
Overcoming Emotional Disorders in Hypertension Patients Through Al Fashdu Therapy

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Abstract

Al Fashdu therapy is an Islamic psychotherapy that uses the Al Fashdu technique as one of the methods in its therapy process. Al Fashdu therapy is considered to be able to cure various diseases, one of which is the symptoms of hypertension. The symptoms experienced by hypertension patients are divided into two aspects, namely physical and psychological. The psychological symptoms of hypertension are emotional disorders. Emotional disorders are a condition where a person's emotional response is too weak or too strong in certain situations. The purpose of this study was to determine emotional disorders and Al Fashdu therapy to overcome emotional disorders in hypertension patients at the Kajen Pekalongan Therapy House. This study uses a type of field research with a descriptive qualitative method. The data collection techniques used are observation, interviews, and documentation. The results of this study indicate that hypertension patients at the Kajen Pekalongan Therapy House experience moderate emotional disorders, which are characterized by excessive angry responses when facing everyday problems. This arises because the physical symptoms of hypertension then trigger psychological symptoms. Al Fashdu therapy can overcome these physical symptoms, so that the psychological symptoms of hypertension, namely emotional disorders, are reduced, which are shown by being calm in facing problems. This study provides a positive contribution in overcoming emotional disorders in hypertensive patients, including increasing the ability to control emotional disorders through Al Fashdu therapy.

Keywords: *al fashdu therapy, emotional disorder, hypertension.*

Abstrak

Terapi Al Fashdu merupakan sebuah psikoterapi Islam yang menggunakan teknik Al Fashdu sebagai salah satu metode dalam proses terapinya. Terapi Al Fashdu dinilai dapat menyembuhkan berbagai penyakit, salah satunya gejala dari penyakit hipertensi. Gejala yang dialami pasien hipertensi terbagi menjadi dua aspek, yaitu fisik dan psikis. Gejala psikis dari penyakit hipertensi adalah gangguan emosi. Gangguan emosi merupakan keadaan dimana

respon emosional seseorang terlalu lemah atau terlalu kuat dalam situasi tertentu. Tujuan dari penelitian ini yaitu untuk mengetahui gangguan emosi dan terapi Al Fashdu untuk mengatasi gangguan emosi pada pasien hipertensi di Rumah Terapi Kajen Pekalongan. Penelitian ini menggunakan jenis field research (penelitian lapangan) dengan metode kualitatif deskriptif. Teknik pengumpulan data yang digunakan adalah observasi, wawancara, dan dokumentasi. Hasil penelitian ini menunjukkan bahwa pasien hipertensi di Rumah Terapi Kajen Pekalongan mengalami gangguan emosi tingkat sedang, yang ditandai dengan respon marah yang berlebih ketika menghadapi masalah sehari-hari. Hal tersebut timbul karena gejala fisik hipertensi yang kemudian memicu gejala psikis. Terapi Al Fashdu dapat mengatasi gejala fisik tersebut, sehingga gejala psikis dari hipertensi yaitu gangguan emosi berkurang yang ditunjukkan dengan tenang dalam menghadapi masalah. Penelitian ini memberikan kontribusi positif dalam mengatasi gangguan emosi pada pasien hipertensi, termasuk peningkatan kemampuan mengendalikan gangguan emosi melalui terapi Al Fashdu.

Kata Kunci: Terapi Al Fashdu, Gangguan Emosi, Hipertensi.

INTRODUCTION

Emotional disorders are conditions that are characterized by emotional responses that are too strong or too weak for a particular situation. For example, when faced with a condition, a person experiencing emotional disorders responds with emotions that are too strong, such as anger, even though if the condition were experienced by other people, it would be normal. This emotional disorder is indicated by changes in behavior, changes in mood, and irritability or agitation (Aqarisnawati, 2015).

Such emotional disturbances are also experienced by people with hypertension. As stated by Prasetyorini & Prawesti's research (2012) on complications of hypertension, emotions, and anxiety, it is said that many things can cause complications of hypertension, one of which is emotion. When someone has a negative affect in the body, the body will produce hormones that can increase blood pressure, this increase in blood pressure is what triggers complications of hypertension. The impact of complications of hypertension makes the quality of life of sufferers low and the worst possibility is death in sufferers. These complications can then affect the emotions themselves and cause anxiety and other emotional disorders. Such as changes in mood, personality or behavior, aggression, and irritability or agitation (feelings of irritation, restlessness, or anxiety).

Hypertensive patients at the Kajen Pekalongan Therapy House also experience emotional disturbances. Patients who suffer from hypertension, in addition to experiencing

physical symptoms, also experience psychological symptoms, namely emotional disturbances. They tend to be sensitive to their moods and get angry easily when their blood pressure rises or they experience hypertension. Hypertensive patients at the Kajen Pekalongan Therapy House overcome these emotional disturbances by undergoing Al Fashdu Therapy (Santoso, 2023).

Al Fashdu therapy is a technique in Islamic psychotherapy. Psychotherapy is healing the soul, while Islamic psychotherapy is healing the soul with an Islamic approach (Qotrunnada & Hayeemaming, 2024; Musripah, 2024; Farmawati, 2021; Fitriani & Abdullah, 2021). Islamic psychotherapy can be interpreted as an effort to help healing and treatment through a person's emotional and spiritual aspects in Islamic ways and not contrary to Islamic teachings (Wulur, 2015). Meanwhile, Al Fashdu therapy is an Islamic psychotherapy that uses the Al Fashdu technique as one of the methods in its therapy process. Al Fashdu is a treatment method by removing dirty blood from the veins. The practice is almost the same as donating blood, namely inserting an IV needle into the blood vessels. In carrying out therapy, hypertension patients at the Kajen Pekalongan Therapy House are asked to relax and read dhikr such as istighfar. Zainuddin, et al (2022) stated that dhikr therapy can lower blood pressure in hypertension patients. In line with Putri & Nurhidayati (2022) who explained that dhikr with the phrase istighfar is effective in reducing the anxiety levels of hypertension patients.

Al Fashdu therapy is also classified as Islamic psychotherapy because this therapy is one of the sunnah of the Prophet, and its practice uses Islamic foundations. Al Fashdu therapy is actually not a new type of therapy. This therapy has been practiced for a long time, in the medical world Al Fashdu is known as the phlebotomy technique. This technique is believed to be able to lower blood sugar, cholesterol, and uric acid levels. Like the research conducted by Damardi in his journal entitled "Fashdu therapy to reduce excess levels of substances in the body". Based on the research in the journal, it was concluded that the phlebotomy (fashdu) technique can be recommended as an effort to lower blood sugar, cholesterol, hypertension, and uric acid levels (Darmadi, et al, 2021).

Based on the background of the problem, the purpose of this study is to overcome emotional disorders in hypertensive patients through Al Fashdu therapy at the Kajen Pekalongan Therapy House. The research method used is field research with a qualitative method. The location chosen as the research site is at the Kajen Pekalongan Therapy House,

so you have to go directly to the place to be studied. The scientific approach used in this study is psychological and psychotherapeutic, which aims to explain a person's mental state, which can be observed through actions, attitudes, thoughts, and various other mental symptoms (Marbun, et al, 2021). The data collection techniques include interviews, observations, and documentation. The data analysis used is the data reduction stage (the process of selecting data centralization through data simplification), and the conclusion drawing stage (the final results are simplified and presented based on thoughts and notes in the field (Sugiyono, 2016).

DISCUSSION

Overview of Pekalongan Kajen Therapy House

Pekalongan Kajen Therapy House is an institution that provides various types of therapy services. Such as; Cupping therapy, Al Fashdu therapy, SEFT, Physiotherapy, Leech therapy, and Acupuncture. This institution was founded by Mr. Budi Abu Hammas as a therapist and owner of Therapy House. He and his wife have pioneered medical services with Cupping therapy since 2010, and opened an institution in the city of Jakarta under the name Izzati Bekam House. Then five years later they moved to Pekalongan and opened a practice in Kajen District. When they moved, they changed the name of their institution from Rumah Bekam Izati to Pekalongan Kajen Therapy House, because the therapies provided had increased, not just cupping therapy. While living in Kajen District, they moved from one village to another, from Sipedug village then moving to Tambor village. When in Tambor they also opened a branch practice in the Pekajangan, Kedungwuni area. However, it did not last long, only about one year. then now settled in Dukuh Kemranggon, Tanjung Kulon Village, Kajen District, Pekalongan Regency. In addition to opening a practice at home, they also accept calls or home visits to the Kajen area and its surroundings, then there are additional rates for areas outside the Kajen District.

Based on its geographical location, Pekalongan Kajen Therapy House is quite far from the city center, namely in one of the sub-districts in Pekalongan Regency. Pekalongan Kajen Therapy House is located on Jalan Kandaseda Dukuh Kemranggon, Tanjung Kulon Village, Kajen District, Pekalongan Regency. Vision, Mission, and Motto of Pekalongan Kajen Therapy House. The vision is that in an institution such as Pekalongan Kajen Therapy House, it certainly has a vision in it. Vision is a picture of the future that will be achieved in

order to achieve a desired goal within a specified period of time. The vision of Pekalongan Kajen Therapy House is to popularize Thibbun Nabawi through modern medicine. To realize the vision above, Pekalongan Kajen Therapy House has a mission, namely; Inviting the community to live healthily according to sharia, Becoming a leading and trusted institution in its field Becoming a health agent for the benefit of the people. The motto of Pekalongan Kajen Therapy House has a motto abbreviated as *Sehati*, which stands for healthy reliable safe responsible Islamic. The following is data on patients at the Pekalongan Kajen Therapy House over the past three years.

Table 1. Patient Data at the Pekalongan Kajen Therapy House

| Number | Years | Total Patient | Pasien Lansia (%) | Pasien Anak dan Balita (%) |
|--------|-------|---------------|-------------------|----------------------------|
| 1 | 2020 | 1800 | 95 | 5 |
| 2 | 2021 | 2000 | 95 | 5 |
| 3 | 2022 | 1800 | 80 | 20 |

Source: Pekalongan Kajen Therapy House, 2023.

In this study, the focus was on three hypertensive patients who experienced emotional disturbances. Types of Services at Rumah Terapi Kajen Pekalongan provide various types of therapy services. Such as; Cupping therapy, Al Fashdu therapy, SEFT, Physiotherapy, Leech therapy, and Acupuncture. The following is an explanation of each therapy, namely:

- a. Cupping Therapy. Cupping therapy is one of the Thibbun Nabawi treatments that has been practiced since ancient times. Cupping therapy functions to remove dirty blood taken from capillary vessels, this cupping removes what is excreted by the kidneys. Cupping is believed to relieve symptoms of diabetes, cholesterol, and stroke).
- b. Al Fashdu Therapy. Al Fashdu Therapy is a treatment method ala the Prophet (As-Sunnah) by removing dirty blood from the body, blood that contains dirt or metabolic waste in the form of bad cholesterol, excess sugar levels, and uric acid, then removed through the blood vessels. By inserting an infusion needle into the vein to remove dirty blood.
- c. Spiritual Emotional Freedom Technique (SEFT). SEFT is a spiritual therapy using tapping methods on certain body points, as well as relaxation methods involving the patient's belief factor. The SEFT technique focuses on certain words or sentences that are said repeatedly accompanied by an attitude of surrender to God according to the patient's belief.

- d. **Physiotherapy.** Physiotherapy is a therapy to restore body function after being affected by illness or injury, for example, people who have had a stroke generally experience nervous system disorders that cause impaired body function such as difficulty speaking. Therefore, this physiotherapy is needed to restore the body function of stroke patients, the methods used include massage, stretching, and relaxation to increase the flexibility of impaired limbs.
- e. **Leech Therapy.** Leech therapy or hirudotherapy is a health therapy using leeches. Leech therapy is believed to be able to overcome the nervous system, relieve pain, dental problems, skin problems, and improve blood circulation.
- f. **Acupuncture.** Acupuncture is a traditional Chinese medicine that uses needles to be inserted into meridian points on the body. Acupuncture is believed to stimulate the central nervous system, thereby enhancing the body's natural healing abilities and improving the patient's physical well-being.

This study focuses on Al Fashdu therapy, which is one of the methods in Islamic psychotherapy. Al Fashdu therapy is considered to be able to overcome symptoms of various diseases, both physical and psychological symptoms. Kajen Pekalongan Therapy House has cured various diseases, both physical and psychological. Based on the results of the interview with Mr. Budi Santoso as the head of Kajen Pekalongan Therapy House, it was stated that the diseases treated at the Pekalongan Kajen Therapy House include cholesterol, diabetes, stroke, and hypertension.

- a. **Cholesterol disease** is a condition where cholesterol levels in the blood exceed normal limits, if left untreated it can increase the risk of stroke and heart attack. Cholesterol disease at the Pekalongan Kajen Therapy House is usually treated with cupping therapy, or Al Fashdu therapy if the symptoms are severe.
- b. **Diabetes or diabetes mellitus** is a chronic disease characterized by high blood sugar levels. Blood sugar (glucose) levels are controlled by the insulin hormone produced by the pancreas. However, in diabetic patients, the pancreas is unable to produce insulin according to the body's needs, so that the body's cells cannot absorb and process glucose into energy. Unabsorbed glucose eventually accumulates in the blood. This condition can cause various disorders in the body's organs. To overcome the accumulation of glucose in the blood, in Pekalongan Kajen Therapy House uses Cupping therapy and Al Fashdu therapy.

- c. Stroke is a condition that occurs when the blood supply to the brain is disrupted or reduced due to blockage or rupture of blood vessels. Without blood supply, the brain does not receive oxygen and nutrients, so that cells in some areas of the brain will die. This condition causes the part of the body controlled by the damaged area of the brain to not function properly. To overcome this blood clot, in Pekalongan Kajen Therapy House uses Cupping therapy at the points of blockage.
- d. Hypertension is a medical term when the blood pressure in the body exceeds the normal limit. When blood pressure is allowed to exceed the normal limit, it can cause serious disease complications, such as stroke, heart failure, kidney disease, and so on. Therefore, hypertension is a disease that needs to be treated as early as possible. Symptoms of hypertension can also interfere with daily activities, such as headaches especially in the back, fatigue, chest pain, and can cause emotional disturbances in sufferers.

This study focuses on the symptoms of emotional disturbance in hypertensive patients. Especially hypertensive patients in the Pekalongan Kajen Therapy House, where this emotional disturbance arises due to physical symptoms felt by hypertensive patients in the Pekalongan Kajen Therapy House.

Emotional Disorders of Hypertension Patients in the Pekalongan Kajen Therapy House

A person suffering from hypertension generally experiences physical and psychological symptoms, such as those experienced by hypertension patients in the Pekalongan Kajen Therapy House. They feel emotional disturbances caused by the physical symptoms of hypertension. When blood pressure is high, they admit to feeling very disturbing dizziness so that their emotions are sensitive, and they get angry easily by even small things. The physical symptoms caused by hypertension are indeed believed to be one of the factors in the emergence of various psychological symptoms such as emotional disturbances. Because both influence each other, as said by a therapist at the Pekalongan Kajen Therapy House: *“Biasanya kalo hipertensi itu identiknyanya suka marah-marah, nah itu emosinya itu kan biasanya karena dia merasakan pusing kepala, badanya ngerasa nggak enak jadi sensitif gampang marah begitu”*. (Santoso, 2023).

Therapists at the Pekalongan Kajen Therapy House said that the emotional disturbances of hypertensive patients at the Pekalongan Kajen Therapy House were disturbed psychologically because they experienced physical symptoms of hypertension.

These physical symptoms are headaches, headaches are one of the physical symptoms of hypertension. This symptom is often felt when hypertensive patients at the Kajen Pekalongan Therapy House experience increased blood pressure, such as the statement of a hypertensive patient named Mrs. Cahyani (2023), as follows: “*Sebelum terapi saya merasakan pusing mbak, setelah diterapi pusingnya hilang*”. Mrs. Cahyani admitted to feeling dizzy when her blood pressure rose, then after doing Al Fashdu therapy, the dizziness disappeared. The same thing was also felt by Mrs. Kemi (2023), she said that: “*Yang saya rasakan sebelum terapi itu pusing sekali mbak kepalanya berat, setelah di terapi saya kepalanya enteng, pusingnya hilang*”. Mrs. Kemi also admitted to feeling dizzy and after undergoing Al Fashdu therapy, the dizziness gradually disappeared. Another hypertension patient also felt the same way, namely Mrs. Ida Nurani (2023), the following are the results of an interview with Mrs. Ida Nurani: “*Sebelum melakukan terapi saya merasakan pusing, setelah diterapi saya pusingnya sudah hilang*”. Hypertension patients at the Kajen Pekalongan Therapy House felt the same symptoms, namely headaches or dizziness. As stated by the three patients who had been interviewed, namely Mrs. Cahyani, Mrs. Kemi, and Mrs. Ida Nurani.

From the symptoms of headaches, the psychological symptoms of hypertension are then a factor in the emergence of emotional disorders. The following are indicators of emotional disorders experienced by hypertension patients at the Pekalongan Kajen Therapy House, namely:

a. Easily Angered

Hypertension patients at the Pekalongan Kajen Therapy House admitted that they were easily angered because they were experiencing symptoms of hypertension. Based on the results of observations, it can also be seen that hypertension patients at the Pekalongan Kajen Therapy House were considered easily angered in everyday life, one example is when facing his fussy grandson, the patient immediately got emotional so that he got angry, his expression of anger was shown by grumbling.

The following is a statement from a hypertension patient named Mrs. Cahyani (2023): “*Sebelum melakukan terapi kondisi emosi saya terganggu mbak, soalnya kalau sedang kumat tensinya tinggi saya gampang sekali marah apalagi kalau cucu rewel saya jadi emosi gampang sekali marah mbak. Setelah di fashdu ya pusingnya hilang, jadi tidak gampang marah lagi?*”. Mrs. Cahyani admitted to experiencing psychological symptoms of hypertension, namely being easily angered when dealing with her fussy grandchildren.

Similar things were also experienced by other patients, namely Mrs. Kemi and Mrs. Ida Nurani. The following is a statement from Mrs. Kemi (2023): *“Yang saya rasakan itu pusing sekali mbak kepalanya berat, jadi suka marah-marah kalo ada yang ribut. Setelah terapi pusingnya hilang jadi rileks dan nggak emosian lagi”*. Mrs. Kemi felt the benefits after doing Al Fashdu Therapy, namely her headache disappeared so she felt relaxed and her emotional disturbances improved. Then the last patient interviewed, Mrs. Ida Nurani (2023) said: *“Kondisi emosi saya terganggu karena saya merasakan pusing jadi mudah marah. Setelah diterapi saya jadi tenang tidak emosian lagi karena pusingnya hilang”*. Mrs. Ida Nurani felt the same as other patients, namely feeling more easily angered because of the headaches she suffered. Then after doing Al Fashdu Therapy, Mrs. Ida Nurani felt her headaches disappeared so that her emotional disturbances also improved.

b. Mood Disorders

Mood disorders are included in the psychological symptoms of hypertension. Based on the results of observations conducted, hypertension patients at the Pekalongan Kajen Therapy House experience mood disorders due to their unstable physical and emotional conditions. When experiencing an increase in blood pressure, they will feel headaches and get angry easily, which is what causes mood disorders. As stated by a hypertension patient, Mrs. Kemi (2023): *“Yang saya rasakan sebelum terapi itu pusing sekali akhirnya suasana hati saya gampang emosi, jadi terganggu mbak. Setelah diterapi saya kepalanya enteng, pusingnya hilang jadinya rileks nggak emosian lagi”*. Mrs. Kemi admitted that her mood was disturbed because of headaches and she was easily emotional. After doing Al Fashdu Therapy, she felt relaxed because her hypertension symptoms improved. Likewise, Mrs. Cahyani (2023) said: *“Suasana hati terganggu, karena saya merasakan pusing jadi sensitif begitu. Setelah di fashdu ya pusingnya hilang jadi sudah tenang dan rileks mbak”*. Mrs. Cahyani also felt her mood was disturbed because of the headache she felt, and when she had done Al Fashdu Therapy, the headache could finally calm down and relax. Something similar was also experienced by another patient named Mrs. Ida Nurani (2023) who said that: *“Kondisi emosinya terganggu karena saya merasakan pusing jadi mudah marah, suasana hati juga gampang berubah mbak. Setelah diterapi saya jadi lebih tenang tidak emosian lagi karena pusingnya hilang”*. Hypertension patients at the Pekalongan Kajen Therapy House generally have the same complaint, namely their mood is disturbed due to various symptoms of hypertension. Like the three patients who

admitted to experiencing mood disorders due to physical and psychological symptoms of hypertension, namely headaches and easily angered.

c. Fear

Fear is one of the symptoms of emotional disorders, but after conducting observations and interviews, three hypertension patients at the Pekalongan Kajen Therapy House did not experience symptoms of fear.

The following are the differences between emotional disturbances and psychological symptoms of hypertension patients which can be seen in the following table, namely:

Table 2. Psychological Symptoms of Hypertension Patients Before and After Al Fashdu Therapy

| Hypertension Patients | Psychological Symptoms | |
|-----------------------|--|---|
| | Before | After |
| Cahyani | Disturbed emotional condition, irritability and mood swings | Calm and relaxed, not easily angered |
| Kemi | Mood disturbed, and irritable | Relax, emotions are more controlled (just dhikr is enough to calm emotions) |
| Ida Nurani | Disturbed emotional condition, easily angered, and mood swings | Calmer, emotions more controlled (with dhikr is enough to calm emotions) |

Source: interview and observation results, 2023.

Hypertensive patients at the Pekalongan Kajen Therapy House before undergoing Al Fashdu Therapy to overcome their emotional disturbance symptoms with istighfar and dhikr. The reading of istighfar and dhikr is carried out as initial treatment before then undergoing Al Fashdu Therapy. The results of research from Farmawati, Mutohharoh & Idris (2025) state that the integration of counseling or psychotherapy and dhikr can overcome stress in hypertensive patients in hospitals.

Emotional disturbance is a condition where a person's emotional response is too strong or too weak for a particular situation, for example when facing something, people with emotional disturbance will show an excessive angry response even though it is common when it happens to other people (Ulfa, 2015). Based on the results of interviews and observations, the researcher provides his analysis in accordance with the theory. Hypertensive patients at the Pekalongan Kajen Therapy House experience emotional disturbances which are indicated by an excessive angry response when facing something in

everyday life, which is considered normal for other people. Like one of the hypertensive patients who feels easily angry when facing his grandson's behavior. His expression of anger is shown by grumbling.

Emotional disorders have several levels, namely mild, moderate, and severe emotional disorders. Hypertensive patients at the Pekalongan Kajen Therapy House experience moderate emotional disorders characterized by symptoms of anger, fear, or sadness due to certain things that should be normal if they happen to other people (Aziza, et al, 2024). Based on the results of the study, researchers analyzed that hypertensive patients at the Pekalongan Kajen Therapy House experienced moderate emotional disorders with indicators of emotional disorders such as irritability and disturbed moods, for example, such as the confession of one hypertensive patient who felt very angry when there was a fuss, which is considered normal when experienced by people with normal conditions. This is triggered by physical symptoms of hypertension, namely headaches and feeling unwell which then become one of the factors in the emergence of emotional disorders, which are psychological symptoms of hypertension.

Overcoming Emotional Disorders in Hypertension Patients at the Pekalongan Kajen Therapy House

Someone who experiences emotional disturbances due to symptoms of hypertension certainly requires treatment to overcome it. Pekalongan Kajen Therapy House provides a therapy that can overcome emotional disturbances in hypertension patients, namely Al Fashdu therapy. Al Fashdu therapy is carried out through three stages like therapy in general, namely planning (preparation of tools, time, and place of therapy), implementation (initial, core, and final stages), and evaluation (re-examination of the patient's condition). The following is an explanation of each stage, namely:

a. Planning Stage

The planning required in Al Fashdu therapy includes determining the time and place of psychotherapy implementation, as well as preparing therapy tools. Based on the results of observations, the planning stage in Al Fashdu therapy at the Pekalongan Kajen Therapy House is in the form of determining the time and right therapy, whether at the therapy house or the therapist who comes to the patient's house, according to the agreement between the therapist and the patient.

Before starting therapy, of course, you must have a plan first so that a goal is achieved as expected, planning determines the implementation of therapy, whether a therapy runs well and can achieve the desired goals is greatly influenced by planning (Handika & Yuniyanto, 2024).

The planning required in implementing Al Fashdu therapy at the Pekalongan Kajen Therapy House includes determining the time and place of psychotherapy, whether the therapist is invited to come to the patient's house or the patient comes to the Pekalongan Kajen Therapy House, such as the three patients who were the subjects of the study. Then the preparation of therapy equipment by the therapist, the equipment is in the form of an infusion needle, an arm strap, plastic or blood container, and tissue (Santoso, 2023).

b. Implementation Stage

In the implementation stage, it is divided into three stages, namely the initial stage, the core stage and the final stage (Habibah, 2022). In the initial stage of the implementation of Al Fashdu therapy, it starts with the therapist meeting the hypertension patient, either at the patient's residence or at the Pekalongan Kajen Therapy House, then the therapist sees the patient's condition by measuring blood pressure using a tensiometer, and checking the emotional condition of the hypertension patient, then the therapist gives water so that the patient can relax before carrying out the psychotherapy process. Based on the results of an interview with Mr. Budi Santoso (2023) as a therapist and owner of the Pekalongan Kajen Therapy House regarding the initial stage, namely: *“Cara melakukan Terapi Al Fashdu pertama kita diagnosa dulu pasiennya, kita liat kondisi pasien dulu lalu kita cek tensinya kalo rendah di bawah seratus itu tidak boleh di Fashdu”* (Santoso, 2023).

In the initial stage, it starts with the therapist meeting the hypertension patient, then checking the patient's condition by measuring blood pressure. The second stage is the core stage, in the core stage the therapist carries out the Al Fashdu therapy process, as stated by Mr. Santoso (2023) as a therapist at the Pekalongan Kajen Therapy House: *“Kemudian cara kerjanya kita ambil venanya misal di daerah pergelangan tangan, karena menurut saya lebih nggak sakit kalo di tangan. Pertama diikat dulu lengannya terus kita cari venanya kita olesi alkohol, sebelum itu pasien diminta rileks bisa disuruh sambil baca dzikir, lalu kita juga menyediakan air doa untuk diminum pasien agar rileks, lalu kita tusuk pakai jarum.”* In the core stage, the therapist attaches a therapy device to the patient in the form of an arm strap and an IV needle, the therapist asks the patient to relax and release negative emotions by reciting

dhikr, the therapist also provides water for the patient to drink to make them calmer, then the therapist begins the Al Fashdu therapy technique, namely the removal of dirty blood. Furthermore, in the final stage according to Mr. Santoso (2023) as follows: “*Setelah kita tusukkan jarumnya nanti darahnya akan keluar, bisa diwadahi plastik atau apa gitu. Kalau sudah selesai langsung kita copot alat-alatnya*”. Pada tahap akhir, terapis mengakhiri proses terapi Al Fashdu dengan melepas alat terapi dan membersihkan limbah terapi berupa darah kotor.

c. Evaluation Stage

After planning and implementing, the therapist then needs to evaluate the development of the patient's condition. At Rumah Terapi Kajen Pekalongan, in the evaluation stage the therapist re-examines the hypertension patient by checking the blood pressure and checking the emotional state of the hypertension patient by asking several short questions about the complaints felt by the patient.

After conducting Al Fashdu Therapy, researchers analyzed that hypertensive patients at the Pekalongan Kajen Therapy House who experienced emotional disorders felt that their emotional disorder symptoms improved. When undergoing the psychotherapy process, patients felt relaxed and calm because the headaches they felt slowly disappeared. With the improvement of physical symptoms due to hypertension, psychological symptoms such as emotional disorders improved. Al Fashdu Therapy is believed to be able to overcome various diseases, as stated by Mr. Santoso (2023) as a therapist at the Kajen Pekalongan Therapy House, he said: “*Terapi Al Fashdu ini adalah salah satu terapi untuk mengatasi berbagai macam penyakit, seperti hipertensi, kolesterol, dan diabetes*”. Al Fashdu according to Mr. Santoso (2023) can overcome various diseases such as hypertension, cholesterol and diabetes. In this study, the focus is on one disease, namely hypertension, and how Al Fashdu therapy can overcome emotional disorders in hypertension patients at the Pekalongan Kajen Therapy House.

Prophetic psychotherapy is a prophetic treatment, there are many types of prophetic treatments such as prayer, reading the Qur'an, alms, istighfar, alms and others (Farmawati, 2021). Al Fashdu therapy is one of the prophetic treatments or commonly called Thibbun Nabawi which is still practiced today even with new breakthroughs, namely using more modern tools. People understand better by the name Al Fashdu therapy. Al Fashdu therapy is one of the sunnah of the Apostle and can cure mental illnesses as studied by the author, namely emotional disorders in hypertension patients at the Pekalongan Kajen Therapy House.

After undergoing Al Fashdu therapy, researchers analyzed that hypertensive patients at the Pekalongan Kajen Therapy House who experienced emotional disorders felt that their emotional disorder symptoms improved. When undergoing the psychotherapy process, patients felt relaxed and calm because the headaches they felt slowly disappeared. With the improvement in physical symptoms due to hypertension, psychological symptoms such as emotional disorders also improved. Research from Sunnah, et al (2020) states that the physical and psychological health of chronic disease patients influence each other, when physical health weakens, it will make the patient's psychology easily emotional. Fatmasari, et al (2019) states that hypertensive patients are prone to psychological problems such as stress, which worsens their condition.

Al Fashdu therapy is believed to be able to overcome various diseases, such as hypertension, cholesterol, and diabetes. In a study conducted by Damardi, et al (2021) in his journal entitled fashdu therapy to reduce excess levels of substances in the body, it explains that the phlebotomy technique (fashdu) can be recommended as an effort to reduce blood sugar levels, cholesterol, hypertension, and uric acid. In addition, based on the results of the evaluation carried out by researchers after observation and interviews, it showed that Al Fashdu therapy can help overcome emotional disorders but only at that time while there was no further evaluation, especially how to prevent and overcome relapses.

CONCLUSION

Based on the results of research conducted by researchers at the Pekalongan Kajen Therapy House, it can be concluded that the condition of emotional disturbance in hypertension patients at the Kajen Pekalongan Therapy House is indicated by changes in mood and excessive anger in responding to a problem, which if faced by other people, it can be normal. The cause arises from physical symptoms of hypertension, namely headaches and feeling unwell which then become one of the factors in the emergence of emotional disturbances. After undergoing Al Fashdu Therapy at the Kajen Pekalongan Therapy House, the emotional disturbances of hypertension patients are better. It can be seen from the improved physical condition, the headaches felt disappeared, then from a psychological perspective they are no longer angry, in a good mood and not afraid.

Al Fashdu therapy conducted by Kajen Pekalongan Therapy House is divided into three stages, namely the planning stage of Al Fashdu therapy, the implementation stage

of Al Fashtu therapy, and the evaluation stage of Al Fashtu therapy. The planning stage includes determining the time and place of psychotherapy implementation. The implementation stage of Al Fashtu therapy includes the initial stage, the core stage, and the final stage, each of which contains the implementation of the therapy process from the installation of the therapy device to the removal of the device. Then the last is the evaluation stage, the therapist re-examines the hypertensive patient by checking blood pressure and checking the emotional state of the hypertensive patient by asking several short questions. This study provides a positive contribution in overcoming emotional disorders in hypertensive patients, including increasing the ability to control emotional disorders through Al Fashtu therapy.

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