

Implementation Of Self Muhasabah In The Islamic Discipline Of Medical Science (IDIK) At MPPD FK Umi

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Article Info

Keywords:

Muhasabah self,
Islamic Discipline Knowledge
Medicine (IDIK)

ABSTRACT

A Muslim doctor has obligation to study well matters related to religion and the medical profession in which they are involved. Islamic Discipline of Science Medicine (IDIK) is one part of the integrated medical professional study program parts of the clinic. One of the programs from IDIK is do muhasabah daily . In method muhasabah daily (assessment self), student given containing form statements related the concept of worship and morals daily as well as interaction with Koran and Hadith. Muhasabah can be interpreted as self-reflection , pondering here is someone's attempt to make a change, namely: introspection self/be aware of something that has happened they do in their lives, so someone is capable of making improvements, and maximum improvement. Method study This nature qualitative with take background Faculty Indonesian Muslim University Medicine as location study . As for the results study show that activity muhasabah self has show positive results in the process of suing knowledge and doing activity daily as a student medical education profession.

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INTRODUCTION

Al-Qur'an is source The first and most important teaching of Islam according to trust Muslims and recognized the truth . Al-Qur'an is the holy book in it there is the words (revelation) of Allah SWT, which were conveyed by the angel Gabriel to the Prophet Muhammad SAW as apostle of Allah SWT gradually with purpose become instruction for Muslims in life and life To use get prosperity in this world and in the afterlife.¹

Allah SWT's command in In the Koran it has good goals in improve human life patterns. Humans are the given khalifah of Allah SWT glory to carry out commands and stay away from His prohibitions. All orders Allah SWT is clearly visible in all the contents in in the Koran . The Koran became guidance for humans (all Muslims) in carrying out their role as caliph of Allah SWT . The instructions given in the Koran provide solutions to problems that every human being often goes through. We can feel the benefits from lots of wisdom and peace of mind. This explanation provides a purpose to understand that the Koran it is very important to be involved in life.²

Every born human to the world of course No Once free from do mistakes and sins . Along with walking time , mistakes and sins are not evaluated will the more accumulate and become barrier or hijab between man with God.³ A willing servant get closer self to Allah SWT must have time special For check and assess what has done during a day full . If moderate check and assess self a servant found that he No do his job , then he must plead forgiveness to Allah SWT. However If he find that he has carry out duties and obligations , then Already should he give thanks to Allah SWT.³

Muhasabah can be interpreted as self-reflection to know and count what has been done before Allah SWT takes into account a person's deeds on a given day retribution later. Pondering on here is someone's attempt to make a change, namely: introspection self/be aware of something that has happened they do in their lives, so someone is capable of making improvements, and maximum improvement. Contemplation here is not only just contemplating, but someone really capable of carrying out a change/process improvement/improvement of performance so that someone can create a superior personality towards himself .⁴

Through muhasabah, a person tries to calculate all the deeds that have been done he tried, introduced himself and brought him to get it know God . The aim is to clean up all things that have the potential to be wrong before Allah SWT and then ask for forgiveness for any mistakes, both in relation to Allah SWT and fellow humans. Self-reflection is an effort to examine oneself everything that has passed before being accounted for before Allah SWT in day calculation later .⁵

A Muslim doctor has obligation to study well matters related to religion and the medical profession in which they are involved. Islamic Discipline of Science Medicine is one part of the integrated medical professional study program parts of the clinic. To improve the abilities of young doctors, they will be provided with knowledge about Islamic Medical Discipline so that knowledgeable Muslim doctors will be created amaliah, scientific charity and good morals .⁶

learning at stage profession own explanation competence form understanding base towards Islam . One of the programs from IDIK is do muhasabah daily . In method muhasabah daily (assessment self), student given containing form statements related the concept of worship and morals daily as well as interaction with Koran and Hadith. Whole matter the held in frame formation and strengthening character Islamic doctor .⁷

METHODS

Method used writer in study This is with use method qualitative , then analyzed become descriptive . Writer using an interview instrument (*interview*) with Student Medical Professional Education (MPPD) FK UMI. Writer use method study *criterion based selection* in choose subject study based on assumption that subject the as actor in A study . Meanwhile, respondents in operate interview (*interview*) is as following :

Student Medical Professional Education (MPPD) FK UMI

Student is research data sources , because student is element important in implementation muhasabah self . Data obtained is results observation will do it straight

away carried out at FK UMI, interviews and results related documentation with implementation muhasabah Islamic self -discipline Knowledge Medicine (IDIK) MPPD FK UMI.

RESULTS AND DISCUSSION

Islamic Discipline Knowledge Medicine (IDIK)

One of the educational programs implemented is in the form of an Islamic D discipline curriculum Knowledge Medicine (IDIK) is a course with a weight of 2 credits at the academic stage and is integrated with other parts at the clinical stage (at FK UMI it is called the professional stage).⁷

IDIK learning at the professional stage has a description of competencies in the form of a basic understanding of Islam . The type of activity is enrichment which is carried out before entering the clinical clerkship stage. Another activity is a program to form *syakhsiyah* for Muslim doctors using the *tahsinul method qira'ah* Al-Fatihah, memorization of selected verses and prayers, daily muhasabah and 360 degree assessment.⁷

Muhasabah Self

Understanding according to language, the word muhasabah comes from Arabic , namely *مُحَاسَبَةٌ* Which means count . Muhasabah (self-introspection) is paying attention and reflect on the good and bad things that have been done. Including paying attention to intentions and goals an action that has been carried out, as well as calculating the profits and losses of an action. This is also a preparation for the days to come, with a new determination that is straighter and firmer .⁸

Muhasabah can also be interpreted as self-reflection to calculate what we have do it before Allah SWT takes account of our deeds on the day of judgment . Contemplate, do introspect, introspect, then make improvements and increase performance as much as possible . So, Muhasabah is all activities that include calculations carried out by someone to himself about the actions that have been done, are being done, and future deeds.⁸

Miscellaneous Muhasabah

Muhasabah can done before and after charity . Before do something somebody must calculate and consider moreover formerly bad good and useful his actions it , and also assess return his motivation.⁹ Ibnul Qayyim Rahimahullah say that : muhâsabah There is two type that is , before charity and afterward .⁹

1. First type : Before charity , that is with think for a moment when want to do something , and don't direct do until real for him benefit For do or or not . Al-Hasan said : " May Allah have mercy a silent servant for a moment when second in his mind something thing , if That is practice obedience to Allah, then He do it , instead If no , then He leave " .
2. The second type : Introspection self after do deed . This There is three type :
 - 1) Introspect obedience related with Allah's right is not yet fully He do it , then he is also muhâsabah , whether He Already do obedience to Allah as He wills or Not yet
 - 2) Introspection self to every which action left him is more Good from do it .

- 3) Introspection self about permissible thing or Already become habit , why must He do ? Did he expect The face of Allah and the land of the afterlife ? So (with thus) he will lucky , or He want a mortal world ? So that he too loss or not get luck .

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Muhasabah is all related processes about getting to know yourself with carry out self-criticism so that someone can learn all the lessons from all the actions that have been carried out. Muhasabah activities are also a process of self-evaluation at the same time a form of someone's actions to show gratitude to Allah SWT.

Activity muhasabah self who has carried out by the MPPD has been give impression positive to behavior , thinking , and planning , where MPPD is always try do more things good and not repeat the things that make it the more Far from Allah and what is forbidden . Such thing like statement Rafiqah Ramdhania MPPD FK UMI, he say :

" With exists muhasabah self in Islamic Discipline Knowledge Medical Medicine (IDIK) carried out in a number of part during educated in the profession medical can help We remember For always introspect self on what has We do it , temporarily We do , and who have We do For become more Good Again from previously . Besides that , you can help For always remember Allah deeply do whatever ." And also reinforced by Nurul Hikma's statement , he said:

" With exists Islamic Discipline curriculum Knowledge Medicine (IDIK) directs student profession doctor For always do muhasabah yourself , you can make student For always remember what is missing during do activities and endeavors For always repair self For in the future ."

Based on statement on can We understanding that This is form realization a number of level muhasabah self which takes the form of mu'atabah , namely the act of criticizing oneself in order not to repeating the actions and mistakes he has committed as well as realizing a form of self-reflection in the form of muraqabah . Apart from that, based on the author's analysis and observations, it was found that with guidance activities namely changing Self-muhasabah has given a positive impression and is also effective in carrying out prevention against actions that are prohibited by Allah and that are distanced We from Allah.

Benefit Muhasabah

Muhasabah need For known and understood with good by every man . Because if executed with OK , muhasabah will Lots give benefit Good For worldly life and the hereafter later . Of nature vertical , relationship man with Allah SWT and horizontally , relationships man with fellow other humans in social life .¹⁰

Opinion Ibnul Qayyim Rahimahullah , muhasabah own enormous influence and benefits for humans , including :¹⁰

1. Knowing shame yourself , stuff whos not inspect shame himself , then He No will Possible eliminate it .
2. With deliberate will help somebody for muraqabah if He mean it do it in Century his life , then He will rest at the time of death . When he restrains himself and devour him now , then He will Rest later at a time awesomeness day reckoning .

3. With muhasabah somebody capable repair connection between fellow man . Introspection and correction self is chance For repair the rift that occurred between man .
4. Free from characteristic frequent nifak evaluate self For Then correct practice that has been done done is one of possible reason distance self from characteristic hypocritical
The biggest benefit will be obtained is luck enter and occupy heaven paradise as well as looking the face of the Exalted Lord . On the contrary If He wasting it so He will loss and entry to hell , as well hindered from saw Allah SWT and burned in painful punishment .

CONCLUSION

Based on results study as well as discussion by the author explain can concluded that muhasabah himself at MPPD FK UMI has Lots benefit . So that through activity muhasabah self in Islamic Discipline Knowledge Medical has show positive results in carry out the process of learning and doing activity as MPPD FK UMI.

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