

The Role of Religious Instructors at Jami' Bintaro Jaya Mosque in Overcoming Insecurity Among Teenagers in The Pondok Betung Village

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Abstract :

The goal accomplished after undertaking this research is to discover the function of religious spiritual guides in fixing insecure troubles in adolescents in Pondok betung village. This study used qualitative methods that have become the answer to the method of issues approximately the role of religious extension in solving insecurity in kids.

This research extensively utilized facts strengthening techniques received through interviews with religious nonsecular extensionists who were located on the Jamie bintaro Jaya mosque in addition to with the young adults of Pondok Betung village. Researchers then made observations at Jamie bintaro Jaya mosque and Pondok betung village and took documentation.

After carrying out the examination, researchers can show that (1) the location of the extension includes powerful steps to reso insecurity cure in the scope of teens, (2) information the which means of insecure perspective of the Qur'an and effective circumstances for handling it. Data from teenagers in Pondokk betung village gives facts that several assets affect the emergence of insecurity, specifically (1) social media, (2) lack of near relationships in the community, and (3) lack of gratitude to God.

Keywords: Extensionists, Insecure, And Teens.

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Introduction

This study conducted interviews with 4 teenagers who were in Pondok Betung Village and found insecurity problems. Among them are revealing those that affect the emergence of insecurity, namely (1) social media, (2) lack of close relationships in society and (3) lack of gratitude to God. Based on the research found in the field as well as how the role of religious instructors can provide and assist in emotional approaches and encourage youth in positive things.

This research was conducted at the Jami Bintaro Jaya Mosque because there are many counselors who can overcome the problems of teenagers who feel insecure and this research was also conducted in Pondok Betung Village because there are so many teenagers who complain because of the current insecure problem in the midst of an increasingly sophisticated era.

Religious instructor is one of the professions that plays an important role in an effort to spread Islamic symbols, because the extension workers in addition to carrying out their duties principally as a religious instructor, he also plays many roles in scope of religious activities. The role played by religious instructors is getting heavier day by day, along with with the development of information and communication systems that are more tends to have a negative impact on individuals who are not observant in their see the use of media currently available. The problem faced now by religious instructors is a challenge more powerful da'wah, both internal and external. Challenge it arises from various forms of activities of modern society, such as easily insecure in a broad sense, feelings of anxiety, doubt, or lack of confidence that make a person feel insecure. now more and more teenagers are feeling insecure with the progress that is happening. Phenomenon in various regions in Indonesia indicate the occurrence of vulnerability, inequality, unrest and instability. Many people nowadays easily share their achievements, showing off what they have.

Religious instructors must play their functions as counselors and advocates, which so far have not been widely implemented. Although religious instructors are required to be able to solve all community problems, they do not have to solve these problems themselves. Religious instructors can play the role of brokers connecting community needs in collaboration with related parties. Islamic religious education is the realization of happiness and well-being in this world and in the hereafter. On goal in particular, are noble values in every aspect of life and development, which are cored in values that can bring happiness and prosperity. (Kusuma 2011).

Mental unhealthy with feelings that often arise in someone who is not confident is called insecure. From feeling insecure then cultivate other branches of mental illness such as often feeling anxious, unsettled, and afraid to face and do something. The problems of human life must be able to be faced in wise ways and with the right solutions. It also starts with yourself and needs to get support from the surrounding environment such as family, teachers, friends, and others. Based on previous data that handling the conference using Client-Centered Theory can focus entirely on the process of communicating with extensionists. (Firdaus et al, 2021)

This is not only found among adults but also found in a teenager who does not feel confident in the potential he has so which makes them feel hesitant to take a step. In this study, researchers formulated problems to find out the role of mentors in counseling on how to deal with insecurity that grows in the personality of a teenager. Adolescence is a time of many changes. One of the highlights of adolescence is establishing itself as an autonomous being.(Ningsih, 2012). Getting

closer to God is the right therapy for overcoming life's problems including things that cause mental health disorders. (Ratnawati, 2019)

The role of religious extensionists aims to help adolescents to overcome insecure problems. Individuals can reduce their sense of insecurity through an emotional approach with extensions to understand feelings, understand insecurity in the perspective of the Qur'an and encourage positive things. The results of research by the youth of Pondok Betung village, prove that the role. In addition, researchers also conducted interviews with 4 teenagers who were in Pondok Betung Villagand e found that there was an insecure problem. Among them reveal that affects the emergence of insecurity, namely (1) social media, (2) lack of close relationships in the community and (3) lack of gratitude to God. Based on research found in the field as well as how the role of religious extensionists can give and assist in emotional approaches and encourage adolescents on positive things.

Method

This research is an observation activity carried out in one week. The data obtained in this study were based on the results of 8 respondents in the category of teenagers at Pondok Betung Mosque who experienced insecurity and extension workers at Jami Bintaro Jaya Mosque. in this study is a qualitative method with an interaction approach between the researcher and the subject by providing questions that are in accordance with the research context. This method seeks to capture the problems that exist in adolescents and provide the role of extension workers in overcoming insecure adolescents today. This approach is carried out in situations that occur among teenagers today, so that they are free to analyze the data obtained, there are no limits to dealing with the current situation being studied. This study uses an interaction approach between researchers and subjects by asking questions that are in accordance with the research context because it is supported by the fact that many teenagers today experience insecurity.

Based on this research, it was revealed that the way to overcome insecurity is (1) the position of the extension agent includes effective measures to overcome insecurity among adolescents, (2) understand the meaning of insecurity from the perspective of the Qur'an, (3) these situations are effective in overcoming insecurity in adolescents. Research also reveals that students who often overthink are caused by: low self-esteem or self-doubt, insecurity of the views and judgments of others, and lack of gratitude to God.

Results

The results of the data obtained show that teenagers often feel insecure in the midst of increasingly accessible information. This has resulted that the role of extension workers in overcoming insecurity in adolescents is very much needed, things that make adolescents feel insecure are low self-esteem, a less positive environment, families who often compare and sometimes lack of reinforcement and knowledge about self-love and gratitude. For example, the technology that is getting easier for us to access, and the number of people who upload success, it makes a sense of insecurity increase. Phenomenon. This kind of problem needs to be overcome with self-management to filter the various information that is seen.

The need for self-management and time management to minimize insecurity, insecure attitudes need to be overcome with the help of the role of extension workers who can provide solutions to the problems experienced by adolescents according to religious perspectives and the thoughts of psychological experts. but sometimes in life you need a little sense of insecurity so that you want to grow and have the spirit to achieve success in life and be able to firmly make decisions in socializing.

Results from interviews and observations at the Jami Bintaro Jaya Mosque, Pondok Betung Village The role of the extension worker stated that in overcoming insecurity is to choose a positive environment, don't think too much about other people's views, and increase gratitude. adolescents

face a period of insecurity, it will not have a significant effect on live their lives, make decisions and have confidence in their abilities. When a person continues to avoid and shut himself off from the problems that causes him to be afraid and anxious, then the feeling of lack of self-confidence that is felt will hinder participants and do not dare to face challenges. One of the psychological symptoms that arises as a result of anxiety is the loss of confidence in one's own abilities have. (Diana et all, 2020)

The following table is the data obtained from the results of research using interview and observation methods which contains 17 questions, interviews with religious instructors include 10 questions and 7 questions to adolescents about insecure and to see the results of this research is to ensure carefully the answers from religious instructors and adolescents who experience insecurity. Observations were made at the Jami Bintaro Mosque, Pondok Betung Village.

Pictures 1 Masjid Jami Bintaro Jaya



Pictures 2 Interview with Instructors



Pictures 3 Interview with Teenagers



Table 1 questions for extension workers

NO.	QUESTIONS	ANSWER
1.	What do Ustadz do when dealing with teenagers who are experiencing feelings of insecurity?	Through communication and emotional approach
2.	When the ustadz was still a teenager, how did the ustadz feel when he felt insecure?	
3.	Is there a best time to deal with it?	The best time to overcome it is time in a relaxed, comfortable, free time
4.	What are the obstacles that arise when dealing with teenagers who experience a sense of insecurity?	The process and time
5.	Why did the obstacle occur?	Because every individual has a different process and definitely with a variety of times
6.	What should be done to deal with these obstacles?	Requires patience to deal with it
7.	What is an effective way to deal with youth with this situation?	There must be openness and support from family, teachers and friends too
8.	Is there a story about the companions of the prophet who experienced insecurity?	There is
9.	How is insecure in the perspective of the Qur'an?	In the Qur'an itself it is explained one of them in the letter at-tin verse 4 that Allah has indeed created humans in the best possible form, in another verse it is also explained that humans are the only creatures who are given the advantage in the form of reason, then it's just how we as humans are to be grateful for whatever is our destiny because everything has its own portion. As for in Surah Al-Qamar verse 9, it is explained that Allah has determined everything with its respective portions and sizes so, there is no longer any reason for us humans to feel insecure or insecure. Because everything is created to be side by side and complement each other so, everything that is in us is the best for us, about the physical especially it is just an external picture but about the heart it is our responsibility to continue to improve to be better .
10.	What is the opinion of Ustadz if a lot of teenagers often complain about insecure problems?	This teenager must be able to have a positive environment in order to further minimize the feeling of insecurity

Table of 2 questions for teens

NO.	QUESTIONS	ANSWER
1.	What impact do you feel when you are filled with a sense of insecurity?	What is felt when you feel insecure is feeling down, feeling unreliable, feeling the lowest among others.
2.	Does social media really affect your self-confidence?	Yes, the feeling of insecurity is mostly from social media
3.	Do you think about what other people think of you?	Yes, when you feel insecure, you really think about the views and judgments of other people, especially those of them that don't suit us and express that.
4.	Who is the most influential in making you lose confidence	The most influential is yourself, supported by the surrounding environment such as family, teachers, and friends.
5.	Do you love yourself unconditionally in the age of social media?	Actually I love myself, I realize the advantages that I have that others may not have, but sometimes on the one hand suddenly a feeling of insecurity comes and makes me forget my own identity which already has these advantages

6.	What things usually make you feel insecure?	Usually in terms of physical, lifestyle or it could be advantages in the academic field.
7.	How do you get rid of your own insecurity?	Avoiding things that can make you insecure for a while, then come back with a stronger state and more grateful.

Table of 3 Our activity is an observation carried out in one week.

Execution time	Theory	Presenter
28 March 2022	How to overcome insecurity	Ust. Buya Ar-Razy Hasyim
30 March 2022	Causes of Insecure	Salwa Aqilah dkk

Table of 4 Evaluation & Solution.

When the Activity Takes place	Post Activities
It's difficult to schedule an appointment to meet for an interview regarding how to deal with insecurity	Researchers become aware of how to overcome insecurity and can provide solutions
Evaluation: Intense communication so that the time to meet is appropriate. Teenagers are very difficult to express the cause of feeling insecure	Teenagers feel relieved because they have found a solution to their insecurity.
Evaluation: They talk more and listen to their complaints so that teenagers become more open	

Obstacles Encountered or Other Problems Recorded

Table of 5 Evaluation & Solution.

When the Activity Takes place	Post Activities
It's difficult to schedule an appointment to meet for an interview regarding how to deal with insecurity	Researchers become aware of how to overcome insecurity and can provide solutions
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Evaluation: They talk more and listen to their complaints so that teenagers become more open	

Discussion

1. Extension position includes effective steps to resolve insecure in adolescents

Mental unhealthy with feelings that often arise in someone who is not confident is called insecure then fosters other branches of mental illness such as often feeling anxious, unsettled, and afraid to face and do something. This is not only found among adults but also found in a teenager who does not feel confident in the potential he has so which makes them feel hesitant to take a step. In this study, researchers formulated problems to find out the role of mentors in counseling on how to deal with insecurity that grows in the personality of a teenager.

Insecure can be interpreted in several ways, namely: feeling not "good enough" to deal with life problems that must be faced, a sense of helplessness to face problems, conflicts, or worries, feeling unwelcome, disapproved, or also rejected. Inner turmoil as above makes a person less direction or confusion where he is going, and what is the purpose in life? (Triphaty, 2018)

The more often one remembers God, the closer a person is to Him, the more grateful and more worship, the more disturbed the soul of that person, and the more able he is to face disappointments and difficulties in life. And vice versa, the further away a person is from his religion, the more difficult it will be to find inner peace for him. This shows that getting closer to God is the right therapy for overcoming life's problems including things that cause mental health disorders. (Ratnawati, 2019)

First, through communication and emotional approach. From here religious extension plays a role in helping adolescents to rise from their sense of insecurity, in overcoming the sense of insecurity in these adolescents of religious extension to analyze it with communication and emotional approach. To know and understand the true feelings and be able to find the right picture for a teenager who experiences insecure problems. This process can facilitate extension and focus on adolescent problems through communication.

Second, the best solution so that teenagers do not always feel insecure is to straighten out their way of thinking. This means that the next thing to do is to do counseling with the troubled teenager, find the cause and then understand the reasons thrown. From this then can provide the right solution to the problem that was being felt at that time. The supervisor who has understood the problem that is being waited for him will then give instructions as well as be a companion for all the processes. That way he will be completely guided as well as formed to no longer be an insecure person.

Third, invite to build a positive environment, in the sense of finding friends who bring positive things because if we continue to live a life in a toxic environment will usually fall into negative things as well. At one time, there was a man who looked cool and rich, then he teased his cousin (the son of his uncle) until almost had a very close relationship. But immediately the woman remembered God and reminded the man to immediately fear and fear God.

2. Understanding the meaning of insecure pre-Qur'anic perspective-Qur'an

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

"And truly we have created that human self in its best form." (Q.S at-Tin:4)

In this at-Tin verse 4, it is explained that God has indeed created man with the most perfect and most beautiful form. God created man in the best form this is always just to worship Him. In another verse it is also explained that humans are the only creatures that are given the advantages of reason, then it remains how we as humans to be grateful for whatever is our destiny because everything has its portion.

In surah Al-Qamar verse 49

إِنَّا كُلَّ شَيْءٍ خَلَقْنَاهُ بِقَدَرٍ

"Surely we create all things by measure" (Q.S. Al-Qomar:49)

There it is explained that God has set everything by its portion and size so, there is no reason anymore for us humans to feel insecure or insecure. Because everything is created to be side by side and complement each other so, everything that is in us is the best for us, about the physical, especially it is just an external picture but about the heart, it is our responsibility to continue to improve for the better.

Man should be grateful for the blessings that Allah SWT gave during his life. Starting from breathing, seeing, walking, a healthy body, etc. Those pleasures are the gifts that God gives and we must be grateful for.

In surah Al Imron verse: 145

وَمَا كَانَ لِنَفْسٍ أَنْ تَمُوتَ إِلَّا بِإِذْنِ اللَّهِ كِتَابًا مُؤَجَّلًا ۚ وَمَنْ يُرِدْ ثَوَابَ الدُّنْيَا نُؤْتِهِ مِنْهَا وَمَنْ يُرِدْ
ثَوَابَ الْآخِرَةِ نُؤْتِهِ مِنْهَا ۖ وَسَنَجْزِي الشَّاكِرِينَ

"And every living person will not die except by the permission of God, as a timed decree. Whoever wants the reward of the world, we will undoubtedly give him that reward, and whoever wants the reward of the afterlife, We give (also) to him the reward (afterlife), We will give reply to the grateful people." (QS Al Imron: 145)

According to Muhammad Mahmud, a mentally healthy person is a person who accepts one's own existence, both related to his physical condition, position, potential and ability, because it is all a gift from Allah that we should be grateful for. (Ratnawati, 2019). Imam Al-Ghazali asserted that his so-called grateful commandments in conjunction with the command of dhikr (remembering Allah) showed the important position. (Al-Ghazali, 1965)

Ibn Kathir in his book interprets surah Al-Baqarah verse 152 as follows:

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ

Abdullah ibn Wahab said, indeed Moses (AS) once asked, "O My Rabb, how should I be to give you?" so Allah Ta'ala said to him, "Let you remember Me and not forget Me. If you remember Me, then you have been disobeyed me." Hasan al-Bashri, Abu al-Aliyah, as-Suddi, and Rabi'bin anas said, "Surely Allah Ta'ala will remember the one who remembers Him, gives additional favors to those who thank Him, and gives torment to those whom I despise him. (Abdul, 2004)

3. Effective circumstances in dealing with insecurity in adolescents

Insecure is a feeling that must have been felt by anyone. All of that can be passed depending on each person how solves it. At least when the sense of insecurity arises, one must already have a way to get rid of the sense of insecurity all the way.

The attitude to face teenagers who are always filled with insecurity in terms of confidence and always feel less compared to others is to not look at the favors of the person at the top because it will only cause an attitude of ungratefulness and always greed. As Gus Baha realized that if you want to be happy then never see the favor of others. Gratitude is essentially the ability to realize what is gained and expressed with gratitude. Gratitude in Islam is addressed to Allah SWT who is booked with actions that provide benefits. (Rachmadi et al, 2019)

Conclusion

After conducting the study, researchers can prove that the position of extensionists includes effective steps to resolve insecure in the scope of this adolescent through communication and emotional approach, understanding the meaning of insecure pre-Qur'an perspective, and effective circumstances to deal with it can then provide appropriate solutions by the problems he was feeling at the time and invite to build a positive environment.

The attitude to face teenagers who are always filled with insecurity in terms of confidence and always feel less compared to others is to not look at the favors of the person at the top because it will only cause an attitude of ungratefulness and always greed. Encourage teenagers to always be grateful for what is given so as not to appear insecure.

Proper handling of the supervisor must also find the right way. The time and the right way are certainly relatively dependent on the interlocutor. After that, the supervisor will find the right time and way of handling the psychological state with professionals. But there is still no more effective way than to be fully open when counseling with a supervisor.

The success of our research shows that 75% of Pondok Betung teenagers feel that they have found a solution from the role of religious instructors at the Jami Bintaro Jaya Mosque.

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