

## THE ROLE OF SPIRITUAL GUIDANCE ON THE EMOTIONAL STABILITY OF PEOPLE WITH MENTAL DISORDERS (ODGJ) IN THE SUMEDANG BINA LARAS SERVICE UNITY

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### Abstract

This study aims to analyze the role of spiritual guidance in improving the emotional stability of people with mental disorders (ODGJ) at the Bina Laras Sakurjaya Service Unit in Sumedang. The research employed a qualitative method with a descriptive approach. Data were collected through observation, in-depth interviews, and documentation. The informants included a spiritual counselor, client assistants, the head of the social service center, and administrative staff. The findings reveal that spiritual guidance is implemented in a structured manner through activities such as congregational prayer, dhikr, Qur'an recitation, sholawat, yasinan, and manaqib, complemented by individual and group counseling sessions. These activities are carried out using a persuasive approach adjusted to the psychological conditions of the clients. The emotional condition of clients, which was initially unstable, gradually improved after participating in regular spiritual activities, as indicated by increased calmness, better emotional control, and improved social interaction. Spiritual guidance serves as a non-medical therapeutic approach that provides inner peace, reduces anxiety, and helps clients develop meaning in life and hope. Therefore, spiritual guidance plays a significant role in supporting the rehabilitation process and enhancing the emotional stability of individuals with mental disorders.

**Keywords :** Spiritual Guidance, Counseling, Emotional Stability, Mental Disorders, Social Rehabilitation

### A. INTRODUCTION

Mental health is one of the important aspects of human life that plays a significant role in determining an individual's overall quality of life (Siswanto K, 2024). Individuals with good mental health tend to be able to manage their emotions, think rationally, and maintain harmonious social relationships with their surroundings. However, in reality, many individuals still experience mental health disorders, one of which is people with mental disorders (ODGJ) (Mane et al., 2022). Disorders such as schizophrenia can affect various aspects of an individual's life, ranging from cognitive, emotional, and social to spiritual dimensions, thereby

causing individuals to experience difficulties in carrying out their daily functions optimally (Cantika & Nadhirah, 2025).

In general, people with mental disorders experience fairly significant emotional instability. This condition is characterized by behaviors such as irritability, restlessness, social withdrawal, and difficulty controlling emotions (Ana & Nadirah, 2025). Such emotional instability is not only caused by biological factors, but is also influenced by psychological and social factors. Past trauma, life pressures, social stigma, and lack of family support are factors that can worsen an individual's condition. Therefore, the treatment of people with mental disorders is not sufficient if it relies solely on a medical approach, but also requires a more comprehensive approach (Nadlifuddin et al., 2024).

A comprehensive approach in the rehabilitation of people with mental disorders is known as the bio-psycho-social approach, which integrates various aspects into the recovery process (Jana et al., 2026). However, over time, this approach has increasingly expanded by incorporating the spiritual dimension as an important part of rehabilitation. Spirituality is believed to provide inner peace and help individuals find meaning in life amid the conditions they experience (Fitra A, 2025). With a spiritual approach, individuals not only receive physical and psychological care, but also gain much-needed inner strengthening in the recovery process (Cantika & Nadhirah, 2025).

Spiritual guidance is one form of implementing the spiritual approach in the rehabilitation of people with mental disorders (Ummah B, 2025). This guidance is carried out through various religious activities such as congregational prayer, dhikr, reciting the Qur'an, and other religious practices. These activities do not only function as acts of worship, but also as a form of psychological therapy that can provide a calming effect for individuals. Research shows that the regular implementation of spiritual guidance can help reduce levels of anxiety and depression in people with mental disorders, while also making them calmer and easier to manage (Amanda et al., 2024).

In addition, Islamic spiritual guidance has also been proven to make a positive contribution to an individual's emotional condition. Through structured and continuous worship activities, individuals can experience inner peace and behavioral change in a more positive direction. Practices such as congregational prayer, dhikr, and recitation of the Qur'an can help individuals control their emotions and increase self-awareness. This indicates that spiritual guidance plays an important role in creating emotional stability (Juariah & Masnida, 2023).

Not only that, spiritual mental guidance also has an impact on increasing individual self-confidence, especially among ex-psychotic individuals. Individuals who previously experienced mental disorders tend to have low self-confidence and difficulty interacting socially. Through consistently delivered spiritual guidance, individuals can rebuild their self-confidence and improve their ability to adapt to the social environment. Thus, spiritual guidance plays a role not only in the emotional aspect but also in the social aspect of the individual (Lestari, 2022).

The success of spiritual guidance in the rehabilitation process is also greatly influenced by the role of companions or the professionals involved. Companions are responsible for guiding, directing, and providing emotional support to clients while they participate in spiritual activities. Assistance that is carried out consistently and empathetically can create a safe and

comfortable environment for clients, making it easier for them to take part in the rehabilitation process. This has been proven to improve emotional stability as well as the quality of clients' social interactions (Nadhirah & Wahidah, 2025).

In the context of social rehabilitation, the spiritual approach also serves as a means to help individuals find meaning in life and renewed hope. Individuals with mental disorders often feel that they have lost direction and purpose in life. Through structured spiritual activities, individuals can gain a new understanding of the meaning of life and develop hope for a better future. Research shows that the spiritual approach can bring positive changes in the cognitive, affective, and behavioral aspects of individuals (Syafi'i, 2025).

The spiritual approach in rehabilitation is not limited to one particular religion, but can also be applied in various other religious contexts. Spirit-based programs such as religious counseling have been proven to improve mental resilience and help individuals deal with the psychological problems they experience. This approach provides space for individuals to express themselves and receive emotional support grounded in spiritual values (Romika et al., 2024).

On the other hand, people with mental disorders also experience difficulty in recognizing and managing their emotions appropriately. This becomes one of the challenges in the rehabilitation process, because the ability to understand and express emotions is very important in achieving mental stability. Programs that focus on emotional recognition and self-expression have been shown to help individuals improve these abilities. With appropriate intervention, individuals can learn to manage their emotions in a healthier and more adaptive way (Cahyaningrum et al., 2023).

Based on various studies that have been conducted, it can be concluded that spiritual guidance has a significant role in supporting the recovery process of people with mental disorders, especially in terms of emotional stability. Nevertheless, the implementation of spiritual guidance in each rehabilitation institution may differ depending on the programs applied and the conditions of the clients being served. Therefore, more in-depth research is needed to determine the role of spiritual guidance in a more specific context (Cantika & Nadhirah, 2025).

Satuan Pelayanan Bina Laras Sakurjaya Sumedang is one of the social rehabilitation institutions that provides services to people with mental disorders by integrating a spiritual approach into its programs. Activities such as congregational prayer, dhikr, religious study sessions, recitation of sholawat, and Yasinan are part of the coaching efforts carried out regularly. This program is designed to help clients achieve emotional stability and improve their overall quality of life (Amanda et al., 2024).

Based on this background, this study aims to analyze in depth the role of spiritual guidance in the emotional stability of people with mental disorders at Satuan Pelayanan Bina Laras Sakurjaya Sumedang. The focus of this study is not only on the form and implementation of spiritual guidance, but also on how these activities affect the emotional condition of clients, such as their level of calmness, ability to control emotions, and daily social interactions. Thus, this study is expected to provide a more comprehensive picture of the effectiveness of spiritual guidance in supporting the emotional rehabilitation process of people with mental disorders, as

well as serve as a reference for the development of spiritual guidance services in social rehabilitation institutions.

## **B. LITERATURE REVIEW**

The theoretical foundation of this study discusses several main concepts related to People with Mental Disorders (ODGJ), emotional stability, and spiritual guidance as an approach in the rehabilitation process. In addition, it also addresses the bio-psycho-social-spiritual approach, the role of companions in spiritual therapy, and the implementation of spiritual guidance in improving individuals' quality of life. All of these concepts are used as the basis for understanding how spiritual guidance plays a role in supporting the emotional stability of people with mental disorders in social rehabilitation institutions.

People with Mental Disorders (ODGJ) are individuals who experience disturbances in mental functioning that affect cognitive, emotional, and behavioral aspects. One of the disorders commonly experienced is schizophrenia, which is characterized by symptoms such as hallucinations, delusions, and disturbances in thinking and behavior. This condition causes individuals to experience difficulties in carrying out daily activities and interacting with their social environment. In addition to biological factors, this disorder is also influenced by psychological and social factors such as trauma, prolonged stress, and lack of social support (Cantika & Nadhirah, 2025).

In the recovery process of people with mental disorders, a comprehensive approach is needed that does not only focus on medical aspects, but also on psychological, social, and spiritual aspects. The bio-psycho-social-spiritual approach is considered one of the effective approaches in the rehabilitation process. This approach emphasizes that an individual's recovery cannot be separated from the various interconnected aspects of life. In this context, spirituality serves as a source of inner peace, a coping mechanism, and a means of finding meaning in life amid the condition experienced by the individual (Cantika & Nadhirah, 2025).

Emotional stability is the ability of individuals to manage and control their emotions adaptively. In people with mental disorders, emotional stability is often disrupted, causing individuals to become easily angry, anxious, or withdrawn from their social environment. This instability can hinder the recovery process and worsen the individual's psychological condition. Therefore, interventions are needed that can help individuals recognize, understand, and manage their emotions properly (Cahyaningrum et al., 2023).

Spiritual guidance is one form of intervention that can help improve the emotional stability of people with mental disorders. This guidance is carried out through religious activities such as congregational prayer, dhikr, recitation of the Qur'an, and religious study sessions. These activities function not only as acts of worship, but also as therapy that provides a calming effect for individuals. Research findings show that people with mental disorders who participate in spiritual guidance regularly tend to become calmer, better able to control their emotions, and experience decreased levels of anxiety and depression (Amanda et al., 2024).

In addition, Islamic spiritual guidance also plays a role in providing inner peace and encouraging positive behavioral change. Through activities such as congregational prayer, dhikr, and recitation of the Qur'an, individuals can feel closer to God and thereby reduce the psychological pressure they experience. This guidance functions not only as spiritual therapy,

but also as a means of mental and moral development for individuals (Juariah & Masnida, 2023).

The role of spiritual guidance in helping emotional stability is also supported by research showing that religious activities can reduce stress and improve individuals' quality of life. In the context of health services, Islamic spiritual guidance has been shown to provide psychological comfort, increase life expectancy, and accelerate patients' recovery process. This indicates that spirituality has an important role in maintaining individuals' emotional balance (Nurjanah et al., 2023).

In the implementation of spiritual guidance, the role of companions or professionals is very important. Companions are responsible for guiding, directing, and providing emotional support to clients throughout the rehabilitation process. Assistance carried out consistently and empathetically can create a safe and comfortable atmosphere for clients, making it easier for them to participate in spiritual activities. Research shows that the involvement of companions in spiritual therapy can improve clients' emotional stability, self-confidence, and social interaction skills (Nadhirah & Wahidah, 2025).

Spiritual mental guidance also plays a role in increasing individuals' self-confidence, especially among ex-psychotic individuals. Individuals who have experienced mental disorders often have low self-confidence and difficulty adapting to their environment. Through structured spiritual guidance, individuals can rebuild their self-confidence and improve their ability to live socially. This shows that spiritual guidance has a broad impact not only on emotional aspects, but also on social aspects (Lestari, 2022).

In the context of social rehabilitation, the spiritual approach also serves as a means of helping individuals find meaning in life and new hope. Individuals with mental disorders often lose direction and purpose in life. Through structured spiritual activities, individuals can gain a new understanding of life and develop motivation to change for the better. This approach has been proven to bring positive changes in the cognitive, affective, and behavioral aspects of individuals (Syafi'i, 2025).

The spiritual approach is not limited to one religion, but can be applied in various religious contexts. Spirituality-based counseling programs have been shown to improve mental resilience and help individuals deal with psychological problems (Walida D, 2025). Activities such as communal worship, counseling, and reinforcement of spiritual values can have a positive impact on individuals' mental condition (Romika et al., 2024).

In addition, rehabilitation policies for people with mental disorders also emphasize the importance of a holistic approach in the recovery process. Effective rehabilitation programs do not only include medical therapy, but also non-medical therapy such as spiritual guidance, skills training, and social support. This approach aims to help individuals achieve independence and improve their overall quality of life (Nadlifuddin et al., 2024).

Islamic guidance and counseling also have a strong foundation in the Qur'an and Hadith, which emphasize the importance of helping individuals in dealing with life problems. Principles such as *al-hikmah*, *al-mau'idhah*, and *al-mujadalah* form the basis for the implementation of spiritual guidance. This approach emphasizes the importance of wise communication, giving good advice, and constructive dialogue in helping individuals achieve mental and spiritual well-being (Aini et al., 2024).

Based on the explanation above, it can be concluded that spiritual guidance has a very important role in helping the emotional stability of people with mental disorders. Through structured religious activities and support from companions, individuals can experience positive changes in emotional, social, and spiritual aspects. Therefore, spiritual guidance is one of the relevant and effective approaches in the rehabilitation process of people with mental disorders, particularly in improving their emotional stability.

### **C. RESEARCH METHODOLOGY**

This study employs a qualitative approach using a descriptive method. This approach was chosen because the study aims to gain an in-depth understanding of how spiritual guidance is implemented, how the process is received by clients, and how it contributes to the emotional stability of people with mental disorders in social rehabilitation institutions. Qualitative research is used when researchers seek to understand meaning, experience, processes, and social interaction from the participants' natural point of view, rather than to test relationships between variables statistically (Creswell & Poth, 2018). Meanwhile, the descriptive method is relevant because this study seeks to systematically describe the facts, situations, and dynamics occurring in the field related to the implementation of spiritual guidance for clients with mental disorders (Sugiyono, 2022). Thus, this method is the most appropriate because the research problem focuses on the process, experience, and therapeutic meaning of spiritual guidance in the context of social rehabilitation.

Data collection techniques in this study were carried out through observation, in-depth interviews, and documentation. Observation was used to directly monitor the implementation of spiritual guidance activities, such as congregational prayer, dhikr, Qur'an recitation, sholawat, yasinan, and manaqib, as well as to observe changes in the clients' emotional behavior while participating in these activities. In-depth interviews were used to gather more comprehensive information regarding program implementation, the approaches used by the spiritual counselors, the experiences of the companions, and perceptions of changes in the clients' emotional condition. Documentation was used to complement and strengthen the data obtained from observation and interviews, including activity records, photographs, guidance schedules, and relevant institutional documents. The use of these multiple techniques was intended to ensure that the data obtained were richer, deeper, and mutually complementary (Miles et al., 2018).

The sampling technique used in this study was purposive sampling, namely the intentional selection of informants based on the consideration that they possess knowledge, experience, and direct involvement in the spiritual guidance program and the rehabilitation process of people with mental disorders. This technique is relevant because not everyone at the research site has an in-depth understanding of the dynamics of spiritual guidance implementation or of the clients' emotional changes. The informants in this study included spiritual counselors, client companions, the head of the institution or social service manager, as well as administrative staff who were familiar with the institution's guidance system. Purposive sampling is commonly used in qualitative research because it enables researchers to obtain rich and in-depth information from sources that are truly relevant to the focus of the study (Patton,

2015). Through this technique, the data collected are more focused on analytical needs and do not extend to informants whose contributions are less substantive.

The data analysis technique used in this study was interactive data analysis, which consists of three stages: data reduction, data display, and conclusion drawing/verification (Miles et al., 2018). Data reduction was carried out by selecting, focusing, and grouping the data obtained from observations, interviews, and documentation according to the research themes, such as the forms of spiritual guidance implementation, the clients' emotional condition, and the role of companions in the rehabilitation process. Next, the data were presented in the form of narrative descriptions so that patterns, relationships, and meanings among the findings could be understood more easily. The final stage was conducted by drawing conclusions gradually and continuously verifying them against field data to ensure that the research results remained consistent and accountable. To enhance the validity of the data, this study may also employ technique triangulation and source triangulation, so that the findings do not rely solely on a single type of data or a single informant (Creswell & Poth, 2018).

#### **D. RESULT AND DISCUSSION**

The implementation of this research was carried out at the Satuan Pelayanan Bina Laras Sakurjaya Sumedang as one of the social rehabilitation institutions for People with Mental Disorders (ODGJ). Based on the results of observations conducted for approximately two months, it was found that the guidance activities in this institution were carried out in a structured and scheduled manner, covering physical, social, skills, and spiritual aspects. Spiritual activities became one of the main programs implemented routinely every day and integrated into the clients' daily lives.

The spiritual guidance activities implemented included congregational prayer, dhikr, recitation of the Qur'an, recitation of sholawat, Yasinan every Friday night, and manaqib. Based on the observation results, these activities were attended by clients under the assistance of staff, although the level of client participation varied depending on each individual's condition. In general, these activities created a calmer and more conducive atmosphere within the institution.

Based on the interview results, spiritual counselors and client companions played an important role in the implementation of these activities. The informants in this study consisted of spiritual counselors, client companions, the Head of the Social Service Center Griya Harapan Difabel, Andina Rahayu, S.H., M.H., as well as administrative staff member Hari Supada, S.E., M.M.Si., who were selected purposively based on their involvement in the rehabilitation program.

##### **Implementation of Spiritual Guidance for People with Mental Disorders**

The implementation of spiritual guidance at Satuan Pelayanan Bina Laras Sakurjaya was carried out systematically and continuously as part of the social rehabilitation program. These activities functioned not only as religious practices, but also as a form of psychological therapy aimed at helping clients achieve inner peace. Based on interviews with the spiritual counselor, these activities were designed so that all clients could participate through a flexible approach adjusted to their condition.

The spiritual counselor explained that the approach used was not coercive, but rather persuasive and gradual. This was expressed as follows: "Here, we do not force them, but instead invite them slowly. The important thing is that they are willing to join first, and over time they will get used to it on their own." This approach shows that the implementation of spiritual guidance takes into account the clients' psychological condition. This is in line with the concept of Islamic spiritual guidance, which emphasizes providing assistance wisely and with empathy (Juariah & Masnida, 2023). With this approach, clients do not feel pressured, making it easier for them to accept and participate in spiritual activities.

Activities such as congregational prayer and collective dhikr became the core of the implementation of spiritual guidance. Based on observations, these activities were conducted routinely and involved interaction between clients and companions, thereby building worship habits while also strengthening social relationships among clients.



Figure 1. Clients' Congregational Prayer Activities

Source: Processed by Researchers, 2026

This activity demonstrates that spiritual guidance is not merely a ritual, but also a means of social therapy that can foster togetherness among clients. This is reinforced by interviews with client mentors who stated, "Usually, after dhikr or prayer together, they feel calmer, less anxious than before." This finding aligns with research showing that spiritual activities such as dhikr and worship can reduce anxiety levels and increase emotional calm (Amanda et al., 2024).

Furthermore, reciting the Asmaul Husna (Asmaul Husaa) and prayers are also routinely carried out as part of the clients' spiritual guidance. These activities are usually conducted in congregation with the guidance of a spiritual mentor, creating a calm and conducive religious atmosphere. Based on observations, clients participate in these activities gradually according to their individual abilities.



Figure 2. Recitation of the Asmaul Husana and Sholawat  
Source: Processed by Researchers, 2026

The recitation of the Asmaul Husana (Asmaul Husana) and prayers demonstrates an effort to instill spiritual values and inner peace in clients. This activity provides a relaxing effect that helps clients control emotions and reduce anxiety. This aligns with research showing that the practice of dhikr and prayers can increase inner peace and improve an individual's psychological well-being (Amanda et al., 2024).

Furthermore, the manaqib activity is also part of regular spiritual guidance. This activity involves reading the narrations and prayers related to Sheikh Abdul Qadir Jilani, and is attended by clients together in a solemn atmosphere. Observations have shown that this activity can create a deeper spiritual atmosphere and provide clients with peace.



Figure 3. Client Manaqib Activities  
Source: Processed by Researchers, 2026

The manaqib activity reflects a spiritual approach that is not merely ritualistic, but also provides deeper religious meaning and spiritual internalization for the clients. Through this activity, clients are encouraged to draw closer to God and to build a sense of hope and inner peace within themselves. This is in line with studies stating that a spiritual approach in rehabilitation can help individuals find meaning in life and improve their emotional condition (Syafi'i, 2025).

The role of companions in all of these activities is also very important, especially in providing motivation and guidance to the clients. Companions do not merely supervise, but also interact directly with clients to ensure that they are able to participate in the activities

properly. This is consistent with research showing that empathetic involvement of companions can increase the effectiveness of spiritual therapy (Nadhirah & Wahidah, 2025).

Thus, the implementation of spiritual guidance at the Sakurjaya Bina Laras Service Unit has been carried out in a structured and continuous manner through various religious activities such as congregational prayer, dhikr, recitation of Asmaul Husna, sholawat, and manaqib. These activities function not only as acts of worship, but also as forms of psychological and social therapy that have a positive impact on the clients' emotional condition (Cantika & Nadhirah, 2025).

In addition to group-based religious activities, the implementation of spiritual guidance at the Sakurjaya Bina Laras Service Unit is also complemented by counseling services, both individual and group counseling. Individual counseling is conducted to address clients' personal problems more deeply, such as anxiety, trauma, and difficulties in controlling emotions. Meanwhile, group counseling is carried out as a means of training social interaction, sharing experiences, and building support among clients. Based on the interview results, this counseling approach is conducted in a simple manner and adjusted to the clients' condition. As expressed by one of the client companions, "Sometimes we invite them to talk one-on-one, and sometimes together in groups, so they can share their stories and not feel alone." This approach shows that spiritual guidance is not only ritual in nature, but also includes psychological aspects through therapeutic communication that helps clients express their feelings and manage their emotions more effectively.

### **The Emotional Stability Condition of People with Mental Disorders**

At the beginning, the emotional condition of clients with mental disorders at the Sakurjaya Bina Laras Service Unit showed a fairly high level of instability. Based on observation results, several clients displayed behaviors such as being easily angered, restless, talking to themselves, and withdrawing from the social environment. This condition is a common characteristic frequently found in individuals with mental disorders.

According to the spiritual counselor, this condition is strongly influenced by each client's background. This was expressed as follows: "Each client is different; some still get angry frequently, while others are calmer, depending on their initial condition."

This is in line with theories stating that emotional disturbances in people with mental disorders are influenced by biological, psychological, and social factors (Cantika & Nadhirah, 2025). Therefore, the emotional condition of clients cannot be generalized and requires different approaches.

However, after participating regularly in spiritual guidance activities, changes became visible in several clients. Based on observation results, clients began to show calmer behavior, became easier to guide, and started interacting with the surrounding environment.



Figure 4. Dhikr Activity with Clients

Source: Processed by Researchers, 2026

Client caregivers also expressed these changes, as follows: "Now they're easier to talk to, less aggressive, and they're starting to participate in activities together."

These changes indicate an improvement in the clients' emotional stability. This is also supported by research showing that group-based activities can help individuals recognize and manage emotions (Cahyaningrum et al., 2023).

Furthermore, spiritual activities also help clients reduce anxiety and stress levels. This aligns with research showing that spiritual guidance can improve quality of life and provide inner peace for individuals (Nurjanah et al., 2023). Therefore, clients' emotional stability is influenced not only by medical therapy but also by a spiritual approach. Therefore, the emotional stability of people with mental disorders (ODGJ) at this institution demonstrates positive changes, although they don't occur instantly. These changes are the result of an ongoing process through routine and consistent spiritual guidance activities (Syafi'i, 2025).

The Role of Spiritual Guidance in the Emotional Stability of People with Mental Disorders

Spiritual guidance plays a crucial role in helping improve the emotional stability of people with mental disorders. Research shows that spiritual activities can provide inner peace and help clients manage their emotions. Activities such as dhikr (remembrance of God) and congregational prayer have a relaxing effect that can reduce stress and anxiety.

A spiritual guide explained that spiritual activities are one way to calm clients, as follows: "When they're anxious, we usually invite them to dhikr or pray, and that helps calm them down."

This suggests that spiritual guidance functions as a psychological therapy that helps clients manage their emotions. This finding aligns with research suggesting that spirituality can be a coping mechanism in dealing with psychological stress (Cantika & Nadhirah, 2025).

Furthermore, spiritual guidance also plays a role in increasing clients' self-awareness. Through religious activities, clients are encouraged to understand themselves and accept their condition. This aids clients in their recovery process and improves their ability to control their behavior. Spiritual guidance also enhances clients' social interactions through shared activities.



Figure 5. Friday Night Yasinan Recitation

Source: Processed by Researchers, 2026

This activity creates a sense of community and improves social relationships among clients. This aligns with research showing that a group-based spiritual approach can improve an individual's social and emotional well-being (Romika et al., 2024). Furthermore, spiritual guidance provides clients with hope and meaning in life. Individuals who previously felt lost begin to feel motivated to change for the better. This is a crucial factor in the rehabilitation process.

Thus, it can be concluded that spiritual guidance plays a significant role in improving the emotional stability of people with mental disorders (PLWH). This activity not only provides inner peace but also helps clients manage their emotions, improve social interactions, and build hope for a better life (Amanda et al., 2024).

## E. CONCLUSION

This study shows that the implementation of spiritual guidance at the Sakurjaya Bina Laras Service Unit in Sumedang is an integral part of the social rehabilitation process for People with Mental Disorders (ODGJ). Spiritual activities such as congregational prayer, dhikr, recitation of the Qur'an, sholawat, yasinan, and manaqib are carried out routinely and in a structured manner through an approach that is not coercive, but rather persuasive and gradual. In addition, the implementation of spiritual guidance is complemented by individual and group counseling services as an effort to help clients address psychological problems in a more personal and social way. This approach has proven effective because it can adapt to the clients' diverse psychological conditions, allowing them to participate in the activities more comfortably. The role of spiritual counselors and client companions is crucial in ensuring that the activities run well, not only as guides but also as providers of consistent emotional support.

Initially, the clients' emotional condition showed a fairly high level of instability, such as being easily angered, restless, withdrawn, and having difficulty interacting. However, after participating regularly in spiritual guidance and receiving assistance through counseling, quite significant changes occurred in some clients. They began to display calmer behavior, became easier to direct, and were able to interact with the surrounding environment. These changes did not occur instantly, but rather through a continuous and consistent process. This indicates that the emotional stability of people with mental disorders can be improved through an approach that is not only medical in nature, but also spiritual, psychological, and social.

In addition, spiritual guidance has been proven to play a very important role in improving the clients' emotional stability. Spiritual activities provide a sense of inner peace, help reduce anxiety, and serve as a means for clients to manage their emotions. On the other hand, individual and group counseling services provide space for clients to express their feelings, share experiences, and receive emotional support from their surroundings. Through these activities, clients also begin to build self-awareness, understand the condition they are experiencing, and find a more positive meaning in life. The social interactions established in group activities also have a positive impact on relationships among clients, thereby creating a more supportive and conducive environment in the rehabilitation process.

Based on the results of this study, it can be concluded that spiritual guidance has a significant contribution to supporting the emotional stability of people with mental disorders at the Sakurjaya Bina Laras Service Unit in Sumedang. The integration of a spiritual approach, counseling services, empathetic assistance, and structured activities constitutes the main factor in the success of this rehabilitation program. Therefore, it is recommended that other social rehabilitation institutions develop more systematic and sustainable spiritual guidance programs and integrate them with counseling services as part of a holistic approach in the rehabilitation of people with mental disorders. In addition, future studies are expected to examine more deeply the effectiveness of spiritual guidance and counseling by involving more subjects and using a wider variety of methodological approaches, so that the findings can make a broader contribution to the development of Islamic guidance and counseling studies.

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