

## The Transformative Power of Qur'anic Spiritual Education and Ruqyah Syariyyah in Nurturing Personal Character

**Rudi Iskandar**

Universitas PTIQ Jakarta, Indonesia / Universitas Indraprasta PGRI, Indonesia

e-mail: [rudiiskandar643@gmail.com](mailto:rudiiskandar643@gmail.com)

### ARTICLE INFO

**Accepted** : September 29, 2024

**Revised** : October 11, 2024

**Approved** : October 20, 2024

**Published** : October 27, 2024

**Keywords:** Character, Personal Integrity, Spiritual Education, Qur'an, Ruqyah Syariyyah, Self-Transformation.



Creative Commons Attribution-ShareAlike  
4.0 International License:  
<https://creativecommons.org/licenses/by-sa/4.0/>

### ABSTRACT

*This research aims to explore how spiritual education based on the Qur'an and the practice of Ruqyah Shariyyah can contribute to the development of individual character with integrity and good morals. Using a library research approach, this study analyzes spiritual concepts in the Qur'an as well as the relevance of Ruqyah Syariyyah as a spiritual therapy that is beneficial for mental and spiritual health. An exploratory and explanatory approach is used to explore the moral values that can be obtained from spiritual education sourced from the Qur'an. The results of the study show that the combination of spiritual education of the Qur'an and Ruqyah Shariyyah can strengthen the values of faith, piety, and personal integrity. These values are considered an important foundation in building superior character, so this spiritual education not only has an impact on the moral aspect, but also on the mental health and spiritual well-being of individuals. Thus, this study emphasizes the importance of integrating spiritual education in character development to create individuals who are not only academically or professionally successful, but also have good integrity and morals.*

## INTRODUCTION

Spiritual education is really important for helping people grow into kind and responsible individuals. In our modern world, learning from the Qur'an and using a method called Ruqyah Syariyyah can help teach us good values and strong morals. Studying the Qur'an helps us not only understand our faith but also encourages us to act nicely and make good choices every day. Ruqyah Syariyyah is a way of healing that uses the teachings of the Qur'an to help clear our minds and hearts, making it easier for us to be our best selves and stay away from bad influences.

Spiritual education based on the Qur'an and Ruqyah Syariyyah is all about helping people grow into good and healthy individuals, both in their bodies and in their minds and hearts. This kind of learning teaches not just about religious values but also includes special healing practices that can help keep our feelings and thoughts balanced. Ruqyah Syariyyah is a way in Islam to help people feel better and get rid of bad things like jinn and negative energy. By learning these spiritual ideas, people can become stronger and

more focused on doing good things. In school, practicing these principles helps teach kids to be responsible, honest, and have integrity in their lives.

Various studies have shown that extracurricular religious activities, such as Rohis, have proven effective in building students' religious character (Restiana & Maria Ulfa, 2021). In addition, the exploration of character education values in the main source of Islamic teachings, namely the Qur'an, also provides a clear direction for spiritual education and character building based on monotheism (Rizki, 2021). These studies show that the combination of Qur'an-based education and Islamic spiritual therapy practices can be an integrative and comprehensive model in fostering healthy and strong characters (Hambal, 2021a).

The findings of these studies indicate that character development necessitates the integration of cognitive, affective, and psychomotor dimensions. Merely imparting religious knowledge is insufficient; it must be supplemented with the consistent practice of spiritual values in daily life. Consequently, character education grounded in the teachings of the Qur'an and Ruqyah Syariyyah presents a viable approach to addressing the challenges of moral decline and fostering individuals who are well-rounded in physical, mental, and spiritual.

The Qur'an provides explicit guidance regarding the significance of maintaining a pure heart and a resilient soul as foundational elements for cultivating strong character. Notably, Surah Al-Furqan (25:63-74) articulates the attributes of "Ibadur Rahman" (servants of Allah the Most Gracious), portraying them as individuals characterized by humility, forgiveness, and compassion. In the context of contemporary challenges, which are often characterized by materialism and individualism, the spiritual education derived from the Qur'an is posited as a potential remedy.

In accordance with the perspective presented in the Qur'an, Muslim scholars have undertaken comprehensive investigations concerning character education grounded in the principle of monotheism. These researchers underscore the significance of embedding divine values as a fundamental component in the development of virtuous character in children. Consequently, character education transcends mere cognitive endeavors aimed at comprehending moral concepts; it must also be rooted in spiritual experiences that facilitate the embodiment of faith-based values (Hambal, 2021a).

By using the Qur'an as a guideline and the Ruqyah Syariyyah method as a means of spiritual healing, this education aims to create a generation that is not only intellectually intelligent but also has noble morals. Research on the influence of Al-Qur'an and Ruqyah Syariyyah spiritual education in character formation is very important to provide a deeper understanding of its benefits in everyday life, both at the individual and community levels.

## **METHODOLOGY**

This study employs a library research methodology, as its primary focus is on the textual analysis of the Qur'an, which serves as the foundation for a literature review. Consequently, this investigation falls within the realm of qualitative research. The primary objective is to articulate a concept of spiritual education derived from the Qur'an, particularly examining the implications of ruqyah syar'iyah for the enhancement of self-integrity. To achieve this, the research employs both exploratory and explanatory methods. Initially, the research involves an exploratory phase that seeks to comprehensively examine the relevant materials related to the topic of interest in an open or descriptive manner. This is subsequently followed by an explanatory phase, which

aims to elucidate and clarify the various elements pertinent to the subject matter under investigation.

To strengthen the understanding of literacy, the author takes sources that are relevant to the theme discussed. One of them is a study entitled "Optimizing Al-Qur'an Reading and Writing Learning with the Practice of Wadhifah Yaumiyah". This study focuses on the practice of wadhifah yaumiyah as an effort to optimize Al-Qur'an reading and writing learning carried out at TPQ al-Huda Bangunsari (Fahriani, 2022)

Because the object of this research is related to spiritual education based on the Qur'an, a study of the analysis of the benefits of ruqyah syar'iyah for fostering self-integrity, in its operations the researcher is supported by using a descriptive analysis research method. In its technical terms, the author collects, evaluates, verifies, and systematizes data and evidence from library research, then conducts external and internal criticism to obtain accurate conclusions (Sunhaji, 2021; Syarifuddin et al., 2021).

### **Data and Data Sources**

The review of the author's data sources used in this study are the Qur'an and hadith, literature study, namely collecting data by studying, exploring, understanding, citing theories and models of aspects from a number of literature, both books, journals, newspapers, magazines, papers that are supportive or dissertations, relevant and scientific papers with supporting title topics in the study. The primary data source is the verses of the Qur'an that have the same theme of ruqyah syar'iyah. These verses are interpreted by referring to the books of interpretation of the Qur'an from the background of the school of thought and its different styles. While for the hadith editorial, the author prioritizes quoting it from the pole of al-tis'ah hadith and the results of ijtihad. For the secondary data category and relevant previous research, it consists of ruqyah syar'iyah books and scientific spiritual education books, in the Western and Eastern views.

This research is a qualitative research with a descriptive approach (Armita & Saad, 2022). The data collection method in this study is a literature study, namely by collecting and studying data from literature, journals, books, and related documents related to the research theme. Data analysis in this study was carried out using the content analysis method, namely analyzing the contents of books, journals, and other documentation

## **RESULTS AND DISCUSSION**

### **The Concept of Spiritual Education Based on the Qur'an**

Based on the analysis of the text of the Qur'an, spiritual education plays an important role in building a strong character and high personal integrity. The Qur'an provides guidance on core values such as patience, sincerity, piety, and a sense of responsibility, which are the basis of good morals. Verses such as QS. Al-Furqan: 63-74 emphasize the qualities of humility, forgiveness, and compassion, which are qualities needed in forming a strong personality. By internalizing these values, a person can develop into a noble and responsible individual.

Spiritual education plays a significant role in human development, as it encompasses not only intellectual growth but also the cultivation of character and spiritual values (Andriyani, 2018). Within the framework of Islamic education, the notion of spiritual leadership is particularly pertinent for application. This article aims to examine the concept and objectives of spiritual leadership in the context of Islamic education, along with its practical implementation in educational settings. Spiritual leadership in Islamic education has several dimensions that can be associated with the theory of value-based

leadership. Spiritual leaders in Islamic education must have qualities such as integrity, visionary, empowering, and developing others. Spiritual leaders must also be able to inspire their followers to achieve educational goals based on Islamic values .

Islamic Religious Education plays a pivotal role in shaping the character of students. The content of Islamic Religious Education extends beyond theoretical frameworks; it necessitates practical application in daily life (Hamalik, 2007). Furthermore, educators in Islamic Religious Education significantly contribute to enhancing students' motivation for learning by serving as positive role models and fostering a supportive learning environment (Hartati, 2022).

### **The Role of Ruqyah Syar'iyah in Building Self-Integrity**

Ruqyah Syar'iyah, which derives its principles from Qur'anic verses and specific supplications, functions as a method of spiritual healing aimed at purging the heart and mind of negative influences, including disturbances attributed to jinn and other adverse energies. This practice plays a significant role in alleviating anxiety, fear, and negative emotions that may obstruct personal development. Within the framework of character development, Ruqyah Syar'iyah aids in the purification of the soul (tazkiyah an-nafs), enabling individuals to concentrate more effectively on constructive objectives and religious principles. Furthermore, the application of Ruqyah extends beyond mere healing; it also serves as a means to reinforce adherence to Qur'anic teachings.

In an increasingly complex modern world, maintaining self-integrity is a challenge in itself. Spirituality plays an important role in forming strong morals and personality (Nilyati, 2015). Studies show that there is a close relationship between spirituality and the formation of a good personality (Siregar, 2018). Ruqyah Syar'iyah, as a form of spiritual practice, can play a role in strengthening self-integrity.

Ruqyah Syar'iyah refers to healing practices based on the Quran and Hadith, through the recitation of Quranic verses, the pronunciation of Allah's names, and prayers in Arabic. This practice is popular among Islamic alternative medicine providers in Malaysia as an alternative to obtaining health care. More than just a treatment method, Ruqyah Syar'iyah can be a means to build spiritual strength and self-integrity (Ahmad et al., 2016).

Ruqyah Syar'iyah can help increase piety and closeness to Allah SWT. By getting closer to Allah through Ruqyah, a person can gain the calmness, mental resilience, and spiritual strength needed to face life's challenges. In addition, the practice of Ruqyah Syar'iyah can also instill moral values, such as patience, sincerity, and tawakkal (Sumarni, 2020).

### **Implications of Qur'anic Spiritual Education and Sharia Ruqyah on Character Formation**

With the existence of Qur'anic spiritual education supported by the practice of Ruqyah Syar'iyah, individuals have greater potential to strengthen emotional and spiritual resilience. Character formation through this approach focuses on continuous cleansing of the heart, which produces individuals with high integrity and positive attitudes. Individuals who routinely carry out spiritual reflection based on the Qur'an and Ruqyah practices tend to have high sensitivity to ethical values and have a greater commitment to living life based on religious values.

Character education is an effort made to shape and develop the character of students (Hambal, 2021b). This is in line with the goals of national education which want to form

people who are faithful, have noble character, are healthy, knowledgeable, capable, creative, independent, and become democratic and responsible citizens. In the process of character formation, the main element that cannot be separated is the spiritual or religious aspect. Previous studies have shown that the implementation of character education based on religious values has a positive impact on the formation of student character.

One of the main sources in Islamic teachings that can be used as a basis for character education is the Qur'an. The Qur'an as the holy book of Muslims contains various instructions and principles for forming a noble human character. In the Qur'an, there is Surah Luqman verses 12-19 which specifically discuss character education based on monotheism. These verses emphasize the instillation of the values of monotheism, wisdom, worship, morals, and leadership as the foundation for forming children's character. In addition, the practice of ruqyah syar'iyah, namely Islamic spiritual-based medicine, can also contribute to character formation.

Overall, the results of this research show that Qur'anic spiritual education, when combined with the Ruqyah Syar'iyah method, has significant potential in forming strong personal character and integrity. This practice offers an education model that not only strengthens faith but also supports the development of morals and ethics that can help individuals become better members of society.

## CONCLUSION

This study concludes that spiritual education based on the Qur'an, combined with the practice of Ruqyah Syariyyah, has a transformative power in forming personal characters with high integrity. This education not only provides moral guidance but also spiritual therapy that helps overcome negative influences in an individual's life. Through cleansing the soul and purifying the heart, Ruqyah Syariyyah supports the formation of a more solid, moral, and responsible personal character.

## REFERENCES

- Ahmad, K., Ramli, M. A., & Rahman, N. A. A. (2016). Understanding the Use of Ruqyah (Healing Method Based on The Quran and Hadith) in the Treatment of Disease: Analysis based on Fiqh al-Hadith Al-Imam Al-Bukhari (Pemahaman Terhadap Aspek Penggunaan Ruqyah Dalam Rawatan Penyakit: Analisis Berasaskan Fiqh al-Hadith Imam Al-Bukhari). *Al-Bayān – Journal of Qur'ān and Ḥadīth Studies*, 14(2), 168–205. <https://doi.org/10.1163/22321969-12340038>
- Andriyani, I. N. (2018). Konsep Spiritual Leadership Dalam Pendidikan Islam. *Al-Manar*, 7(2), 153–164. <https://doi.org/10.36668/jal.v7i2.89>
- Armita, P., & Saad, M. F. M. (2022). The Concept Of Writing In The Qur'an: Analysis Of The Terms Kataba, Khat, And Satara. *QiST: Journal of Quran and Tafseer Studies*, 2(1), 68–87. <https://doi.org/10.23917/qist.v2i1.1339>
- Fahriani, A. N. (2022). Optimalisasi Pembelajaran Baca Tulis Al-Qur'an Dengan Amalan Wadhifah Yaumiyyah: *Pappasang*, 4(1), 25–41. <https://doi.org/10.46870/jiat.v4i1.185>
- Hamalik, O. (2007). *Manajemen pengembangan kurikulum*.
- Hambal, M. (2021a). Pendidikan Karakter Berbasis Tauhid (Analisis Terhadap al-Qur'an Surat Luqman Ayat 12- 19 Dalam Tafsir Ibnu Katsir). *TADARUS*, 10(1). <https://doi.org/10.30651/td.v10i1.8487>

- Hambal, M. (2021b). Pendidikan Karakter Berbasis Tauhid (Analisis Terhadap al-Qur'an Surat Luqman Ayat 12- 19 Dalam Tafsir Ibnu Katsir). *TADARUS*, 10(1). <https://doi.org/10.30651/td.v10i1.8487>
- Hambali, H. H. (2016). Pembangunan gedung sekolah dan ruang kelas baru di Kabupaten Seluma pasca pemekaran. *Manajer Pendidikan: Jurnal Ilmiah Manajemen Pendidikan Program Pascasarjana*, 10(1).
- Hartati, M. (2022). Usaha Guru Pendidikan Agama Islam dalam Meningkatkan Motivasi Belajar Pendidikan Agama Islam. *Jurnal Pendidikan Agama Islam Indonesia (JPAIL)*, 3(3), 48–51. <https://doi.org/10.37251/jpaii.v3i3.634>
- Nilyati, N. (2015). Peranan Tasawuf Dalam Kehidupan Modern. *TAJDID: Jurnal Ilmu Ushuluddin*, 14(1), 119–142. <https://doi.org/10.30631/tjd.v14i1.24>
- Restiana, D., & Maria Ulfa, N. S. (2021). Upaya Pembinaan Karakter Religius Siswa Melalui Kegiatan Ekstrakurikuler Rohis Di Madrasah Aliyah Fathul Anwar Kabupaten Rokan Hulu. *Hikmah: Jurnal Pendidikan Islam*, 10(2), 36. <https://doi.org/10.55403/hikmah.v10i2.282>
- Rizki, A. (2021). Menerapkan Pendidikan Islam dalam Pendidikan Karakter. *Jurnal Pendidikan Agama Islam Indonesia (JPAIL)*, 2(2), 28–31. <https://doi.org/10.37251/jpaii.v2i2.594>
- Siregar, A. H. (2018). Melirik Urgensitas Spiritualitas Pada Masyarakat Modern dan Kaitanya Dengan Pendidikan Dalam Kehidupan. *Best Journal (Biology Education, Sains and Technology)*, 1(2), 28–35. <https://doi.org/10.30743/best.v1i2.790>
- Sumarni, S. (2020). Proses Penyembuhan Gejala Kejiwaan Berbasis Islamic Intervention Of Psychology. *NALAR: Jurnal Peradaban Dan Pemikiran Islam*, 3(2), 134–147. <https://doi.org/10.23971/njppi.v3i2.1677>
- Sunhaji, S. (2021). Implementasi Strategi Cooperative Learning Dalam Membentuk Keterampilan Berfikir Peserta Didik. *Jurnal Pendidikan Agama Islam Indonesia (JPAIL)*, 2(4), 61–64. <https://doi.org/10.37251/jpaii.v2i4.599>
- Syarifuddin, A., Sutisna, D., Cahyadi, A., Padjrin, P., & Cholidi, C. (2021). Implementasi Hidden Curriculum Melalui Ekstrakurikuler Keagamaan: Studi Kasus. *Intizar*, 27(1), 57–65. <https://doi.org/10.19109/intizar.v27i1.8741>