



# UTM

UNIVERSITI TEKNOLOGI MALAYSIA

## CHAPTER 12

# COUNSELING FROM ISLAMIC PERSPECTIVE

# DEFINITION

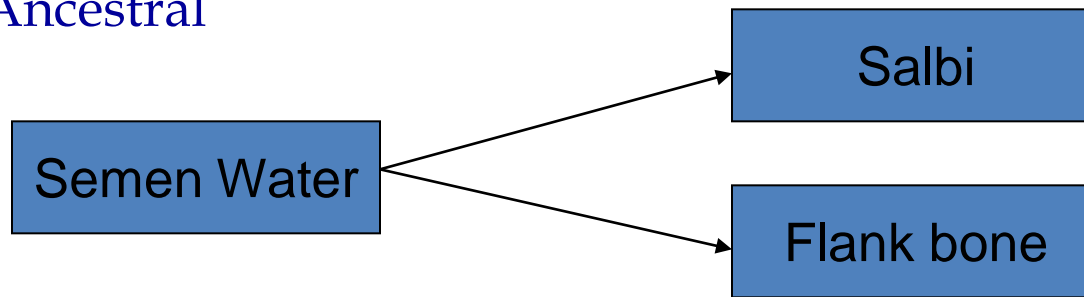
- ✓ Guidance and counseling concept are west decoration. Which is suitable with their culture and community. Guidance and counseling practical with dissociation context religion and country. So, it make two types of guidance and counseling, first is church activity and the second is school and factory activity. (Pallone and Lee, 1969)
- ✓ Different with Islam community, both of religion and world is only for Allah SWT. Ibnu Taimiyah, Al-Ghazali and Al-Farabi (1976), this is about religion, country, aqidah, ibadat, business, believe, social system, economy and politic.

# Entity and men relationship

1. Referring to Imam Al-Ghazali, soul and physical body have very close relationship. Even though soul and physical are two different entity, however both of it can influence in determine our life destination. Qalbu is spiritual source shilling all over men soul.
2. Physical body is tool for soul and qalbu. Qalbu arrange all physical body activity. Qalbu and physical body are influence by aqal (mind).
3. All activity produced by combination of these element will affect on soul and its quality. Naturally all man has a holy soul, but it always being force by passion, which influenced toward bad element.

# Human Occurrence

- Soil – 7 types (Adam)
- Ancestral



- Given soul – soul exist.
- Man can do activity.
- Man can think.
- Man has feeling.
- Man can live a perfect life or not.

# Concept of Islamic Counseling

Process of face boldly between professional counselors with client for make human affair; to identify self-potential and develop source of human internal for take as true and self responsible toward Allah bless.



# Human Potential Understanding

## 1. Mind (Aqal ) Potential :

- The biggest awards from Allah for human were differentiating between animals.
- The mind has to develop with knowledge.
- With knowledge, human can solve any life problems. Human can think with mind.
- Thinking is the most important element for human being life. Potential of human thinking have a limit. Human also need guide (hidayah) from Allah.

## Rasulullah s.a.w said :

*“ The best of human is mukmin learned and knowledgeable. He/she can give help when we need, When we unneeded him, he can manage herself”. (Hadith Al Baihaqi and Abu Darda’)*”

## 2. Soul (Rohani) Potential :

- Every human have a feeling.
- An element will make a feel are Qalb, Nas and soul (roh).
- Fitrah of Rohani is Tarbiyyah (training and practical).
- Tarbiyyah Rohani will establish a power of human self.
- That is equipping to mind (Aqal).

## 3. Physical (Jasmani) Potential :

- Jasmani healthy have affair with Aqal and Rohani health.
- To get healthiness in jasmani, human must :
  - :- Food Balance.
  - :- Care and exercise.
  - :- Food supplement.





## Human Togetherness.

All mankind potential (mental, spiritual and physical) are can't be separable. Its so important to produce a balance, harmonic and pleasant people.

## Islam Vision.

Islam vision are to bring people to the best way (Al Haq), eternal victory (Al Falah ) and avoiding himself from unprofitable (Al Khusran) in this world and eternity.

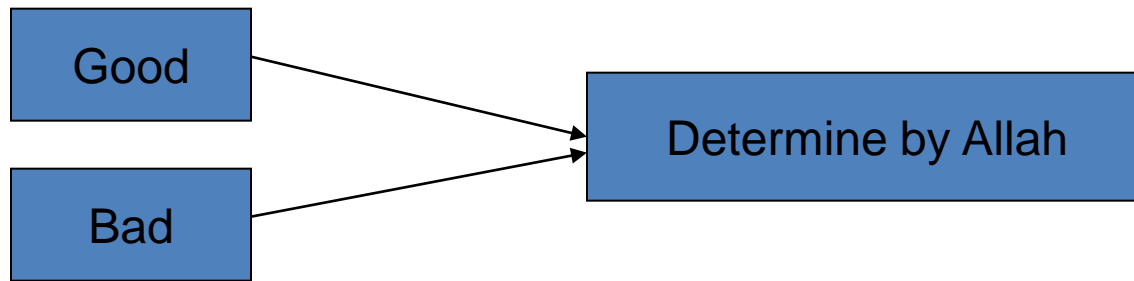


# Theology / Aqidah

Ulama view about human behaviour in Islam  
divided into four views:

- ✓ Ahli Sunnah Wal Jammah  
People are giving an ability to do a choice in making  
behaviour attempt ability. (Aqal )  
Khadijah choice thinking -> profitable  
Good behaviour -> Profitable
  
- ✓ 'Qadariah'  
Full ability in human attempt - (Aqal ) A man can  
choose:  
Good manners -> get a profitable  
Bad manners -> get an unprofitable

- ✓ 'Murjiah'  
people haven't an authority in their behavior.  
(AQAL)



- ✓ 'Mu'tazilah  
Refuse external ability and give a priority to mental ability. Bad and good behavior determined by good thinking.

# SEXUAL BEHAVIOUR BY ISLAMIC COUNSELLING APPROACH

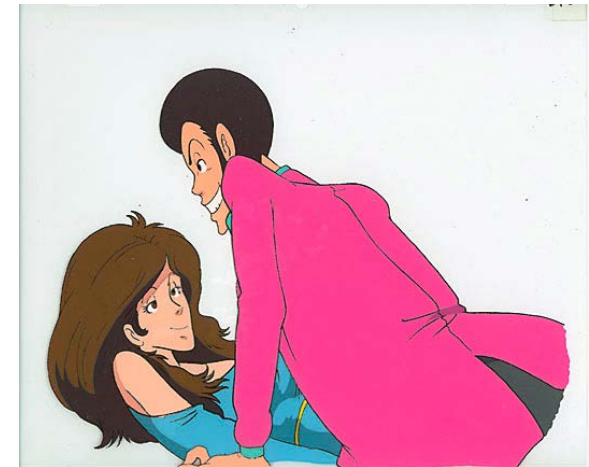
These description is a part from Dr. Roslee Bin Ahmad (2011) research and description on sexual behaviour based on Islamic perspective based on Malaysian context



Islam outlines the behaviour that precipitated the senses to bring adultery as follows:

1. Limb- touch, hold, expose, walk
2. Mouth- kiss, talk, persuade, seduce
3. Eye- stalk, see, wink
4. Ear- listen, stalk
5. Nose- kiss

*Narrated by Bukhari and Muslim, when someone suddenly glance (accidentally) to non muhrim without purpose is unrelated at first sight, but when make a second glance, then it ruling a sin.*



Humans behave towards adultery are those who see, touch (hold, wandering), speaks with passion, listening, kissing up to arouse lust and absorbed in the liver.



Examples of the phenomenon of students approaching the act of adultery (sin):

- i. Boy looks at a woman with lust.
- ii. Watch and have a vcd or obscene material, internet pornography, obscene sms and etc.
- iii. Dating couples between male Female, gay or lesbian couples.

iv. Talk, seduce, persuade the couple with passionate words.

v. Hear the obscenities of the couple.

vi. Passionate kissing between couples with lust.

- Allah commands that those who commit adultery sentenced 100 lashes.
- Women and men who commit adultery should be sentenced to 100 lashes.



*Do not love them in Allah's commands and if you believe in Allah. (An-Nur: 2)*

# Why adultery happen?

## Broken and Bad Heart According Al-Ghazali Model

- ✓ *Rasulullah said, in the body you have a clot, if it is good then the whole human body are good, if it is bad, then everything gone bad, it is the heart.*
- ✓ Al-Ghazali model in Tuanku Sarah (1997) and Yatimah (2005) explain that heart or Qalbu is the most important part in human body that function since we're born on earth until hereafter.
- ✓ The function of heart or Qalbu never stop even we're dead. Other parts of our body like eyes, ears, brain and the body will not function when we're dead but heart still function until hereafter life.

- ✓ Being good-hearted will lead us to a peaceful and harmony life besides Allah whether on earth and here after.
- ✓ Dirty heart, Irritate heart and heart diseases will be brought mazmumah things such as treason, hostile, back stab, adultery, arrogant, greedy and so forth.
- ✓ Students with dirty heart, broken heart and stubborn will close her heart to accept the sign and guidance from Allah swt, but like to commit reprehensible nature involving social interaction and independent sex without marriage.

This clearly stated from Al-Ghazali (1977) in Tunku Sarah (1997), heart plays an important roles in human body because it can lead human to safety or destruction in world and the hereafter life. This means that people who act in accordance with an heart so desires could destroy humanity due to the adverse actions.





## Human that behave according to lust.

- ✓ Al Ghazali (1977), Jaafar (1996) dan Ibnu Jauzi (2000) states every human being has desires. Desires to act according to conscience.
- ✓ Satan led someone to meet the demands of his desires and show the beauty and goodness of its properties such reprehensible. Here, they feel like right person and get a guidance, but they don't know that the devil duped unknowingly.
- ✓ Sometime, human act according to their desires undermine its prestige as a vicegerent for meeting a variety of ways and act as pandering sexually voracious, appetite satisfying, accumulate wealth and lust, like the praise, etc.



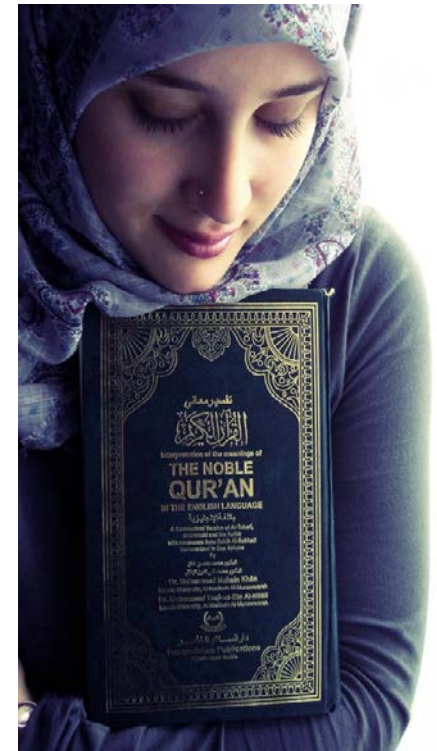
✓ His living just down and devote himself to personal desires. Sadly, they do not care about halal and haram, laws of Allah Almighty, even fulfill their desires are more important things.



✓ In this context, the mysticism (tasawuf) explains that human desires that tend to foul and evil acts such as adultery, treason, back stab, greedy and so are the people who have a passion anger. Lust anger at the lowest level.

Imam Al-Ghazali divided 3 types of jihad. Just as the main enemy of mankind must be fought, but against the lust will not be easy. Thus, the desire to fight lust is a jihad and a priority. **Imam Al-Ghazali divides there are three types of jihad :**

- i. **First** - Jihad fight the unbelievers – In terms of war.
- ii. **Second** - Jihad against those who are vain– In terms of knowledge and strong arguments.
- iii. **Third** - Jihad against lust. – Spiritual jihad is a priority. Jihad against lust is the most strong jihad compare in opposition to the unbelievers.



✓ *It is not easy to against lust. This is proved by friends of Rasulullah when they came back from unbeliever war. Nabi Sulaiaman said “ It is difficult to against our own lust compare to win one place” [Al-Ghazali, Mukâsyafah al-Qulûb,h. 15].*

✓ *Clearly, lust/desire is always invited to things that go faults, a man who persuaded the devil, will gradually leads to destruction. In other words, people who follow vain desires would go to hell. In conclusion, if we act according to our lust, we’re going to hell.  
(Imam Al-Ghazali, Mukâsyafah al-Qulûb, h. 14-15).*

**Sex Bebas “HARAM”**



**Say “NO” to “ZINA”**

✓ Therefore, it is clear that humans have two desires, devotion to or worship the Creator (God). Devoted to human desires will forget Allah, but those who willing to sacrifice their desires is to worship Allah.



## Human body behaviour that lead to sexual desire .

Syaikh Asad Muhammad (2004), Ali Ibn Muhammad (2005), and Amran Kasimin (2008) stated that human body that act according to sexual lust :

1. **Eye** – Staring with a girl with a lust feeling, looking at sexy girl (tight, short, transparent cloth ), fascinated her for a second look.
2. **Face** – Make up until makes a man attract to her.
3. **Hand** – Masturbation, Touching a girl or a boy.
4. **Mouth** – Kissing and talking that lead to sex.



5. **Sexual organs** – Insert the penis into the vagina woman (adultery).
6. **Foot**- Go to the store and buy vcd porn, dancing at the pub / disco.
7. **Body** - Deliberate display of the body eg breast, thighs, calves, buttocks to look sexy, wear perfume to enhance desires towards male or female, riding motorcycles with boyfriend.
8. **Clothes** - Intentional wear tights, short, and rarely clothes to look sexy and seductive.



## Factors that lead Teenagers to Sexual Behaviour

*Jamlus Aziz in Mohd Nur Asnawi Daud dan Amir Abd Hamid (2008) and Amran Kasimin (1996) said there are several causes of sex acts involving the girl among the Malays, such as lack of religious education and in order to be traded.*

In addition, other sources that identified as the factors of sexual behavior occurrence among adolescents is as follows :

No	Factors	Reason	Effect
1	Themselves	Giddy Natural habit Pressure as a student	Masturbation Adultery Prostitution





No	Factors	Reason	Effects
2	Peers	Influenced by peer	Adultery Prostitution
3	Boyfriend or Girlfriend	Encourage disobedience Sexy clothes Seduced Glanced / Stared Soft touched	Masturbation Adultery Prostitution
4	Parents	Busy working Not stress on Religious education Not stress on social life Not stress on Aurat	Masturbation Adultery Prostitution



5	Lack of religious education	Less religious education Less understand religious education Not concern on religious education	Masturbation Adultery Prostitution
6	Ustaz or Religious person	Always critic & not helpful Dakwah not understandable	Masturbation Adultery Prostitution



7	<b>Mass media</b>	Not positive television program	Masturbation Adultery Prostitution
8	<b>Handphone</b>	Download pornography pictures & videos	Masturbation Adultery Prostitution
9	<b>Internet</b>	Easily access to pornography materials	Masturbation Adultery Prostitution
10	<b>Environment</b>	Can get obscene VCD easily	Masturbation Adultery Prostitution



# Social Behaviour Effect

Ahmad Amin (1995), Mochamad (1999), friends Hatta Sidi and friends (2006) explain some of the effects of sexual behavior act as follows:

- i. Masturbation – (With hands, pillow, quilt, cucumber, carrot, etc) – Can cause individuals to become forgetful, dysfunction of sexual organ, and can act as the rapist, if the act beyond the limits.
- i. Social sex– pregnant out of wedlock, HIV, syphilis and gonorrhoea.
- ii. Incest– pregnant out of wedlock, shame to the family, didan masyarakat dalam negara yang rosak akhlak.

## Dealing with Sexual Behaviour According to Islamic Counselling Approach

- Islamic counseling is a process of teaching and learning that occurs in the form of psychosocial that happen between an expert counselor with a person or client. Technical and professional methods used to help clients to understand themselves, understand the ability and drive to receive the destiny based on the tenets of Islam to achieve happiness in this world and the hereafter.



# Islamic Counselling

- According to Ali Yacob (1995) and Mohamed Sharif (1998) Islamic counseling refers to a given process to help resolve any problems regarding the existence of psychological stress such as fear, sadness, and anger as well as identify and develop their potential and change their attitudes towards the direction of a more appropriate behavior, and achieve prosperity in the world and the next with happy and grateful patient when in difficulty.



# Islamic Counselling

- In this context, Islamic counseling approach is counselors helping the client in accordance with Islamic syariah by reflect upon ourselves, repent (sincere), and reflect on terror torture and torment the grave and the underworld. Clients are advised to commit evil acts in the *amar makruf nahn mungkar* recovery efforts.



## *Amar Makruf Nahi Mungkar* Behavior

### **Treat and Maintain Our Heart**

Al Ghazali Darusalam (1997) explain that human heart is the most important elements in life that still work until the end of time. Therefore, we should treat and maintain it properly so as not damaged and full of diseases, which can give to human suffering.

Clean and pure heart is a heart that always remember to Allah SWT, at any time to communicate with Allah, so it is always in His guidance. Eyes, heart and body always guided by the liver to always see, hear and receive advice and guidance from God with an open heart.



# Care and Threat A Heart

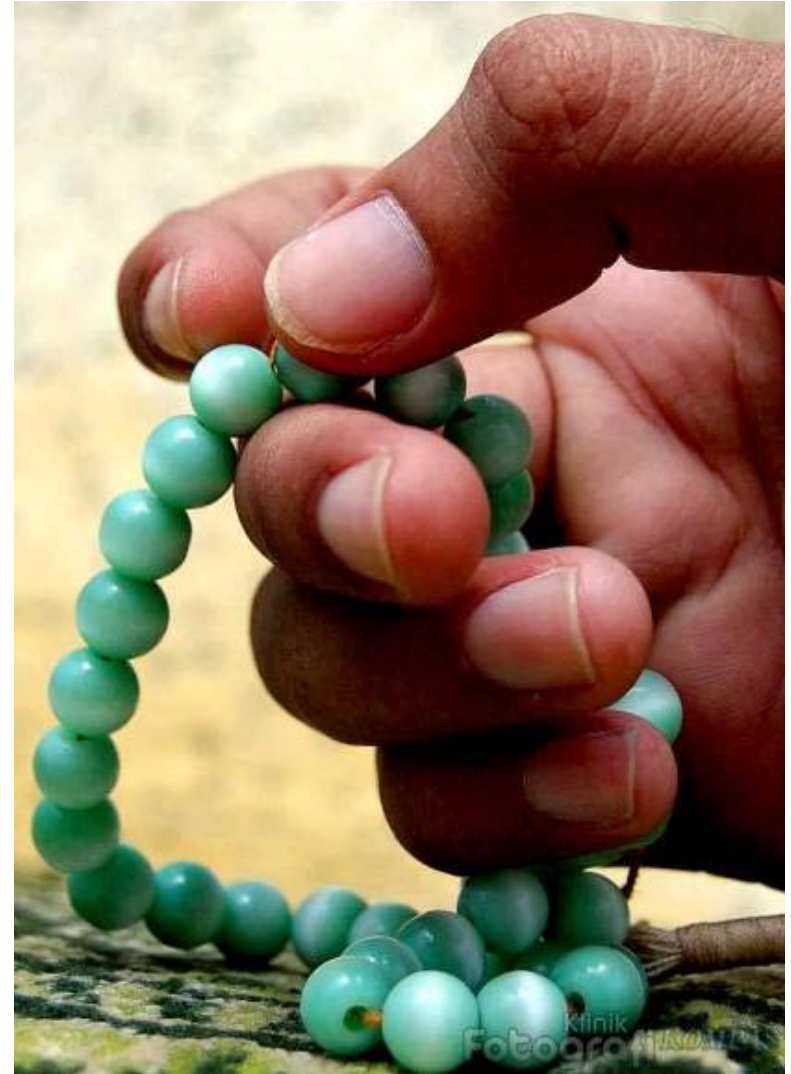
Some ways to care and treat a heart are:

1. Always remember Allah wherever we are.
2. Always praise to Allah.
3. Take abolition if our lust urge to do evil.
4. Immediately ask for forgiveness for past mistakes and sins.
5. Always remember Allah with *zikir*.
6. Always seek refuge from Satan and the world's neglect.



# Care and Threat A Heart

7. Always asks for sign and guidance from Allah in life.
8. Always read and listen to Quran recitation.
9. Practice our heart with Mahmudah (good instinct) such like resignation, patient, sincere, honest, trustworthy, well pleased, love, anger withhold, forbearing, and sort of.
10. Avoid your heart from the nature of mazmumah as conceited, arrogant, seen of men, envy, revenge, treacherous, covetous, greedy, sensual lust and etc.



# Steps to Avoid Sexual Acts

Mohd Ismail Thambi (2003) outlines several steps to avoid sexual acts such as:

## 1. Yourself

1. Avoid giddy lifestyle.
2. Avoid being alone because it can lead to imaginary.
3. Avoid reading novels that increase your lust.
4. Do not receive a lot of pocket money from parents due to fear used to watch movies, porn pictures and so forth.

2. **Peers** – Avoid being friends with faulty behaviour and acts like a lost or wasted.



# Steps to Avoid Sexual Acts

3. **Boyfriend / girlfriend**– Stop all immoral acts like dating.

4. **Technology** (Azhar, 2000)

- Hand phone – Stop sending and download obscene pictures.
- Internet – Stop sending, chatting, watching, download obscene materials.
- TV and Radio – Stop watching entertainment shows that lead to obscene.

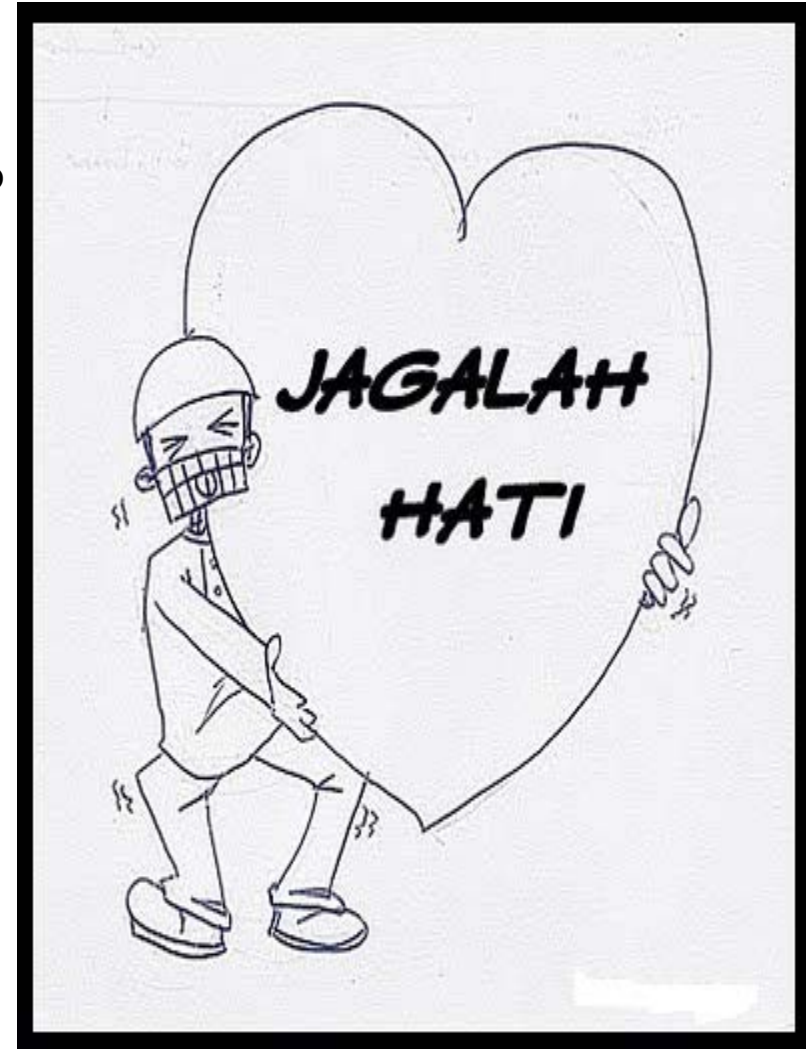
5. **Environment**

- Pub/ Disco – Stop go to disco or pub in the purpose of stress or hang out with friends.
- Market / Night Market– Stop buying obscene VCD/DVD.



# Conclusion

- Heart is the source of all human nature bad acts that should be condemned. Students who are adjacent to the act of adultery is a sin and the heart of the students can be dirty, damaged and dead. Otherwise, they tend to ignored Allah command as the conscience of persuasion and deception of Satan.
- Thus, the spread of issues and problems and sexual promiscuity among youngsters of today, it's time a module approach to Islamic Counselling to treat and rehabilitate students who have sexual behavior (sin) is necessary, especially in the new millennium challenge. Muslim youth may not continue to float and be able to develop the future of the country by 2020.



# See You Soon

