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The Islamic Counseling Values in Saman Dance Poetry Among Gayo Society

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Abstract

The Saman dance, a cultural heritage of the Gayo community, is not only an artistic expression, but also reflects the Islamic counseling values that this community firmly holds. This research aims to explore the Islamic counseling values contained in the Saman dance poetry and how these values are applied and lived by the Gayo community. This study uses qualitative research methods with data collection techniques through in-depth interviews, participant observation, and text analysis of Saman dance poetry. The results of the research show that the Saman dance poetry consistently depicts Islamic values such as piety, morals and social values. The Gayo community applies these values as a guide for Islamic counseling in everyday life, strengthening social and spiritual ties within the community. By highlighting the relationship between traditional art and Islamic values, this research provides further insight into how art and culture can be an effective means of conveying Islamic counseling messages and strengthening moral values in local communities. The implications of these findings can help in the development of Islamic counseling programs that are integrated with cultural heritage in various communities.

Keywords: Islamic counseling values; Saman dance poetry; Gayo society.

Introduction

Counseling, etymologically, originates from the Latin language which means "with" or "together," combined with 'consilium' which means "receiving" or "advising." On the other hand, in Anglo Saxon language, the term counseling derives from "sellan"

which means "to give." The interaction that occurs between two individuals, referred to as counselor and client, takes place in a guarded atmosphere. Counseling is considered a tool to support changes in client behavior (Zarrahadi, 2015).

Counseling is the support provided by a counselor to an individual or group of individuals (clients, participants, or individuals facing issues) to assist them in overcoming their problems through interviews. The goal is for the client or group of clients to have a deeper understanding of their own issues and be able to resolve them with their own abilities. This process involves accepting advice given by the counselor (Zarrahadi, 2015).

Counseling is the process of assisting individuals in overcoming behavioral problems and mental (psychological) aspects so that they can better control their behavior in decision-making and face various life problems. The goal is to enhance the discussed values so that clients can uplift their dignity.(Worden, 2009a), Frank Parsons, who first introduced counseling in 1908, various counseling approaches continue to evolve and develop to help reduce and alleviate the burdens of individual life problems (Worden, 2009b).

According to the Islamic perspective, counseling is interpreted in Arabic. The word counseling is called al-Irsyad or Al-Istisyarah, while the word guidance is called al-Taujih. Therefore, the commonly used term is at-Taujih wal Irsyad or at-Taujih wal Istisyarah. Etymologically, the word al-Irsyad means guidance, addalalaah, which means guidance in Indonesian, while al-Istisyarah means talaba minhal-masyurah/an-nashihah, which means asking for advice or consultation (Hamdani, 2012).

Islamic counseling is a service provided by counselors to clients with the aim of developing their abilities to overcome problems and plan for the future. This is done by choosing the best actions to achieve happiness both in this world and the hereafter, based on the guidance and pleasure of Allah SWT (Hamdani, 2012). The process of guidance and counseling expects changes that are dynamic, progressive, and evolving, without being fixated on static conditions. After the service is provided, clients are expected to demonstrate more creative behavior and continue to show better development (Amti., 2004).

The counseling process is not always limited to specific rooms or face-to-face interactions alone. Listening to lyrics, song poems, or traditional arts, such as the poetry

of the Saman dance and other forms of art, can be effective means to aid the counseling process and can be used as a form of expressing emotions and feelings that may be difficult to verbalize. Clients can express themselves more freely not only in a monotonous classroom or room setting (Rangkuti, 2021).

Islamic counseling through the medium of Saman dance poetry is an approach that utilizes creative expression as a means to assist individuals in overcoming various emotional, mental, or psychological issues. This approach enables clients to express themselves by listening to the lyrics of the Saman dance. Transitioning from issues such as confusion, heartache, and stress through Saman dance poetry can provide a unique and profound expression, helping individuals to explore and understand feelings in ways that may be difficult to articulate through words alone.

The Saman Dance is one of the highly renowned traditional arts internationally acknowledged. It's an extraordinary achievement that the Saman Dance has been recognized by UNESCO as an intangible cultural heritage of humanity. The Saman Dance is characterized by rapid movements, acrobatics, and the conveyance of messages through sign language. Typically performed by a group of seated dancers in rows, the harmonious movements, musical rhythm, and messages conveyed through this dance are truly captivating. Besides the Saman Dance, the Gayo Lues region also boasts various other traditional arts, including music and other dances. This exemplifies Indonesia's cultural richness that needs to be preserved and safeguarded, as such traditional arts are integral parts of a region's cultural identity (Rajab Bahry, 2014).



Picture 1. Saman Dance Art, Gayo Lues. Source: Official Website of Gayo Lues District Office. Top of Form
<https://pariwisata.gayolueskab.go.id/Top of Form>

This study can explore concrete examples of how the values of Islamic counseling can be found in the verses of the Saman dance art among the Gayo

community, within the Gayo community's approach to the Saman dance art. The influence of religion on the development of the verses conveyed, to what extent Islam influences the way Gayo artists execute or understand the verses of the Saman dance. The research can also examine the impact of Islamic counseling values in the verses of the Saman dance on the Gayo community. Are there any changes in the understanding, behavior, or mindset of the community.

Like the research conducted by Risa Kasih, Marhamah, Abdul Mugni entitled "Islamic Counseling in Syair Didong Among Gayo Society," IAIN Lhokseumawe, individuals often face problems in their lives and are required to be able to overcome various issues simultaneously. To deal with this, counseling is necessary. In Syair Didong, there are Islamic counseling values such as providing advice, guidance, and directing someone towards the right path. However, the Gayo community, especially the youth, lack understanding of the meaning and values of counseling contained in Syair Didong. This research aims to identify the Islamic counseling values in Syair Didong among the Gayo community. The results of this study indicate that Islamic counseling values are present in the advice, guidance, and direction given to the Gayo community, such as etiquette in speaking to someone, maintaining manners, and maintaining harmony and unity within the family with Islamic values of life. In addition, Islamic counseling values in Syair Didong also include education, morality, consultation, sharia, and compassion (Risa Kasih, Marhamah, 2023).

The equation of this research focuses on counseling values in traditional dance poetry among the Gayo community, but the difference lies in the research object. This study employs the object of the 'saman' dance, while previous research used the Didong dance art.

Then the research conducted by Basriyadi and Mohamat Hadori discusses the Islamic counseling values in the poem of the song "Sejukkan Hati" by Jam'iyah Shalawat Bhenning. Music, as a medium for conveying moral messages, has been used by this music group to convey Islamic counseling values to their audience. The songs performed by Jam'iyah Shalawat Bhenning are expected to convey moral messages to their listeners. This research is a literature review, where data is collected through documentation and analysis of song lyrics to draw conclusions.

In the lyrics of the song "Sejukkan Hati," there are three Islamic counseling values identified by this research:

1. Message with Sholawat to Achieve Peace The song conveys a message that through reciting blessings upon the Prophet Muhammad, one can attain peace, tranquility, inner peace, and receive abundant blessings.
2. Message of Oneness and the Greatness of God's Power The song contains messages about the unity of God, the greatness of His power, and the significance of mentioning and remembering God.
3. Instilling Love Among Fellow Beings The song also emphasizes the importance of instilling love among fellow beings, fostering good relationships among individuals (Basriyadi, 2022).

Therefore, this research provides insights into how songs from Jam'iyah Shalawat Bhenning can serve as a means to convey Islamic counseling values to their listeners, and through the song "Sejukkan Hati," it is hoped that listeners can understand and apply these values in their daily lives.

In this regard, the Author discusses the Islamic counseling values in the verses of the Saman dance among the Gayo community. The Saman dance verses are a rich and profound cultural heritage of the Gayo community in the Aceh Province, Indonesia. This dance is renowned for its dynamic, dense movements, filled with strong messages. However, behind the verses of the Saman dance, there are aspects of values and well-being reflected in them.

In this study, the Author will explore the Islamic counseling values reflected in the verses of the Saman dance. The main objective of this research is to understand how the Saman dance verses can serve as a means of communication and counseling in the Gayo cultural context with Islamic values. The Author will analyze the verses of the Saman dance song, and the meanings contained therein, as well as how they refer to the principles of Islamic counseling.

Method

This type of research is qualitative. Qualitative research is a type of research that aims to describe and analyze phenomena, events, social activities, attitudes, beliefs, perceptions, and thoughts of individuals or groups. According to Strauss and Corbin (2007), qualitative research is a research method that can be used to examine societal life, history, behavior, organizational functions, social movements, or kinship relations.

The goal of qualitative research is to understand situations in a context with a focus on in-depth and detailed descriptions of conditions in a natural environment, reflecting what actually happens according to field observations (Farida Nugrahani, 2014).

In this study, the author employs a descriptive qualitative approach. This descriptive approach refers to a research method aimed at thoroughly, comprehensively, and deeply exploring or depicting the social situation under study. In line with the formulated research problem guidelines, this study creates a profound understanding through descriptive data consisting of written or oral words obtained from participants as well as observed behaviors, in accordance with the concept elucidated by Bogdan and Taylor as cited by Lexy J. Moleong (Meleong, 2007). Qualitative research aims to focus on social phenomena, emphasizing the expression of feelings and perceptions provided by participants within the study context.

This approach is based on the belief that knowledge stems from social interaction, and understanding social knowledge is a scientific process that can be recognized as valid (Emzir, 2011). This qualitative method is designed to explore comprehensive information about "Islamic counseling values in the Syair Tari Saman among the Gayo community." The research subjects are two experienced Saman dancers. Subject selection is done through purposive sampling, which means selecting subjects based on specific criteria. The criteria for selecting subjects in this study are: having a minimum of 3 years of experience as Saman dancers and having an understanding of the Syair Tari Saman. In this research context, the main focus is to describe the Islamic counseling values in the Syair Tari Saman among the Gayo community.

Discussion

The Islamic Counseling Values According to Gordon Allport, a personality psychologist, values are defined as beliefs that guide and motivate individuals to act and behave based on their choices (Mulyana, 2004). Meanwhile, the value system is a set of interrelated values within a system that mutually supports and cannot be separated. These values come from religion and also from humanistic traditions (Mulyana, 2004).

The definition of counseling is a process in which assistance is provided with a focus on solving and preventing the problems faced by individuals, and it is curative in nature (Aunur Rahim Faqih, 2004). There are various fields in counseling, and one of

them is Islamic counseling. Tari Saman is one of the traditional arts originating from the Gayo tribe in Aceh, Indonesia. This dance is a form of cultural expression of the Gayo community that holds strong religious values. This can be seen from the verses sung by the Saman dancers.

The verses in the Saman dance generally contain moral messages and Islamic values. These moral messages can include advice, guidance, and instructions to the Gayo community to live according to Islamic teachings. Here are some Islamic counseling values contained within the verses of the Saman dance:

The value of faith and piety

Poems in the Saman dance often contain praises to Allah SWT and His Messenger. This indicates that the Gayo community has strong faith and piety towards Allah SWT. One example of a poem that contains the values of faith and piety is the following poem:

Hmm Laila Haillaullah Ahu...

La Hoya, Saree E La Ha'a La La Hoya...

He Hehe Enyan Enyan Hooo Lem Allahu...

There is no god but Allah...

That's how it is, all the paternal tribes, as well as the maternal tribes...

Well, there you have it, there is no god but Allah..

Piety in the context of Islam refers to an individual's awareness and obedience to Allah. Islamic piety counseling is a process of accompanying and guiding someone to enhance their piety towards Allah. In the context of the Saman dance poem, Islamic piety counseling involves values related to one's relationship with Allah, which include fulfilling obligations as a normal individual. Following His commands and avoiding His prohibitions are essential assets to play the role of a steward in the world. Belief in Allah and the implementation of His teachings are the primary assets that bring happiness in worldly life, as they create peace of mind through success in living life (Abdullah Athyyar, 2006).

The Khalifah himself is an individual who represents the community in exercising power in this world (Watsiqotul, 2018). The human task as a caliph is to be

responsible and take care of oneself, fellow humans, and nature, which is the source of life. One of the caliph's duties is tawakkul, or surrendering to Allah. Etymologically, tawakkul can be interpreted in various dictionaries and versions. According to the General Indonesian Language Dictionary, tawakkul means surrendering oneself to Allah with wholeheartedness and trust in God. Meanwhile, in the Great Indonesian Dictionary, tawakkul is defined as surrendering oneself to the will of Allah and having full faith in Him.

The Saman dance poetry in Gayo society can be considered as a cultural expression medium that reflects religious values, including devotion to Allah. The poems found in the Saman dance may contain moral and spiritual messages that can be interpreted as Islamic counseling values. The delivery of Islamic Values Saman dance poetry can serve as a means to convey Islamic values such as patience, humility, and reliance on Allah. This can serve as a guide for society in facing various life challenges.

With Islamic counseling applied in the midst of Gayo society, Saman dance poetry can be one of the media used to convey these counseling messages. Through art and culture, Islamic values can be applied and deeply appreciated by the local community.

Moral Values

The poems in the Saman dance often contain noble moral values that should be possessed by everyone. These noble morals include virtuous traits such as honesty, trustworthiness, and fairness. One example of a poem containing moral values is the following:

Gelah Jeroh Ike Bercerak...

Bersantan Lemak, Bermanisen Lungi...

Bertutur Sapa Gelah Belangi...

Kati Terpuji Kao Anak Ku...

Mu Tawar Bengi Iwan Atemu...

Speaking Nicely...

Speaking Well and Gently...

Calling with Kind Greetings...

So That You, My Child, May Be Praised...

Keeping Cool Within Your Heart...

The Islamic counseling values in the poem "Tari" emphasize the importance of giving guidance and advice with a soft and gentle voice. These values emphasize that in communication, one should avoid speaking harshly or arbitrarily towards others. The message aligns with Islamic teachings that encourage people to speak with gentle words and avoid excessive behavior.

Furthermore, these values also teach that excesses and excessive behavior are not good, and are even prohibited by Allah SWT. Therefore, the "Tari Saman" poem reflects Islamic teachings that prioritize politeness, compassion, and avoiding excessive behavior in social interactions. Thus, these messages can be considered as counseling guidelines in the context of Islamic teachings that direct individuals to communicate well and maintain behavior that aligns with religious values.

This aligns with moral values, which involve things that cleanse the soul, bring one closer to Allah, and encompass praiseworthy qualities such as patience, reliance on Allah, contentment (being satisfied with what one has), and others, considered consistent with Islamic teachings. This is connected with the concept of *ihsan* in Islam. The spiritual aspect is an important part of human beings, and in the context of Islamic counseling, the desired outcome is *akhlakul karimah*. *Akhlakul karimah* refers to virtuous behavior and noble ethics that shape a person who is conscious of God and lives a life of piety. Thus, Islamic counseling aims to guide individuals to attain the level of *akhlakul karimah*, creating blessings in life and drawing closer to Allah (Zulfa, 2017).

The Moral Values in the Saman Dance Poem provide guidance and instruction for individuals to always maintain a gentle and good manner of speaking, in accordance with Islamic teachings. The Saman dance, accompanied by sung poetry or verses, emphasizes the importance of maintaining a gentle and good manner of speaking, in line with Islamic teachings. In this context, the moral values in the Saman Dance poem provide guidance for maintaining a gentle and good manner of speaking, in accordance with Islamic teachings, indicating the presence of moral and ethical education.

The poetry in the Saman Dance encompasses Islamic values that teach the importance of speaking politely, respecting others, and maintaining ethics in communication. Islam itself strongly emphasizes the importance of good morals in all

aspects of life, including daily interactions. Involving moral values in traditional arts like the Saman Dance can be an effective means of conveying moral messages to society. By integrating art and religious teachings, dancers and audiences can absorb and internalize these Islamic counseling values in a deeper manner.

Social Values

The verses in the Saman dance often contain social values that must be upheld by society. These social values include unity, harmony, and mutual assistance. One example of verses containing social values is the following:

Murum kite bewente...

Kati kite kuet...

Entah kite rukun...

Kati murip te sejahtera...

Let us unite...

So we may be strong...

Let us harmonize...

So we may prosper...

The Saman Dance Poem, which is a cultural heritage of the Gayo community, can serve as a means to convey social values and also has the potential to be applied in the context of Islamic counseling within that community. Here are some social values found in the Saman Dance Poem among the Gayo community:

1. **Togetherness (Gotong Royong):** The Saman dance poem often involves cooperation and togetherness among the performers. This reflects the strong spirit of mutual cooperation in the Gayo community.
2. **Loyalty and Solidarity:** Messages about loyalty and solidarity can be reflected in the dance movements and lyrics of the poem. This may create a sense of unity among the dancers and the audience.
3. **Respect for Tradition:** The Saman dance poem can also reflect respect for the traditions and cultural heritage of the Gayo community. It demonstrates traditional values that are highly esteemed.

The social aspects of the Saman Dance are reflected in the involvement and solidarity of the group. The performance of this dance involves group participation, showing the significance of cooperation and unity. This aspect reflects the principle of ummah in Islam, where the Muslim community worldwide is considered as one large entity. In the realm of Islamic counseling, the presence of these social values is crucial for promoting cooperation, tolerance, and understanding among individuals, all of which are core values in shaping a healthy and supportive society.

Conclusion

The Islamic counseling values contained in the Syair Tari Saman include piety, moral values, and social values. In the Islamic context, piety refers to respect, obedience, and submission to Allah SWT. Tari Saman often displays religious and spiritual aspects through its movements and lyrics. The value of piety in this dance can be seen in how the dancers express unity, harmony, and submission, which can be interpreted as symbols of submission to the will of Allah. In Islamic counseling, piety is important because it helps individuals develop a closer relationship with Allah, which is crucial for achieving psychological and spiritual well-being.

Moral values relate to moral behavior and ethics in Islam. In the Syair Tari Saman, these values can be seen in the lyrics and movements that depict virtues such as honesty, patience, and mutual respect. This dance often involves close coordination and cooperation among dancers, reflecting the importance of values such as unity and respect for others. In Islamic counseling, fostering good moral character is an important step in the development of an individual's character and in shaping a harmonious society.

Social values in Tari Saman are evident in aspects of togetherness and solidarity. This dance is performed in groups, demonstrating the importance of cooperation and unity. It reflects the concept of ummah in Islam, where Muslims worldwide are considered one large community. In the context of Islamic counseling, these social values are important for promoting cooperation, tolerance, and understanding among individuals, all of which are core values in building a healthy and supportive society.

Overall, the values of piety, moral conduct, and social cohesion contained in the Syair Tari Saman are not only important in the cultural and artistic context but also highly relevant in Islamic counseling practices. Islamic counseling focuses on the development of the spiritual, moral, and social aspects of individuals, and these values can be acquired and learned through the appreciation and understanding of cultural arts such as Tari Saman.

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