

Implementation of spiritual-based cognitive behavioral therapy on misbehavior among students in modern muhammadiyah boarding school pleret

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Received: 10-10-2024

Revised: 17-11-2024

Accepted: 10-12-2024

KEYWORDS

Implementation;
Cognitive Behavioral Therapy;
Misbehavior;

ABSTRACT

This research is motivated by the existence of moral degradation by some students at PPM MBS Pleret, so if not handled it can have a broad impact on others. The purpose of this study is to examine the implementation of Cognitive Behavioral Therapy (CBT) based on spiritual intelligence values on santri delinquency at PPM MBS Pleret, what delinquencies cause the use of Cognitive Behavioral Therapy (CBT) based on spiritual intelligence values at PPM MBS Pleret, and the benefits of implementing Cognitive Behavioral Therapy (CBT) based on spiritual intelligence values on santri delinquency at PPM MBS Pleret.

This research uses a qualitative research method with an analytical descriptive approach. The data collection used observation, interview, and documentation techniques. This research data analysis technique goes through four stages, namely: data reduction, data presentation, data validity test and conclusion. This thesis research describes the implementation of Cognitive Behavioral Therapy based on spiritual intelligence values on santri delinquency at PPM MBS Pleret.

The results of this study indicate that the implementation of Cognitive Behavioral Therapy based on spiritual intelligence values at PPM MBS Pleret in theory PPM MBS Pleret has implemented CBT therapy with patterns, namely: (1) creating a relationship between Ustadz-ustadzah BK and the students concerned, (2) identifying problems from bad thoughts and actions, making students aware of themselves and applying CBT based on spiritual intelligence values, actions by adjusting the policies of the cottage order book, and monitoring or controlling.

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Introduction

Recently, there has been great public concern over the moral degradation of Indonesian youth. Indonesia is known as a friendly and moral country. But student brawls, bullying, persecution, robbery, drugs, and free sex make this assumption disappear instantly. One of them is that the Indonesian people were shocked by the case of violent persecution at Pondok Gontor,

most recently a santri died after experiencing persecution by the victim's senior (Nisrina Salsabila, 2023). This case is a concern, morals should be built to respect each other, appreciate, and love each other. this can lead to a decline in morals in the nation's generation and it is feared that it will have a domino effect on the next generation. Moral decline is an important issue in the world of education, it is a big responsibility for teachers to have the task of providing services in solving problems so that students become better individuals.

Moral degradation is an important issue for the world of education because basically educational institutions become a place of character building so that students become better individuals. Moral degradation affects learning achievement as well as behavior, both intelligence, skills, abilities, learning outcomes, attitudes, habits, and individual development. The phenomenon of moral degradation in adolescents today, teachers have a duty to prevent negative behavior with a prepared strategy. One strategy that can help in handling students' problems is Cognitive Behavioral Therapy, this therapy can help students in discarding negative thoughts and beliefs and then replacing them with positive thinking patterns. Likewise, in handling bad behavior therapy can be anticipated with this therapy.

Cognitive Behavioral Therapy (CBT) is a form of intervention that is considered to be able to change human behavior through changes in client beliefs by restructuring the client's cognition and presenting the client with authentic evidence of the problems he is experiencing (Susiladiharti, 2020). CBT is designed to solve problems by involving efforts to change mindsets and behaviors. Cognitive behavioral therapy, from the cognitive aspect, changes the way of thinking, assumptions, attitudes of recognizing and changing errors in cognitive aspects. Meanwhile, the behavioral aspect is more directed at building a better relationship between the problem situation and the habit of reacting to the problem. This therapy focuses on the functions of thinking, making decisions, feeling and acting, by emphasizing the brain as an analyzer, because the nature of children who are troubled or commit crimes generally lack self-control, or even abuse this self-control, and like to enforce their own rules without thinking about the people around them.

The problem in this study is motivated by what happened at PPM MBS Pleret, which is related to the decline in santri morale as well as santri delinquency in violating cottage regulations, because recently the institution made a policy of expelling students who committed violence, bullying against their friends. The perpetrator of this violence did it not only once. So that the delinquency of the perpetrator becomes a concern for ustadz and ustadzah, santri guardians, and the community environment. Ustadz and ustadzah PPM MBS Pleret have applied cognitive behavioral therapy to problematic santri and santri. Before applying the therapy, ustadz and ustadzah look at the background of each child, why the child can commit delinquency. then requires a lot of space, because CBT essentially involves emotions, behavior, thoughts. Application also includes self-recovery by utilizing a spiritual intelligence approach because the institution that houses it is a boarding school. Applying daily activities such as mandatory prayers, sunnah, reading the Qur'an, and the most important thing is the 24-hour assistance of the dormitory supervisor.

CBT based on spiritual intelligence values is a form of cognitive therapy that uses religious beliefs and insights and includes religious intelligence values, it can be concluded that Cognitive Behavioral Therapy (CBT) based on spiritual intelligence values is an approach used in Islamic modification of bad behavior to direct to the goal of obtaining new desired behaviors with religious insight and awareness that connects us to God (Desy Eka Nurhayati, 2018). In the pesantren environment, spiritual intelligence is very important for students, especially in dealing with moral problems in the pesantren environment, students should have adequate spiritual intelligence. Someone who has adequate spiritual intelligence is able to carry out their religious teachings optimally and maximally. Spiritually intelligent adolescents do not solve life problems only rationally or emotionally, they will connect with the meaning of spiritual life.

Thus the researcher wants to know how the ustadz and ustadzah at the institution deal with

the problems of students, especially on the delinquency of students in the cottage by using the implementation of Cognitive Behavioral Therapy (CBT) based on spiritual intelligence values on student delinquency at PPM MBS Pleret.

Method

This research uses field research. qualitative research method with an analytical descriptive approach. This research uses a descriptive qualitative approach, meaning that all data obtained by researchers is in the form of a description or description related to the object of research. Which is in the form of written words of informants, or written words of observed behavior (Lex J Moleong, 2018). A researcher uses qualitative methods in order to obtain complete data through in-depth descriptions of the Implementation of Cognitive Behavioral Therapy Based on spiritual intelligence values on santri delinquency at PPM MBS Pleret.

To obtain complete data, researchers used data collection using observation, interview, and documentation techniques. This research data analysis technique goes through four stages, namely: data reduction, data presentation, data validity test and conclusion. This thesis research describes the implementation of Cognitive Behavioral Therapy based on spiritual intelligence values on santri delinquency at PPM MBS Pleret.

Result and Discussion

1. Implementantion of Spiritual-Based Cognitive Behavioral Therapy on Misbehavior among Students In Modern Muhammadiyah Boarding Shool Pleret

In general, in handling various cases at PPM MBS Pleret Bantul, CBT has been implemented in accordance with CBT theory, but because it is within the scope of pesantren institutions, it is necessary to take a spiritual approach. which focuses on religious norms, as has been implemented so far.

Based on an interview with Ustadz Iin Solikhin as the Ustadz of the counseling section of PPM MBS Pleret (Iin Solikhin, 2024).

"In general, in handling various cases at MBS, CBT has been implemented in the sense that it is in accordance with CBT theory, it's just that because it is in a pesantren, it needs a spiritual approach, where in my personal opinion CBT based on spiritual intelligence values is a therapy for thoughts and behaviors that are changed for the better with modification of religious values."

This is also supported by Aaron T Beck's theory that dysfunction behavior is caused by dysfunction of thinking that forms beliefs, and deviant actions (Setia Asyanti, 2019). From this, it can prove that CBT therapy is effective for dealing with all problems, especially if it is modified spiritually based which has spiritual intelligence values, this statement is reinforced by the results of intervention studies saying that integrating spiritual beliefs in a psychology effectively reduces problems (Michelle J Pearce, 2016). Hodge also said the importance of providing treatment services that are in accordance with the values that clients believe (Setia Asyanti, 2019).

CBT based on spiritual intelligence values generally has techniques, it's just that MBS has its own unique pattern in dealing with delinquency problems, but still on the principle of CBT modified based on spiritual intelligence values. CBT patterns applied at PPM MBS Pleret include:

1. Approach, creating a harmonious relationship between Ustadz-Ustadzah and the santri concerned

At this stage, a relationship is created between the BK Ustadz-ustadzah and the santri concerned. Approach between the perpetrator and the victim. The party concerned is called one by one to explore the problem. Because counseling has the principle of openness but is confidential, it also does not forget to provide a contract until the problem being handled is over. This statement is evidenced by an interview with Ustadz Iin Solikhin (Iin Solikhin, 2024).

"So the first is the approach, the party concerned is called one by one because counseling has the principle of openness but is confidential. Must trust the teacher and there is a contract with the teacher as well as the person concerned."

In addition, it was supplemented by an interview with Ustadzah Ari Rakhmawati (Ari, 2024).
"the first stage of the approach, we must first get close to the children, because later the children will easily open up in order to solve the problem, especially if the form of the problem is delinquency"

The results of the interview above are in accordance with Aaron T Beck's theory on one of the principles of CBT, which emphasizes collaboration and active participation (Setia Asyanti, 2019).

2. Identify problems from negative thoughts and behaviors

At this stage the ustadz-ustadzah BK identifies the problem, looking for the root of the problem. Take action, they are introduced to how to change cognitive and good behavior in negative thinking and negative actions, this is supported by Aaron T Beck's theory if beliefs in thinking are not changed then there will be no improvement in a positive direction (Setia Asyanti, 2019). then do not forget to see how the psychic in children after experiencing the problems that occur, especially if the child is a victim in a problem. The following is a table pattern in identifying problems.

Tabel.1
Problem Identification Pattern

Delinquency Cases Handled	Cognitive	Behavior	Feeling	Description
Watch inappropriate videos using Pondok fasiliti	"I just watched it, because there was a cell phone and no one was watching"	Opening videos and stealing time when other friends are doing cottage activities"	Fear, of being caught, and fear of sinning.	Using CBT therapy based on spiritual intelligence values.

The table above refers to the results of an interview with Ustadz Iin Solikhin (Iin Solikhin, 2024).

"Usually we first look at the case, such as cases of delinquency because students watch inappropriate videos, we first look at what bad thoughts are in his mind, it turns out that he thinks that this is an opportunity for him to hold his cellphone and he thinks that because no one sees it, he does it and what is even more wrong is that he does it when other students are doing cottage activities, this is called his behavior when he does it, then we will apply this problem with CBT based on spirituality."

The statement from the interview above is reinforced in Aaron T Beck's theory that one of the principles of CBT is to teach patients to identify, evaluate, and respond to their dysfunctional thoughts and beliefs (Setia Asyanti, 2019).

3. Self-awareness and applying Cognitive Behavioral Therapy (CBT) based on Spiritual intelligence values.

At this stage the counseling ustadz-ustadzah applies CBT, students are asked to think in a positive direction. Remembering the teachings of Islam that all deviant behavior in Islam is not good, do not forget to be linked to several dimensions of both spiritual, biological, and sociology. Then, straighten out wrong thinking and behavior with a spiritual basis, see what is wrong with cognitive so that students will not do behavior that actually should not be done.

Tabel. 2

Terapi Cognitive Behavioral Therapy (CBT) besed *spiritual* (SQ)

Cognitive Awareness	Awareness through Behavior	Form of Therapy
Ustadz BK: "Did the Prophet teach his Ummah to watch things like that"	Ustadz BK: During the therapy, they were asked to read istighfar for a moment and provide additional	The therapy of reading the Qur'an and dhikr therapy in every prayer, in order to remember Allah and learn more about honesty Indirectly he dhikr, strengthens memorization, murojaah, and can meruqyah himself, and can be intended to spread Islam because he chants the holy verses of the Qur'an.
"Watching such things can damage the brain, can have emotional problems"	"Participate in all cottage activities to get positive values on yourself"	

The table above refers to an interview with Ustadz lin Solikhin (lin Solikhin, 2024).

"Usually I personally make myself aware through the mind in one case of the students who watched it earlier, made aware that these things are very violating the Sharia and the rosul did not teach this, especially if in the view of biology watching these things can damage the brain. To make myself aware through behavior, I make myself aware through participating in all cottage activities because all cottage activities are valuable, then I apply it using a spiritual basis, not forgetting that I advise to istighfar first, and read the Qur'an during prayer time with the help of the dormitory supervisor as well."

The results of the interview above are proof that everything is associated with Islamic values will make you realize yourself. Everything that is clean-minded, will form a human being who has the ability in spiritual intelligence, this is supported by Ary Ginanjar's theory that spiritual intelligence is an activity carried out solely for Allah with all forms of effort and totality of human patterns, and has the ability to think monotheistically and also have a stand (Firdaus, 2015). At this stage, it is in accordance with the principles of CBT, namely goal-oriented and problem-focused in order to change for the better and educational in nature, aiming to teach patients to be therapists for themselves (Setia Asyanti, 2019).

4. Action, The existence of action departs from the rules of the cottage policy.

PPM MBS Pleret has a book of rules as a form of policy to sanction students who violate all the rules of the cottage in the form of delinquency. The language in the cottage is consequence or iqob which means punishment, because this concerns social relations, it

needs Islah improvement, in order to realize the process of students from thoughts and behavior towards a better direction, because basically CBT focuses on changing thoughts, feelings, and behavior. Furthermore, the results of the interview with Ustadz Iin Solikhin (Iin Solikhin, 2024).

"Action, can be a violation policy according to the MBS Pleret order book, writing a statement letter, consequences or iqob for violating cottage regulations. Because this concerns social relations, it is necessary to repair Islah. Writing some things that will be done in daily life until the contract period."

5. Monitoring or controlling, then the troubled santri are called back 1-3 times and cross-checked again, to see whether the child's problem is developing better or not. As long as there are no complaints from the parties concerned. There are no complaints from the victim, homeroom teacher, as well as musyrif and musyrifah, then the problem is considered over. Furthermore, the results of the interview with ustadz Iin Solikhin (Iin Solikhin, 2024).

"At the end, it is also necessary to monitor or control, be called back 1-3 times and cross-check, the problem is already good or not. To the victim, if there are no complaints, to the teacher, or friends and musyrif-musyrfah, then the problem is considered over."

Based on the description above, it can be concluded that so far CBT therapy based on spiritual intelligence values at PPM MBS Pleret has been implemented and is effective for healing student delinquency, besides being able to overcome delinquency, it can also foster spiritual intelligence values. This can be reinforced by Setia Asyanti's book that Cognitive Behavioral Therapy is a therapeutic approach that is very possible to be applied to Muslims, because CBT is more in accordance with the rules in Islam (Setia Asyanti, 2019).

B. Santri delinquency at PPM MBS Pleret that requires Cognitive Behavioral Therapy (CBT) based on Spiritual Intelligence values

Juvenile delinquency in religious psychology is a deviant behavior that must be found a solution and serious guidance (Khairunnas Rajab, 2012). In a pesantren institution if delinquency occurs, the delinquency appears. Then, there is something wrong with spiritual intelligence in its spiritual dimension. Because a civilized person will not commit deviations and is always polite when doing so, because he cannot control himself in patience, exemplary, honesty and does not remember Allah SWT. Delinquency can be seen from several factors from the family. Some students of PPM MBS Pleret who commit delinquency, one of the factors causing them to do deviant things is environmental factors, which are finally influenced, as well as the lack of parental attention to children. This refers to the interview with Ustadz Rahmat Yuliarso (Rahmat, 2024).

"Students why they can be naughty we must first look at the factors and background. There are several factors, there are students who are broken homes, finally because at home there is no full parental affection, as well as parental attention, he can be arbitrary in the pesantren, because his parents cannot educate properly, there are also environmental factors, like yesterday there was an incident of students watching inappropriate videos because one of the factors besides having a cellphone in the dormitory is the factor after returning, because he saw like that at home too. So it is necessary to pay attention to the students and the causes of why these students can do that."

The statement from Ustadz Rahmat is also supported by Khairunnas Rajab's theory that there are several factors of delinquency including, Family factors are the most dominant in influencing delinquency. Then the peer factor is the mistake in choosing friends, making it easier for negative influences to enter. Because people who do this, initially are trial and error which then becomes delinquency (Khairunnas Rajab, 2012). Factors from the environment, society, and school. So, what needs to be addressed apart from the person who committed the delinquency is also the person closest to him, if within the scope of the boarding school the santri can see and imitate everything the ustadz-ustadzanya does as well as the musyrif-musyrfah because they become

role models for the santri. Exemplary giving is also reinforced by Hamdan Rajih's theory that one of the things that affects spiritual intelligence is the exemplary example of a teacher. This is reinforced by an interview with ust Rahmat Yuliarso (Rahmat, 2024).

"The delinquency is in terms of manners, the spiritual approach is exemplary because the students imitate what the ustadz/ustadzah do. If the ustadz/ustadzah yells, the students will also try to yell. Because if you teach politeness, it will prevent it. Appreciate without mocking, be convinced. So, the approach starts from prevention in terms of many activities in the study hut and halaqah. If there is a case, it will be evaluated when the study is delivered and made aware."

Of the many cases of delinquency at PPM MBS Pleret, there are several that need to use Cognitive Behavioral Therapy based on spiritual intelligence values, namely:

1. Not praying in congregation

Not praying in congregation, because this delinquency damages all spiritual aspects, both spiritual, biological, and social. Santri who postpone prayer are wrong on bad thoughts. Because for people who delay prayer they do not carry out their responsibilities as Muslims. this is supported by Ary Ginanjar's theory that what affects spiritual intelligence is in the values of spiritual intelligence in the innervalue, one of which is the nature of responsibility (Ary Ginanjar Agustian, 2010) Then it is reinforced by an interview with Ustadz Rahmat Yuliarso as the dormitory supervisor (Rahmat, 2024)

"When the order is not carried out and even he does not intentionally not pray in congregation, it has become a form of delinquency that requires a spiritual approach. it is all aspects, for example, the order that is not carried out is praying on time because in Islam there is a term hypocrite but lazy."

2. Not Observing Sunnah Fasting

PPM MBS Pleret has applied to all students, namely Monday-Thursday fasting, because this has become one of the superior programs in the cottage, namely Good Habits Of a Muslim at PPM MBS Pleret itself has accustomed students by requiring Monday-Thursday fasting. When fasting is not carried out, it means that spiritually students cannot restrain their lusts. Whereas one of a person's spiritual intelligence can be measured at the level of patience. This is supported by Ary Ginanjar's theory that one aspect of spiritual intelligence is patience (Toto Tasmara, 2001). The attitude of patience shows the strength of faith that permeates his entire soul so that he does not easily give in to challenges or pressures, because a patient person can control all forms of patience in restraining lust. Patience and obedience are fundamental to the birth of obedience, integrity and a stoic, persistent and firm identity (Rajab, 2014). The above statement refers to the results of an interview delivered by Ustadz Rahmat Yuliarso (Rahmat, 2024).

"The sunnah in the hut has a degree of obligation if it is carried out, so the sunnahs in the hut are required, there is fasting on Monday and Thursday, the sunnah things are still made a policy in the corridor of regulations. When fasting is not implemented, it cannot restrain lust. He cannot control his patience in holding it, even though in the aspect of biological spiritual intelligence, people who fast empty their stomachs, because the organs also need to rest medically."

The above interview is reinforced by Ary Ginanjar in the biological aspect of spiritual intelligence, people who fast can rest the digestive organs, cleanse the body of toxins, boost the immune system and create electrolyte balance in the stomach (Harianto, 2021).

3. Talking dirty

PPM MBS Pleret dormitory supervisors often find students talking dirty, rude, and lying. One of the cases of students lying is that in the women's dormitory there are students who extend their menstruation when it is time for them to perform taharah and pray. Treatment in handling the case after being identified that there was something

wrong with his thoughts and behavior, he thought that by doing such actions the IPM management would believe it, so he dared to manipulate the color of his period so that the management would still believe it. This shows that he does not have the value of honesty. Honesty in the aspect of spiritual intelligence according to Ary Ginanjar is the same as shidiq, shidiq is a true person in all his words, deeds, and circumstances. In an effort to achieve the nature of shidiq, one must be honest with oneself, honest with others, and honest with Allah SWT. Furthermore, in addition to telling lies, several times santri were often found using foul and abusive language (Syukur Abu Bakar, 2022). All of these delinquencies have violated Shari'a, and this needs to be corrected in the thoughts and actions in doing so. This is based on the results of an interview with ustadz Rahmat Yuliarso (Rahmat, 2024).

"Speaking foully, or lying: because there is a hadith that says. (fal yaqul khairan au lilyasmut) "if he does not speak kindly or remains silent" then it needs to be conveyed that this is a violation of sharee'ah. And this is what needs to be corrected in the cognitive as well as the behavior, and also what influences the badness."

4. Bullying or mocking other students

Musyrif / musyrifah dormitories and ustadz / ustazah at PPM MBS Pleret also often find one of the students' delinquency, namely bullying, from the many facts, one of the causes of bullying behavior is that someone who is bullying is looking for his identity so that he is recognized that he is superior and better than others. In general, spiritual intelligence only works when emotions in the self are stable, while people who do bullying always cannot control emotions in themselves, this is emphasized by Ary Ginanjar's theory that qualified emotional control is owned by humans who have the pillars of faith or who have the six principles, so they have very high spiritual intelligence (Ary Ginanjar Agustian, 2001). Islam teaches its followers not to mock their neighbors, because in addition to harming themselves, it can also hurt other people's hearts. As conveyed by Ustadz Rahmat Yuliarso (Rahmat, 2024)

"In Islam it is also said to forbid people to mock la yasro' qowmin min qowmin. because it could be that the person we mock is better than you."

5. Intercourse with the opposite sex or adultery

Having relations with the opposite sex or adultery, whether at home or in the cottage openly or on social media. When students do this in the sense that there is something wrong with their self-awareness, Islam teaches its people not to commit adultery in Surah Al-Isra' verse 32:

وَلَا تَقْرُبُوا الزَّيْنٰتِۙ اِنَّهٗ كَانَ فَحِشًاۙ وَّسَاءَ سَبِيْلًاۙ

Meaning: do not approach zina, verily (zina) it is an abominable act and an open path (Team Mahbin, 2015).

The verse above is supported by Khairunnas Rajab's theory that zina in Islam is forbidden, if Islam prohibits approaching zina, then what is meant is a preventive effort, so that individuals can control themselves to always be in the correct and appropriate corridor of sharia. People who commit adultery cannot control themselves from their lusts, this is also reinforced by Ary Ginanjar's theory that the higher the spiritual intelligence, the higher the self-control in controlling lust, because people who commit adultery do not pay attention to their moral and religious values (Nunung Dian, 2023).

6. Stealing

PPM MBS Pleret's dormitory supervisor once handled a student who stole from one of the canteens. Because he stole in an urgent condition, but this is still wrong in shari'at. The nature of students like this cannot show Amanah as a student to continue to carry out the rules according to Shari'a as well as the rules of the cottage. So, it is very necessary to approach spiritually and be linked to the values because what is wrong is not only the mind and actions,

but the spirit of the soul that is in him. Islam also does not teach its people to steal. As conveyed by Ustadz Rahmat Yuliarso (Rahmat, 2024).

"Stealing in the Qur'an alone figuratively cut off his hand, so that when dealt with firmly in this case it needs to be associated with the values of spiritual intelligence"

7. Cases of santri watching adult content and utilizing boarding facilities.

Because he watched it was the influence after the cottage vacation, the factor was in his own environment. This delinquency really requires a spiritual approach. mistakes that exist in the mind and finally given an approach according to the teachings of the apostle that watching things like that is not allowed, and has violated sharia. This refers to the results of the interview with Ustadz Rahmat Yuliarso (Rahmat, 2024)

"People who watch things that are forbidden in Islam are people who do not have spiritual intelligence because they do not realize that what they are watching is a loss both spiritually and biologically, why is that? People who often watch these things damage the brain. The context alone is sinful, then how the knowledge they have learned in the cottage, then all will be wasted and not beneficial to themselves. So this is very necessary to be given an understanding that in Islam it is not allowed in all aspects of intelligence as well as damage"

In addition, in the dimension of biological spiritual intelligence, people who watch pornographic videos can damage brain cells, one of the impacts is forgetfulness, emotional control disorders. To stop this, honesty and awareness need to be preventive in the ways of the Prophet SAW, multiply sunnah fasting and worship, participate in all positive activities.

Based on the description above, the delinquency that requires the implementation of Cognitive Behavioral Therapy based on spiritual intelligence values in santri at PPM MBS Pleret is a form of delinquency that violates shari'a violations, namely not praying in congregation, not fasting sunnah, talking dirty or lying, bullying or mocking, having contact with the opposite sex or adultery, stealing, and watching inappropriate videos.

c. **Benefits of Implementing Cognitive Behavioral Therapy based on spiritual intelligence values in students**

1. Making students closer to Allah

After implementing CBT based on spiritual intelligence values, students will be closer to God. Because through this approach, students are made aware through reading Al-quran therapy, dhikr therapy, because linguistically the sentence dhikr comes from the sentence dzakara which means to remember (Agus Riyadi, 2013). Dhikr is also a means of human relations and the creator to always remember Allah in which there are values (Agus Riyadi, 2013).

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Meaning: those who believe and their hearts become peaceful with the remembrance of Allah. Remember, it is only with the remembrance of Allah that there is peace (Team Mahbin, 2015).

Then supported by the results of an interview with Ustadz Iin Solikhin (Iin Solikhin, 2024).

"Of course, from the benefits of implementing these therapies using a spiritual basis, one of which makes santri closer to Allah, how not, for example with Qur'an reading therapy, of course people who read and hear will be touched, and there is a lot of information in the Qur'an or hadith that Qur'anic verses have several

virtues, one of which is; being the cause of the downfall of Grace and a cure for calmness in himself. Likewise, dhikr therapy, our form of communication with Allah, will always remember, that way he will be given direction (guidance) to become a better person."

2. Makes the santri more disciplined

CBT based on spiritual intelligence values makes students more disciplined in carrying out the rules of the boarding school, because when students commit delinquency, they will get the appropriate consequences in the santri's order book, so that students get a lesson. In this case, discipline is inversely correlated with juvenile delinquency. So it can be interpreted, if the santri apply discipline, the santri will reduce the level of destructive delinquency, even be eliminated altogether (Nikmah Rakhmawati, 2016). This is supported again by an interview with Ustdzah Ari Rakhmawati (Rakhmawati, 2024).

"The benefits of the results applied, in my opinion, one of them is becoming disciplined, because from several treatment things that have been applied and then there are risks from actions in accordance with the book of rules, the students will evaluate themselves, then make this a lesson and will not repeat it, so that they are more able to control themselves."

3. Making students morally good

The results of the application of students at PPM MBS Pleret also make students more morally good, because CBT treatment is modified from spiritual intelligence values, for example in some cases of stealing and lying, then students will be taught to be honest, this will foster morals, because they are accustomed to telling the truth. Moral character in students in boarding schools is one of the main goals in the success of students (Marina, 2008). This is supported by the results of an interview with Ustadzah Ari Rakhmawati (Rakhmawati, 2024).

"In addition to the students being disciplined, of course, the morals of the students are more embedded. Because the basic treatment given is also modified by Islamic values, for example, from cases of delinquency in stealing and lying, students will be taught to be honest, taught to obey Allah's commands, but keep in mind that akhlakul karimah is also one of the goals of the boarding school to educate its students, at least from honesty it has reduced their delinquency."

Then it was reinforced by the results of Ustadz Kamilludin's interview (Kamilludin, 2024).

"Santri who violate the rules or do their mischief must have the urge to change, because they also know that such things can harm themselves. As we live in a Muhammadiyah institution, we have been taught to amar ma'ruf nahi mungkar. InshaAllah, the students will learn to instill these values as well."

4. Increasing santri self-control

One of the benefits of implementing CBT based on spiritual intelligence values is that it can increase self-control, students who violate the rules when they get sanctions will learn to control themselves again in committing bad actions either harming themselves or others, students are more able to control their emotions. Adolescents who have strong self-control will more easily control themselves from behavior that violates the rules and

norms that exist in the environment (Fitrianingrum Munawaroh, 2015). This is supported by the theory of Danar Zohar and Ian Marshall, a person who has spiritual intelligence in his life can usually control himself (Sanerya Hendrawan, 2009). Followed by the results of Ustadz Iin Solikhin's interview (Iin Solikhin, 2024).

"Well, from the treatment, the benefits are that the students are more able to control themselves, let's say they can improve self-control, because previously they have been given the treatment, both the wrong thoughts and actions we change to a positive direction. Then, of course, they are more able to control all forms of emotions in themselves when they are tempted to do bad things again."

Based on the description above, it can be concluded that the benefits of implementing Cognitive Behavioral Therapy based on spiritual intelligence values in students include being able to make students closer to Allah, making students disciplined, making students morally good, and being able to improve students' self.

Conclusion

Implementation of Cognitive Behavioral Therapy (CBT) based on Spiritual Intelligence values on santri delinquency at PPM MBS Pleret with a CBT pattern based on spiritual intelligence values, namely: approach or create a harmonious relationship between Ustadz-Ustadzah BK and the santri concerned, identify problems from negative thoughts and actions, realize themselves and apply CBT based on spiritual intelligence values, actions based on cottage order book policies, and monitoring or controlling.

The delinquency of students at PPM MBS Pleret which requires Cognitive Behavioral Therapy (CBT) based on spiritual intelligence values includes violations of sharia not praying in congregation, not carrying out sunnah fasting, speaking dirty or lying, bullying or mocking, having contact with the opposite sex or adultery, stealing, and cases of students watching adult content. The benefits of the application of Cognitive Behavioral Therapy (CBT) based on Spiritual intelligence values at PPM MBS Pleret, namely: making students closer to Allah, increasing student discipline, making students morally good, and increasing student self-control.

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