

PSYCHIC THERAPY WITH *SHOLAWAT* FOR PEACE OF MIND

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Abstract

Practicing prayer with *istikomah* can make the pattern of thinking and heart calm and make human morals better because praying makes a person remember Allah and His beloved Prophet SAW, which makes the human heart calm again. With a calm heart, this will be the cure for various diseases that are felt. This study aims to describe psychic therapy with prayer for peace of mind as a reference for healing psychological problems experienced by humans related to life problems. The result of this study is that respondents studied in this study after being given education related to sholawat have practiced it mystically and can change their personalities for the better and make their souls balanced. In addition, the practice of sholawat will provide nourishment and priority such as being granted and facilitating all his wishes, being the reason for the granting of prayers, being forgiven for his sins by Allah SWT, eliminating the sense of difficulty and hardship in his life. Sholawat is not only a prayer but also a means of psychotherapy against psychic disorders. This research has descriptive qualitative elements and researchively has an interactive descriptive nature that contains data from respondents. That way this research can be used as an educational means of psychotherapy on the problems of life experienced by humans to make the human soul calm and make humans more noble morals.

Keywords: Psychic; Sholawat; Therapy; Mental Health.

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INTRODUCTION

Man is the most perfect creature created by Allah SWT. This is stated in the Qur'an; An Sura At-Tiin 95:4, meaning "Truly, We have created man in the best possible form". Humans are social creatures, different from other creatures. Allah Almighty gives the nature of lust for man and also the intellect to control him. Psychic is a field outside of medical that includes a person's behavior and feelings, from picker patterns, actions, reactions, and also interactions and has the same understanding as psychological.

In human life, it is inevitable that various problems are reluctant to be faced, both from small problems to big problems. Because God will continue to give tests for His servants to always obey Him. this is already in the Qur'an Surah Al-Baqarah verse: 286, meaning "Allah does not burden a person but according to his ability". From this, not all humans are willing to rely on God for all the test problems faced in the world so that many people today experience mental health problems.

Mental health within the scope of Islam is an ability of each individual to manage the harmony between the usefulness of the psyche and the creation of adjustment to other individuals, or around them dynamically which is fundamental to the provisions of the Qur'an and Hadith as a guide to life for the happiness of the world and in the Hereafter. Therefore it is also important to always read the sholawat for mental or psychic calm.

Sholawat is a repeated reading that is implemented as a form of bond between man and God. In other words, sholawat is a prayer reading that leads to the Prophet SAW. which means to pray or ask for blessings from Allah SWT. Prayer apart from being a form of expressing love to the Prophet SAW. Of course also because of hoping for the pleasure of Allah and various kinds of blessings and razeki which will later be bestowed on His Servants who want to pray. (H.M.Sattu Alang 2021)

Practicing prayer, including a form of love for end-time people to the Prophet Muhammad SAW. Saying sholawat is a way for Muslims to get closer to Allah SWT. people who discuss their lips with prayer to the Prophet (peace be upon him) are considered worship and rewarding. In addition, praying also makes one's heart calm and blessings in all matters become easy. Therefore, sholawat can heal or as a psychiatric therapy that is experienced by many humans.

Within the scope of Islam, it can increase faith and confidence to each individual to hope for help from Allah SWT from the various life problems he faces. Therefore, religious therapy is one solution to cure diseases with psychological methods associated with religion. For example, praying that is done regularly will be a therapy for all mental illnesses, such as emotional, depression and other sabagainya. From this will rebalance the balance in the human soul. (Sucianing 2022)

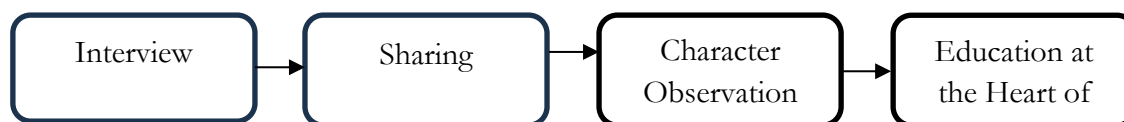
In the experience of religious teachings, always do certain readings in every activity so that it does not become a problem faced later. Similarly, what happens to the values applied in sholawat, so that it can be emphasized again the values contained in sholawat, such as in saying sholawat which is done with wirid. The application of the values of sholawat felt by Muslims will make the mental soul calm so that it is very effective to be used as soul therapy when Muslims are facing problems in life. (Shodiq Masrur 2021)

This research takes information from all informants such as from articles, takes verses in the Qur'an as the basis for research and someone who is used as a related sample who has problems in his life. So with information that is so concrete and makes someone return to the right corridor. Reading sholawat with wirid is not only limited to pronunciation, but also knowing the meaning of praying so that it has a positive influence on those who read it and make all liver diseases healed. (Sudirman 2020)

METHODOLOGY

In this study, the method used is a descriptive qualitative method. This research method is a research method that is descriptive, uses analysis, refers to data (observations, interviews and documents), and uses existing theories as supporting material and produces new theories.

In data collection, the author made observations for initial observations of the subject. From this study, the author found three subjects to be sampled in the study. After observing three subjects or samples, interviews are used to explore deeper information related to the problems or problems faced. In interviews, the type of interview method used is an unstructured interview. Because in extracting information, it is also necessary to share and open casually so that the subject or sample feels comfortable and as a writer it will be easy to dig up the information needed in research.



Picture 1. Respondent Data Collection Stage

In the data collection stage, the first time is to conduct interviews with respondents which are carried out in comfortable places such as cafes, certain rooms or in other open places that do not make respondents depressed. Then do sharing in a relaxed manner without any pressure, when sharing researchers also observe the character of respondents when sharing which is useful for reading what situations are experienced and felt by respondents. At the end of sharing is over, researchers provide an education from the core of the problem or provide solutions for the recovery of respondents' characters to be better and stable in terms of psychic. After that, respondents were given the task of providing information related to their progress during a certain day.

In research on three subjects or samples. The author educates the three subjects with the initials S.P.A.S, B.I.W and F.M.F to practice the prayer practiced after obligatory prayers and sunnah prayers. Because previously these three subjects had different life problems that made their psychic disturbed. Therefore it is important for them to practice sholawat regularly to improve their psychic slowly.

The purpose of this study is to describe and provide education for psychic therapy that implements prayer with wirid for mental tranquility.

In this study, the method used is a descriptive qualitative data analysis method that focuses more on the subjective. And it also needs observation in every development of the subject under study.

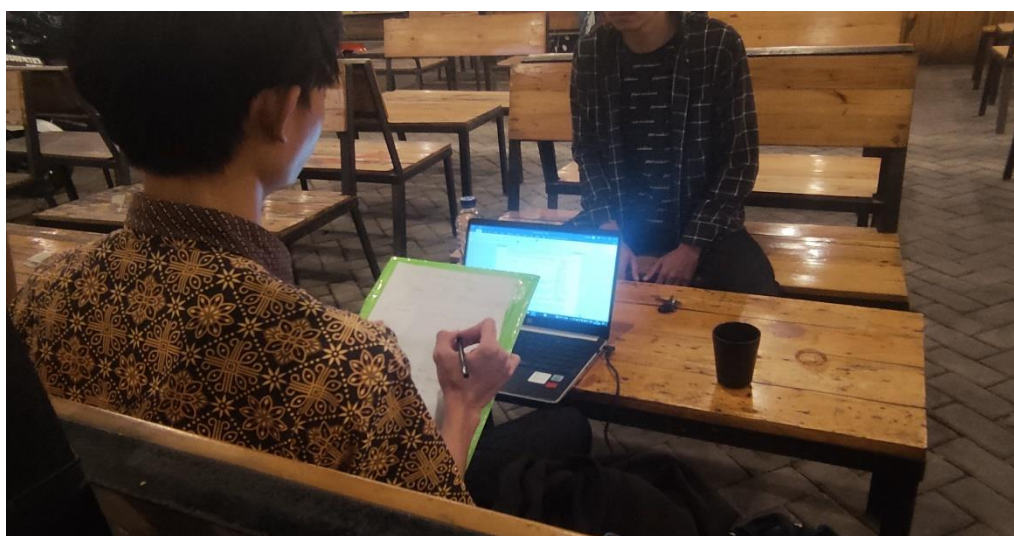
RESULTS AND DISCUSSION

Sholawat can be interpreted as prayer, blessing, glory, welfare, and worship. By praying can also make everyone's thinking, actions, and feelings different much better than before. Feelings that arise after the effects of prayer include inner calm. Bersholawat is the easiest and cheapest medicine to recover the disease that is felt, because praying is part of the dhikr to remember Allah SWT who also mentions the name of His beloved, the Prophet SAW, to ask for healing. If God brings down a disease, then He will also bring down or give an antidote. The following is a picture when observing one of the respondents in a class who is still in school at Al-Islam High School, Krian District, Sidoarjo Regency (Zaqiyah 2023)



Picture 2. A picture in observing the activities of one of the respondents

The following is a picture in observing the activities of one of the respondents with the initials S.P.A.S (female) who is still studying at Al-Islam Krian High School, Sidoarjo Regency. In addition to academics, there are also respondents who are non-academic in conducting interviews which are useful for collecting data on respondents' problems as follows:



Picture 3. a picture in observing the activities of one of the respondents

Here is a picture of an interview as well as a sharing stage for one of the respondents who is non-academic. This is done in the open according to the wishes of respondents. Because the research method carried out by researchers is not structured (aka open) so it is not a problem. Because the most important thing is that respondents can be calm and not depressed when conducting interviews as well as sharing problems experienced by respondents. At the end of collecting information, researchers provide education to help psychic recovery in accordance with the experience experienced by the respondents. The data that has been taken from several respondents that have been obtained are as follows.

Table 1. Data from interviews with respondents related to psychological problems and disorders experienced.

No	Respondents	Age	Problems Faced	Mental Health Issues
1.	S.P.A.S	17	Broken Home	Lack of self-confidence, protracted anxiety, trauma in family problems, irregular activities.
2.	B.I.W	23	Economy, family pressure, trauma from bullying.	Restless, chaotic mind, unable to think clearly.
3.	F.M.F	20	Lack of attention, mental pressure from the family, passive parents (complete but like a broken home).	Restless, lack of confidence, always aloof, lack of gratitude.

In this study related to the three subjects experiencing different life problems in their lives such as the subject with the initials S.P.A.S aged 17 years who experienced family problems in his life path such as broken home. This divorce of S.P.A.S's parents made S.P.A.S's soul abnormal. Psychological disorders felt by S.P.A.S include anxiety, protracted sadness, feelings of inferiority towards others, tables537 and every activity in their lives becomes irregular.

In the subject with the initials B.I.W, a 23-year-old man experienced problems in his life such as economic problems, pressure from family and bullying problems from external factors that made this B.I.W experience psychological disorders that felt like537 tables, protracted sadness, anxiety and always chaotic thoughts that made him unable to think clearly in the life he lived.

Then in the third subject whose initials are F.M.F aged 20 years also experienced problems in his life such as problems in the family, lack of attention from his parents, and economic shortcomings that made F.M.F psychic disturbed. And he always thought excessive overthinking, feelings of inferiority that made him not want to mingle in crowds, and always felt depressed which made him dissolved in anxiety and lack of sense of table537 experienced by the F.M.F.

Of the three problems, researchers provide education and insight into each subject with the aim of providing motivation from life problems faced by each subject. The next step the researcher gave a recommendation to pray for the three subjects to be done istikhomah every day whether after performing the obligatory prayer or sunnah prayer which was read a thousand times.

Psychic therapy with sholawat can be said to be included in the type of psychotherapy. This psychotherapy is a therapy or treatment of the mind. In other words, psychotherapy is also a treatment of psychic disorders using psychological methods. In this case also includes a variety of techniques that have the aim of helping each individual in emotional stabilization by improving behavior, the mind that will undergo an educational process (early education), so that the individual will be able to improve himself in overcoming various problems in his psychic. (Amiruddin 2020)

Prayer that is done istikhomah can also make the heart calm and remember Allah SWT and the soul that was previously unbalanced now becomes balanced. In this case there are also experiences of development or change in different durations as experienced by the three subjects who experience development or recovery in different periods of time. The data of respondents who have experienced a recovery period in different periods of time, as follows.

Table 2. The results of the second interview after respondents experienced psychic recovery who routinely did therapy with Sholawat.

No.	Respondents	Sholawat Readings	Recovery Period	Result
1.	S.P.A.S	Yes sayyidi Ya Messenger of Allah 1000 times/day Allahumma Sholli 'ala Muhammad 200 times after Fardhu prayer	10 days	Psychic improvement, calmness in heart, confidence, positive behavior, showing a noble moral attitude and living the days well without any doubts in the heart.
2.	B.I.W	Yes sayyidi Ya Messenger of Allah 1000 times/day Allahumma Sholli 'ala Muhammad 200 times after Fardhu prayer.	3 Months	Have peace of mind in the heart. Psychically improved and confident and not afraid of any problems faced.
3.	F.M.F	Yes sayyidi Ya Messenger of Allah 1000 times/day Allahumma Sholli 'ala Muhammad 200 times after Fardhu prayer.	1 month	Psychic improves, has a sense of calmness in the heart, attitudes and behaviors change to moral, believing in oneself for gratitude.

Subjects with the initials S.P.A.S experienced recovery within 10 days. In this case, the psychic of S.P.A.S becomes normal, besides that it also undergoes a change in attitude that becomes Islamic. Then on this B.I.W-initiated subject experienced a full recovery period within three months, during the recovery period he felt a lot of calm in his life, and the various problems he faced became light because he always remembered Allah Almighty and activities in terms of worship also increased. Then the last subject with the initials F.M.F also experienced a recovery to his psychic within a month. Many things changed by F.M.F are related to the calm in his heart, being more grateful for what Allah SWT gave him (F.M.F), and his attitude and actions becoming better than before and making this F.M.F more moral.

From the above statement on recovery or psychic therapy of these three subjects, it can be concluded that how important and efficacious people who pray can make calm and comfort to the psychic. And praying in addition to being a prayer and remembering Allah SWT and His beloved Prophet SAW. It can also be a means for psychic therapy in life problems faced by humans.

In Islam, all understandings in the Qur'an are a cure for the soul or a cure for all diseases of the heart that exist in humans. Allah Almighty said in verse 57 of Jonah which means "O man! Truly, there has come to you a lesson (Qur'an) from your Lord, a healer for the sickness that is in the breast and a guide and mercy for the believers". Therefore, in an effort to heal the mental soul of the human soul can be started from the heart which must practice various kinds of prayers in the Qur'an to be used as a therapy in accordance with Islamic concepts. (Arinda 2023)

According to Moh. Nurdhuka. M.Pd. I. "religious therapy is a solution for humans to overcome religious problems through religious teachings". Therefore, psychiatric therapy with

sholawat is also important in restoring the balance of the human soul. Because in this modern era, Islam has become something foreign and many people have forgotten their obligations in worshipping Allah SWT. (Moh & Nurdhuka 2020)

In praying to the Prophet also has a purpose, namely as a tribute to the Prophet SAW, exemplify his nature or behavior, make him a leader of Muslims, and increase our love for the Prophet Muhammad SAW. The Prophet's prayer can continuously activate the endorphins hormone naturally which is useful for providing a feeling of comfort and relaxation so that feelings can lead to depressive disorders can be minimized. Therefore it can be concluded that a person who prays in prayer his heart will become calm, and his psychic will also be balanced without having anxiety, anxiety or anything else.

In soul therapy with prayer and dhikr regularly will certainly make the human soul will always remember Allah SWT. This has been explained by the Word of Allah Almighty in Q.S Ar-Ra'du verse 28, which means "(i.e.) believers and their hearts become at peace with the remembrance of Allah. Remember, only by remembering God does the heart become at peace." The Qur'an has given an understanding that it is important to always remember Allah SWT, and the easiest way to remember Allah SWT is to pray and dhikr. In addition, prayer and dhikr can always be to reassure His faithful servants

In living in the world, people need religion to go on a good path. Because human life is always side by side with religion to be a guide in life. There is even a basic benefit to the social existence of the individual in the world, namely the individual's self-awareness of phenomena that are considered to have existence and that he does not depend on the activity of the individual self based on religious ability, linking the real construction of empirical society with the reality of pura. (Umiarso 2022)

Making sholawat as a fragrance - wanigan on the mouth and lips by practicing it regularly because in the worship (sholawat) contains great goodness besides that sholawat is also the core for the results of goodness and the door of all priorities for religion, the world and the hereafter.

People who practice prayer will always be bestowed with various virtues in their lives. The efficacy and virtues of sholawat include:

Granted and facilitated all his wishes. The Prophet (peace be upon him) said: "Whoever prays for me a hundred times a day, Allah will bring one hundred hajad, the seventy for the hereafter and the thirty for his world." (H.R. Ibn Majah of Jabir), Being the reason for the granting of prayers. The Prophet (peace be upon him) said: "Verily the prayer ceases between heaven and earth, it will not rise in the slightest until you pray for your Prophet." (H.R. Atturmudzi), Forgiven of his sins by Allah Almighty. The Prophet (peace be upon him) said: "Whoever recites the prayer for me on every Friday, Allah forgives his sins even though his sins are as much as the foam of the sea." (H.R. of Zaid bin Rafi), Eliminated difficulties and hardships in his life. The Prophet (peace be upon him) said: "Read more prayers for me. Verily such a one will give up all difficulties and the loss of all troubles".

In the explanation above, it can be concluded the importance of beristikhomah in prayer to facilitate all affairs in the world and in the hereafter. In addition, sholawat is also useful as a medicine for peace of mind and human soul in living life in the world against all obstacles faced.

In the human soul has several characteristics as stated by Ida Afidah, "the human soul has a complete character with the highest advantages and secrets, the character of each individual is seen in the emotions he has". Therefore, humans need to learn to control themselves, be it emotions or other passions in dealing with various kinds of problems in their lives. Because people are easily tempted by Satan's temptations so many of them cannot control all forms of emotions and feel distant from Allah Almighty (Afidah 2021)

Psychotherapy in Islam such as praying will give peace to the soul through religious therapy based and fundamental to the Qur'an and Sunnah. Therefore, the function of Islamic therapy such as praying with berwirid is in order to increase understanding, adjustment, development and personal education to achieve one's mental health so that faith or tawhid becomes strong, noble character, and personal ihsan seen in life. (Kamila 2020)

In the scope of Islamic mental health, the stigma of mental disorders is not far from the view of mental health experts in general. However, it is further emphasized that the Islamic definition of mental health is that the stigma of mental disorders that arises is due to the assumption that it is a disorder. (Siregar 2020)

A calm soul is a state that is in a relaxed state or a relaxed mental state, calm and without strong emotional pressure despite doing rice activities or heavy life problems. Peace of mind can also be from thought patterns and moods. If the pattern of thinking and mood is always maintained, of course the soul will be calm and it is impossible to think negatively.

Love for Allah and the Messenger of Allah are two very important loves possessed by humans. And both occupy the top level if from a spiritual perspective and clarity of heart, To achieve this level of love, reciting sholawat with wirid is done regularly. In psychic therapy it is also the same to relax the psyche by adding confidence in the form of prayer such as chanting sholawat with wirid. Therefore, it can be concluded that by reading sholawat can have a relaxing effect on oneself.

Religion is a mental health therapy in Islam that has been clearly explained in the verses of the Qur'an, among which the discussion of tranquility and happiness is Q.S An Nahl 16:97 which means "Whoever does good deeds, both men and women in a state of faith, then surely we will give him a good life and indeed we will reward them with a better reward than what they have do it". From this verse it can be concluded that men and women in Islam will get equal rewards and that charity should be accompanied by faith. Another verse also explains Q.S Ar Ra'ad 13:28, which means "(That is) believers and their hearts are at peace with the remembrance of Allah. Remember, it is only by remembering God that the heart is at peace." The point of the verse is that when man forgets the Supreme Creator and loses his faith, his life will become empty. To distance oneself from the Creator is to empty oneself of the values of Imani. This is a huge loss. Therefore, it is important for humans in carrying out life activities and life problems faced should still remember Allah and include Allah in any case in order to get mercy from Allah and all affairs will be facilitated by Allah SWT.

Worship is a means of psychotherapy in human life. But the extent to which the worship is performed and its effect on the soul depends on His servant who practices the worship. Practices carried out such as sholawat can certainly be a psychological therapy for psychiatry. Because sholawat is a worship recommended in Islamic teachings. Not only is it proof of obedience to Allah SWT and Prophet Muhammad SAW, by praying is proof of love for the prophet. From that love and the practice of sholawat carried out repeatedly as well as wiridan will make every human soul calm, besides that it also gets other privileges and benefits from the practice of sholawat chanted istikhomah. Prophet Muhammad (peace be upon him) recommended that many prayers be read, according to his words "The man who has the most right to be with me on the Day of Judgment is the one who reads the most prayers to me". Therefore, there are many virtues of what has been practiced in sholawat, apart from being psychotherapy in mental or psychological, sholawat is also the reason for the acceptance between prayer and being an intermediary between humans and Allah SWT. (Sunengsih 2020)

Many various cases exist, in fact, many psychiatric and mental sufferers are cured with a religious approach. It also proves that man is essentially a Godly being and will Return to God at some point. And from the Qur'an itself also functions as Ash-Shifa or medicine to cure physical and spiritual diseases by taking some verses that are in accordance with the needs to be used as therapy in curing the disease. besides that prayers carried out with wiridan will also make us always remember Allah SWT. Religion or religion looks more at aspects in the depths of conscience, personality, personal attitudes that more or less contain mystery to others, because it breathes the intimacy of the soul, taste in the scope of totality (comparison and humanity) into the human person. Thus, it can be concluded that religion cannot be separated from human life because according to Purmansyah Ariadi "because human nature as a living creature created by Allah SWT is that humans are created by having religious instincts, namely the religion of tawhid. And if there are people who are not religious monotheism it is natural, and they are not religious monotheism it is only because of the influence of the environment". (Saridudin 2021) (Anila 2022)

In mental health problems or psychological problems experienced by humans can certainly be cured easily. Psychic therapy in mental tranquility can be overcome by doing meditation and wiridan or dhikr. With this meditation can unite the heart and mind. In addition, it also needs to be directed to perform wiridan or dhikr with a certain number of certain sholawat readings so that it is needed for full concentration to do so. Within the scope of psychic therapy by reading sholawat done with wirid will certainly make the heart and mind always calm. In undergoing therapy can be done after five prayers a time. Or even the most powerful thing to do when after tahajjud prayer, because at that time will get kushock and tranquility and the soul will feel close to Allah. In this case, of course, you will get many privileges and a lot of protection from Allah SWT so that the perpetrator of prayer with wiridan who does it in a routine way will make his soul or psychic calm even though many problems faced will still feel light. This is because of the benefits of doing prayer with wiridan who will always feel and get closer to Allah SWT. (Mustary 2021)

This model of psychic therapy for peace of mind with prayer is very easy to do. But also many people don't do it because they are lazy, no time etc. Therefore, it is also important for humans to strengthen and resist themselves from bad deeds, especially in the laziness that Satan whispers into the ear. That way humans will always get used to and istikhomah in carrying out prayers with wiridan.

Mental health in an Islamic perspective is indeed very important for the peace of the human soul. In undergoing psychological therapy for peace of mind, of course, there is also a separate method that is needed, because it also has something to do with faith. As Ratnawati says "there are three methods that make the human soul balanced, the first, the methods of takhalli, tahalli, and tajalli; second, the methods of thariqoh, haqiqoh, sharia, and ma'rifat; and third, the method of Faith, Ihsan and Islam". (Ratnawati 2019)

Therefore, in psychic therapy to peace of mind, of course, it is also the effect of human attitude when relying on Allah SWT. By doing complete surrender, eating the peace of mind obtained will later shape human life into balance both in this world and in the hereafter.

In the development of the times to the era of globalization has shown pictures of human life that is increasingly free. This is also influenced by technological developments and followed by all media information that is getting faster, which makes between regions closer and like there are no boundaries. In the development of the world, many people are increasingly negligent with religious obligations. As Nurdhuka said, "the crisis that hit the world community also changed religious values so that relations between religious people and cultures became increasingly reluctant because religious values faded". Therefore, cultural values derived from religion have become secular social values that cause a shift in sacral values towards profane values. Thus, in the development of an increasingly modern world, of course, it also changes all human thinking, especially in the religious chapter, which makes religion itself increasingly foreign to human eyes. Therefore, there are various kinds of problems that affect human psychology in living their lives. (Moh & Nurdhuka 2020)

In overcoming psychiatric disorders or psychological problems experienced by humans, of course, various as described above. But the easiest way to overcome psychological disorders related to worldly problems certainly needs to be made aware by authoritative. In doing wirid, of course the verses taken are sourced from the Qur'an. Because the Qur'an itself is also a medicine, then of course we need to take the verses needed and practiced according to the needs in life that are useful to facilitate the process of life. From the other side, it is also a psychic therapy, in this case it is also balanced by practicing the Prophet's prayers which are carried out repeatedly on a regular basis or usually called wiridan. therefore it is necessary for us to always draw closer to Allah so that the soul and mind and heart get peace upon Allah's guidance, and every journey Allah will guide His Servants who practice prayer with wirid or dhikr with wirid which is practiced in Istikhomah. Regarding the practice can also be done when after the five daily prayers, or even sunnah prayers such as after dhuha prayers or tahajjud prayers. And make it mandatory to do so that it remains Istikhomah. thus sholawat and dhikr are not only psychic therapies for peace of mind, but also can get closer to Allah and also guide us in every activity, deed, and guidance from

Allah which always facilitates the path of life both in the world and facilitated in the affairs of the hereafter later. For this reason, all of us certainly have to better understand what happens to us, especially in self-awareness of bad changes that become far from Allah so that the book of Jesus changes it as soon as possible for the better before it is too late. Because it is never too late for His Servant who wants to repent. And indeed Allah is also the recipient of repentance. Great, Allah is again Most Merciful and again Most Merciful (Hidayah 2021) .

CONCLUSION

Psychic therapy with prayer for peace of mind has an important role in someone who has a psychic disorder. Sholawat apart from being a tribute to the Prophet SAW and as a prayer can also make character become moral. Sholawat can be the cheapest medicine to restore the oenyakit that is felt because sholawat with wirid will always remember Allah as well as mention the name of the beloved of Allah SWT with the intention and ask for healing for the disease experienced.

Practicing sholawat with wirid done with Istikhomah will always be bestowed with various virtues in life. Such as the efficacy and virtue of praying, among others, is, granted and facilitated all his wishes, being the reason for the granting of prayers, being forgiven for his sins by Allah SWT, eliminating difficulties and difficulties in his life, making the heart and thinking patterns become more positive and the mood becomes calmer in facing any serious problem. That way the key to human medicine is from the heart, so what must be addressed first is from the heart and mind which needs to be filled with the practice of prayer.

This research has descriptive qualitative elements and research has a descriptive nature and uses analysis that refers to data in the field. In addition, this study also provides a quantity of Islam and is guided by the Qur'an and then educated to sufferers of a psychological disorder to be practiced in a mystical manner which is useful as a means of psychic therapy with prayer for peace of mind. With Islamic values in it apart from being a psychic healing, it can certainly make a person have charisma and have increased faith in Allah SWT and as a form of how to remember Allah SWT and the Prophet SAW easily. That way this research can be an education for humans who experience psychological disorders, by practicing sholawat that can provide peace of mind and heart to peace of mind.

For future researchers, it is hoped that it can enrich the treasures associated with psychological therapy research with prayer for peace of mind, and can create new research on Islamic education in the sholawat chapter to share knowledge with fellow humans as a way of healing for psychological disorders experienced by humans in life.

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