

IDENTITY DISSOCIATION IN THE VIEW OF ISLAMIC PSYCHOLOGY AND THE SOLUTIONS OFFERED

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Abstract

The purpose of this study is to find out the views of Islamic psychology on multiple personalities (identity dissociation) and the solutions offered to treat individuals who experience this disorder. The type of research used is qualitative research with the literature study method, in which the researcher examines various kinds of literature and draws common threads in order to get results or conclusions. While the results of this study are consistent with Islamic psychology's view of multiple personality disorder as a psychiatric disorder that has a negative impact on the individual, such as difficulties in interpersonal relationships, difficulties in decision-making, anxiety disorders, depression, and uncontrolled and unstable behaviour at work, the solutions offered by providing therapy involving spiritual, psychological, and pharmacological aspects are promising. Ruqyah therapy, psychological therapy, pharmacological therapy, spiritual therapy, and combination therapy.

Keywords: Multiple personality, Islamic psychology, solutions

INTRODUCTION

Islamic psychology is a branch of psychology related to Islamic understanding of the human psyche (Yudiani, 2013). Basically, Islam teaches that humans are creatures that have a very important psychological dimension. In addition, Islam also teaches that the purpose of human life is to achieve spiritual and moral perfection, which can be achieved through holistic self-development. Islamic psychology tries to understand and explain aspects of the human psyche, including thoughts, feelings, behaviours, and motivations, taking Islamic teachings into account. This covers a wide range of topics, such as developmental psychology, clinical psychology, social psychology, and educational psychology. Islamic psychology also integrates Islamic teachings in medicine and therapy. Concepts such as prayer, dhikr, and tawakal are considered forms of spiritual healing that can assist individuals in improving their mental health and happiness (Afify, 2018).

According to Abd-Allah, Islamic psychology must integrate Islamic teachings into understanding humans and their psychology (Narulita, 2015). This includes understanding the relationship between man and God, the relationship between man and himself, and the relationship between man and his environment and society. Abd-Allah also emphasises the importance of spiritual involvement in counselling and therapy. According to him, counsellors or therapists must consider spiritual factors in the treatment and therapy of their patients. He also promotes the use of spiritual techniques such as dhikr, prayer, and meditation in therapy. In addition, Abd-Allah also emphasised the importance of a holistic approach in Islamic psychology. According to him, Islamic psychology must consider all aspects of the human psyche, including biological, psychological, social, and spiritual aspects, to provide a holistic solution to dealing with psychiatric problems. Overall, Abd-Allah believes that Islamic psychology can make a significant contribution to understanding human beings and their psychological problems. However, he also acknowledged that Islamic psychology is still a relatively new field and needs more research and development to reach its full potential (Warsah & Uyun, 2019).

According to Ahmad Fakhri Ibrahim (in Nurhadi, 2014), aspects of human psychology, including: a) the concept of nafs (soul), Nafs consists of three aspects: nafs ammara (a soul that seduces towards evil), nafs lawwama (a soul that realises mistakes and seeks self-improvement), and nafs mutmainna (a calm and happy soul that feels close to God). This concept can be used to understand how humans can achieve happiness and psychological balance in their lives. b) Islamic therapy that combines Islamic psychological concepts with modern therapeutic methods. Islamic therapy helps clients improve their inner selves through introspection, emotional control, and spiritual engagement. This therapy also promotes Islamic values such as patience, honesty, and trustworthiness in overcoming psychiatric problems. c) Developmental psychology in Islam. According to him, Islamic education must pay attention to the physical, cognitive, social, and spiritual development of children to help them grow into individuals who are balanced and have a good relationship with Allah SWT. d) Islamic cognitive psychology, which includes concepts such as memory, thinking, and understanding. This theory considers the role of religion in human cognitive development and teaches ways to improve cognition through understanding the Qur'an and Sunnah.

Overall, Ahmad Fakhri Ibrahim has made a number of Islamic psychological theories that can be used to understand the human mind and help people with mental health problems get better through therapy and counselling. His theory covers various aspects of the human psyche, from developmental psychology to cognitive psychology and Islamic approaches to therapy. Islamic psychology has a holistic view of human personality. According to the view of Islamic psychology, human personality consists of physical, psychological, social, and spiritual aspects. Each of these aspects is interrelated and influences one another, so that there is unity and harmony between them. According to Islamic psychology, human personality is also influenced by environmental factors and life experiences. However, the religious factor is also considered an important factor that influences human personality. Islamic values such as good morals, patience, and trustworthiness can shape and improve human personalities (Rochmah, 2016).

According to Mujib (2012), the view of Islamic psychology also recognises the existence of individual differences in human personality, and this is seen as something positive. In Islam, every individual is considered a unique and different creation of Allah, so human personality is considered the result of a mixture of genetic, environmental, and religious factors that affect each individual. In Islamic psychology, there is the concept of 'tazkiyatun nafs,' or purifying the soul. This concept teaches that humans must always strive to improve their personalities, eliminate negative traits, and strengthen positive traits. This is done by increasing self-awareness and introspection, as well as practising Islamic values in everyday life. Overall, the view of Islamic psychology on human personality emphasises the importance of a holistic view that considers various aspects of the human psyche, whether physical, psychological, social, or spiritual. This view also emphasises the importance of self-improvement and purification of the soul in order to achieve harmony between various aspects of human personality.

The problem that often occurs in individual personalities, namely multiple personalities or identity dissociation, is a mental disorder in which individuals have two or more different identities that are often not related to each other (Arifianto, 2019). Each identity has different patterns of behaviour, thinking, and feeling. Individuals who experience multiple personalities usually have difficulty distinguishing between different identities, and there is often a rapid change in identity (Susanto, 2020). In the view of Islamic psychology, multiple personality disorder is a mental disorder that needs to be treated medically and psychologically. Islam recognises that humans can experience mental disorders and encourages Muslims to seek treatment when experiencing mental disorders. Multiple personality problems can occur due to various factors, such as traumatic experiences or prolonged stress, anxiety, depression, and other psychological problems. In Islamic psychology, these factors can be influenced by various factors such as the environment, life experiences, and religious and spiritual factors (Primary, 2021).

Individuals with multiple personality traits can vary depending on the severity of the disorder and how many identities they have. Some common symptoms that may appear in individuals with multiple personalities include: a) Rapid changes in identity: Individuals with multiple personalities often experience rapid changes in identity, namely from one identity to another in a short time. These changes can occur suddenly and are often followed by changes in patterns of behaviour, thinking, and feeling. b) Memory loss: Individuals who experience multiple personalities may experience memory loss of what happened to them when they were in a state that gave rise to different identities, c) Loss of time: Individuals who experience multiple personalities often feel lost in time, that is, they do not remember how much time has passed or experience a feeling of unreasonable time. d) Feelings of anxiety and stress: Individuals who experience double personalities often feel anxious and stressed because they cannot control the identity changes that occur within themselves. e) Sleep disorders: Individuals with multiple personalities often experience sleep disturbances, such as difficulty falling asleep or waking up too often, f) Depression: Individuals with multiple personalities Doubles may also experience depression due to difficulty understanding self-control and feeling unable to control his life (Suteja, 2016).

METODE

This type of qualitative research collects, analyses, and comprehends data in the form of words, images, or symbols (Adlini et al., 2022). Qualitative research tries to learn more about things like experiences, attitudes, beliefs, perceptions, or how people interact with each other. Qualitative research generally uses an inductive approach to understand data, meaning that data is collected first and analysed to develop new theories or concepts (Murdiyanto, 2020). The literature study research method involves gathering and analysing information from written sources or library materials, such as scientific journals, books, articles, papers, reports, and other sources that are relevant to the research topic. The literature study method is often used in research that requires secondary data, or data that already exists and was produced by researchers or other people previously.

The literature study process begins with determining the topic or research problem to be examined, then collecting literature sources relevant to the topic, analysing data obtained from these sources, and compiling the results of the analysis into a report or scientific paper (Aditya et al., 2010). In this study, the researcher collected several literatures related to Islamic psychology and multiple personalities, from which she drew common threads and made conclusions about the views of Islamic psychology on multiple personalities and its solutions.

RESULT AND DISCUSSION

Islamic psychology combines modern psychological concepts with postmodernism and Islamic views in a therapeutic approach and understanding of mental health and human behaviour. The postmodernism of Islamic psychology emphasises the importance of considering social, cultural, and historical contexts in the understanding and treatment of psychological problems, while Islam provides a holistic view of the human being and mental health. Postmodern Islamic psychology rejects the positivistic view that reality can be measured objectively and that humans are individualistic and autonomous beings. Instead, this approach views humans as beings bound by social, cultural, and historical contexts, and that reality is relative and varied. Postmodern Islamic psychology also emphasises the importance of considering religion and spirituality in understanding mental health.

Some concepts that are often applied in postmodern Islamic psychology include recognition of human diversity, respect for social and cultural contexts, an emphasis on historical contexts, a holistic view of mental health and spirituality, and an emphasis on collaboration and active participation of patients in treatment. Postmodern Islamic psychology also emphasises the importance of understanding Islamic concepts such as tawhid (oneness with God), fitrah (natural human tendencies), and adab (ethics) in understanding mental health and human behaviour. Postmodern Islamic psychology is still in its infancy, and the context is still limited to certain areas, but this approach can make an important contribution to the treatment and understanding of mental health in diverse social and cultural contexts.

Whereas in Islam, multiple personality disorder can be considered a mental disorder or mental illness that requires treatment and care. The concept of unity and wholeness in Islam places importance on harmony between the mind, heart, and actions. Therefore, multiple personalities that give rise to conflicting feelings and inconsistent actions can be considered a violation of the principle of unity and wholeness in Islam. In addition, Islam also teaches that humans have the potential to choose and act freely and will be held accountable for their actions. In the context of multiple personality disorder, individuals who experience this disorder can lose control over their thoughts and actions, which can lead to mistakes or actions that are contrary to Islamic values.

In providing therapy for multiple personalities, Islam encourages the use of methods that respect Islamic moral and ethical principles and pay attention to the social and cultural context of individuals who experience the disorder. Islamic-based therapy can involve prayer, dhikr, or reading the Koran, as well as modern psychological and medical approaches that conform to Islamic principles. In Islam, the importance of individual unity and wholeness is emphasised, therefore, individuals who experience multiple personalities must be given therapy that pays attention to Islamic values and principles to restore their unity and wholeness.

Multiple personality disorder or dissociative identity disorder can cause various problems for individuals who experience it. Some of the problems that may arise include: a) Difficulties in interpersonal relationships: Individuals with multiple personalities may experience difficulties in establishing interpersonal relationships due to inconsistent and conflicting behaviour changes. This can result in difficulties in building and maintaining social relationships, including those with family, friends, or partners. b) Difficulty in decision-making: Multiple personalities can give rise to conflicting feelings and inconsistent attitudes, which can result in difficulty in making decisions. Individuals with multiple personalities can feel confused and unsure about making important decisions in their lives. c) Other mental health disorders: Multiple personality disorder can be associated with other mental health disorders, such as anxiety disorders, depression, or other personality disorders. d) Changes in uncontrolled behaviour: Individuals with multiple personalities can experience uncontrolled behaviour changes, which can result in difficulties carrying out daily activities and social life, e) Difficulties in maintaining a job or education: Multiple personalities can interfere with an individual's ability to maintain a job or education due to inconsistent and unpredictable changes in behaviour.

In Islamic Psychology, therapy can be given to individuals who have multiple personalities by means of Ruqyah Therapy: Ruqyah Therapy is a therapy using Al-Quran readings and prayers to treat mental disorders, including multiple personality disorder. Ruqyah therapy is usually carried out by a therapist or preacher who is trained in and masters Al-Quran readings and healing prayers. Psychological therapy: Psychological therapy or counselling can help individuals with multiple personalities overcome conflicting and inconsistent feelings. This therapy can help individuals understand and manage their emotions and behaviours, thereby increasing their ability to overcome multiple personalities. Pharmacological therapy: Pharmacological therapy may be given in the form of medications that can help reduce the symptoms and effects of multiple

personality disorder. However, this therapy should be carried out under the supervision and recommendation of a trained doctor. Spiritual healing: Spiritual healing techniques such as meditation, dhikr, or prayer can also help with split personalities. This therapy can help individuals achieve a calm state of mind and increase their faith and devotion to Allah. Combination therapy: Combination therapy is a combination of the above therapies that is adapted to the conditions of individuals who experience multiple personalities. This combination therapy can provide a more holistic and integrated solution to treat multiple personality disorders.

CONCLUSIONS

Based on the above study, it can be concluded that the view of Islamic Psychology on multiple personalities is a psychiatric disorder, so that in overcoming multiple personalities, Islamic Psychology offers several therapeutic solutions that involve spiritual, psychological, and pharmacological aspects. Ruqyah therapy, psychological therapy, pharmacological therapy, spiritual healing, and combination therapy are some of the therapeutic solutions that can help individuals with multiple personalities overcome the symptoms and negative effects of this disorder.

The role of Islamic psychology in providing therapy for multiple personalities is to help individuals understand that healing does not only originate from medical or pharmacological measures alone but also involves spiritual aspects and faith in Allah. Ruqyah therapy and spiritual healing are important solutions for helping individuals restore their emotional and spiritual balance. In psychological therapy, Islamic psychology teaches that every individual has the right and obligation to improve the quality of their life, and this therapy will assist individuals in developing their own abilities and overcoming problems in their lives. In the end, the role of Islamic psychology in providing therapy for multiple personalities is to see that every individual has the potential to achieve healing and live a healthy life physically, psychologically, and spiritually. Therefore, it is important for individuals who experience multiple personalities to seek help from a therapist who is trained and experienced in dealing with this problem, as well as strengthening their faith and spirituality..

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