

The Phenomenon of Psychosomatic Disorders Among Students at Al Kamal Islamic Boarding School, Tambaksari Subdistrict, Kuwarasan District, Kebumen

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Abstrak

Pondok pesantren merupakan lembaga pendidikan islam yang memiliki tujuan untuk memberikan pelajaran serta pemahaman mengenai ajaran agama islam. Kehidupan yang ada di pondok pesantren sangat berbeda dengan kehidupan yang ada di luar pondok pesantren. Perbedaan tersebut membuat santri yang baru masuk akan merasa kaget dengan kehidupan yang ada di pondok pesantren. Ketika santri baru masuk ke pondok pesantren, santri mengalami suatu proses peralihan yang sangat drastis, dari kehidupan yang bebas lalu berubah menjadi kehidupan yang penuh aturan. Perubahan yang drastis tersebut menyebabkan banyak dari para santri yang merasa tidak betah dan mengalami stress. Stress yang dialami para santri dapat memicu masalah seperti kecemasan, tidak bisa berkonsentrasi saat palajaran berlangsung sampai kepada gangguan psikosomatis. Gangguan psikosomatis juga terjadi di Pondok Pesantren Al Kamal, Tambaksari, Kecamatan Kuwarasan, Kebumen. Fenomena gangguan psikosomatis di pondok pesantren Al Kamal sudah dialami oleh beberapa santri yang menunjukkan gejala seperti pusing, mual, muntah, sampai sakit yang tidak dapat terdeteksi penyebabnya, Gangguan psikosomatis ini dapat diatasi dengan adanya program relaksasi bagi para santri di pondok tersebut. Program relaksasi ini bertujuan untuk memberikan edukasi dan sosialisasi mengenai gangguan psikosomatis mulai dari penyebab, gejala, sampai dengan cara untuk mengatasinya. Setelah adanya edukasi dan sosialisasi di pondok pesantren Al Kamal, para santri memiliki pengetahuan mengenai gangguan psikosomatis dan bagaimana cara untuk mengatasinya. Para santri juga melakukan kegiatan relaksasi supaya terhindar dan meminimalisir dari gangguan psikosomatis.

Kata kunci – Relaksasi, Fenomena Psikosomatis, Pondok Pesantren

Abstract

Islamic boarding schools are educational institutions aimed at providing teachings and understanding of Islamic religion. The life within a boarding school differs greatly from the outside world, which can be shocking for new students. When new students enter a boarding school, they undergo a drastic transition from a free life to a life full of rules. This drastic change often causes many students to feel uncomfortable and experience stress. The stress experienced by students can lead to problems such as anxiety, inability to concentrate during lessons, and psychosomatic disorders. Psychosomatic disorders have also occurred at Al Kamal Islamic Boarding School in Tambaksari, Kuwarasan District, Kebumen. The phenomenon of psychosomatic disorders at Al Kamal Islamic Boarding School has been experienced by several students, showing symptoms such as dizziness, nausea, vomiting, and unexplained pain. These psychosomatic disorders can be addressed through relaxation programs for students at the boarding school. This relaxation program aims to provide education and socialization about psychosomatic disorders, including their causes, symptoms, and ways to overcome them. After receiving

education and socialization at Al Kamal Islamic Boarding School, students have knowledge about psychosomatic disorders and how to overcome them. Students also engage in relaxation activities to prevent and minimize psychosomatic disorders.

Keywords – *Relaxation, Psychosomatic Phenomenon, Islamic Boarding School*

INTRODUCTION

Islamic boarding schools are Islamic educational institutions aimed at providing teachings and understanding of Islamic religion (Maulana et al., 2022). Besides learning about religion, Islamic boarding schools also emphasize the importance of morality in daily life. Located within communities, Islamic boarding schools can serve as good and sustainable institutions for Islamic propagation.

Life in an Islamic boarding school differs from life outside the school (Handayani, 2021). Before entering the school, students usually have the freedom to engage in various activities. However, within the school, they are required to adapt to the various rules and regulations. When faced with a drastically different environment, students must adapt to this new setting. Typically, students entering boarding schools are teenagers, an age characterized by emotional instability or immaturity. When emotionally immature individuals undergo a drastic transition from a free life to a life full of rules, they may experience stress or even mental health issues. Mental health is a condition where an individual can control their emotions in life (Santri, 2020).

Research conducted by Retnowuni (2021) suggests that most new students living in Islamic boarding schools lack prior experience in such environments. This lack of experience often leads to discomfort and stress. The stress experienced by new students is often caused by their inability to cope with problems and adjust to the new environment. Additionally, students may experience anxiety, have difficulty concentrating during lessons, and suffer from psychosomatic disorders. Psychosomatic is a form of various physical illnesses caused by psychological conflicts and chronic anxieties. Psychosomatic is a psychological disorder that can cause physical complaints. Psychosomatic is a physical disorder caused by psychological and social factors. Accumulated and pent-up emotions can cause upheaval within an individual, which if prolonged, can lead to feelings of depression, anxiety, loneliness, and boredom that can affect their physical health. (Noer et al., 2023) When feeling stressed or excessively fearful, electrical activity in the brain nerves increases and spreads throughout the body, resulting in various symptoms such as increased heart rate, nausea, vomiting, tremors, sweating, dry mouth, chest pain, headaches, and abdominal pain.

Individuals experiencing psychosomatic disorders typically feel pain and issues in specific parts of their bodies, but upon examination, no abnormalities are found in physical or other supporting examinations such as X-rays or blood tests. Common complaints of those suffering from psychosomatic disorders include digestive system complaints, cardiovascular system complaints, respiratory system complaints, urinary system complaints, hormonal system complaints, nervous system complaints, and other complaints (Megawati, 2021).

Similar to other Islamic boarding schools, Al Kamal Islamic Boarding School in Tambaksari, Kuwarasan District, Kebumen Regency also experiences issues related to psychosomatic disorders. The school authorities at Al Kamal Islamic Boarding School are well aware of what is happening to their students, especially those who are new to the school. Quoting one of the teachers at Al Kamal Islamic Boarding School, he stated that many new students experience illnesses such as fever, nausea, vomiting, and others while at the school. However, when these students are taken home, their conditions improve immediately, and they do not appear to be sick. The school authorities are yet to understand the root cause of these issues affecting the students.

With the occurrence of psychosomatic disorder cases at Al Kamal Islamic Boarding School, it is necessary to implement specific programs to address these issues. The program implemented aims to provide awareness, understanding, and solutions to psychosomatic disorders through simple psychotherapeutic methods. Psychotherapy can be defined as soul healing or mental healing

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(Kamiasari et al., 2014). The psychotherapeutic method to be implemented to address psychosomatic disorders at Al Kamal Islamic Boarding School will be relaxation. With the implementation of such a program, it is hoped that it will help students and caregivers at Al Kamal Islamic Boarding School to address the psychosomatic disorders they are experiencing.

METHOD

The method used in this service program is socialization, counseling with an approach tailored to the condition of the students, which is done using the method of experience sharing. In general, there are several stages to be conducted in the implementation of the service program, including:

1. Observation and Problem Identification Stage

The first stage involves direct observation at the location where the service program is held, which is Al Kamal Islamic Boarding School located in Tambaksari, Kuwarasan District, Kebumen Regency, Central Java. During this observation, problems are identified through interviews with the administrators, teachers, and students of the Islamic boarding school.

2. Intervention Stage

After completing the first stage and obtaining a comprehensive overview of the service location, the next stage is intervention. This stage is crucial as it involves efforts to provide understanding, enlightenment, and education about the psychosomatic disorders experienced by the students. In this stage, knowledge about the intricacies of psychosomatic disorders and how to overcome them is provided.

3. Activity Evaluation Stage

The third stage involves evaluating all efforts made in the service program. Through this evaluation, it is hoped that areas needing improvement can be identified. Additionally, the evaluation stage can also determine which areas are performing well and can be further developed. The goal is for this program to be beneficial for both the students and the school administration when dealing with issues related to psychosomatic disorders.

RESULT AND DISCUSSION

Psychosomatic Disorders

Psychosomatic originates from the words psyche (mind) and soma (body). When interpreted, psychosomatic disorders or psychosomatics refer to the occurrence of physical complaints without clear medical reasons, but rather influenced by thoughts and emotions. When fear, anxiety, and stress increase, physical complaints can worsen (Siloam, 2023). Psychosomatic can be defined as a kind of physical illness caused by psychic conflicts and chronic anxieties (Noer et al., 2023). Psychosomatic can also be understood as a psychological disorder that can cause physical complaints triggered by psychological and social factors.

Essentially, psychosomatics represent a connection between thoughts or psyche that can affect bodily conditions or vice versa. The most common example is when someone experiences gastric pain or gastritis, but after being examined by a doctor, there are no findings, and everything is in normal condition. This indicates a connection between psychic conditions and the body.

Generally, psychosomatic disorders can be identified by the symptoms that arise. These symptoms include pain in the upper abdomen, lower back pain, chest pain, muscle pain, headaches, fatigue, shortness of breath, cold sweats, tremors, and palpitations. In addition to the mentioned symptoms, psychosomatic disorders can also be characterized by the worsening of pre-existing diseases. Some diseases or health problems that may worsen when combined with psychosomatic disorders are hypertension, psoriasis, eczema, gastritis, and heart disease.

There is no single cause of psychosomatic disorders. Psychosomatics are the end result of interactions between genetic factors and various events in a person's life history. (Apriyani, 2018) Psychosomatic disorders can also arise from psychological, social, pathophysiological, familial, and

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genetic mechanisms. (Çolak, 2014) In addition to the mentioned factors, there are several factors that can cause psychosomatic disorders. Some of these factors include: Social and economic factors, Marriage or family factors, Health factors, Psychological factors

Psychosomatic Disorders at Al Kamal Islamic Boarding School

Islamic boarding schools are known as places to shape morally strong individuals. Islamic boarding schools are also known as places for Islamic religious propagation from ancient times to the present. The existence of Islamic boarding schools from ancient times to the present is due to the proven transformation from era to era (Krisdiyanto et al., 2019).

Life within Islamic boarding schools is clearly different from life outside the schools. Many things are experienced by students when boarding, especially in their early days of boarding (Najihah, 2023). Some of these things include missing parents, family, and playmates at home, difficulties in adapting to the habits in Islamic boarding schools, difficulties in learning new subjects in Islamic boarding schools, difficulties in bearing the burdens at the school, experiencing bullying in the school, financial difficulties due to inability to manage finances, limited scope, and being unaccustomed to strict rules.

Based on information obtained from the administrators of Al Kamal boarding school, there are several psychosomatic symptoms detected in some students at Al Kamal Islamic Boarding School. These symptoms include dizziness, nausea, fever, and other psychosomatic symptoms. These symptoms disappear when the students return home or are visited by their parents. This has confused the administrators of Al Kamal Islamic Boarding School, who have not yet known about psychosomatic disorders.

To address the psychosomatic issues at Al Kamal Islamic Boarding School, efforts or programs are needed for the problem. The program implemented should be a program that provides information to those involved in Al Kamal Islamic Boarding School about psychosomatic disorders. This program also contains education on how to deal with psychosomatic disorders in a simple way. The socialization and education program conducted at Al Kamal Islamic Boarding School has a relaxation theme to address psychosomatic phenomena in students at the boarding school.

Education and socialization explain psychosomatic disorders from symptoms, dangers, causes, and how to overcome mild psychosomatic disorders that may be experienced by students at Al Kamal Islamic Boarding School. This is done so that students are aware and understand psychosomatic disorders comprehensively. The language used by the speakers is easy to understand and followed by all parties involved in the socialization and education event.



Figure 1.

The speaker is currently explaining about psychosomatic symptoms



Figure 2.

The students are participating in education and socialization on psychosomatic disorders

After participating in socialization and education activities, the students engage in activities that have been taught during the socialization and education sessions. These activities are carried out with the aim of preventing, minimizing, or reducing psychosomatic disorders experienced by the students. The activities are as follows:

1. The students start engaging in beneficial activities. A simple way to relax and alleviate psychosomatic symptoms is by engaging in various beneficial activities. This can involve writing in a journal about daily activities or simply expressing feelings in a notebook. By writing and

expressing their feelings in a diary, the students feel calmer and can release the stress they are experiencing. In addition to writing in a diary, another activity undertaken by the students is to broaden their knowledge. At Al Kamal Islamic Boarding School, there is a mobile library program that facilitates students in expanding their knowledge. By increasing their knowledge and engaging in beneficial activities, the students can avoid stress that may lead to psychosomatic disorders.



Figure 3.

The students are currently reading books

With the presence of the mobile library, the students feel assisted by the facilities available at Al Kamal Islamic Boarding School. The books brought by the mobile library are not only related to academic subjects, but also include comics, magazines, storybooks, and picture books. By reading, the students admit feeling more open and less anxious. They become more focused on what they are doing and are less easily exposed to negative things.

2. The students fill their time with productive activities. After being educated about psychosomatics, the students engage in various activities that allow them to channel their emotions into something positive. This includes participating in various activities available at the Islamic boarding school. Al Kamal Islamic Boarding School offers a variety of extracurricular activities that students can participate in. It is hoped that by participating in these extracurricular activities, students can stay away from things that may cause psychosomatic disorders. Some of the extracurricular activities participated in by the students include the following:



Figure 4.
The students are participating in pencak silat training



Figure 5.
The students are participating in futsal activities.

CONCLUSION

The service regarding psychosomatic disorders conducted at Al Kamal Islamic Boarding School, Tambaksari, Kuwarasan District, Kebumen Regency, received very positive responses from the teachers and students there. With the education and socialization about psychosomatic disorders, the teachers and students at Al Kamal Islamic Boarding School gained new knowledge about what psychosomatic disorders are, their symptoms, causes, and how to overcome them. The students and teachers at Al Kamal Islamic Boarding School feel that education and socialization about psychosomatic disorders broaden their horizons on new things. They also became somewhat aware of some psychosomatic disorder phenomena that occurred at the boarding school where initially they could not explain them. After the service program on psychosomatic disorders was conducted, the students began to engage in activities that could minimize or avoid psychosomatic disorders. These activities are a relaxation from the education and socialization that has been conducted. After participating in these relaxation activities, the students feel more in control of themselves and feel far from stress that can lead to psychosomatic disorders.

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