT they can help someone so that all anxiety and all life problems can be relieved. There is a spiritual element in prayer that can awaken all hopes so that it can increase immunity in the body and can speed up the healing process for drug addict students. This is as stated in Dadang Hawari, which from the point of view of psychiatry and mental health science is psychiatric therapy, which is higher than ordinary psychotherapy. Because prayer contains spiritual spiritual elements that can awaken all existing hopes and can increase the body's immunity so that it can speed up a healing process.

d. Repentance Bath

The At-Tauhid Islamic Boarding School in Semarang also implements a repentance bath which is usually held at night. This repentance bath is performed by all drug addict students who have just entered the hut. Bathing repentance is also the first step before doing therapy. The process of repentance bath therapy is used for students who experience severe addiction and for drug addicts who are still young to be bathed every night. After the condition gradually improves, the implementation of the repentance bath is carried out every week to two weeks. So that this repentance bath is used as hydrotherapy which is useful for refreshing the mind, body and soul due to the effects of drug abuse. Bathing repentance which is held at night also has several benefits for the body such as improving blood circulation, giving new enthusiasm, and so on.

Based on this analysis, it can be concluded that some of the conditions of the students at the At-Tauhid Islamic Boarding School have implemented Psychoreligious Therapy, it can be said that their conditions are better than before applying Psychoreligious Therapy. Implementation of Psychoreligious Therapy to overcome drug addiction, in the process it is faced with an inhibiting factor, namely the laziness of the students in treating drug addiction. But it can be overcome depending on how to deal with all the inhibiting factors and constraints that exist. So that eventually they will become accustomed to and enjoy all the processes of applying Psychoreligious Therapy.

CONCLUSION

Based on the results of research conducted at the At-Tauhid Islamic Boarding School in Semarang regarding the Implementation of Psychoreligious Therapy to

Overcome Drug Addiction in Santri at the At-Tauhid Islamic Boarding School in Semarang, it can be concluded that the condition of the students who experienced drug addiction at the At-Tauhid Islamic Boarding School in Semarang before implementing therapy Psychoreligious in terms of physical, mental and spiritual, namely: frequent hallucinations, unfocused when spoken to, pale face, frequent headaches, sexually transmitted diseases, being someone who is difficult to control emotions, and respiratory disorders. While the condition of the students who experience drug addiction after applying Psychoreligious Therapy are: being better than before, from a spiritual perspective they are closer to Allah SWT, their bodies feel refreshed, they feel more comfortable and calms in living their daily lives.

The implementation of Psychoreligious Therapy has several methods or methods carried out by the At-Tauhid Islamic Boarding School in Semarang, including dhikr, congregational prayers, bathing in repentance, fasting and prayer. With dhikr, it is hoped that the students who are drug addicts will always remember Allah SWT, so that by always remembering Allah will make the faith of the students become strong and firm. So the behavior and actions of the students will be in accordance with the guidance of Allah SWT. By doing dhikr, the students of drug addicts will get peace and comfort in their lives. If a person feels calm and comfortable in living his life, it will increase immunity in the body. So that it can be easier in the process of healing drug addict students. The implementation of Psychoreligious Therapy at the At-Tauhid Islamic Boarding School leads to the healing of students who are addicted to drugs. With the implementation of this Psychoreligious Therapy, the attitude and way of life of the students in the boarding school is more orderly.

Nonetheless, this study provides suggestions for the At-Tauhid Islamic Boarding School in Semarang to be more consistent, more enthusiastic, patient, and even more optimal in providing treatment to students who experience drug addiction and to be more active in socializing and providing education to the entire community regarding the dangers of drug abuse. For students who are addicts to drugs, it is hoped that they will be even more enthusiastic in the healing process and remain consistent in getting rid of drug addiction, and remain consistent in drawing closer to Allah SWT. Recommendations for further research are suggested so that further research can be carried out on preventing relapse after rehabilitation. Relapse or Relapse is the

recurrence of old patterns of abuse (addiction) where drug use takes place again on a regular basis.

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