

Sufi Principles in Counseling: A Spiritual Approach to Overcoming Stress and Anxiety

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ABSTRACT

Stress and anxiety are psychological issues that are increasingly prevalent in the modern era, driven by social, economic, and environmental pressures. Conventional approaches to managing stress often focus on cognitive therapy and pharmacology, while spiritual approaches receive less attention. Sufism, as a mystical Islamic tradition, offers a unique perspective on stress and anxiety management through deep spiritual practices such as dhikr, meditation, and heart purification. Therefore, this study aims to explore the application of Sufi principles in counseling as a holistic method for addressing stress and anxiety. This research employs a qualitative approach through a literature review method. Data sources include classical Sufi literature, modern psychological journals, and previous studies on Sufi counseling and mental health. Content analysis techniques are used to examine the relevance and effectiveness of Sufi principles in the counseling process. The findings indicate that Sufi counseling is effective in helping individuals manage stress and anxiety through spiritual practices that support mental and emotional balance. Sufi principles such as tawakkul (reliance on God), dhikr, tasfiyah (heart purification), and tazkiyah (soul purification) have been proven to provide inner peace and reduce psychological pressure. Additionally, integrating spirituality with modern psychological techniques in counseling yields more comprehensive results for clients' well-being. This study concludes that the application of Sufi counseling methods can serve as an effective alternative approach to addressing stress and anxiety. By combining spiritual and psychological aspects, Sufi counseling not only focuses on symptom reduction but also addresses the root causes of emotional and mental issues holistically. This research opens opportunities for further studies on the practical implementation of Sufi counseling in various psychotherapy and mental health contexts.

Keywords: Anxiety, Mental Well-being, Sufi Counseling, Spirituality

