

# PENELITIAN

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ORIGINAL RESEARCH PAPER

Psychology

IMPLEMENTATION OF PSYCHOLOGY COUNSELING SUFISTIC FOR DIABETES GENETIC CLIENT IN MILLENNIAL AGE

KEY WORDS: genetic disease, psychology counseling sufistic, millennial age.

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ABSTRACT

Everyone through the millennial age. The researcher assessed that when in the millennial age, the age of approximately 24-35 if a person can successfully lead a career, economic, religious, health, family life, then in his age after millennial, she/he just reaped the success of his/her business at the next millennial age. Method: selected clients have genetic diabetics at the age of 50 years, but one of the health lives that is lived at millennial age is not well regulated, so at the age above the age of age he has genetic diabetics, especially most families also have diabetes and die an average 40 years average. In interpreting the Quran treatment that tells the story of the previous prophet's life in the prophet and sufistic counseling psychology is predicted to prepare the client to accept destiny as a person with genetic diabetes and preparing clients to face death. Result: Thus the success of undergoing millennial age in all predicted increases happiness in the age after millennial age. The triumphs of someone living life after in severe pain is something that needs to be prepared in the treatment of Sufi counseling psychology. Sufistic counseling formula is someone trying to pray until the maximum problem results are up to God PET = RA.

INTRODUCTION

Family counseling can be done on several aspects from pre-marriage to post-marriage from the integration of family and school in supporting students' academic success, helping problems that arise in terms of diseases suffered by family members, from genetic diseases, HIV, obesity, diabetes and so on is the result of research by several researchers. For premarital counseling, counseling is done through assessment and family and is done by gathering important information about a person and his family. And premarital counseling is directed at helping someone prepare for an upcoming marriage, gathering information, developing a hypothesis evaluating the progress and results of treatment and facilitating change. Communication in marriage learning styles, social skills in the family determined by the counselor [1] counseling is also given to understand how family functions are very important using an assessment of the family's socio-economic background. Techniques help clients collect family problems, family organizations, family power family functions and the purpose of changes among family members also need to be done and [2] can be seen that the provision of family counseling services can be done in collaboration with schools and families of each student. Through family counseling, the results of research in New Zealand have successfully promoted achievement motivation and academic success. While in Filandia teachers students with families working collectively on behalf of students improve the reputation of student achievement. This means that parental involvement is the integration of student success Through academic counseling, it is expected that there will be an increase in academics by way of effectiveness, students build and maintain quality relationships both inside and outside, teachers understand family and relationships become important factors in student achievement as well as career preparation for students' future. Academic counseling (1) in the end gets the potential beliefs of students, 2) trusts the influence of change, 3) takes positive actions, 4) evaluates. Academic counseling can be seen as marriage counseling because the child is part of the marriage product, so the problem with children going through academic counseling can be overcome. Family researchers who need other attention are as[2] research conducted 3 years on 414 women about contraceptive counseling as interpersonal care in America given that 50% of pregnancies are unintentional. Contraception counseling helps women achieve reproductive goals including preventing pregnancy and optimizing women's health. Contraception counseling is done by starting with interpersonal looking at sociodemographic patients as well as understanding health communication and important contraceptive counseling. The counselor's emphasis as an individual and health

communication facilitates the appearance of contraceptive decisions. Decisions are needed by individuals because they as humans have a central role as virtual caretaker of the nervous system and brain [3] faced with their real environment, both natural and social. So that he thinks and speaks in his decisions, develops simultaneously, reciprocally and in close coordination transforms the potential for the capture of brain patterns into the male and female mental and linguistic strengths. One of the implementations is when understanding is associated with the phenomenon of pregnancy and so that the right decisions related to contraception as a fact faced by women and the ability of nerves and the brain to influence women's decisions in their lives and such things require mental readiness for those concerned.

In addition to contraceptive counseling in the USA also found in LA is family counseling [4] contraceptive counseling to reduce teen pregnancy rates in Louisiana (LA), 244 adolescents were given contraceptive advice and types of contraception. And from the results of the study, there was an increase in teenage contraceptive use, so that contraception counseling was needed in the medical room. Understanding of various types of contraception and the risk of contraception is given to Louisiana teenagers. Besides contraception for counselees to avoid pregnancy also to avoid sexually transmitted diseases, especially those aged 17-27 years. In family counseling [5] diagnostic marriage counseling to provide genetic counseling by helping to understand and adapt to the medical, psychological, family implications of genetic contributions to a person's illness due to genetic factors. Discussion with the main problem of parents or counselees who experience disease due to genetics and allow counselees to be able to face and know the planning of handlers in the future. If not prepared genetic counseling this will cause fear of anxiety for the family and at the same time to anticipate diseases that might be suffered due to genetic factors, both cognitively and emotionally, interpreting and reacting to family uncertainty in the face of stress. Genetic Counseling in China is conducted by [6] for hearing patients and is directed at understanding the causes of genetic diseases and acceptance of the disease, efforts are given from pre-birth guidance and decision making, also complete and physical medical examinations the examination is carried out and the possible reproductive results are given as genetic.

Family counseling is also in the form of [7] physical that activity counseling for diabetic and hypertensive families. Subjects were randomized to 785 hypertensive patients and 822 diabetics. Ages 64-74 and over 74 years. With a weight loss diet and increased utilization of free time in counseling and avoiding

counsees from consuming alcohol. The northeastern region of Brazil is also given to counsees aged 30-64 years and elderly 65 years and older. Health engineering through physical activity counseling can help community-based community health. Besides that, the concentration of family counseling was also given to [8] families with HIV who still wanted to have children and included family planning counseling. There is research in Africa on counsees aged 15-49 years. Many women want to have children even though they have been infected with HIV in Africa. Counseling is given to counsees about basic family planning and reproduction and HIV prevention. Counseling is directed towards awareness to reduce the risk of reproducing HIV and reducing reproductive HIV fears including the choice of artificial insemination and sperm washing counsees. HIV family counseling is linked to the future, security and future support. Children's health counseling and family planning care in the US [9] including less severe preterm children interval body for pregnancy, depression in domestic violence, complications of pregnancy to overcome child health problems. Giving an understanding of the phenomenon of family problems that need to be faced by a person is an important response built because it influences a person's response in life as [10] between influential responses to verbal behavior. And the response needs to be given in several treatments in the family counseling process. consequences of the Bosnian war could damage generations. There were mass killings of up to half the Bosnian population, psychological and social injuries, including rape, forced labor. This war is the most terrible world war in Europe, including Croatia Serbia. The occurrence of mass unemployment in the number of children in foster care and the community in mental hospitals, the occurrence of uprooting, trauma and bitter memory of post-stress traumatic stress disorder due to war continue to haunt like rape torture. Parental loss, sibling loss, disruption, transfer. Families in danger of losing their own children need continuous assistance. Livelihood seekers often experience PTSD, the impact of the war is very long and even 25 years have not disappeared.

Problems arise other than the ability to feel and engage in significant life activities, alcoholism, drug abuse, inability to find or hold jobs, families break up, children are included in orphanages. Action Counseling combines counseling and social techniques with specific actions. Finding strength remains together and reconstructs the life of the counselee. Counseling leads to bringing life back to individuals and families with a combination of counseling, coaching, hearing the provision of needs, building a house, building family ties, making future plans. Educating young people to love peace, empathy sensitivity training, communication cooperation with social workers and mental hospitals also restore hopes of building a future home. In traffic psychology [11] lessons can be taken, that can be analogized when someone knows the danger that will occur in a person, then the speed of taking the right steps for what will happen is a skill that can be trained. So as to avoid things that are not desirable, these skills also need to be given in family counseling.

Family counseling is also intended for adolescent family planning [12] reproductive health is a healthy physical and mental condition as well as important social conditions in child control, sexual education, abortion. In Romania, there have been divorce and remarriage marriages, non-egalitarian redistribution between partners, quality of child care, increasing birth rates among families, and increased births outside marriage. Family counseling is provided by outlining and implementing family planning programs, sexual education, examining pregnancy, preventing unwanted pregnancies, morbidity and, mortality produced by pregnancy, infertility, history of repeated abortions, pregnancies with severe anxiety, a risk of childbirth, conditions severe medical problems during childbirth, until disability and miscarriage. Counseling is also for prenatal, perinatal and posts natal. [13] Family counseling to plan families to become mothers plays an important role in the health of children, mothers, and families; children's health care providers are in a unique position to be given counseling to adult caregivers of contraception and appropriate birth spacing. Counseling is also intended to 5 termine the prevalence of caregivers of family planning counseling by children's health care providers during preventative

care visits for infant and young children. [14] research on the importance of the central role of two virtual human constructs of the human nervous system and the brain is confronted with their real environment, including a reality environment that occurs in relation to family counseling that optimizes both by someone and especially in dealing with both natural and social problems build one's mental and linguistic strength.

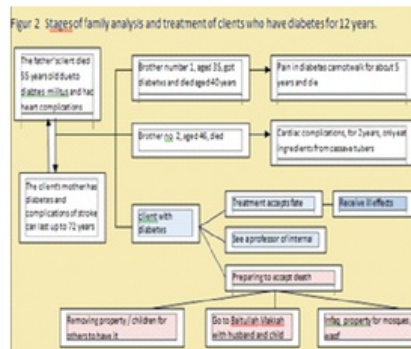


Thus, family counseling should be ready to accept all types of problems faced by clients who need help and counselors are willing to provide assistance right according to client requests. Be neutral about the problems faced by the client's problems and always help and stimulate the client to understand, deal with his own problems and make the right decisions for his life in the future. In accepting all types of problems faced by clients, the counselor is still expected to receive clients with positive thinking so that they can clearly help transform the client's skills themselves as actors in solving each problem. Included in the study this time was directed by a counselor for clients who were facing and accepting destiny as a person who had diabetes [15] due to heredity, and helped him to get psychologically and spiritually prepared for death. The need to accompany the client's position is like this because in family counseling so that in life in the world the remaining time before death is also prepared to bring the life after death or the client's life happily.

**METHODS**

**Research subjects**

The research subjects were the 54-year-old counselee of the female sex. Having diabetes due to heredity. Besides he underwent regular treatment with an internal medicine doctor he underwent counseling. The aim of psychological counseling is to help accept the fate of diabetes from genetic factors [16], face reduced therapy for diabetes, accept the risk of diabetes, and prepare for death. The family condition of the mother's genealogy of the client, almost all of the offspring suffered from diabetes and died of young age due to diabetes [15].



In dealing with clients who experience counseling psychology is needed [17] to better understand the psychological condition of the client to be more physically and psychologically healthy. The spiritual term in this paper is intended to complement the treatment of psychological counseling through [18] the Quran to build the courage to take all the effects of the illnesses caused by the genetic and courage to be ready to die.

**Instrument Treatment**The treatment instrument is derived from the Quran which is a spiritual approach for the client to have genetic diabetics.

Used in giving treatment to clients with the Quran than contains psychological inspiration and counseling. Spiritual approach [19] is very necessary especially when the client is in a state of experiencing severe physical illness as psychological counseling assistance and in Islamic teachings using the Quran as an auxiliary therapy will help accelerate the failure of someone to receive the pain or disaster that they experience. Even the mass media also contributes to the role of religion for one's religious interests as well, in addition to assisting clients through face-to-face [20] as well as supporting the immediate family to do things for good quickly on behalf of clients suffering from diabetes [21].

**Treatment time**

Every diabetic attack, every assistance consultation involves with the professor of internal medicine for 2 years and accompanies it before the death is concerned. Every 2 months mentoring clients when meeting professors of internal medicine in two different cities. Total assistance for 2 years is 12 x treatment for clients suffering from genetic diabetes.

**Data analysis**

All verbal and non-verbal data expressed by clients when experiencing a diabetes attack, selected data that requires direct or indirect handling according to the client's treatment stage. Treatment analysis was carried out at the beginning, middle and closing stages of the treatment. Treatments are given in accordance with the complaints that appear and can be observed by the researcher to the client concerned.

**RESULTS & IMPLICATION**

**Table 1 The treatment results of clients suffering from genetic diabetes**

NO	Treatment	Quran / spiritual	Results
1	Health checks and known to be infected with genetic diabetes	QS 11 8 قَالَتْ لَهُمْ رُسُلُهُمْ إِنْ نَحْنُ إِلَّا بَشَرٌ مِثْلُكُمْ وَلَكِنَّ اللَّهَ يُمِثُّ عَلَىٰ مَنْ يَشَاءُ مِنْ عِبَادِهِ وَمَا كَانَ لَنَا أَنْ نَأْتِيَكُمْ بِسُلْطَانٍ (١١) إِلَّا بِإِذْنِ اللَّهِ وَعَلَىٰ اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ordinary people live what God says QS. 12 وَمَا لَنَا أَلَّا نَتَوَكَّلَ عَلَىٰ اللَّهِ وَقَدْ هَدَانَا سُبُلَنَا وَلَنَصْبِرَنَّ (عَلَىٰ مَا آذَيْتُمُونَا وَعَلَىٰ اللَّهِ فَلْيَتَوَكَّلِ الْمُتَوَكِّلُونَ ١٢)	Clients accepting genetic diabetes = accepting negative destiny is part of the concept of faith in God
2	Helps understand all attacks of genetic diabetes	(QS. Al-Anbiya': 83) انى مَسْنَى الضَّرِّ وَأَنْتِ ارْحَمِ الرَّاحِمِينَ	The client understands his condition and undergoes all his daily activities as hard and as he can
3	Helps the pain that feels the inevitable pain that will be encountered during attacks at any time and handling during a genetic diabetes attack	وَالْيَوْمَ إِذْ نَادَى رَبُّهُ أَنى مَسْنَى الضَّرِّ وَأَنْتِ ارْحَمِ (٨٢) فَاسْتَجَبْنَا لَهُ وَاتَّيَّأَهُ أَهْلَهُ وَمِثْلَهُمْ مَعَهُمْ رَحْمَةً مِنَّا فَكَشَفْنَا مَا بِهِ مِنْ ضُرٍّ وَآتَيْنَاهُ أَهْلَهُ وَمِثْلَهُمْ مَعَهُمْ رَحْمَةً مِنَّا عَسَىٰ أَن يَكْفُرَ بِالْعَابِدِينَ (٨٤)	The client understands that sickness is the test of God, the reckoning of God from the sins that the client committed and reducing the reckoning in the future, God will replace the pain with another supremacy.
4	Determine good desires as soon as possible before dying to pick up, learn to release property including children and husbands	إِنَّمَا تَكُونُوا بِذَرْعِكُمُ الْمَوْتِ وَلَوْ كُنْتُمْ فِي بُرُوجٍ مُّشِيدَةٍ وَإِنْ تُصِيبُهُمْ حَسَنَةٌ يَقُولُوا هَذِهِ مِنْ عِنْدِ اللَّهِ وَإِنْ تُصِيبُهُمْ سَيِّئَةٌ يَقُولُوا هَذِهِ مِنْ عِنْدِكُمْ قُلْ كُلٌّ مِنْ عِنْدِ اللَّهِ فَمَالِ هَؤُلَاءِ الْقَوْمِ لَا يَكَادُونَ يَفْقَهُونَ حَدِيثًا QS An Nisa' 78 وَجَاءَتْ سَكْرَةُ الْمَوْتِ بِالْحَقِّ ذَلِكَ مَا كُنْتَ مِنْهُ تَحِيدُ QS Qaf 19 قُلْ إِنْ الْمَوْتُ الَّذِي تَتَرَفُّونَ مِنْهُ فَإِنَّهُ مُلَاقِيكُمْ ثُمَّ تُرَدُّونَ إِلَىٰ عَالَمِ الْغَيْبِ وَالشَّهَادَةِ فَيُنبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ QS Al Jumua' 8	The client chooses a sadaqah and goes to the Baitullah Makkah with her husband and a single child. Ihlal all fate would befall her. "I am ready to die because I have hajj, and I have charity for the mosque"
5	Helps prepare the receipt of all risks of diabetes in the client's family	مَا أَصَابَ مِنْ مُصِيبَةٍ فِي الْأَرْضِ وَلَا فِي أَنْفُسِكُمْ إِلَّا فِي كِتَابٍ مِنْ قَبْلِ أَنْ نُنزِّلَهَا - ٥٧:٢٢ QS Al Hadid 22	Clients are ready to deal with all types of genetic diabetes care up to death. Trying to die in Husnul Khotimah that is the position of all mistakes forgiven by God and hoping heaven is enthralled.
6	Deciding/reducing the next generation of genetic diabetes chains	QS Ar Ra'du 11 إِنْ اللَّهُ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنْفُسِهِمْ	Improve healthier eating patterns, mindsets and behavioral patterns
7	Helped by the kiyai in the form of prayers of spiritual strengthening and blown in water then drunk by the client	يَا بَنِي إِذْهَبُوا فَتَحَسَّبُوا مِنْ بُسُوفِ وَأَخِيهِ وَلَا تَتَّبِعُوا مِن رُّوحِ اللَّهِ إِنَّهُ لَا يَبْأَسُ مِنْ رُّوحِ اللَّهِ إِلَّا الْكَافِرُونَ QS 87	Helps strengthen spirituality from the client's soul and spiritual resilience to face life in the future

Even though the client knows that he will die of sugar, but he is still eager to seek treatment, extending his life even though he is dead. Still, the death is prepared with the provision of life after death. because a client is a person who is complete in his life when through the millennium he has enough economy by working as a civil servant, diligently giving alms, already married and having one single child, and his children are already working. he is a figure who successfully maintains family harmony. millennial age from the aspect of a career, households can be considered successful. but in terms of health because at the age of millennia do not control themselves in eating food, and exercise then when it exceeds the millennial age it is affected by diabetes, especially from the family history of almost all members of his family with diabetes.

Personality [22] that is ready to face genetic diabetes is also influenced by a person's personal history. if he is tough in everything, he will also be tough to deal with diabetes he has suffered. Maybe this client never complained a little about his genetic diabetics. A client was strong women.

Therapy in this study uses the Quran as the basis for the direction of the life of a Muslim. Although film therapy can also be used for clients where the interpretation of film can find the client's culture with film culture [23] and it can be used to inflict clinical disease, as well as the Quran the results of its interpretation can be reunited with the culture of clients who suffer from genetic problems, especially in accordance with their religion. Thus the position of

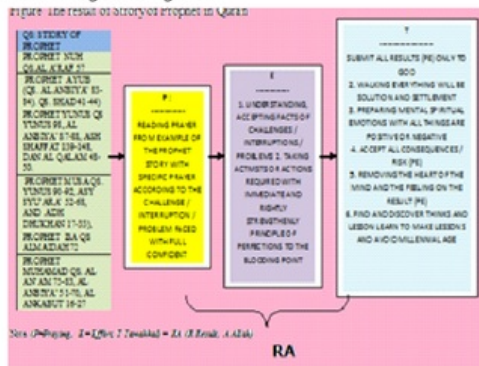
the client during the illness he received his illness, she tried to seek maximum treatment to the professor of internal medicine from the big city. Besides that, she diligently gives alms and fulfills the fifth pillar of Islam, namely to Makkah for Hajj and Umrah. She said I was ready to die because I had pilgrimage and charity for my life in the life after death or in the world and this is product psychology counseling. As for trying to prolong the life of treatment and the client still dies, then the client submits the results to God, so this is the sufistic process of counseling.

Sufistic counseling how to make annually in:

$$PET = RA$$

(P=Praying, E=Effort, I=Istiqbal=I. Ra'ud, A. Allah)

In the life of a Muslim in millennial age is a hard effort and in doing someone with all the risk of mental and hurt due to PET = RA effort that sometimes does not match the prediction of a Muslim. Against unfavorable RA results and how to help a person keep believing that RA is best for his life. *One of sufistic that needed in millennial age is Praying + effort-doing everything + depend on Allah, Stop thinking the result at all what we do = it's not our business, success failed poor rich even heaven and hell = it's not our business of surrender to the Gods, it depends on Gods*. Sufistic counseling psychology in this paper is taken from the story of the prophet. Based on the research results found sufistic bid to face millennial age this figure.



Besides sufistic counseling for genetic diabetics, a case study example is an in one of the cities, she has 4 times signed up for college. Various business prayers have been done and it turns out at the four college applications he also has not got the college he wanted. He cried for the fourth fate after an announcement that also failed to enter. Crying fate happened because he had preceded RA. He has not yet received his fourth failure to enter his cool college: having not received the negative destiny of God accepting destiny is the pillar of faith. Accepting any reproach for his failure is a condition that the student needs to face and accept. But he then wanted to fight again to find and find other colleges up to the college that receives the potential that is owned by the student is the effort to find the wisdom to be learned with the choice to his teacher. Sufism is the power of the heart of the physical mind and mental spirit in life that in every aspect of life from small things and so on so that one can accept all the bitterness of all the events so that there is no word sorry for whatever happened because it has done all the prayers of effort and tawakkal and submit all the results to the provisions and destiny of Allah whatever it is. Suggestions need a building of the instrument in guidance and counseling of reinforcement on the process after God's provision is given, especially if the negative provisions received by a person so as to create a condition of Sufism as a character in a person's face and undergo millennial age.

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