


## The Benefits Of Islamic Case Reflection In Medical Science Discipline On MPPD

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Article Info	ABSTRACT
<p><b>Keywords:</b> Case Reflection, Bioethical Perspective, Islamic Perspective.</p>	<p>Reflection is an important method in medical education that has long been used to improve the quality of communication and learning. Reflection come from the Latin word <i>reflectere</i>, meaning “ to bend ” or “ to turn,” and refers to the process of self evaluation through reflection and analysis of experiences. Students with self reflection skills can develop into reflective practitioners. This lifelong learning process must be applied in medical education so that medical graduates can continue to apply it continuously in the health field. In medical education, the abilities to reflect not only increases the individual's capacity to act more effectively in similar situations in the future, but also help in the formation of a more balanced, calm, and objective professional attitude. Reflection and feedback is key elements in medical education because they support effective learning, the development of professional competence, and the formation of good attitudes and communication skills.</p>
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### INTRODUCTION

Reflection is an important method in medical education that has long been used to improve communication and learning. Reflection comes from the Latin word *reflectere*, meaning “to bend” or “to turn,” and refers to the process of self-evaluation through reflection and analysis of experiences. On the other hand, feedback is a form of constructive communication that aims to provide an honest view of one’s actions, so that they can be improved without being intended as personal criticism. In the context of medical education, these two processes are the foundation for supporting the development of competencies of students, lecturers, and other health professionals. <sup>1,2</sup>

In medical education, the ability to reflect not only enhances an individual’s capacity to act more effectively in similar situations in the future, but also helps in the formation of a more balanced, calm and objective professional attitude. Reflection and feedback are key elements in medical education because they support effective learning, the development of professional competence, and the formation of good attitudes and communication skills. However, in practice, both teachers and students often do not receive formal training in giving or receiving feedback effectively. Therefore, it is important to create an educational environment where reflection and feedback become an integral part of daily practice, so that it can encourage

continuous learning.<sup>1,2</sup>

Self-reflection and self-evaluation learning for medical students is one of the self-competencies that students must have in order to realize this lifelong learning. Self-reflection can help someone understand something they will do or not do. During the activity, they can follow or even make changes based on the results of reflection. Students with self-reflection skills can develop into *reflective practitioners*. A wise doctor is one who always learns from experience, knows what is known and what is not known, and always applies lifelong learning to improve health professionalism. This *Lifelong learning process* must be applied in medical education so that medical graduates can always apply it continuously in the health sector.<sup>3</sup>

For self-reflection, medical students need lecturers who have the skills to facilitate and teach the development of reflective skills, engage students in substantive learning activities and encourage the reflective process. Reflective activities can begin with recalling past experiences. In this way we can observe events and identify gaps that need to be addressed. Remembering experiences ends with actions that correct these deficiencies. This creates a new perspective to deal with the situation.<sup>4</sup>

By applying reflection to the medical education that is being pursued, students are able to identify information and make generalizations from specific experiences so that students can apply them in their future professional lives. Adequate self-reflection can also help someone identify what actions should and should not be taken. This is to minimize various errors that may occur in the future.<sup>5</sup>

In Islam, self-reflection is often called muhasabah. Muhasabah is a form of moral education, able to understand one's condition by only paying attention to God (*muraqabah*), so that the character formed from the concept of reflection comes from a heart that is truly pious and devoted to God. In addition to reflection, a Muslim doctor must also have an attitude of empathy, namely when people understand each other other people's problems then social life is successful.<sup>6</sup>

## METHOD

The type of research in this study uses a narrative design. Review. The type of data in this study is secondary data, namely data originating from internationally accredited scientific journals, nationally accredited scientific journals, written citations in the form of research, literature reviews, and case reports of UMI FK lecturers, GALE, Textbook.

## RESULTS AND DISCUSSION

The word reflection comes from Latin which means "*to bend or to turn bac k*". In the context of education, reflection is defined as a process of thinking back so that it can be interpreted or analyzed. Reflection is a concept that we often know every day. We must be able to distinguish, especially in education, in the sense that ordinary people say reflection is looking back. But in education, reflection is defined as thinking through understanding and learning.<sup>9</sup>

Case Reflection is is a tool learning For reflect action practice clinical someone and for give more practice Good after he did reflection case. Thinking case can help student plan need learning, identifying gap knowledge, and record success. Information the case of students

produce For learning This must include information and evidence personal and professional that demonstrates knowledge and skills latest.

Reflection can give motivation and help develop habit Study independent, which is aspect important from adult learning in education medical moment This is for student medicine, using reflection in studying can increase thinking clinical and skills taking decision. In the modern era when this, practice reflection Can become sufficient value big. When someone do reflection, they can think about results performance they so that can fulfil criteria specific, analyzing effectiveness action or attitude them, and plan future improvements. With thinking this, we Can more believe self For respond patient. Belief this is the initial capital become attending physician patient later.

bioethics is one of the special ethics and social ethics in the field of medicine that includes praxeological (practical) rules and moral philosophy (normative) that function as guidelines ( *das sollen* ) and critical reflective attitudes ( *das sein* ), which are based on 4 basic moral rules (basic rules of bioethics - KDB) along with their derivative rules. Basic moral rules together with ethical theories and ethical systematics that contain basic ethical values are a Foundation for the Ethics of the Noble Medical Profession. <sup>15</sup>

In the medical profession, there are 4 main moral principles, namely: <sup>12,13</sup>

1. The principle of autonomy, namely the moral principle that respects patient rights, especially the patient's right to autonomy ( *the rights to self determination* ).
2. The principle of beneficence, namely the moral principle that prioritizes actions aimed at the good of the patient.
3. The principle of non -maleficence, which is a moral principle that prohibits actions that worsen the patient's condition. This principle is known as " *primum non nocere* " or " above all do no harm ".

The principle of justice, namely the moral principle that prioritizes fairness and justice in distributing resources ( distributive). justice ). The presence of religion on earth, among other things, functions as advice, guidance, guidance and guidance for mankind in order to achieve happiness in life in this world and the hereafter. The role of such religious functions can be understood as contained in the verses of the Qur'an and Hadith below. <sup>20</sup>

ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ

Meaning: "This book (Quran) has no doubt in it, guidance for those who are pious." (QS Al-Baqarah: 2)

إِنَّ هَذَا الْقُرْآنَ يَهْدِي لِلَّتِي هِيَ أَقْوَمُ وَيُبَشِّرُ الْمُؤْمِنِينَ الَّذِينَ يَعْمَلُونَ الصَّالِحَاتِ أَنَّ لَهُمْ أَجْرًا كَبِيرًا

Meaning: "Indeed, this Al-Quran gives guidance to a straighter (path) and gives good news to the Mu'min who do righteous deeds that for them there is a great reward." (QS Al-Isra': 9)

وَنَزَّلْنَا مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

Meaning: "And We have sent down from the Koran something that is a remedy and mercy for those who believe and the Koran does not add to the wrongdoers anything other than loss." (QS Al-Isra': 82)

Prophet Muhammad *sallallaahu 'alaihi wa peace* be upon him said,

تَرَكْتُ فِيكُمْ أَمْرَيْنِ لَنْ تَضِلُّوا مَا تَمَسَّكْتُمْ بِهِمَا : كِتَابُ اللَّهِ وَ سُنَّةُ رَسُولِهِ

" I have left you two things. You will not go astray as long as you adhere to both, (namely) the Book of Allah and the Sunnah of His Messenger." (HR. Malik; Al-Hakim, Al-Baihaqi, Ibnu Nashr, Ibnu Hazm. This hadith was validated by Shaykh Salim Al- Hilali in At-Ta'zhim and Al- Minnah fi Al-Intishar As- Sunnah, pp. 12-13).

Based on several verses of the Qur'an and Hadith above, it has been shown that the Qur'an functions as a mercy and contains guidance, and is even an antidote that Allah Himself has given. guarantee will not lead astray as long as the believers adhere to the two main sources of teachings, namely the Qur'an and the Hadith. Scholars who are experts in interpretation have explained the information about what is meant by guidance, mercy and medicine from the Qur'an, namely guidance, Grace, and spiritual medicine that can calm the soul. With a calm soul, a person will find a way out of all difficulties. <sup>19</sup>

Help the can done with give complete and comprehensive insight about meaning Sick in religious perspective, inviting and advising sufferers to always behave patience, trust, gratitude, sincerity and repentance, as well as guide sufferer in perform worship to Allah Subhanahu wa ta'ala. One doctor can help patient when will pray with give guidance procedures ablution, teaching reading light in it contain teachings patience, trust, gratitude, sincerity and repentance. <sup>20</sup>

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