INTERNAL AND EXTERNAL FACTORS OF MENTAL HEALTH DISORDERS IN A HEALTHY SUSTAINABLE SOUL ACCORDING TO ISLAMIC PSYCHOTHERAPY IN SMART CAMPUS PERSPECTIVE

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ABSTRACT

God's Word s.w.t: Then set your face straight to the religion of Allah, the nature of Allah, which He created man above that nature; there is no change for the creation of the nature of God; that's a straight religion, but most people do not know it. Every child born is in a sacred state, then both parents make it Jewish, Christian or Majusi. (HR Bukhari from Abu Hurairah r.a). Every human being who has been born to this earth has been created in the natural state; his heart always wants to face his God and wants to follow his religion; and the nature that God has created in every human being will never change, it will still voice the command to always return to the truth of God. In the growth and development of human development since birth until adulthood, nature is often lacking attention. This causes them to be unable to participate in daily activities through words, deeds, attitudes and movements. Property is the thing that is always the goal of man in the world. It sometimes causes all human life to be attracted to its
enjoyment. This causes far in the corner of the natural heart to feel bound, confused, crying and disappointed because it cannot move freely to the direction of God's pleasures. This is what causes people to become anxious, anxious and frightened.

**Keywords:** Internal Factors, External Factors of Mental Health Disorders, a Healthy Sustainable Soul, Islamic Psychotherapy in Smart Campus

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**1. INTERNAL FACTORS**

Rasulullah s.a.w said that every child born is in a pure and sinless state. Then during his growth, he will remain pure and dependent on the efforts of his parents to make him a true Muslim or become a Jew, Christian or Majusi. According to the Old Testament, the ancestors of the Jews were Terah of Ur Kaldea, who subsequently lowered the generation of Abraham (Ibrahim-Ishaq-Ya'qub). They began inhabiting the western part of the Euphrates River. Then they moved to Palestine following the teachings of Prophet Ibrahim and lived as a shepherd. In the days of the Prophet Yusuf, they moved to Egypt to open industrialization and rear their livestock and then moved to Egypt during the reign of Fir'aun.

In the field of religion, the Jews began to embrace the religion of Kaldaniyah, which was later renewed by the Prophet Ibrahim (Zaizul et al 2018) Since the Jews were in many places, religious teachings were entered into by elements of idolatry and subsequently renewed by Moses especially after leaving Egypt. Because they are arrogant, consider and admit that their nation is the most noble nation in the sight of Allah, then ultimately God sustains them.

God s.w.t explained to us about the Jewish and Nazarenes as in his word:

Jews and Christians have stated: "We are the children of God and His beloved ones." Say: "Why then did Allah punish you for your sins? But you are a common man among those whom He has created; He will forgive for whom He wills, and He will punish whom He wills; and belongs to Allah all the kingdoms in the heavens and the earth and all that is between them, and to Him is the return. (Al-Maidah 5: 18)

There is another word of His; where the verse explains the disobedience and disobedience of the Jews against Allah and the torment by cursing them by increasing the error, disbelief and enmity between them until the Day of Resurrection (Al-Maidah 5: 64).

The Jews are the people who are very hostile to the Believers to this day. As can be seen throughout history, where Palestinians have never felt calm, peaceful, secure, and free of their threats and cruelty (Mutsalim et al 2016; Jaffary Awang et al 2018; Zaizul et al 2018).

Christianity is the title of the believers brought by Jesus. Some of them are servants of Allah (before the prophet Muhammad s.a.w) and some of them are enemies of Allah (after the prophet Muhammad s.a.w). God's Word s.w.t: And they (Jews and Christians) say: "Never enter Paradise except Jews and Christians", that is their wish. Say: "Show the proof of your truth, if you are all the truthful. (Al-Baqarah 2: 111).

The Jews and Nazarenes, their fellow-peoples opposed each other, blaming each other and always being hostile; and then Allah will judge their enmity (Al-Baqarah 2: 113). Whoever follows the teachings, the religion and the will of the Jews and the Christians then Allah will
not give protection and help to him (Al-Baqarah 2: 120, 135). The curse and curse of God is so severe to them because of their speeches that defy and defile His sanctity as they say arrogantly that they are children and lovers of God. only those who go to heaven while other than they will not go to heaven; they even claimed that the Prophet Ezra and Prophet Isa were also the sons of Allah. (Al-Maidah 5: 8; At-Taubah 9: 30).

Majusi is a religion worshiping fire, born in Persia (5000 BC), and trusts two gods namely the God of Light (the source of all kindness and pleasure) and the Dark God (the source of all evil and distress). Both were always hostile, and finally the God of Light gained victory. Believers believe that fire and light are the shadow of God, and in their place of worship there is a lamp that never goes out and controlled by the seeker (Norasibah et al 2018; Wan Hamidun et al 2018; Noor Ezlin et al 2018; Jalalluddin et al 2018; Sawal et al 2018).

In the Qur'an, there are not many verses that tell about religion and the people of the Majusi in depth. The verse only mentions in general as the word of Allah this:

And the people of Majusi and those who have done shirk, surely Allah will decide them on the Day of Resurrection ... (Al-Hajj 22: 17)

In the previous hadith, it is said that every child born to the earth is in a pure and innocent state but both parents will determine the child's life. This means that the mother who will determine the child's life. The characteristics of people who have Jewish, Christianity and Majesty are those who tend toward disbelief, idolatry, wickedness, hypocrisy and tyranny, those who possess arrogant, arrogant, triumphant, riya’, vindictive, scornful, deceitful etc.

The attitude and character of a person who tends to emerge and emerge from the teachings of Islam internally can occur through the process of marriage both parents (Al-Adib et al 2012; J Wan Azreena et al 2012; Mutsalim et al 2014, 2016) If the process is deviating from the will and demands of Islam, and following the will of the Jews, Christians and Majusions, the deviant attitudes and personality have grown within the child's soul.

The process of Jewish marriage, Christianity and Majusi is intended as adultery ie sex between men and women who have no legitimate marriage according to Islam. God's Word s.w.t:

And do not approach the act of adultery, indeed the act of adultery is an abomination and an evil way. (Al-Israa 17: 32)

The act of adultery is said by Allah as a shameful act and as bad as a means of communication. This is because it is considered to be severe in the sight of Allah s.w.t (as a great sin and will be punished) and on the side of His servant (damaging the system of the Muslim community). The punishment imposed on the adulterer either male or female is as explained in the word of Allah s.w.t the following:

The adulterous and the adulterous men are punishable by 100 lashes each, and do not feel compassion for them in carrying out the affairs of the religion of Allah, if you believe in Allah and the Last Day; and let the punishment be witnessed by a group of believers. (An-Nuur 24:2) As it has been said that it is not permissible for a man to commit adultery with a holy woman, nor is it permissible for a woman adulteress to marry a holy man, as the word of Allah s.w.t:

Men who commit adultery cannot marry other women except for adulterous women or idolaters; and the adulteress cannot marry another man except an adulterous man or a polytheist, and that is forbidden to believers. (An-Nuur 24: 3)

Allah s.w.t strongly prohibits the act of adultery because it is a vicious and bad act. If a child is born in that way, then it is born with an abomination and disadvantage that will greatly affect his life. This is to say, the purity of his heart will be plagued by the abomination and the evil result of that adultery.
The problem of zina is not the problem of individuals, families, nations and nations, but it is a humanitarian problem that has never been solved. Therefore, it is desirable that Islam put a heavy punishment on the adulteress, the stoning sentence for the adulterous adulterer and the 100th sentence for unmarried adulterers. A stoning sentence is a punishment in which the stone will be thrown to the adulterer in front of the crowd to death. This is done by Islam solely to prevent the act of adultery from being rampant because it is a social problem, a source of crime and collapse, a moral destruction of the nation, a breed of descent and a barrier to the formation of a happy family (Nur Alieya et all 2018; Mutsalim et all 2018; Zaizul et all 2018).

The child born out of an out-of-wedlock relationship, the impression he received in his soul was felt. Through the development of the child's growth, he or she will experience a condition called "emotional stress", in which the child will begin to show further consequences such as personality disorder. As has been demonstrated through a study conducted on 100 born-born babies in the West, which were raised by their own mothers and nurseries; then compared to 100 babies legally born and raised by both parents. Both of these categories followed their mental and physical development for 10 years, and showed results that the first category of physical and mental development (out-of-wed child) was not as good and the second category was (legally born) (Ahmad Munawar et all 2018; Zaizul et all 2018; Jaffary Awang et all 2018).

Possible additional factors are when in the womb, the feelings of the mothers who are pregnant and the man who causes the child to live does not want the existence of the baby; eating unhealthy, imbalanced food, or being banned by God s.w.t. It will as little as possible affect the life of the child after birth and live on this face of the earth.

2. EXTERNAL FACTORS
Psychological deviations and violations of Islamic policies made by individuals are caused by two factors, namely internal factors and external factors. Deviations and collisions caused by external factors are more focused on the educational system that has been received by an individual from birth to adulthood (Salina Nen et all 2012; J Wan Azreena et all 2018).

Education that is meant is education related to the development and strengthening of one's Islamic religious potential ie education of faith, Islam, disability, and dignity; and not education that leads to the development and strengthening of the Jewish, Christian and the Majesty of:

a) Has never been introduced to a person at the beginning of his education since childhood about the word syahadah and the word tauhid as the Messenger of Allah s.a.w:

Begin by educating your children (babies) with the words "There is no god but God." (HR Al-Hakim from Ibn Abbas r.a)

A scene that makes sense in faith is when the writer sees with his own eyes an activity held where they welcome the joys of the birth of their babies by turning the night for seven nights. However, those nights were not filled with worship activities and remembered Allah s.w.t, but they filled the nights with gambling, drinking alcohol and laughing loudly.

b) Never disclosed and taught to the souls about the laws of halal and haram and the effects to be obtained; when the Prophet s.a.w had ordered to teach the matter, as he said:

Pray with obedience to Allah and keep your self from disobedience to Allah; Command your children to do all that He has commanded and to keep away from what He has forbidden, for it is a fortress for them and for yourselves from the Fire. (HR Ibn Jarir and Ibn Mundzir from Ibn Mas'ud r.a)

c) Never been ordered by the family since the age of seven years for worship and did not get a good example of her parents; when the Prophet s.a.w had ordered to teach the matter, as he said:
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Order your children to pray since they are seven years old, and stroke if they refuse to do so when they are ten years old and separate their sleep. (HR Al-Hakim and Abu Daud from Ibn Amar bin Ash r.a)

d) Never implanted with love values to Rasulullah s.a.w, apostles and prophets and alim ulama, and emulate all their personalities and dignity in their daily life.

e) Never been taught reading al-Qur'an and as-Sunnah and never been given examples in practicing the Qur'an and as-Sunnah in everyday life; when the Prophet s.a.w had ordered to teach the matter, as he said:

Educate your children with three traits: love your prophet, love his family and read al-Qur'an. Surely the reader and the practitioner of the Qur'an are in the protection of the Godhead where there is no other protection on that day but the protection of God with His prophets and His saints. (HR Thabrani from Ali r.a)

The effort to instill love for the Prophet s.a.w, his family, the apostles. the prophets and saints are by telling and giving readings or books that narrate the history of their struggle, life, traits and glory in the sight of Allah. Additionally, the recital of certain prayers and readings to them is as much as day or night. The effort to teach reading the Qur'an should be accompanied by the teaching of the express or implied meaning of the contents of the Qur'an and at the same time make the Qur'an read as wirid and practice.

f) A harmonious family environment and the environment in dirty, irregular homes and non-Islamic neighborhood environments (Al-Muslim et all 2018; Ahmad Sunawary Long et all 2018).

g) Non-Islamic education and environments. There are many factors that lead to the deviation, moral collapse and the absence of the education system that exists among societies full of crimes, sins, crimes, and damage from various aspects (Jaffary Awang et all 2018; Ahmad Munawar et all 2018).

Educators should be responsible for the problem of the mental and moral collapse of this society. If educators do not have a sense of responsibility, have no real trustworthiness, can not find out and understand the factors of aberration, and are not sensitive to taking follow-up action to prevent this problem, eventually the children, teens and adults even will become a waste and disease to society (Hoesni S.M. et all 2012; Zaizul et all 2018; Rafiza et all 2018; Nurul Najiah et all 2018). Educators are responsible for finding the factors of the problem and then providing a solution that can lead to great benefits and benefits.

3. CONCLUSION
In conclusion, the major factors that cause personal deviation and psychological disorders to an individual that occurs internally are concentrated on sexual intercourse, the psychological state of both his parents while in the womb, and the spiritual education provided by his parents while in the womb. While the major factors that cause personal deviations and psychological disorders to an individual that occurs internally are concentrated on the many and least religious education received, there is no example of both parents and the environment, and the mistakes of religion, education and life.
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Level Of Developing A Nation Concept By Country


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