



IMPLEMENTATION OF THE GARPUTALA METHOD AS A QUR'ANIC COUNSELING AND LEADERSHIP MODEL FOR BUSINESS PEOPLE

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Abstract

This study aims to examine the implementation of the Garputala method as a Qur'anic counseling and leadership model in supporting business people to face various problems effectively and affordably. Using a qualitative approach with a case study method, data was obtained through interviews with alumni of Magnet Rezeki Training in the Bumi Serpong Damai area. The results showed that the Garputala method helps business people achieve emotional calmness and positive behavioral changes. In addition, the application of Qur'anic leadership through this method is proven to increase business turnover and provide solutions to mental problems and work productivity. The findings also demonstrate the potential of the Qur'an as an effective counseling medium for individual and organizational development. This research makes a practical contribution in introducing a spiritually-based approach that is relevant for the business world, while opening up opportunities for exploration of similar methods in other educational and social fields.

Keywords: *Garputala Method; Qur'anic Leadership; Business Person Counseling*

INTRODUCTION

Indonesia is among the countries with high stress levels, reaching 64% in 2020 (Astrina Aulia 2022). According to the WHO report, every year 726,000 people die by suicide, while many more make suicide attempts. Suicide is a serious and urgent public health problem (WHO.Int, 2024). It is not only a phenomenon in high-income countries, but also occurs in developing countries, where 73% of suicides are committed (WHO.Int 2024). One of the main factors causing stress that leads to suicide is economic pressure.

In idealism, the Qur'anic approach as a holistic solution is expected to guide people towards peace of mind and better productivity. The Qur'an provides comprehensive leadership values and moral guidance. However, in reality, this approach is often ignored by business people who are more likely to grapple with

pragmatic approaches to cope with the pressures of life and work. Business people, especially those in the start-up stage, face high levels of stress as they are responsible for the company and its employees, while facing volatile and uncertain business situations (Maryoto 2022).

This gap shows that although the Qur'an has great potential as a counseling medium and leadership guide, not many business people have made optimal use of it. In reality, spiritual-based counseling methods such as Garputala are still lacking in the business world. This is both a challenge and an opportunity to integrate Qur'anic values in a practical context, to address the needs of business people in managing stress and increasing productivity.

This study aims to examine the implementation of the Garputala method as a model of Qur'anic counseling and leadership for business people. This study is expected to fill the gap between the idealism of the Qur'anic teachings and the reality of the challenges faced by business people in everyday life.

RESEARCH METHODOLOGY

This research uses a qualitative approach with a case study method, focusing on the implementation of the Garputala method as a Qur'anic counseling and leadership model for business people.

The main data was collected through in-depth interviews with Magnet Rezeki Training alumni who have learned and applied the Garputala method. The interviews were conducted in a semi-structured manner to explore the experiences and perceptions of the informants. In addition, secondary data in the form of literature related to the concept of Qur'anic leadership and the Garputala method were also used.

The informants consisted of three alumni: Mr. Er, Ms. Ami, and Mr. Aang, who were selected based on their experience in applying the Garputala method in a business context. The selection of informants was done purposively as they are considered to have in-depth knowledge and are relevant to the research topic.

The collected data was analyzed using thematic analysis techniques, with steps: 1. Interview transcription; 2. Coding to identify key themes, such as the impact of the Garputala method on decision-making, emotion management, and business performance; 3. Thematic interpretation to understand the influence of the method's implementation in the informants' business lives.

DISCUSSION

Garputala Method as a Counseling Model

The Garputala Method, or often referred to as the Tuning Fork Method, is a counseling technique that utilizes the concept of resonance to help individuals achieve emotional balance. In an Islamic context, this method can be integrated with the values found in the Qur'an to provide more holistic and spiritual guidance.

The Garputala method is a method created by Nasrullah, a quantum chemist. One of his researches about 7 arsenic compounds in one count was published in the Malaysian journal (Nasrullah 2022). He researched the subtle but very decisive elements of the real world. For example, the reaction of 1 kg of atomic bomb compound is more powerful than the explosion by a 1 kg iron cannon bullet. Nasrullah says that everything in the universe is energy. According to Nasrullah, each of these energies has a frequency that is interconnected if they are at the same frequency. Similar to a Garputala that is placed far apart but the frequency is the same, then when one of them is hit it will vibrate and make a sound that spreads and propagates so that the other Garputala also vibrates / sounds even though it is not hit. An example of this resonance event occurs when a mother can feel a premonition if something happens to her child even though there is a long distance between the two. Both are connected by the same frequency. In physics experiments this is referred to as resonance (Swaswikanti 2021).

This method is taught in Magnet Rezeki training. A community that believes that God's sustenance is not just in the form of material possessions but also in the form of health, children, spouses, family, etc. This community focuses on making its members empowered. This community focuses on making its members economically empowered in ways taught by the Qur'an (Nasrullah 2022).

Thus, if a person equalizes his frequency with the Qur'an, the Qur'an will be able to vibrate his heart and energize him. According to Aang, an MR trainer, he mentioned that in doing this garputala method one must first equalize himself with the great Qur'anic frequency by performing ablutions, repentance prayers, dhikr, *sholawat*, *istighfar* and closing with *al-fatihah*.

While doing this, the eyes are closed in order to increase focus. The Qur'an acts as a counseling medium. The Qur'an is faced in front of his face or hugged to his chest while the person releases all the *unek-unek* and all the problems he feels as if the Qur'an is the counselor where he consults his problems. Furthermore, the Qur'an is opened randomly to get one verse by pointing freely with his fingers. The verse obtained is used as a self-mirror or as an evaluation tool to correct his mistakes. This Magnet Rezeki community believes that every bad destiny happens then it is the result of his own mistakes so that there is an effort to repent. The focus is on improving oneself not by judging others. Changing others is not within our control so people who have learned the Garputala method are no longer busy blaming others, conditions or everything outside themselves. They only focus on changing themselves so that they believe that their good vibrations will also spread and resonate with good people everywhere. (Nasrullah 2022)

Qur'anic Leadership.

Leadership in the Qur'an has its main foundation in the principle that leaders are *caliphs* on earth who are responsible for upholding justice, maintaining harmony, and directing people towards the benefit of the world and the hereafter (QS. Al-Baqarah: 30; Al-An'am: 165)(Kementrian Agama Republik Indonesia 2022).

This concept includes not only the spiritual dimension but also the moral and social aspects, thus forming a holistic and integrative leadership (Rivai 2014) as below:

Principles of Qur'anic Leadership

1. Responsibility Trust

Leaders have an obligation to be accountable for their leadership. The hadith of the Prophet SAW explains, "Every one of you is a leader, and every leader will be held accountable for his leadership" (HR. Bukhari and Muslim). This principle emphasizes that leaders are not only responsible to humans, but also to Allah SWT (Kementrian Agama Republik Indonesia 2022)

2. Justice

Leaders must be fair in all their actions, as Allah says in Surah An-Nisa verse 58: *"Verily Allah enjoins you to deliver the mandate to those who are entitled to it, and when establishing a law among men that you establish it with justice."* This justice involves decisions that are free from bias or self-interest, creating trust in the society they lead.(Al-Bukhari 2021)

3. Deliberation (*Musyāwarah*)

The decision-making process in Qur'anic leadership involves the principle of deliberation. This is reflected in QS. Ali Imran: 159: *"And deliberate with them in the matter."* Leaders who practice deliberation are able to create wider involvement in decision-making, thus increasing a sense of belonging and shared responsibility.(Nasrullah 2022)

4. Exemplary (*Uswatun Hasanah*)

Qur'anic leaders are required to be exemplary in speech and behavior. This example is an effective way to inspire and motivate followers. This is exemplified by Rasulullah SAW as a leader who is humble, compassionate, and oriented towards the happiness of the people (Muslim 2016).

Implementation in the Business World

In the business world, Qur'anic leadership is applied by making Qur'anic values the main guide in human resource management and strategic decision making. Research shows that Qur'anic leaders are able to create a harmonious work atmosphere, increase employee loyalty, and resolve conflicts with a spiritual approach (Maryoto 2022)

The case study in this research shows that the Qur'anic leadership method applied through *Magnet Rezeki* training has a significant positive impact. Leaders

who apply this method experience improvements in emotional management, decision making, and better interpersonal relationships with their employees (Nasrullah 2022).

For example, one of the trainees stated that after attending the training, he was more patient, able to deal with work pressure calmly, and tried to improve himself based on Qur'anic values (Sutanto 2019).

The Importance of Holistic Leadership

Qur'anic leadership focuses not only on the worldly dimension but also on the hereafter. Leaders must have a vision that includes success in both aspects. QS. Al-Mu'minun: 1-11 describes the characteristics of successful leaders, namely those who keep their trust, keep their promises, and are consistent in their worship (Kementrian Agama Republik Indonesia 2022)

In addition, leaders who take the Qur'an as the main guide will be able to present decisions based on the principles of justice and the maslahat of the people. This is relevant in the business world, where ethical challenges often arise, such as in terms of transparency, fairness in remuneration, and corporate social responsibility (Nasrullah 2022).

Research Results

The results of this study provide a detailed description of the implementation of the Garputala method and Qur'anic leadership in helping business people manage stress, increase productivity, and find solutions to various problems. The following is a description of the main findings based on the results of interviews and data analysis:

Key Findings

1. Impact on Emotional Calmness

- The Garputala Method helps business people overcome emotional distress and stress through a spiritual approach.

- Business people feel calm and better manage their emotions after using this method.
2. Improved Productivity and Efficiency
- By making the Qur'an a guide, business people can conduct in-depth self-evaluation.
 - The implementation of this method is proven to increase work productivity, both in individuals and teams.
3. Business Problem Resolution
- Respondents managed to find creative and strategic solutions to the business problems they faced.
 - The Qur'an acts as an effective counseling tool in guiding decision-making.

Interview Data

The following interview results are presented in more detail:

Respondent	Problems Before the Method	Verses Obtained	Garputala Process	Changes After the Method
Mr. Er	Stress due to business financial problems, authoritarian leadership style, and lack of harmony with employees.	Q.S. Al-Qashash: 24	Using the Qur'an as a medium for introspection, reading the verse with devotion, and regularly chanting the message of the verse.	Became calmer, able to manage emotions, created a more positive work environment, business stabilized with large orders from regular customers.
Mrs. Ami	Family conflicts with her daughter-in-law and financial burdens from supporting her sibling's economic difficulties.	Q.S. An-Najm: 39	Reading the verse while understanding its context, reflecting on its meaning as self-evaluation, and consistently chanting the verse.	Improved relationship with her daughter-in-law, experienced a significant increase in orders for her clothing business, and witnessed blessings in the form of smooth business operations.

Mr. Aang	Difficulty motivating employees, unmet business targets, and internal team conflicts.	Q.S. Al-Fatihah: 6-7	Performing ablution and repentance prayer before reading the verse, then directing his heart to focus on the message of the Qur'an.	Enhanced ability to motivate employees, improved team synergy, achieved business targets, and expanded business networks.
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Analysis of Findings

The Garputala method has had a significant impact in several aspects:

1. Spiritual Aspects

This method utilizes a spiritual approach that encourages business people to improve their relationship with Allah through introspection and self-evaluation based on Qur'anic verses.

2. Psychological Aspects

Business people feel a sense of inner calm and increased emotional control, which translates to their ability to face business challenges with more confidence.

3. Leadership Aspects

By applying Qur'anic values, leadership styles become more inclusive, empathetic, and based on the principles of justice and responsibility.

4. Productivity Aspects

Respondents reported increased work efficiency, better team management, and more optimized business results.

Respondent Testimonials

1. **Mr. Er:** "The Garputala Method has completely changed the way I look at problems. By using the Qur'an as a leader, I feel more confident in facing challenges and am able to take my team in a better direction." (Mr. Er 2021)

2. **Mrs. Ami:** "After counseling with this method, I feel the burden of my life is reduced. The verses of the Qur'an became my motivation and guide in running my business as well as resolving family conflicts." (Ami 2021)

3. **Mr. Aang:** "With the Garputala method, I learned to focus more on self-introspection and leading with my heart. The Qur'an gave me the inspiration to

guide my employees better, and the results are very satisfying. Business targets are achieved, and my team works more harmoniously."(Aang 2021).

The results of these interviews and analysis show the great potential of the Garputala method in creating emotional balance and increasing business productivity. The findings can serve as a foundation for further research, particularly on the application of this method in various other sectors such as education and organizational management.

CLOSING

This study aims to explore the implementation of the Qur'anic values-based Garputala method as a counseling and leadership approach in helping business people face emotional and professional challenges.

Based on the analysis, the method succeeded in improving the psychological balance, emotional calmness, and strategic decision-making ability of business people. In addition, an intensive relationship with the Qur'ān contributes to improving the quality of individuals' interactions with their spirituality, which directly supports business success and daily problem solving.

The results show that the Qur'an-based Garputala method has significant potential in the world of counseling and leadership. In the business context, this approach can be used as a tool to overcome work pressure and create a more productive environment through a harmonious relationship between spirituality and professional practice.

Beyond that, the application of this method opens up opportunities to be applied in other fields such as education, to create a holistic and spiritual counseling model. This research also serves as a foundation for further exploration of the effectiveness of the Garputala method in various fields of life.

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