



Urgency of *Riyadhoh* Soaking in Sea Water to Achieving Soul Tranquility of Student Jagad 'Alimussirry Islamic Boarding School

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Abstract. Most scientists think that in the 21st century is a century full of anxiety or the age anxiety. As for the form of anxiety students of the Islamic boarding school students 'Alimussirry or who made anxious restlessness was caused by problems with college assignments and internal organizational or social problems with other student. The phenomena that occur above are the realities of life that cannot be avoided by every student. Peace of mind can be obtained from *riyadhoh*, one of *riyadhoh* that can soothe the soul is soak in sea water by reading *zikir* to Allah. Therefore, one of the roles of *riyadhoh* in daily life can fortify people from mental disorders and can also restore anxious mental health. The closer the student to God and the more worship he will be, the more he will be able to face disappointment and exchange in his life, and vice versa, the further the person from religion will be more difficult for him to seek inner peace soul after doing *riyadhoh* soak in water.

Keywords: *urgency, riyadhoh soaking in the sea, soul tranquility*

INTRODUCTION

Most scientists think that in the 21st century is a century full of anxiety or the age anxiety [1]. Anxiety appears marked by various indicators or symptoms that show such as the occurrence of wars between countries, increasing population, increasing epidemics of frightening diseases, earthquakes, landslides, and so on. As for the form of anxiety students of the 'Alimussirry Islamic Boarding School is a feeling of confusion caused by problems with the opposite sex, problems with college assignments and internal or organizational problems with other *santri*.

The phenomena that occur above are the realities of life that cannot be avoided by every *santri*. so the students try to find solutions to problems that are considered disturbing the peace of mind and inner anxiety one alternative in seeking self and inner calm is to approach religion 2 and make it an alternative in seeking tranquility from the peace of mind at the same time for him. Islamic boarding schools or huts are a place for students to study. Science learned

the majority of the knowledge of Islamic religious law such as the study of *Fiqh*, *Tajwheed*, *Tafsir*, *Nahwu*, *Shorof*, and *Hadith*. These sciences as the foundation of the rules or rules of worship. But there are also pesantren that not only study the science of Shari'a, namely the nature of the study of inner science, such as *wirid*, *riyadhoh*, a means of knowing God through ethical heart lessons and leading to obtaining peace of mind and issuing positive energy in everyday life. One of the pesantren studying the science of essence is a student boarding school for the Universe Alimussirry which has a non-formal Bachelor (SI) school with Sufism approach. The pesantren studied many works of Sufism scholars but also at the same time studied the science of Shari'a.

The peace of mind can be obtained from *Riyadhoh*, *Riyadhoh* said taken from the word Ar-Riyadhu, Ar-Raudhu means At-Tamrin which means: practice or train yourself in *riyadhoh*. We practice to get used to performing *mahdhoh* (*ritual*) worship and *ghairu mahdhoh*. So, both types of worship become the culture of our daily lives. One of *Riyadhoh* that can soothe

the soul is to soak in sea water by reading dzikir to Allah.

Therefore, one of the roles of riyadhoh in daily life can fortify people from mental disorders and can also restore restless mental health. The closer the santri to God and the more worship he will be, the more he will be able to face disappointment and exchange in his life, and vice versa, the further the person from religion will be more difficult for him to seek inner peace [2]. This research was conducted to find out how the urgency of riyadhoh soaking in the sea was carried out by students of the Islamic Boarding School Student Alimussirry.

RESEARCH METHOD

This study uses a qualitative approach with descriptive analytical research methods, in order to minimize the distance between researchers and informants. The subjects in this study were determined based on purposive sampling technique that is using the technique of determining respondents with certain considerations [3]. From the research subjects to be chosen, there were 10 male students consisting of four santri and six santri women. All of the students had attended Riyadhoh. Soaked in sea water.

RESULT

A. General Conditions of PPJA

Islamic Boarding School Student Boarding School 'Alimussirry Located on Jl Jetis Kulon alley 6 No.16A District Wonokromo Surabaya City Pondok whose worshipers have many girl and boy student as many as 120 santriwan and 32 santriwati.

B. Tirakatan or Riyadhoh at the Islamic Boarding School Student Boarding School 'Alimussirry

Islamic Boarding School Student Boarding School 'Alimussirry besides being taught the science of Islamic religion, for example the problem of Fiqh, Ahlaq and the hadith of the Quran. But also taught Sufism accompanied by the practice of riyadhoh and tirakatnya. Riyadhoh itself is in the form of assignments from K.H.Djoko Hartono, S.P.d, S.Ag, M.M., as the main director of the Islamic Boarding School Student Board 'Alimussirry. The Riyadhoh details have been arranged in the Non-Formal S-

1 and S-2 curriculum in Islamic Studies Sufism Approach.

C. Identification of the Peace of the Soul of the Santri in the Field of Islamic Boarding School Students ren Alimussirry

Result from 8 students, the student said that he felt a great sense of soul after bathing in sea water. the results of interviews with Respondents 1 santri who had followed the tirakatan for 1.5 years said that: "at the time of departure I had a sense of doubt but afterwards I felt super calm as if all the burdens had been lost carried by the calm ocean currents and the mind became fresh, yes I am feel the peace of the soul with gratitude to Allah SWT.



Figure 1. Student soaking in sea water

D. Long lasting calm of the soul and the reason for not surviving the longevity of soul

Result from 8 student respondents, they were very diverse in enduring peace of mind, some were still felt today but some were only briefly as said by Respondents *santriwan* who had followed the tirakatan for 3 years saying: "extraordinary, I feel peace of mind, and lasted for one month while the problems that made me uneasy were world problems such as wealth, throne and women".

E. Anticipation in getting peace of mind besides soaking in sea water

Result from 8 student respondents, they were very diverse in anticipation, as stated by the respondent III, students who had followed the tirakatan for 1.5 years said: "I went to prayer and prayed, that's why I listen to prayer more calmly" IV, female students who have followed the tirakatan for 1.5 years say that: "Reading the Qur'an".

F. Urgency for Soaking in the sea for students of the Islamic Student Boarding School pes Alimusirry

Result from 8 student Respondent said the importance of doing *Riyadhoh* as said by the V respondent *santri* who had followed the *tirakatan* for 1.5 years said that: "in my opinion yes, because in addition to obtaining soul skills the *santri* will realize that the ocean and open their eyes to wade the world as PPJA's vision and mission".

DISCUSSION

Islamic teachings that must be believed to be true, lived and practiced in daily life, broadly divided into three main teachings, namely; *Akidah*, *Syari'ah* and *Tasawuf*. Taking the road to *Thoriqot* is one way to get to know Allah, close to Him, and to reach *Rifatullah* through the stages of cleansing the heart from despicable qualities. *Santri* who do *riyadhoh* soak in sea water feel the impact of calmness of soul Although surviving only briefly or long depending on each individual, but some *santri* if he gets into trouble want to go back *Riyadhoh* to the sea so that the soul calm down, and get spiritual experiences on the journey or the practice. The obstacle they feel when the peace of their soul is lost is due to worldly problems, including wealth, women and organizational responsibility. Meanwhile, according to the

students who have made tithe that tithe bathing in sea water is very important for other student.

CONCLUSION

Santri Jagad Student Ponpes 'Alimusirry did the tribute to soak in the sea water with sincerity and was happy to do the duties of the *abah kyai*. The impact that is seen to be finished soaking in seawater is that it can cause a sense of tranquility in the soul, and cause gratitude when placed in the sea or the ocean which is so vast, making oneself not arrogant for everything possessed. The problems experienced by student of Jagad Alimusirry islamic boarding school is a matter of responsibility, campus problems, world problems and cottage environment. *Tirakat* bathing in seawater is very important for PPJA students

SUGGESTION

Researchers must conduct further research on the serenity of the soul of the *santri* after immersing themselves in sea water in depth

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