

INTISARI

Penelitian ini bertujuan untuk memahami dan menjelaskan tentang perilaku obsesif kompulsif dalam beribadah pada santri di pondok pesantren fathul hidayah, Pangean-Maduran-Lamongan. Penelitian ini merupakan penelitian kualitatif dengan desain study kasus pada penderita gangguan obsesif kompulsif. Subjek penelitian adalah dua santri putri pondok pesantren Fathul Hidayah di kota Lamongan dengan gangguan obsesif kompulsif sejak usia anak-anak.

Penelitian ini menemukan bahwa Gangguan obsesif kompulsif tidak hanya terjadi pada orang dewasa, tetapi juga dapat terjadi sejak anak masih di usia dini. Salah satu penyebab terjadinya perilaku obsesif pada anak-anak adalah pengalaman masa lalu atau konflik masa lalu yang masih belum terselesaikan. Orang tua yang menerapkan pola asuh yang berlebihan dan sengaja membebani anak-anak dengan tanggung jawab yang besar, juga dapat memicu timbulnya perilaku obsesif kompulsif terutama dalam hal kebersihan dan peribadatan. Selain itu, penerapan toilet training yang terlalu keras dan pembatasan masa bermain anak juga dapat mempengaruhi perkembangan psikis anak, dimana dalam masa-masa itu anak-anak sangat rentan terhadap rasa bersalah yang pada akhirnya akan memicu penyimpangan psikologis.

Gangguan Obsesif kompulsif tidak hanya terjadi pada perilaku pada umumnya, tetapi dalam islam juga terdapat gangguan obsesif kompulsi yang biasanya disebut dengan was-was. Sistem pembelajaran agama yang terlalu keras justru dapat memicu terjadinya gangguan psikologis pada anak-anak maupun pada remaja.

Kata Kunci : *Gangguan Obsesif Kompulsif*

design study cases in patients obsif compulsive disorder .The subject of research are two santri daughter hut pesantren¹⁴ fathul hidayah in the city lamongan with obsessive compulsive disorder since the age of children . This study found that the obsessive compulsive disorder is not only occurs in adults ,but also can occur since children are still in an early age .One cause of the obsessive behavior in children is past experience or because the conflict in the past . Parents who apply foster a pattern of excessive and deliberately burden children with the responsibility of large , also can trigger the emergence of obsessive compulsive behavior especially in terms of hygiene and places of worship .In addition , the application of toilet training too hard and the restriction of the child playing can also affect the development of psychic children , where in times of the sons of very susceptible to guilt which in turn will trigger psychological irregularities .

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