

Islamic Guidance and Counseling to Overcome the Study Difficulty of Junior High School Students in SMP IT Nurul Azizi Medan (Case Study of Students experiencing Anxiety)

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Abstract--The purpose of education is to create a person of high quality and character so that he has a broad view of the future to achieve the goals that are expected and able to adapt quickly and precisely in various environments. The educational objectives will be achieved if carried out with the teaching and learning process both in the school environment or elsewhere. Schools where children learn, are not immune from the influence of big minds about success whether measured by intelligence, skills and kindness. In this case the teacher requires knowledge and insight into the development of thinking about measurement in order to be useful for learning activities. The measurement can be in the form of learning outcomes at school in the form of learning achievements that can be seen from the results of report cards. Learning difficulties are barriers / learning disorders in children and adolescents which are characterized by a significant gap between the level of integrity and academic ability that should be achieved. Learning difficulties can be interpreted as a condition in a teaching and learning process that is marked by certain obstacles to achieve learning outcomes. The factors that influence learning difficulties come from 2 (two) sources, namely internal factors and external factors. Internal factors are factors that originate from within learners, both those that are innate (derivative) as well as the results of individual interactions and individual personal learning processes that have been inherent in the person. Anxiety as an unpleasant feeling, which is followed by certain physiological reactions such as changes in heart rate and breathing. According to Freud, anxiety involves perceptions about unpleasant feelings and physiological reactions, in other words anxiety is a reaction to a situation that is considered dangerous. Islamic Counseling Guidance is the process of providing assistance to individuals so that the individual or client realizes his existence as a creature of God who should live according to the provisions and instructions of God, so as to achieve happiness in this world and the hereafter.

Keywords--Learning Difficulties, Anxiety and Islamic Counseling Guidance.

I. INTRODUCTION

Education is a conscious and planned effort to create an atmosphere of learning and learning process so that students actively develop their potential to have spiritual strength, self-control, personality, intelligence, noble

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character, and the skills needed by themselves and the community. In other words that education is guidance or help given by educators to the development of students to reach maturity with the aim that children are capable enough to carry out their own life tasks not with the help of others.

Learning is one of the activities or human endeavors that is very important and must be done throughout life, because it is through learning efforts that we can make changes or improvements in various matters concerning our self-interest. Learning is done intentionally or not with the teacher, with the help of others, or without anyone's help (Suharyanto, 2015). Learning is an absolute requirement to be smart in everything, both in terms of science, and in terms of skills or skills. A baby for example, he must learn various skills, especially motor skills such as learning, lying down, sitting, crawling, standing or walking (Mardianto, 2012).

Learning is a relatively constant process of behavior change. In this process changes do not occur at once but occur gradually depending on the supporting factors of learning that affect students. These factors can generally be divided into two groups, namely internal factors and external factors. Internal factors are related to everything that exists in students who support learning, such as intelligence, talent, motor skills, senses, and thinking schemes. External factors are all things that come from outside the student's condition in learning, such as experience, social environment, teaching-learning methods, teaching-learning strategies, learning facilities and teacher dedication. His success in reaching a stage of learning outcomes enables him to learn more smoothly in reaching the next stage (Shah, 2010).

In other words, learning is a process in which a student experiences changes from one condition to another, the other condition is certainly planned, controlled and controlled. Achievement efforts for students to arrive at the desired conditions certainly take a variety of ways, bypassing various conditions and following a number of principles that become rules in learning. But it must be realized that in the middle between the initial conditions to the destination conditions there are several things that become obstacles both come from students and from outside the students themselves.

The fact that is always experienced by students if they have difficulty learning then affects the lack of enthusiasm for learning and ultimately the decline in achievements. This certainly needs to be resolved, however, as an initial step to explore the causes of learning difficulties or learning problems is important to know and map earlier (Jeslin, Sarinah & Putra, 2019). The effort can be done by conducting interviews with students where information is obtained through class teachers, parents and even from students themselves, what things are causing these learning problems.

Integrated Junior High School in SMP IT Nurul Azizi applies the curriculum from the Ministry of National Education, and the Department of Religion curriculum for the fields of Al-Qur'an, Religion and Local Content and extracurricular. The vision of the Integrated Junior High School in SMP IT Nurul Azizi is to form high achieving students with moral values. The vision is elaborated in the mission of the Integrated Junior High School in SMP IT Nurul Azizi, which is to educate and equip children with intellectual, social emotional and spiritual abilities.

Various achievements generated by SMP IT Nurul Azizi students, including inter-school sports competitions, mathematics olympiad for the national level, etc., but not all students can participate in teaching and learning process well in this school by participating in various activities and competitions, there are also students who experience learning problems including poor adjustment, lack of independence, emotional disturbances and even other learning difficulties that affect students' academic scores, so that special methods are needed to overcome these learning problems.

Nevertheless, it is hoped that the learning objectives of the Integrated Islamic Middle School to form high achieving and moral students can be achieved well. But there are times when these goals cannot be achieved because there are obstacles experienced by students. To overcome the learning problems experienced by students in the Integrated Islamic Middle School where the vision and mission of the school can help to shape the behavior of students more, but in reality there are still many students who have learning difficulties so an attempt is made to provide Islamic Counseling Guidance program intended for students of Junior High School in SMP IT Nurul Azizi.

Based on observations in the field, it is obtained data that learning difficulties experienced by students of Junior High School in SMP IT Nurul Azizi include adjustments experienced by new students, emotional problems related to someone they like, conflicts of parents and children, underachiever, socioeconomic problems and so forth.

As for students who experience learning difficulties will experience different comprehension of their mental condition where the problem of learning difficulties sometimes makes the student experience stress. The above conditions trigger conflict and frustration for students. In this case the student experienced a change in behavior that was cheerful turned into shy even some students who had been quiet turned into students whose behavior is difficult to control because they always make problems in class.

Conflict and frustration are conditions that can make students experience stress even though the way they deal with them is different. This is caused by differences in views on the situation and conditions faced.

II. METHODOLOGY

The character of interaction in the family begins to change in adolescence. Teenagers experience pressure between their dependence on parents and the need to become independent individuals. Parents also often have mixed feelings within themselves, they want their children to be independent but they realize that it is difficult to be able to let their children be independent.

Teenagers are the next generation and heirs of the nation who will be the executors of the nation and state development. Whether or not the nation and state progress greatly depends on the qualities present in adolescents. In Indonesia, adolescents embrace more than half of the entire population. Because of the large numbers, there are also many problems related to this group. This also happened to adolescents in SMP IT Nurul Azizi.

Learning difficulties are barriers / learning disorders in children and adolescents which are characterized by a significant gap between the level of integrity and academic ability that should be achieved. Learning difficulties

can be interpreted as a condition in a teaching and learning process that is marked by certain obstacles to achieve learning outcomes.

As for the types of learning difficulties that generally occur at school age, including learning disability (learning disabilities) are symptoms that appear as indicators of psychological abnormalities consisting of: dyslexia (dyslexia), which is learning disability reading, dysgraphia (dysgraphia), namely learning disability, writing and dyscalculia (dyscalculia), which is the learning disability of mathematics. Usually learning disability is experienced by elementary school age students but it does not rule out the possibility of junior high school students experiencing it. Underachiever is the result of learning achievement is lower than what is estimated based on the results of tests of learning abilities. Usually students who experience under-achievers have good learning achievement scores before. Slow learning is a child with a low level of mastery of the material, even though the material is a prerequisite for continuation in the next lesson, so they often have to repeat. Slow learning occurs in children who are slightly mentally retarded, or who develop slower than normal speed (Mulyadi, 2010).

The factors that influence learning difficulties come from 2 (two) sources, namely internal factors and external factors. Internal factors are factors that originate from within learners, both those that are innate (derivative) as well as the results of individual interactions and individual personal learning processes that have been inherent in the person. Internal factors consist of cognitive aspects (the realm of copyright), such as low intellectual capacity / intelligence of students, affective aspects (realm of taste), such as emotional conditions and attitudes that are unstable / uncontrolled and psychomotor aspects (quartz domain), such as low / disturbed / limited sensing (vision and hearing). External factors are all forms of obstacles originating from outside the students themselves, including: family environment, community environment and school environment (Shah, 2012).

Freud defines anxiety as an unpleasant feeling, which is followed by certain physiological reactions such as changes in heart rate and breathing. According to Freud, anxiety involves perceptions about unpleasant feelings and physiological reactions, in other words anxiety is a reaction to a situation that is considered dangerous (Sundari, 2005).

Cognitive psychotherapy is a therapy that uses a structured, active, directive and short-term approach to deal with various obstacles in personality, such as anxiety or depression. This therapy is based on the theory that the affect (emotional state, feeling) and actions of a person are largely determined by how a person shapes his world. The human mind gives a picture of a series of events in his consciousness. Symptoms of behavior that are distorted or distorted, closely related to the contents of the mind, for example, a person suffering from anxiety because they anticipate experiencing things that are not good on him (Leahy, 2003).

Thus the Islamic psychotherapy referred to here is Islamic Counseling Guidance (Fadilah, 2017), is the process of providing assistance to individuals so that the individual or client realizes their existence as God's creatures who should live according to God's rules and instructions, so that they can achieve happiness in the world and the hereafter (Lubis, 2007).

Generally, the Integrated Junior High School in SMP IT Nurul Azizi has an age of approximately 13-16 years. According to Santrock, this age is classified into adolescence (adolescence) where the period of developmental transition from childhood to early adulthood, which is entered at the age of about 10 to 12 years and ends at the age of 18 to 22 years (Santrock, 2002).

According to Papalia, adolescence is a transition from childhood to adulthood, where there are several developmental tasks that must be passed 19. The developmental tasks, such as physical, psychological, social, and moral changes. Most teenagers are not ready to face developmental tasks that occur so that it will cause various problems. In general, adolescents spend more time with peers than parents and get a source of affection, sympathy, understanding, and moral guidance from their peers (Papalia & Feldman, 2009).

III. RESULTS

The purpose of national education applies to all types of schools and is implemented with the characteristics of each level of school education. In other words, institutional objectives must be aligned with national education goals and is a concentration that must bring national education goals to the achievement.

To achieve educational goals students need guidance so that they can foster as much as possible from school experience. However, the ability of teachers to guide their students is limited, while the problems faced by students are increasingly complex. From this kind of condition the role of a psychologist is needed, in order to minimize the difficulties faced by students.

This research is based on the conditions experienced by adolescents in SMPIT who experience learning difficulties in their schools caused by psychological problems. Psychological problems include parental divorce, conflict between parents and children, adolescent love problems, lack of independence, underachiever, adjustment and other emotional disorders that affect learning achievement in school. Basically students who have learning difficulties say that they experience anxiety, nervousness, headaches often ache, numbness felt heavy, hands or limbs trembling, insomnia, sweating a lot, difficulty speaking, difficulty breathing, heart palpitations, worry about the problem not resolved, excessive alert, and so on. When viewed from the perspective of DSM IV are characteristics of anxiety (Nevid, 2005).

With the complaints experienced by students and coupled with the results of decreased learning achievement in schools actually hinder daily activities or routines, there are even students who were shy and quiet changed their behavior to be excessive so that it disrupts teaching and learning activities in the classroom Therefore to overcome this we need a certain technique whose aim is to change an irrational mind into a more rational mind (Rational Belief) (Beck, 1995) with an Islamic cognitive psychology approach that is by providing Islamic Counseling Guidance methods which are Islamic Psychotherapy.

Initially the irrational automatic thoughts of students who have learning difficulties are identified according to the type of learning difficulties they experience. The next step is to accompany the subject to question, evaluate, and restructure his irrational automatic thoughts by reading certain verses from the Al-Quran along with their translations and Hadith in accordance with the methods in Islamic Counseling Guidance, namely through exemplary

methods, awareness methods, logical reasoning methods and methods story. In this research what is more emphasized is the giving of the logical reasoning method, then a discussion of the content of the verse is held as an automatic resistance to irrational thoughts. Automatic wrong thoughts (irrational) (Fadilah, 2013) possessed by patients and then sought alternative thoughts to challenge irrational automatic beliefs called (disputing / confronting) (Fadilah, 2013), it can be obtained by connecting with Islamic methods based on the Koran and Hadith depending on problems faced by students so that students will be able to judge that the negative thoughts they have are wrong so that when these students are confronted with other problems that come up, it is expected that their thoughts are more adaptive and can deal with them well so that anxiety goes down which will result in achievement learning increases again so that learning difficulties do not occur again.

IV. CONCLUSION

Wrong understanding and experience of religion can cause conflict and anxiety in a person. On the contrary understanding and experience of true religion can resolve conflict and anxiety. Therefore psychologists who have religious understanding have an important role in psycho-religious therapy in order to have a positive impact on their clients.

Islamic psychotherapy is a faith therapy because the concepts in Islamic mental therapy are based on a strong faith in the soul so that it can make an individual's soul filled with a sense of security, calm, well-being with everything that is destined by Allah and also mentally healthy. Islamic psychotherapy referred to here is the giving of Islamic Counseling Guidance method. One effort that can be used to change students' irrational behavior and thought patterns into more rational thoughts and beliefs is through a religious approach for students who have learning difficulties, in this case by providing Islamic Counseling Guidance by improving the perspective of the problem from learning difficulties experienced by students of SMP IT Nurul Azizi where changes in thoughts, habits, and behavior, which were previously incorrect (irrational) where students get wrong thoughts about themselves, others, life and various problems they face, thus causing them restless, and can change behavior that had avoided problems when dealing with problems in the hope of being able to ease his anxiety by integrating Islamic values in them.

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