

The Effect of Individual Counseling Approach *Tazkiyatun Nafsin* Increasing Elderly Happiness in Panti Sosial Tresna Werdha Kasih Sayang Ibu Batusangkar

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Abstract. Happiness in the elderly is an important step that must be achieved as an elderly, by achieving good aging will have a higher level of life expectancy and will have a high level of happiness as a result of being satisfied with life through *tazkiyatun nafs* (purification of the soul) so as to help the elderly find happiness. The type of research used is quantitative research with experimental methods, the design used is single subject research, the population is 20 elderly with a sample of 3 elderly people. The results obtained in this study greatly influenced the individual counseling of the *tazkiyatun nafs* approach in increasing the happiness of the elderly who were in the Tresna Werdha nursing home, the love of Batusangkar.

Keywords: Individual Counseling; *Tazkiyatun nafs* Approach; Happiness

1. Introduction

Elderly people are often seen by ordinary people as individuals who are a burden to society, because they have passed the productive age in the Minister of Social Affairs RI Number 5 of 2018 which states that individuals aged 60 years and over are classified as elderly. Happiness is the result of psychological well-being and is the highest goal to be achieved by every human being [1].

Literally social support from the environment can increase the level of happiness in the elderly, with increasing levels of personal happiness the life expectancy of the elderly also increases [2]. Successful Aging is an important step that must be achieved as an elderly, by achieving good aging will have a higher level of life expectancy and will have a high level of happiness as a result of the life satisfaction they have [3]. However, not all the elderly can achieve successful aging. Increase the happiness of the elderly by playing puzzles and sharing sessions and through purification of the soul or *tazkiyatun nafs* the happiness of the elderly can be increased [4].

This research uses *tazkiyatun nafs* (purification of the soul) in helping the elderly to obtain happiness [5]. Purification of the soul becomes important for the elderly to increase the happiness of the elderly. This is reinforced by the Word of God as follows:

It means: *Verily, successful is the one who purifies the soul, and indeed lose the person who pollutesit* (QS.Ash-Shams:9-10).

This indicates the importance *tazkiyatun nafs* to give birth to good behavior for the elderly so that they are free from anxiety. *Tazkiyatun nafs* is a process of purification of the soul that is carried out continuously to get closer to God. it can be interpreted that technical counseling *tazkiyatun nafs* deemed appropriate to be given to the elderly so that the elderly get happiness [6].

Happiness is a positive psychological concept and is an indicator of subjective well-being (subjective well-being). Happiness is a subjective concept where each individual has a different benchmark of happiness. Happiness consists in contentment with the past, optimism about the future, and happiness today (happiness about the present) so that the elderly get happiness [7].

Given the importance of individual counseling approaches *tazkiyatun naf*sto handle the elderly who experience anxiety, if this is applied by the counselor at the Tresna Werdha Batusangkar Social Home, it is assumed that the elderly will get happiness [8].

2. Methods

The type of research used in this research is quantitative research using experimental methods. (Arikunto & Suharsimi, 2010) states that experimental research is research that aims to see whether or not there is an effect of a treatment given to the subject. This experimental research was conducted when the researcher wanted to know about the effect of individual counseling in increasing the happiness of the elderly. In this type of research, it is very useful to increase happiness which is useful in improving the quality of life of the elderly [9]. The design used is a research design with a single subject (single subject research). Where this design focuses on individual data as a research sample [10].

2.1 Population

This population research can only be done with a limited population and not too many subjects. According to [3] also revealed that the population of a generalization area consisting of objects and subjects on the basis of which has the qualities and characteristics or characteristics that have been determined by the author so that it can be studied at a later date and a conclusion can be drawn.

In this study, the elderly population living in the care of the elderly, Tresna Werdha, the love of Batusangkar Mother in increasing happiness, be it low, medium and high levels of happiness.

Table 3.1

Elderly Happiness Level					Amount
Very low	Low	Currentl y	Tall	Very high	
0	3	5	6	6	20

2.2 Sample

Sampling is based on considerations and capacity based on goals, which are taken into consideration by the sample, namely the elderly who have peace in low and moderate

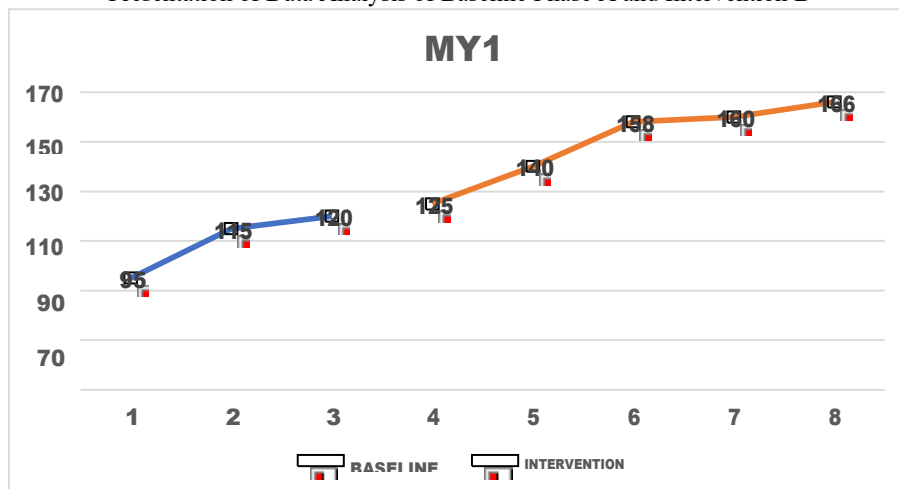
happiness. The study used single subject research, the research sample taken was 3 (three) elderly people. Of the three research samples, namely the elderly who are in the Tresna Werdha Kasih Sayang Nursing Home, Mrs. Batusangkar.

3. Results and Discussion

a. Sample 1 initials MY

1) Baseline Phase

Presentation of Data Analysis of Baseline Phase A and Intervention B



Based on the graph above, it can be seen that in the baseline phase (A) a number can be determined in increasing the happiness of the elderly and also in the intervention phase.

1) Analysis under baseline phase conditions (A)

Analysis in the conditions in the baseline phase (A) there are several components that are analyzed, namely the length of the condition, estimation of the direction of the trend, the trend of stability, the data trail, the level of stability and range and changes in level. The following describes the analysis phase in the conditions of the baseline phase (A) as follows: a) The length of the conditions in the Baseline Phase (A) is 3 sessions; b) Estimation of trend direction.

Table 1. Analysis under baseline phase conditions

Stability Range (t) = uxk			
High score (u)	x	Stability Criteria	$120 \times 0.10 = 12$
mean level (m) = N/n			
Sum of all data points of a condition (N)	:	The number of all data points (n)	$\frac{95+115+120}{3} = 110$
		Upper limit (ba) = $m + 0.5 (t)$	

Mean Level (<i>m</i>)	+	0.5 (stabilityrange)	110 + 0.5 (12) = 116
		Lower limit (bb) = m-0.5 (t)	
Mean Level (m)	-	0.5 (stability range)	110 – 0.5 (12) = 114

3.1 Definition of Happiness

Happiness is life satisfaction achieved by individuals in terms of meeting needs, both physical and psychological needs. Everyone has life needs as well as the elderly so that the elderly can live prosperously [11]. In this case, humans can be happy alone and happy for themselves, but on the other hand they can also be happy for other people and for others [12]. This at the same time provides another reality that happiness is not selfish but can be shared with other people and the environment.

Happiness is that the elderly can feel a pleasant feeling towards themselves and are free from everything that makes the elderly bother them, the form of happiness that is obtained by the elderly has a happy feeling towards himself in the form of peace, the peace that is obtained in this elderly in achieving the happiness of his life is not there is a feeling of being depressed or even suffering from his mind or even peace of mind to achieve prosperity in his life [13].

3.2 The characteristics of Elderly Happiness

- a. Respect Yourself. Happy people have high self-confidence.
- b. Optimistic. Optimistic people believe in their abilities.
- c. Open. Happy people are more open to other people and easy to socialize with others
- d. Able to Control Yourself.

3.3 Individual Counseling *Tazkiyatun nafs* Approach

Counseling is a process of providing assistance to individuals in achieving their developmental tasks more optimally. Counseling is a service carried out by counselors to clients in alleviating clients' personal problems [14].

Individual counseling is a process of assistance or assistance provided by a counselor (counselor) to an individual (counselee) through face-to-face meetings or a reciprocal relationship between the two, so that the counselee has the ability or skill to see and find problems and be able to solve their own problems [12]. So that the counseling carried out in this study is individual counseling by intervening from the concepts of *tazkiyatun nafs*.

Tazkiyatun nafs meaning self-purification, cleansing of the soul, is also interpreted as an effort to purify the heart like a clear glass, so that light can penetrate and not be hindered by the entry of light from God or can also be interpreted as the process of purifying the human soul from impurities both physically and mentally [11].

*Tazkiyatun nafs*cleansing or purifying the soul by making it better and developing the potential of the soul of the elderly, *tazkiyatun nafs* related to the purpose of human life or the elderly, only to get happiness both physically and spiritually [10]. This happiness is the perfection of the soul, and the perfection of the soul itself depends on its purity.

Individual counseling approach *tazkiyatun nafs* both are an inseparable combination because they are interrelated with one another [14]. So what is meant by Islamic counseling is the process of providing continuous and systematic assistance to each individual so that he can develop his potential or religious nature optimally by internalizing the values contained

in the Qur'an and the Hadith of the Prophet into himself (Asid Maududin et al., 2021).

3.4 The Purpose of *Tazkiyatun nafs* Approach Counseling

Purpose *tazkiyatun nafs* also cannot be separated from the purpose of human life itself, namely to get physical and spiritual happiness, material and spiritual, and worldly and hereafter. This perfection will be obtained by humans if the various means leading to that direction can be fulfilled. Various obstacles that hinder the goal of soul perfection must be removed [12]. Purposetazkiyatun nafs namely to get physical and spiritual happiness that cannot be separated from the main goal of humans in achieving happiness. Purposetazkiyatun nafs In achieving happiness in the elderly, perfection can be prevented through a dirty heart or stained by bad or bad qualities that exist in oneself, a clean soul will be ready to accommodate every goodness that exists in oneself and others [14].

4. Conclusion

Counseling *tazkiyatun nafs* (purification of the soul) is a process of providing assistance which is carried out through counseling by an expert to individuals, humans as individual beings have physical and spiritual elements, physical and psychological elements or also called soul and body elements. A person is said to be an individual human in which these. Best solution in increasing happiness is by way of *tazkiyatun nafs*. Because by way of *tazkiyatun nafs*, humans in increasing happiness will maintain the purity of their souls from dirty traits.

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