The Effect of Individual Counseling with the Tazkiyatun Nafs Approach in Reducing Anxiety in the Elderly

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Abstract. Anxiety is a crucial problem experienced by the elderly. If anxiety in the elderly lasts continuously, fatigue and even death can occur. The best solution in suppressing anxiety is by way of tazkiyatun nafs. Because by way of tazkiyatun nafs, humans will maintain the purity of their souls from dirty traits. A clean soul will produce good behavior, while a dirty soul will produce a low personality. This indicates the importance of tazkiyatun nafs to give birth to good behavior for the elderly to free them from anxiety. To overcome anxiety, counseling treatment is needed. The aim of this research is to determine the effect of individual counseling on the tazkiyatun nafs approach in reducing the anxiety of the elderly. This research uses an experimental method with a model single subject (Single Subject Research) A-B design with three issues. The data analysis technique uses visual analysis under conditions and between conditions. The results of this study indicate that the intervention in the form of individual counseling with the tazkiyatun nafs approach can reduce the anxiety of the elderly.

Keywords: Individual Counseling; Tazkiyatun Nafs; Elderly Anxiety

1 Introduction

One of the psychological problems often experienced by the elderly is anxiety in dealing with existing realities [1]. Stress experienced by the elderly tends to feel unclear worries related to feelings of uncertainty and helplessness about a condition [2]. Studies [3] say that if the anxiety experienced by the elderly continues for a long time, fatigue and even death can occur.

Several research results related to the handling of anxiety in the elderly, including training in solemn prayer, the implementation of religious guidance such as dhikr, the application of self-talk therapy, and increasing the sense of humor, can be used as a way to reduce anxiety in the elderly [4] [5] [6] [7].

From the various findings above, many ways are used to deal with anxiety experienced by the elderly. However, the authors are interested in testing the concept of tazkiyatun nafs in reducing stress in the elderly. According to An-Najar [8], the best solution in suppressing anxiety is by way of tazkiyatun nafs. Because by way of tazkiyatun nafs, humans will maintain the purity of their souls from dirty traits. A clean soul will produce good behavior, while a dirty soul will produce a low personality [9]. This indicates the importance of tazkiyatun nafs to give birth to good behavior for the elderly to free them from anxiety. Tazkiyatun nafs is a process of purification of the soul that is carried out continuously to get closer to God [10].

Overcoming anxiety requires counseling treatment. Tazkiyatun nafs can be applied in the counseling process. Viewed from the client-side, through tazkiyatun, the counselee's nafs can build ethical behavior as a servant of God. Counseling with the tazkiyatun nafs approach is a newly developed psychological intervention [11] [12] [13] [14].

Based on some of the assumptions above, it can be interpreted that counseling with the tazkiyatun nafs approach is considered appropriate to the elderly who experience anxiety so that the elderly can find happiness. In this study, the form of counseling that the author uses is individual counseling by providing intervention with the tazkiyatun nafs approach into the personal counseling process by the procedures for implementing individual counseling in general.

2 Methods

The type of research used is experimental research which aims to see whether or not there is an effect of a treatment given to the subject [15]. The approach used in this single-subject research. Horner et al [16] stated that single-subject research is the scientific method used to define the basic principles of behavior and build practice based on evidence. The single-subject research design used in this study was the A-B design. The subjects in this study were three older adults who experienced anxiety in the high category. In this design, the researcher collects data about the issue in two conditions or phases, namely the baseline phase and the intervention phase [17].

3 Result And Discussion
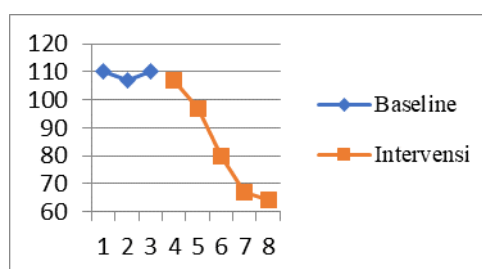
3.1 Sample with initials SB

Fig. 1. Visual Analysis of Baseline Phase and Intervention Phase Sample SB

3.1.1 Visual Analysis Under Condition

In the analysis under conditions, there are six components to be analyzed: the state's length, the estimated direction of the trend, the trend of stability, the data trail, the level of strength and range, and the level of change.

Table 1. Visual Analysis Under Condition

Condition or Phase	Baseline (A)	Intervention (B)
Condition length	3	5
trend direction	▬▬	＼
Stability trend	Stable (100%)	Variable (20%)
Trace tendencies	▬▬ (=)	＼ (+)
Stability level and range	Stable 107 - 110	variable 64 – 107
Level change	110 – 110 (0) No changes	64 – 107 (+43) Decrease

From the summary results of the visual analysis in the conditions of the baseline phase and the intervention phase above, it can be concluded that the level of anxiety in the elderly can be reduced by individual counseling tazkiyatun nafs approach.

3.1.2 Visual Analysis Between Conditions

In the analysis between conditions, five components are analyzed: the number of changed variables, changes in trends and effects, changes instability, and data overlap.

Table 2. Visual Analysis Between Condition

Condition comparison	B: A (2: 1)
The number of variables changed	1
Changes in trend direction and their effects	▬▬ ＼
Stability trend change	Stable to variable
Level change	110 – 107 = (+) 3
(last data point of baseline phase – first data point of intervention phase)	20%

Based on the percentage of data overlap, which is 20% for comparing the baseline phase with the intervention phase. The smaller the overlap, the better the influence of the intervention on the target behavior.
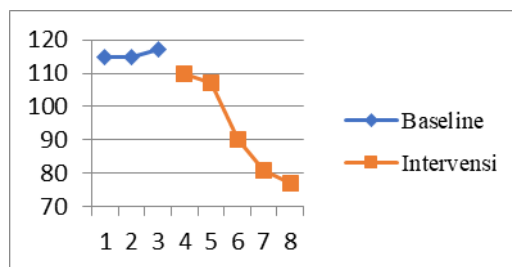
3.2 Sample with initials SB

Fig. 2. Visual Analysis of Baseline Phase and Intervention Phase Sample SB

3.2.1 Visual Analysis Under Condition

In the analysis under conditions, there are six components to be analyzed: the state's length, the estimated direction of the trend, the trend of stability, the data trail, the level of strength and range, and the level of change.

Table 3. Visual Analysis Under Condition

Condition or Phase	Baseline (A)	Intervention (B)
Condition length	3	5
trend direction	(line rising)	(line falling)
Stability tendency	Stable (100%)	Variable (20%)
Trace tendencies	(line rising) (-)	(line falling) (+)
Stability level and range	Stable 115 - 117	Variable 77 – 110
Level change	117 – 115 (-2) Increase	77 – 110 (+ 33) Decrease

From the summary results of the visual analysis in the conditions of the baseline phase and the intervention phase above, it can be concluded that anxiety in the elderly can be reduced by individual counseling tazkiyatun nafs approach.

3.2.2 Visual Analysis Between Conditions

In the analysis between conditions, five components are analyzed: the number of changed variables, changes in trends and effects, changes instability, and data overlap.

Table 4. Visual Analysis Between Condition

Condition comparison	B: A (2: 1)
The number of variables changed	1
Changes in trend direction and their effects	(line rising) (line falling)
Stability trend change	Stable to variable
Level change	117 – 110 = (+) 7
(last data point of baseline phase – first data point of intervention phase)	0%

Based on the percentage of data overlap which is 0%, it means that the intervention in the form of individual counseling with the tazkiyatun nafs approach that is given can reduce anxiety in the elderly.
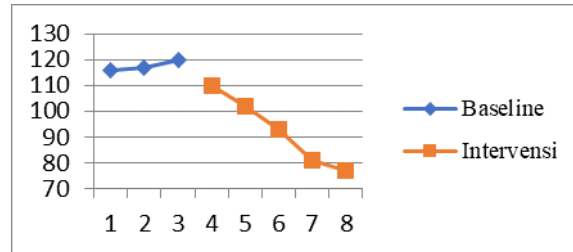
3.3 Sample with initials SY

Fig. 3. Visual Analysis of Baseline Phase and Intervention Phase Sample SB

3.3.1 Visual Analysis Under Condition

In the analysis under conditions, there are six components to be analyzed: the length of the state, the estimation of the direction of the trend, the trend of stability, the data trail, the level of strength and range, and the level of change.

Table 5. Visual Analysis Under Condition

Condition or Phase	Baseline (A)	Intervention (B)
Condition length	3	5
trend direction	(/)	(/)
Stability tendency	Stable (100%)	Variable (20%)
Trace tendencies	(-)	(+)
Stability level and range	Stable 116 – 120	Variable 77 – 110
Level change	116 – 120 (-4) Increase	77 – 110 (+33) Decrease

From the summary results of the visual analysis in the conditions of the baseline phase and the intervention phase above, it can be concluded that the level of anxiety in the elderly can be reduced by individual counseling tazkiyatun nafs approach.

3.3.2 Visual Analysis Between Conditions

In the analysis between conditions, five components are analyzed: the number of changed variables, changes in trends and effects, changes instability, and data overlap.

Table 6. Visual Analysis Between Condition

Condition Comparison	B: A (2: 1)
The number of variables changed	1
Changes in trend direction and their effects	(/)(\)
Stability trend change	Stable to variable
Level change	120 – 110 = (+) 10
(Last data point of baseline phase – first data point of intervention phase)	0%

Based on the percentage of data overlap which is 0%, it means that the intervention in the form of individual counseling with the tazkiyatun nafs approach that is given can reduce anxiety in the elderly.

3 Result And Discussion

Based on the results of data analysis in conditions and the results of the study between states, there were eight conditions, namely three baseline sessions and five intervention sessions, it was explained that before the intervention was given in the form of individual counseling with the tazkiyatun nafs approach, the average level of anxiety in the elderly was still high. When given treatment in the intervention conditions, the trend towards the anxiety level of the elderly decreased on average. This proves that individual counseling with the tazkiyatun nafs approach reduces the anxiety of the elderly living at home.

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