

Prayer and Islamic Da'wah(Speech) Therapy in Reducing The students' Trauma after Earthquake in SMA NW Perian

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Abstract. Earthquake which shook Lombok island with $M = 7.0$ on August 5, 2018 caused trauma to victims who kept feeling fear aftershocks. Besides, they were also overwhelmed by panic and anxiety, and this even led to stress due to loss of family and property. Thousands of important homes and facilities were destroyed at the location of the earthquake epicenter. Lombok people, especially school children, are very anxious and uneasy so that they still tell a deep sadness. Islamic prayer and da'wah therapy activities are held at NW High School Perianto heal students who experienced things like the symptoms stated previously, so in this way they can increase their memory and have high awareness in facing the problems. Students are now beginning to be able to emit all emotions and pass it on to everyone in order to get attention of others; they begin to be able to enter classes from the 1st to 3rd floor. They are able to strengthen and motivate each other among students in the school even in the community dealing with the problems. They always worship and continue to get closer to Allah SubhanahuWaTa'ala, and they are no longer worried because all of them believe that a good deed will get a good reward. They now always put their trust in God.

Keywords: pray and Islamic dakwah therapy, trauma after earthquake

1 Introduction

On Sunday, August 19, 2018, at 11:10.22 WIB, Lombok was shocked by a tectonic earthquake. The results of the BMKG analysis show that the initial information of this earthquake has a magnitude of $M = 6.5$, which then updates to $M = 6.3$. This certainly leaves trauma for victims who are worried the aftershocks. Besides, they were also overwhelmed by panic and anxiety, and this even led to stress due to loss of family and property. Thousands of important homes and facilities were destroyed at the location of the earthquake epicenter. Lombok people, especially school children, are very anxious and uneasy so that they still tell a deep sadness.

Apart from that, students who were far from the epicenter face a very significant impact on the earthquake. Where in the survey in one of NW schools (madrasah) located in Perian village, district of Lombok Timur, the students experienced stress and trauma as well as very high anxiety among students and teachers. In this Islamic prayer and da'wah therapy the team only held tricks to relieve trauma of the students of SMA NW Perian both through prayer and the da'wah of Islam. All of the students seemed very scared; they did not want to go to class or

did not want to sleep in their homes, still relying on campsites in fields which gradually affected the level of their health and living mentality. Prayer is the most powerful weapon for all Muslims. Prayer is very easy to accept and granted by Allah SubhanahuWaTa'ala because with prayer the heart becomes calm and anyone realized that all that happened was only by Allah SubhanahuWaTa'ala permission.

Trauma shows a shocked condition and is stressed by an event that leaves a long lasting impact on the victim. Some conditions that could potentially be traumatic events according to Taylor (2000) include disasters, being victims of crime, loss of loved ones, and loss of property. Parkinson (2000) explains that traumatic events can occur when a disaster occurs until a disaster has passed; this condition is called post-traumatic stress disorder (PTSD). Thus, with this condition, the PKM team held a blazing prayer and gave a clear explanation on every plan of Allah SWT for each of his servants, both in the form of badness and kindness conveyed through the da'wah of Islam which is specifically for the students of SMA NW Perian.

The activities carried out in therapy and the da'wah of Islam in reducing the level of trauma after the earthquake in SMA NW Perian are:

- Try to calm all students with stories of solemn people;
- Practice taking ablutions so that they are clean;
- Memorize daily prayers that are usually read in praying;
- Practice the right way of prayer;
- Deliver da'wah Islamiyah before them with a theme that concerns on the here and afterlife that deals with actions and impacts in carrying out the life process;
- Invite to contemplate all the sins that have been committed so far.

Support and enthusiasm are the most needed things for victims of natural disasters. They certainly are still afraid if an earthquake occurs at any time. The team raises the enthusiasm of students, provides entertainment so that they are not depressed by their current conditions, such as doing game play which is a form of game that can be competed between several groups so that the stress decrease and is turned into laughter in playing the games. The game played is as follows: each group makes a jargon name for the group, each group makes yells, each group makes a march in a group, each group makes a presentation of jargon, yells and marches and presented together in the presence of other coordinators; each group was mandated to carry waste water. Furthermore, inviting students to do relaxation is an effort to relax, not only the physical body, but also our inner being. But relaxation is not meditation. Relaxation is a step towards meditation. This relaxation can be done in order to calm down, harmonize what is in the individual, and eliminate the burden, so that it is more relaxed and comfortable. The relaxation activities carried out are stretching the legs, hands and body in a clean room so that it feels light in the process of implementation. Then 5 minutes after relaxation, then the time to do inner relaxation, this is done by the way all participants close their eyes, then focus their thoughts and minds only on Allah SubhanahuWaTa'ala.

3 Results and Discussion

The results of the activity are a). Students gradually begin to no longer think of earthquake events that make them so sad and lost; b). Students have motivation in guiding themselves and their peers to be tougher in facing life; c). Students decrease their all hidden emotions so they look more cheerful; d). Laughter began to appear on the faces of children; e). Students who experiences severe anxiety and stress increased their memory and high awareness in dealing with problems occur; f). Students are enthused and couraged in carrying out teaching and learning activities; g). Students relax themselves at home and even invite their parents; h). Students are able to strengthen and motivate each other among students at school even in the community in facing problems;i). Students always worship and continue to draw closer to Allah SubhanahuWaTa'ala; j). Students are no longer worried because all of them believe that a good deed will get a good reward; k). Students always rely only on Allah SubhanahuWaTa'ala.

4 Conclusion

The prayer and Islamic da'wahtherapycarried out by the team has given a real contribution to the students of SMA NW Perian, in which the results are a). Students gradually begin to no longer think of earthquake events that make them so sad and lost; b). Students have motivation in guiding themselves and their peers to be tougher in facing life; c). Students decrease their all hidden emotions so they look more cheerful; d). Laughter began to appear on the faces of children; e). Students who experiences severe anxiety and stress increased their memory and high awareness in dealing with problems occur; f). Students are enthused and couraged in carrying out teaching and learning activities; g). Students relax themselves at home and even invite their parents; h). Students are able to strengthen and motivate each other among students at school even in the community in facing problems;i). Students always worship and continue to draw closer to Allah SubhanahuWaTa'ala; j). Students are no longer worried because all of them believe that a good deed will get a good reward; k). Students always rely only on God.

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