

## Dhikr to Allah as A Medium for Health and Quality in The Industrial Era 5.0

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### Abstract

The industrial era 5.0 that is happening at this time must be properly addressed by all of human beings, especially the people of Indonesia. However, if this is related to religious understanding, of course it is not such a dangerous problem. So this research tries to show that dhikr to Allah will keep people healthy and of good quality in the industrial era 5.0. The role of dhikr in life in the industrial 5.0 era really helped people get out of the shadows which made them feel unable to get out of the current that existed in the industrial 5.0 era. By using the metasynthesis method, this research seeks to obtain data by identifying, evaluating and interpreting various phenomena of dhikr to Allah during in the industrial era 5.0 found in the field. The qualitative research was successful in finding out about the power of remembrance of Allah in the industrial era 5.0 which can keep you healthy and of good quality, the relationship between dhikr and health in the industrial era 5.0 and what dhikr can keep healthy and of good quality in the industrial era 5.0.

**Keywords:** Dhikr, Healthy, Quality, Industrial Era 5.0

### INTRODUCTION

The problem that occur in the industrial era 5.0 are problems that all elements of society in the world are currently trying to solve. The industrial era 5.0 means that humans will move from the industrial era 4.0 which is all digitalization to personalization in the industrial era 5.0. In the industry 5.0 era, a person's experience will be the main focus of everything that will be achieved. Even in this era, it also demands responsive and distributed supplies, interactive product experiences and the return of systems to the workforce. In this era, many people also experience mental restlessness and this can also cause a mental crisis in someone (Aidul Fitriyoda Azhari,2022),

The efforts made are included in the category of dhahir (outer) efforts, so inner (metaphysical) steps are needed that must be taken in facing industry era 5.0. Metaphysical steps that can be done by dhikr of Allah. Dhikr is a medium for getting closer to Allah by always remembering him in any conditions and circumstances. Because dhikr includes mentioning and remembering a servant of Allah by mentioning, talking about, preaching, remembering the majesty, greatness and holiness of Allah with all his attributes, his laws, by reading the Qur'an, seeing phenomena nature, praying, praising him, purifying him, reading tasbeeh, tahmid, takbir, monotheism, giving thanks and glorifying him (Abdul Hafidz, 2019).

Dhikr is a medium for taqarrub (getting closer) to Allah in various ways. In dhikr there are various prayers that are done humbly, tadharru', and khusyu'. So that be separated according to the values contained therein (Muniruddin,2018). Moreover, in dhikr there are various external (dhahir)

and internal (batin) efforts, both of which further strengthen the spiritual dimension of the person doing dhikr. So dhikr in general has a big influence on anyone who practices dhikr.

Looking at the potential for dhikr, the presence of the industry 5.0 era when we dhikr to Allah is an effort that is considered very appropriate. Various new things that will emerge in this era should be resolved not only by using dhahir efforts, but also by using spiritual media found in Sufism, namely dhikr. If most people were aware of the benefits and importance of dhikr in the era of industry 5.0, of course the conditions that would arise would not be such a problem that they would continue to be considered dangerous and worrying. Because the metaphysical dimension through dhikr will be able to generate patience, fortitude and gratitude towards various conditions currently being experienced in all parts of the world. Awareness of this can certainly make someone closer to god. So that the efforts made in facing the industry era 5.0 do not only depend on the developments that will occur in that era which are considered increasingly terrifying, but also spiritual efforts by getting closer to Allah are one of the efforts that should be made.

A person's spiritual quality should not be hindered by external events (Tamami, 2011). Because it will make someone confused and lose the industry 5.0 era, someone must be able to revive and improve their spiritual quality. Spiritual improvement will make a person have a shining light and can become a medium to face various life problems that will arise in the industrial era 5.0 with patience and fortitude. Although realizing this is not easy, along with the development of society in this digital era, it tends to prioritize logic over ethics and religious norms.

Problems related to research related to the remembrance of Allah as a medium for health and quality in the industrial era 5.0 include research; first, research conducted by Abdul Hafidz an Rusydi, with the title "The Concept of dhikr and prayer from an Al-Qur'a Perspective". This Al-Qur'an in its various forms means revelation of the Qur'an, telling, mentioning, remembering, lessons, prayer, majesty/glory, warning, advice, knowledge and understanding (Abdul Hafidz, 2019)

*Second*, Resti widiangsih's research with the title "hadith about dhikr from a Sufistic Perspective". In this research, it is explained that it can revive the hearts of the perpetrators from their death. Because a hearts that does not remember Allah is considered dead by the Sufis. In fact, dhikr is also considered spiritual food for Sufis, because it is thought to be able to make sufis' hearts pure (Widianengsih, 2022)

*Third*, research with the title "Dhikr as a therapy for liver disease in the perspective of Islamic guidance and counseling". This research shows that zikr is considered Islamic guidance and consoling, dhikr can be used as an alternative therapy for treating liver disease in accordance with the basic foundations of Islamic guidance and counseling which are based on the Al-Qur'an and Al-Hadith (Maturidi, 2020)

The existence of previous research makes this research increasingly clear in direction and meaning. In other words, dhikr is the most important medium in facing the industrial era 5.0 and making Indonesia strong and growing. Moreover dhikr is a medium for getting closer (taqarrub) to Allah which is done by always remembering, mentioning, praising, and glorifying him. So that dhikr

in the industrial era 5.0 becomes the most powerful weapon for someone to be able to escape and be free from various problems that will arise in that era. Moreover, the awareness of dhikr that arises with an attitude of servanthood towards god will make a person more confident that everything that happens in this world is by his will.

## **RESEARCH METHOD**

This research is a type of qualitative research using a meta-synthesis method which seeks to identify, evaluate and interpret phenomena related to the research theme. Through this method, it was found that there was an identification towards a strong and growing Indonesia by reciting the remembrance of Allah as an effort to face everything that might emerge in the industrial era 5.0. then these various issues were evaluated and interpreted to find the concept of dhikr which is carried out to remain healthy and of good quality in the industrial era 5.0, the relationship between dhikr and the industrial era 5.0 and the benefits of dhikr in the industrial era 5.0.

## **RESULTS AND DISCUSSION**

### **Concept of Dhikr and Types of Dhikr**

Dhikr includes an effort that a person makes with genuine feelings to be able to present god's role in the heart in various activities of daily life, whether in the form of words, sayings and deeds (Agus Jamaludin et al., 2020). In there is an awareness of the heart that seeks to connect with the essence of divinity that can grow within a person and can be implemented in everyday life. Basically, dhikr is used as a medium to divert a person's thoughts, attention and concentration so that they only have a connection to god and the afterlife. So dhikr is considered a form of transition from the material world to the metaphysical world. Dhikr should be carried out every day so that there is closeness to god and the feeling of always remembering him. Dhikr is a mahdloh worship, which contains direct worship of Allah. Because mahdloh worship is a type of dhikr that is tied to various norms of worship directly to Allah. Moreover, dhikr is the state of someone remembering Allah in their heart while carrying out all his commandments and avoiding all his prohibitions, both with their heart and verbally (tongue) (Yumnah, 2019).

A heart that is always decorated with dhikr will always bring a person to an inner atmosphere that is peaceful, cool, tough and serene. Because dhikr is often interpreted as a form of reflection and reflection on oneself. So that carrying out dhikr with full confidence and optimism will grow extraordinary strength which will be able to cure various diseases, restore body balance and increase body immunity. The great potential of the practice of dhikr is that it brings the practitioner to an awareness of great blessings and success in facing various problems. Problems will be resolved if someone believes that everything that happens in this world is god's will. The soul of a person who always dhikr to Allah will become a person who grows and is strong in going through and facing the challenges that will arise in the industrial era 5.0

The type of dhikr that someone reads in the face of the industrial era 5.0 certainly cannot be separated from saying *tasbeeh* (*subhanallah*), *tahmid* (*alhamdulillah*), *takbir* (*allahu akbar*), *tahlil* (*la ilaha*

*illallah*), *shalawat* (*allahumma shalli 'alā sayyidinā muhammad/ shallallāh 'alā Muhammad*). Likewise, reciting Allah's beautiful names (*asmāul busnā*), reading verses of the holy Qur'an, and reciting the prayers taught by the prophet Muhammad. These dhikr readings include a type of dhikr in the sense of saying the name of Allah, reading the Koran and reading prayers. Apart from that, the dhikr is called *wiridan* which is carried out after completing the five daily prayers by reciting dhikr in accordance with the sunnah of the prophet accompanied by using prayer beads (Setyabudi, 2012). According to scholars the form of dhikr is divided into two, namely; *dhikr bi-lisan* (orally) and *dhikr bi-qalbi* (heart). Oral dhikr is a way that can lead chaotic thoughts and feelings towards the resolution of dhikr of the heart. Meanwhile, dhikr of the heart is a way that can enter into the spirit and appear wider. Because in the area of the heart, Allah will send knowledge in the form of inspiration (Ismail, et al., 2020). As Allah says in Surah Ar-Ra'du verse 28:

“(namely) those who believe and their hearts become peaceful by remembering Allah. Remember, only by remembering Allah can your heart be at peace.

Those who are guided by Allah are believers whose hearts always feel calm by remembering Allah glorifying and praying to Allah, reading and hearing his book, remember that peace of mind is achieved by remembering Allah, it is fitting for them to do so. The heart of a believer will be calm and peaceful if he always remembers Allah. In fact, their hearts will be full of love and their faith will increase when the names of Allah are mentioned and verses from the Koran are read.

The division into the types of dhikr that a person usually performs has different variations. In general, according to scholars, there are three types of dhikr, namely: *first, dhikr jail*, which means praise, gratitude and prayer to Allah by producing a clear voice to guide the movements of the heart such as reading *tahlil*, *tasbih*, and so on. *Second, dhikr kebafi*, is dhikr that a person performs specifically from the memory of the heart, whether accompanied by verbal dhikr or not. *Third, haqiqi dhikr*, is dhikr carried out by the whole body and soul, anytime and anywhere, by tightening efforts to protect the whole body and soul from Allah's prohibitions and doing what he commands (shalahudin Ismail, et al., 2020).

### **The Relationship between Dhikr and the Industrial Era 5.0**

The current Industrial Era 5.0 is certainly a form of contemporary development challenge that must be faced by all humans. Anyone who feels that he is a servant of Allah will definitely make this era something that must be faced and responded to wisely. So the main way that can make them aware and get out of the current situation is remembering (dhikr) Allah. Remembering (dhikr) to Allah is considered a form of worship of a creature to Allah with full awareness and belief in him. Because when dhikr a person tries to involve his feelings and brain simultaneously and this results in a very extraordinary condition. So that the positive energy scattered in the air will enter and circulate throughout the body of someone who is doing dhikr (Siti Yumnah, 2019).

Through dhikr in the form of remembering Allah, you will be able to eliminate feelings of restlessness, tangled thoughts, despair, fear, anxiety, doubt and sorrow. Peace is the main and basis of physical and spiritual health (Shalahudin Ismail, et al., 2020). Feelings of anxiety and doubt,

which are diseases that cannot be cured by other people, can be cured by dhikr. Even a liver that grows and is not treated immediately will cause a person harm and the pain will increase. As in the industrial era 5.0, if we only respond and deal with external things, we will not be able to lead to inner peace and happiness. However, if they try to address and change this into a spiritual (*rubaniyah*) dimension through dhikr, then this will lead them to enjoyment in the form of true happiness both in this world and in the afterlife. So that he becomes a person who grows and is spiritually strong and tough in facing the industrial era 5.0. Someone who does dhikr will improve their mental health and not always just do it outwardly. So that he becomes a person who has a growing and strong mentality in facing the industrial era 5.0.

In dhikr the mental will be well formed, the mental does not have to be fixed by birth but the mental can also be fixed spiritually such as dhikr, from dhikr to Allah a person will be ready to face the industrial era 5.0. In tafsir Al-Azhar, according to Hamka, he understands and studies QS Ar-Rad: 28, relating to dhikr and mental health, clearly explaining the close relationship between faith and dhikr and dhikr and mental health. Faith is a way for us to always remember Allah through dhikr. By dhikr of Allah, it will create peace and tranquility, and eliminate feelings of anxiety, doubt, depression and stress which are the roots of all diseases (hamka, 2008).

Someone who tries to avoid the industrial era 5.0 without being based on spiritual potential will cause disappointment. Because someone who tries to obtain, pursue and maintain pleasure through intermediaries in the form of secondary identities, then disappointment and suffering as well haunt him. However, when someone in this pandemic era still has communication and social interaction with the spirit of giving, sharing love and participating in facing various problems that arise in the industry 5.0 era, then he will avoid defeat and failure. Because indirectly he considers himself to be passive and unable to differentiate and interpret between practical and rational appearances in the outer dimension and steadfastness and sincerity in the inner dimension (Aris priyanto, 2021).

The current era of industry 5.0 will soon disappear and make the atmosphere more peaceful, safe, good and prosperous if it plays a spiritual role. Efforts to face the industrial era 5.0 can be achieved through spiritual means through dhikr, including forms of action that do not cause harm. Meanwhile, the industrial era 5.0 pandemic is an adverse situation that can be overcome by doing good and avoiding evil. Meanwhile, a person must oppose his desires by means of muraqabah (always alert) and subdue desires and direct them to selfless activities with various practices of asceticism and/or to cleanse, purify and control all desires with mahabbah (love) which is strong and steady and directed towards lord. Therefore, to fight ignorance requires spiritual knowledge about the true nature of self and god (Mariasusai Dhavamony, 1995).

### **Benefits of Dhikr in the Industrial Era 5.0**

The practice of dhikr which is practiced and carried out by someone in the industrial era 5.0 provides enormous benefits for the practitioner. He will be able to maintain the balance of his body so that his soul becomes calm, peaceful and controlled and his spiritual quality becomes better. Because when you recite dhikr with full confidence and optimism, it will bring someone a calm and

peaceful mood (Siti Yumnah, 2019). Likewise, carrying out dhikr in the industry 5.0 era will prevent someone from feeling extraordinary anxiety when the industry 5.0 era does not go away and there is no antidote.

The anxiety that arises as a result of industry 5.0 cannot be separated from the role of the soul which cannot be controlled and is easily carried away by the current of the pandemic. So the role of the soul covered in dhikr in facing the industrial era 5.0 is highly anticipated. The role of the soul in the industry 5.0 era can influence and cure various physical and psychological illnesses. When a person's physical and psychological abilities can lead to mental peace, then he will not think negatively (suudhan) with the current situation. In fact, he will be able to grow positive energies and destroy the negative energies that are inherent in him.

In fact, the emergence of weak and unqualified society in the industry 5.0 era is caused by the spiritual drought that has recently approached them. If this is not treated immediately and an antidote is given, then when facing the industrial era 5.0, which only relies on external media alone will certainly not reduce anxiety and anxiety in the industrial era 5.0. The role of dhikr in facing the industrial era 5.0 is one of the best solutions which is considered very targeted. Dhikr will make the doer have awareness, patience and gratitude in any condition. This of course further strengthens the existence of spiritual and spiritual dimensions in every human being. Without these two things, humans will feel extraordinary emptiness and anxiety. With dhikr, a person will be able to create feelings of calm, peace, reduce worry and sadness and will further increase self-confidence and self-confidence (Kumala et al., 2019).

The emergence of these feelings is proof that humans in their lives really need metaphysical things in order to obtain peace and tranquility of the soul. Because this will enable them to reach the limits of perfection which in Sufism is called insan kamil (perfect human). In order to reach that level, they must go through stages (maqamat) which are part of their spiritual journey. The spiritual journey is a medium for someone to be able to trust, be patient, be grateful, qona'ah and be pleased with everything that is a gift from Allah. This feeling arises because of the spiritual dimension inherent in him. Through dhikr, a person will have inner abilities that are ready to accept unpleasant situations and continue to rise to achieve the future (Puti Febrina Niko, 2018). Apart from that, human mental dhikr will be formed by following their inner self and making them good mentally, not easily stressed and not always happy and peaceful in their life.

In order for this feeling to arise in a person, he must always dhikr (remember) Allah. Dhikr is a method that can purify and cleanse the heart completely from other than Allah. So that when he is in the position of dhikr he must be able to immerse his heart accompanied by to Allah. Through dhikr, he will be able to open the veil of the malakut realm, namely the nature of presenting angels. Dhikr is the key to opening the supernatural world, attracting goodness, taming doubts, and opening the door to sainthood. Therefore, the practice of dhikr that has been carried out will make the heart clean and bright which can lead someone to open the gate of *kashf* (revealing the hijab). *Kasyf* is a gateway to great victory that can lead them to gain inspiration. (Rosihon

Anwar,2010). Dhikr is also a method of healing human mental health and improving their mental state to be better than before. So that we can control our soul and mentality in any condition.

## **CONCLUSION**

Dhikr to Allah is the most effective medium in dealing with various problems that exist in the industrial era 5.0. Apart from being a medium for getting closer to Allah, dhikr can also make practitioners aware of becoming healthy and qualified individuals in facing various problems that will arise in the industrial era 5.0. In fact, dhikr is also able to foster enthusiasm for carrying out God's commands and avoiding all His prohibitions. The condition of the Indonesian nation and even all nations in the world are currently worried about the arrival of the industrial era 5.0. Therefore, it is hoped that the presence of the industry 5.0 era will not be an obstacle for anyone to always be grateful, pleased, qana'ah, trustful, patient and remain healthy and of good quality in any situation and condition. The role of dhikr in facing the industrial era 5.0 is also able to foster enthusiasm in improving spiritual quality and the quality of worship. Without these two qualities, a person's soul will easily be carried away by the current changing conditions, such as the emergence of the industrial era 5.0 which has made most people in Indonesia and even people throughout the world become unproductive, weak, anxious and no longer qualified. So, through remembrance of Allah in the industry 5.0 era, it is hoped that all elements of society can raise awareness of the importance of a healthy life that always remembers and draws closer to Allah. The role of dhikr can also grow the mentality in facing the industrial era 5.0 and people will become braver if this mentality is well formed.

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