

## TIRAKAT AS STRENGTHENING THE RELATIONSHIP BETWEEN PARENTS AND CHILDREN

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**Abstract.** This research aims to examine tirakat in strengthening the relationship between parents and children. Tirakat is a spiritual practice in Javanese culture that involves self-control and prayer, in practice it becomes a medium for building a more harmonious relationship between parents and children. This research methodology uses a qualitative approach with interview and observation techniques. The research results show that the relationship between parents and children is a fundamental aspect in family and community life, this relationship aims to build a strong emotional attachment between the two, this emotional attachment remains strong even though physical distance separates parents and children, emotional was built well. one of the steps strengthen the emotional attachment between the two of them can be done by performing tirakat as follows; Reciting prayers (Sholawat), fasting, reciting verses from the Al-Qur'an, Shodaqoh and ablution water therapy. Recommendations for future research include exploring the impact of tirakat on various aspects of

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child development and the application of this practice in other communities.

## INTRODUCTION

The relationship between parents and children is a fundamental aspect of family and community life. The relationship between parents and children is one of the most important relationships in human life. A good and harmonious relationship between parents and children can provide many benefits for children's development, both physically, mentally and emotionally.

In Javanese culture, one of the practices that is believed to strengthen this relationship is "tirakat". Tirakat, or asceticism, refers to a series of spiritual and ascetic practices undertaken with the aim of achieving inner purity and closeness to God. This practice often involves fasting, prayer, and meditation

In the midst of modernization and rapid social change, traditional values such as tirakat tend to be marginalized. However, many families still maintain this practice as part of an effort to maintain harmony and closeness between family members, especially between parents and children. Tirakat is considered not only as a form of spiritual devotion, but also as a means to build deeper communication and mutual understanding.

Tirakat is a practice carried out with the aim of drawing closer to God. In the context of the relationship between parents and children, tirakat can be a means of strengthening the relationship between the two (Arrahmah, 2021)

. Tirakat from parents is for the sake of forging a child's future. Tirakat from parents for children is indeed an important thing. This is not only about prayers and rituals, but also about the dedication and sacrifice of parents in raising and educating their children. Some of the reasons why parents disobey are as follows:

1. Pray for the child's future; Parents' prayers have extraordinary power.
2. Exemplifying good qualities and morals; parents are role models for children.
3. Prepare the child's future; tirakat accompanied by the efforts and hard work of parents can help prepare children for a better future, both in education, health and morals.

4. Strengthen family ties; tirakat together, such as sunnah fasting or reading the Koran together, can strengthen bonds and harmony in the family.
5. Become a cause of blessings and happiness; tirakat done with complete sincerity and faith is believed to bring blessings and happiness to the family, including children. The relationship between parents and children is the main foundation in forming a child's character, morals and identity.

In the context of Javanese culture, there are various ways to strengthen this relationship, one of which is through the practice of "tirakat". Tirakat from parents to children is a form of spiritual and ascetic sacrifice carried out by parents with the aim of providing protection, guidance and blessings to their children. This practice reflects the depth of parental love and their commitment to the welfare of their children.

Tirakat is a process of maturation of inner and outer thinking (Mukhlisi, n.d.). Tirakat involves various activities such as fasting, praying, and living a life of simplicity. This practice is believed to have spiritual powers that can influence the fate and luck of children. In the midst of modernization and changes in social values, tirakat remains a way for many families to maintain and strengthen the inner bond between parents and children. As religious figures say, parents can prepare a good generation as successors after us and not leave behind weak offspring, and a mother's penance determines her child's future (Admin, 2023). Based on several social facts, one of the ways that parents can take to bring success to their offspring can be done through tirakat.

This research used qualitative approach, field research. Thus, this research is qualitative descriptive analysis that means to understand the phenomenon experienced by research subject that described accurately and systematically based on reality (Lexy, 2016). Data collection technique used are interview and observation, while the interviewee are grammar teachers and students (Satori & Komariah, 2017). The researchers do interview to the organizing committee to obtain the data needed in this research.

### **Parents Tirakat for Their Children**

Tirakat comes from the Arabic word taraka-yatruku-tarkan/tirakatan which means to abandon, namely leaving bad things

that are not useful for him to achieve ukhrawi happiness (Muzadi, 2015). As in the dictionary *Mu'jam Al-Lughah Al-'Arabiyyah* - طرق-طرائق - طريقة is a method, path, technique, commandment, shahadah, faith or doctrine (Anis, 1972).

Linguistically, "tirakat" comes from the Arabic word "ṭarīqah" (طَرِيقَة) which means "path" or "way". In the Indonesian context, "tirakat" generally refers to spiritual practices or abstinence activities carried out for certain purposes, such as getting closer to God, gaining inner strength, or achieving a desired goal. This practice of penance often involves various forms of fasting, meditation, prayer, and abstaining from certain worldly things.

Tarekat refers to various Sufi orders or paths in Islam that focus on spiritual development and closeness to God through specific teachings and practices. This order is carried out by several community groups with certain goals. Like; involves teacher-disciple relationships, spiritual rituals, and ethical guidelines to guide followers toward inner purification and enlightenment (Nugroho et al., 2022).

In this research, we will discuss how the concept of penance is practiced by parents with the aim of ensuring the success of their children, as a strengthening of the parent-child relationship. Parental reinforcement plays an important role in improving parent-child relationships. Approaches such as Parent-Child Interaction Therapy (PCIT) emphasize the therapist's role in mediating social reinforcement to facilitate change (Borrego & Urquiza, 2008).

The relationship between parents and children is one of the most important factors influencing children's psychological development. Positive and healthy relationships can help children develop into individuals who are happy, confident and have good social skills. On the other hand, negative relationships can cause various psychological problems in children, such as anxiety, depression, and aggressive behavior. Parents and children have an emotional attachment

Parents do have a close relationship with their children, which significantly impacts various aspects child development. Research emphasizes the importance of positive parent-child relationships in fostering self-regulation, emotional well-being, and academic success (Suitor et al., 2015).

Although physical distance separates parents and children, emotional attachment can still be maintained. several ways to

maintain and strengthen the emotional attachment between children and long-distance parents.

One form of strengthening the emotional relationship between children and parents can be done through Tirakat.

Although tirakat is not a commonly used way to build emotional attachment between parents and children, there are several meanings and values contained in this spiritual practice that can be applied to the relationship between parents and children. tirakat is basically a spiritual practice that involves self-control and discipline to achieve certain goals. The goals can be varied, such as increasing faith, getting closer to God, or achieving success in life.

Tirakat is the process of restraining one's desires and abandoning worldly pleasures. and it is not wise in life to have bad desires and desires and these pleasures can be interpreted as worldly pleasures which are temporary (Afiah, 2019). According to the *Thoriqoh Tijaniyah, subbah* is a teacher-student approach method which is characterized by spiritual initiation (Islam, 2023).

As immanent creatures humans need a mystical path to reach *maqamat* in God who has full power over every good destiny that occurs. The efforts of parents through the path of tirakat which aims to ensure that the child who is being tirakat will be given help by Allah is part of the teachings of Sufism by carrying out the ritual of worship and deeds as a way to reach God's path (Hidayah, 2020). Some tirakat practices carried out by parents are as follows;

*First*, reading *sholawat*. Etymologically, sholawat comes from Arabic, the plural of the words shola or asholatu which means prosperity, glory, blessing, prayer and worship. Sholawat, which can be interpreted as prayer, is a request, either for oneself or for others (Tika, 2014). Fadhilah read the prayer as follows; First; As a form of obedience to the commands of Allah subhanahu wa ta'ala. Second; Get a lot of goodness. Third: Together with Rasulullah sallallahu 'alaihi Wasallam on the Day of Judgment. Fourth; The prayer was conveyed to the prophet without any obstacles. Fifth; Every prayer that begins with shalawat is granted.

Recitation of sholawat, in order to uphold Nur Muhammad (Ihsan & Islam, 2023). Parents recites sholawat and then blow it over their children's crowns before leaving for school, and recites fatih prayers when parents is cooking for their children. Building spiritual closeness through prayer is a spiritual activity that can bring parents and

children closer to Allah SWT and the Prophet Muhammad SAW. This spiritual closeness can strengthen the emotional bond between the two. A study entitled "Parents' Sufism practices to improve children's spiritual moral intelligence" conducted by Ulil Hidayah, in this study shows that parents can recite sholawat munjiyat forty-one times for each child every five times to guide their children. towards success and improving their spirituality (Hidayah, 2020).

*Second*, fasting. Fasting is refraining from anything that cancels one day from sunrise to sunset with the intention and several conditions (Rasyid, 1984). There are two types of fasting in Islamic law, namely obligatory fasting and sunnah fasting. Sunnah (nafal) fasting is a fast which if done will get a reward and if not done there is no sin.

The Prophet Muhammad , as a role model for Muslims, was decorated in his life with the qualities of simplicity and asceticism, which does not mean he could not live a luxurious life, but he did this to feel close to Allah. This characteristic of asceticism can be said to be a form of penance, for example fasting. as a form of curbing one's desires and the wisdom of increasing the love of Allah's pleasure and approach to him, fasting as recommended by the Prophet Muhammad, such as fasting on Monday and Thursday, fasting Arafah Ashura Sha'ban and Ayyamul bid and others (Ramadhani, 2013). These sunnah fasts for some parents are carried out specifically for them. their children, with the hope that their children can obtain blessings from the rewards of fasting that their parents have done, and or fasting on certain days, such as on their birthday or on days where the child -their children are facing various important activities such as school exams, college, taking part in competitions and several other things.

There is fasting carried out by students, the practice of fasting is the practice of tirakat or concern in seeking knowledge, so that the knowledge learned is useful in this world and the hereafter (Fiddari & Turmudi, 2020). Fasting and asceticism are two things that are very important for a person's spiritual improvement. All religious teachings usually mention this fast in various different versions. Fasting has a very good and great effect on the body and mind. Fasting in a supernatural way changes the molecular system of the physical and etheric body and raises vibrations so that it makes the body more sensitive to supernatural energy/power while trying to awaken a person's sixth sense ability (Afnan, 2017). Another type of fasting,

namely Daud's fast, has the meaning of positive emotions, religiosity, spirituality, happiness, emotional regulation, pro-social behavior, self-control (Aqilah, 2020).

*Third*, reading verses from the Al-Qur'an. Reading the Qur'an is a very noble act of worship in Islam and has many virtues. Here are some of them:

- a. Get multiple rewards - Every letter read in the Qur'an gets its own reward, as mentioned in the hadith [HR. At-Tirmidhi].
- b. Elevated in rank by Allah SWT - People who read the Koran are called "Quran experts" or the family of Allah SWT and have a special place by His side [HR. Ahmad].
- c. Become an intercessor on the last day - The Koran will be a defender for those who read it on the last day [HR. Muslims].
- d. Brings calm and peace of mind - Reading the Koran can be an antidote to an upset and restless heart. [Al-Quran Surah Al-An'am verse 80]

Because of these virtues, some parents perform Tirakat by reciting verses -Holy verses of the Qur'an in various ways, diabtarabta;

- a. Reading Al-Fatihah before sleeping
- b. Reading Surah al-Ikhlâs al-Falaq, Annas and Ayat Kursi before going to bed.
- c. After every prayer, the surah Al-Fatihah is recited. Some of them read Al-Fatihah without a nominal amount, some of them recite it 3 times, and 41 times after each prayer.

*Fourth, shodaqah.* In the Qur'an the word Shodaqah has many different terms, which show similar meanings, including, the commandment of Shodaqah (Qs. At-taubah verse 60), the virtue of sadaqah (Qs. Al-Baqarah verse 261) and people who has the right to receive Shodaqah (Qs. Al-Baqarah verse 261). Shodaqah will shelter the perpetrator on the Day of Resurrection, extinguish Allah's wrath, bring His love, open the doors of Mercy, erase sins and mistakes, avert disaster and purify the soul (Ataya, 2021).

Based on these priorities, some parents perform shodaqah for the good and good wishes for their sons and daughters on the days of their birth or on days that are considered other important moments.

*Fifth*, ablution water therapy. Ablution comes from the word Al-wadh'ah which means cleanliness and brightness, ablution is a great practice in Islam (Matheer, 2014). Physically, ablution will cleanse the

body of hadas, but spiritually, ablution can cleanse humans from the sins they have committed (El-Bantanie, 2010).

Based on the results of interviews conducted by researchers, based on these virtues, some parents have performed ablution on their children since they were babies. Some others drink the mother's ablution water for their children, because the ablution water is considered nur, light. As a study says something similar, ablution water is nur (Rokhmawan et al., 2019).

## CLOSING

Based on the research that has been carried out, a conclusion has been reached that the relationship between parents and children is a fundamental aspect in family and community life, this relationship aims to build a strong emotional attachment between the two, this emotional attachment remains strong even though physical distance separates them. parents and children, emotional attachment can still be maintained. Some ways to maintain and strengthen the emotional attachment between the two of them can be done by providing parents with respect for their children. Some tirakat that can be done include; Reciting sholawat, fasting, reciting verses from the Qur'an, Shodaqoh and ablution water therapy.

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