

Islamic Therapeutic Communication Techniques of the Health Departement In Addressing Stunting in Serdang Bedagai Regency

Syah Ahmad Qudus Dalimunthe*, Lahmuddin Lubis, Zainun
Universitas Islam Negeri Sumatera Utara, Medan, Indonesia
*ahmadqudus3005224003@uinsu.ac.id

Abstract

Therapeutic communication is a form of communication that focuses on helping individuals overcome problems and achieve holistic well-being, including physical, emotional, and spiritual aspects. This study aims to explore Islamic therapeutic communication techniques applied by the Serdang Bedagai District Health Office in dealing with stunting problems. The research approach uses a qualitative method with data collection through interviews, observations, and documentation. Data sources consist of primary data, namely direct information from informants, and secondary data in the form of supporting documents. In dealing with stunting, the Serdang Bedagai District Health Office makes various efforts, such as providing education and understanding to the community. The goal is to strengthen the relationship between the health center and the local community. The forms of communication applied include interpersonal conversations and dialogues that are open and comfortable. This creates a sense of mutual trust between the community and the Health Office. The Islamic therapeutic communication techniques applied include verbal communication, such as the use of calming and empathetic words, and nonverbal communication, such as body language and supportive facial expressions. The conclusion of this study shows that Islamic therapeutic communication techniques play an important role in helping patients overcome health problems, especially stunting. Comfortable, open, and Islamic communication not only improves good relations between health workers and the community but also has a positive impact in supporting health programs in the area. This reflects a holistic approach that prioritizes the physical, emotional, and spiritual needs of patients.

Keywords: Communication; Therapeutic; Stunting

Introduction

In communication therapeutic its use theory interpersonal communication, as interpersonal communication as expressed by Devito is the process of sending and receiving message between two people or between a group small people with a number of effects and bait come back instantly and is an exchange process meaning between people who are mutually communicate (Devito, 1997). According to Purwanto (1994) communication therapeutic is communication that is carried out or designed for objective therapy, planned in a way professional, conscious, purposeful and focused for healing patients. From various definition experts who have described, can We conclude that communication therapeutic is communication or form purposeful interaction for give support emotional, psychological and spiritual to individual for increase health soul, encouraging a sense of enthusiasm and trust self as well as to plant positive attitude and optimism. Communication Islamic therapeutics is form communication used in context therapy that utilizes Islamic principles and values for give support emotional, psychological and spiritual to individuals in need for reach objective mental and spiritual health (Arifin, 2023).

Communication therapeutic done for increase understanding and helping formation constructive relationship between doctors, nurses and patients. Of course for carrying out the therapeutic process the needed principle base communication therapeutic, where principle base communication therapeutic covers aspects important that helps create supportive and productive environment in interaction between professional health and patients (Priyanto, 2009). Communication therapeutic involving various form designed interactions for build connection positive between professional health and patients (A. Muhith, 2018) .

Islamic therapeutic communication has significant relevance in the context of public health, particularly in supporting a holistic approach that takes into account the physical, mental, social, and spiritual aspects of the patient. The following are some reasons why Islamic therapeutic communication is important in this context: (1) Holistic Spiritual Approach, in Islam, health is not only seen as a physical state, but also includes spiritual balance. Islamic therapeutic communication helps patients to feel cared for not only physically but also spiritually, for example, by reminding patients to be patient, pray, or remember Allah, health practitioners can provide spiritual support that increases patients' confidence in the healing process. (2) Building Trust between Patients and Practitioners, Islamic principles such as honesty (shiddiq), empathy (rahmah), and maintaining amanah can increase patient trust in health workers. When patients feel respected morally and spiritually, they are more likely to be open in expressing their problems, which is important for effective diagnosis and treatment. (3) Reducing Stigma and Fostering Social Support, Islamic therapeutic communication can help reduce this stigma by emphasizing the importance of compassion and support within the Muslim community. Teachings such as ta'awun (mutual assistance) can be the basis for encouraging the community to help sick individuals. (4) Encouraging Health Behavior Change, Islamic therapeutic communication can be used to encourage healthy behaviors, such as maintaining cleanliness (as part of thaharah), regulating diet according to the sunnah, and avoiding habits that are harmful to the body.

Islamic therapeutic communication makes a major contribution to improving the quality of public health services. This approach is not only relevant to Muslim patients, but can also be applied to create a more empathetic and humane environment in health services in general. Thus, this communication becomes an important element in a more inclusive and holistic public health system.

Nonverbal communication is form communication that is not using words, but use signal body, expression face, contact eyes, intonation sound, movement hands, and aspects physique other for convey message. Nonverbal communication plays a role important in strengthen, add, or even replace verbal communication. Nonverbal communication is communication whose message packed in nonverbal form without words (SS and A. Muhith, 2018). In service health at home Sick a doctors and paramedics or nurse need realize that the verbal and nonverbal messages he conveys to patient start from stage beginning, when assessment and also to the point evaluation will influential to satisfaction and behavior patient. Guidelines doctors and paramedics in determine need care nursing for patient No let go from the communication process therapeutic that encompasses verbal and nonverbal messages in it (Rakhmat, 2001).

Based on matter the so Islamic Communication is appropriate communication with the Qur'an and the Sunnah of the Prophet. Communication is built on principles of Islam. In the Quran very easily we find example concrete how God always communicate with his servants through revelation. For avoid error in accept message through verses said, Allah also gives freedom to the Messenger of Allah to to redact His revelation through the eye hadith. Good hadith that nature qouliyah (words), fi'iliyah (deeds), taqrir

(approval) of the Prophet. In the Quran it is found other words that describe activity communication such as 'Iqra' or 'Read' are available in Surah Al Alaq verse 1:

اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ

Translate:

Read it. with (mentioning) name Your God Who Created. (Quran, 96:1)

Dynamic interrelationships between religion and social, according to (Guire, 2002) at least There are two reasons. First, religion is very important. for human. Practices religious is part important for individual life. Values religious it turns out influence action human beings, and meaning religious can help in optimize various experience them. Second, religion is the most important object in study sociological Because its influence to development society, besides existence strong element influence dynamics public the towards religion. What Mc. Guire expressed strengthen that in fact religion is not may separated from context the social environment that surrounds it or kept away from development knowledge knowledge.

Islamic communication focuses on theories developed by thinkers Islam. The final goal from Islamic communication is make Islamic communication as alternative in uphold tall values appropriate humanity with human nature. Suitability values communication with dimensions creation of human nature That give benefit to welfare humans in the world. So that in perspective This, Islamic communication is a process of conveying or swap exchange information that uses principles and methods communication as in the Quran. So that with thus Islamic communication is a communication process that uses principles appropriate communication with the Quran and Hadith (Beekun, 2004) .

Stunting is problem nutrition chronic arising consequence lack of intake nutrition during period quite a long time, so that result in disturbance growth in children, such as greater height low from standard age they (Sukma, 2019). Stunting is also a condition fail growing in children toddler consequence from lack nutrition chronic so that child become too short compared to child his age. Disadvantages nutrition chronic happen since baby in content until two years old called with 1000 HPK period (First Day) life), where at the time that child should get attention special because become moment determinant level growth physical, intelligence, and productivity someone in the future stunting caused by factors multidimensional and not only caused by factors nutrition bad things experienced by the mother pregnant and also child toddlers. Some factors that become causes of stunting can depicted as following (Mayasari D, 2018).

The problem of stunting own factor causes, including malnutrition, conditions less mother nutrition during adolescence and pregnancy, during breastfeeding, and maternal infections. Other factors in the form of quality food and low intake of vitamins and minerals, lack of food a high source of protein that is very much needed by the body (Atmaka DR, Wisnusanti SU, 2019). The condition of stunting or toddler with body short is indicator problem nutrition from conditions that last a long time. Stunting toddlers besides experience disturbance growth generally own more intelligence low from child normal toddler. In addition stunted children will more prone to suffer disease No contagious, when mature Later experience productivity low work, so that preventing and overcoming stunting will increase quality live in the future (L, 2020). Etiology The main cause of stunting is malnutrition or inadequate intake Enough or lack of food content nutrition for support growth, Another thing that can causes stunting is disease that causes the bad intake known nutrition as malnutrition, absorption, and utilization nutrition, such as disease heart congenital, tuberculosis lungs, anemia, and infection chronic (N, 2020).

Stunting can give consequence for continuity life children. *The World Health Organization* (WHO) classifies the consequences caused by stunting are divided into two

from time short as well as time far. As a result time short from stunting is in the field of health, can cause increase mortality as well as morbidity, in the aspect progress shaped depreciation progress cognitive, motor, and language, as well as in aspects economy shaped increase expenditure use budget health. Stunting can also cause impact term long in aspect health shaped short stature, height increase risk for obesity as well as its comorbidities, as well as depreciation health breeding, in the aspect progress shaped depreciation results as well as capacity practice, as well as in aspects economy shaped depreciation Power as well as capacity activity (Septi Arindita, M., Asfi Raykhani, M., Ra, N., Ardianoor, R., & Suharyat, 2022).

Consequence from constraint in infancy as well as children, exclusively stunting can cause constraint progress cognitive as well as soaring risk to disease inflammation as well as more carry on death. According to research Yusdarif prove if stunting in 2 years old share less consequences Good shaped number more school small, stop school, want to have big more body short, and decrease Power grip hand by 22 percent. Stunting in 2 years old also shares the effects of aging shaped income small per capita and also the soaring probability for become poor (Aristasari T, Afifah A, Hakim M, 2018).

Before writer carry out research, writer moreover formerly do search to work existing scientific results. From the results review library, there is a number of related research with title writer. So the position research that the author do is development from results research previously. For avoid existence similar findings, author give a number of example related research with thesis writer .

Scientific work written by Nur Hafifah, with title *Communication Islamic Therapeutics in Patient Health Services at Al Huda Genteng Banyuwangi Hospital*. Scientific work in Thesis form in 2019. The method used by Nur Hafifah in his research use method qualitative with approach descriptive and purposeful for analyze role communication therapeutic in service health patient at home sick. approach this is also used for analyze efforts made by medical personnel at home Sick the use realize communication effective therapeutic between the medical staff with patient. As for the results from work the published on campus Postgraduate IAIN Jember with Islamic communication and broadcasting study program.

Difference with research that the author do is in research This writer focus the study is a procedure Handling current stunting cases rampant happen with do approach communication therapeutic based on religion involving two institutions service, namely the Health Service of the District Government and the Ministry of Religion of the Regency. While in the research previously focus on the role communication therapeutic in an Islamic way service health that occurred at the Al-Huda Hospital Genteng Banyuwangi (Afifah, 2019).

In addition, based on the latest data, the prevalence of stunting in Serdang Bedagai Regency is still a major concern. According to the results of the 2019 Indonesian Nutritional Status Survey (SSGI), the prevalence of stunting in Serdang Bedagai reached 36.2%, higher than the national average and North Sumatra Province. Although nationally there has been a decrease in the prevalence of stunting from 24.4% in 2021 to 21.6% in 2022, the figure in Serdang Bedagai still requires special attention (Dinas Kesehatan Serdang Berdagai, 2021). Collaborative efforts between Bina Nusantara University (Binus), the Serdang Bedagai Regency Government, the University of North Sumatra (USU), and PT Mega Medica Pharmaceuticals (MMP) have succeeded in reducing the stunting rate by 38% in the region. Research related to Islamic therapeutic communication shows its effectiveness in increasing self-confidence and mental health. For example, a study at SMK Assalaam Bandung found that the application of Islamic therapeutic communication in individual counseling can increase students' self-confidence (Farida,

2024). In addition, other studies highlight the importance of therapeutic communication in treating patients with mental disorders, which can be applied in a public health context (Gresia Nindri Ariany Tamonob, 2023). With the still high prevalence of stunting in Serdang Bedagai, the research on "Islamic therapeutic communication techniques of the Health Service in assisting Stunting in Serdang Bedagai Regency" is very relevant to be studied. This approach has the potential to increase the effectiveness of stunting interventions by considering the spiritual and cultural aspects of the local community.

Method

The research method used in this study is qualitative research with a descriptive approach, which aims to understand and provide a comprehensive picture of the implementation of Islamic therapeutic communication by the Serdang Bedagai District Health Office in dealing with stunting. This research was conducted qualitatively in the field (field research) with a focus on interpretation, analysis, and description of data in the form of words and pictures without involving numbers or statistics as the main results. The location of the research was the Serdang Bedagai District Health Office, with a research duration of nine months, starting from May 2024 to January 2025. The selected informants included key officials in the Health Office, such as the Head of the Office, Head of the Health Services Division, Head of the Disease Prevention and Control Division, and the nutrition program coordinator at the Health Center. Data collection techniques include direct interviews with informants, direct observation in the field, and examination of related documents. The collected data were analyzed in depth to identify emerging problems and draw conclusions that were relevant to the research objectives.informant.

Results and Discussion

1. Stages of Islamic Therapeutic Communication of the Health Office in Handling Stunting in Serdang Bedagai Regency

Therapeutic communication is communication that is carried out or designed for therapeutic purposes. A medical team can help patients overcome the problems they face through communication. This therapeutic communication is consciously planned, purposeful, and its activities are focused on the patient's recovery. Basically, therapeutic communication is carried out through interpersonal relationships between paramedics and patients (Rosa Apriliyanti, 2021).

Therapeutic communication is a systematic effort to positively influence the health behavior of individuals and communities, using various principles and methods of communication, both interpersonal communication and mass communication (Lia Agustin, 2021). The communication carried out by the Health Office with the community has been seen to be very good and is increasingly developing due to the existence of a clear work program, therefore the community, especially mothers, can exchange information or ask questions about health, which of course many mothers do not understand about health. The direct approach to providing understanding and education carried out by the Health Office to the community can foster better relations between the Serdang Bedagai Regency Health Office and the surrounding community. The form of communication used by the Health Service is conversation and of course dialogue which can provide a sense of comfort to the community towards the Health Service and also make the Health Service feel comfortable towards the community.

The stages of therapeutic communication carried out by the Health Service go through four phases, namely: (1) Pre-interaction Phase: this stage is the stage of preparation of nurses before meeting and communicating with patients. Nurses need to

evaluate themselves about their abilities. (2) Orientation Phase: this phase begins when the nurse meets the patient for the first time. The main thing that needs to be studied is the reason why the patient needs special treatment which will affect the development of the relationship between the nurse and the patient. (3) Work Phase: At the work stage in therapeutic communication, the activities carried out are giving the patient the opportunity to ask questions, tell the main complaint, start activities in a good way and carry out activities according to plan. (4) Termination Phase: at the termination stage in therapeutic communication, the activities carried out by the nurse are concluding the results of the interview, following up with the patient and making a promise contract.

The four stages in the Therapeutic communication phase carried out by the Health Office in handling Stunting in Serdang Bedagai Regency are conversations in the form of speech face to face between two or more people, which means conversations through oral interaction between the person speaking (speaker) and the person being spoken to (pitutur) discussing something at a certain time (Farida, 2024). Through conversation, the people involved show each other's expressions, interests, greetings, exchange news, give sympathy, and convince the speaker about other things. Based on the analysis, this study has a good way of communication so that many people participate in the stunting handling program carried out by the Sergai Health Office. Dialogue can improve attitudes of mutual understanding and acceptance and develop togetherness and a peaceful life of mutual respect and trust. Based on the researcher's analytical observations, this dialogue can solve a problem and can generate brilliant ideas that can improve performance in handling stunting in Serdang Bedagai Regency. Dialogues carried out by Health Office officers with the community are often carried out when activities are taking place in order to establish close communication between health workers and the community.

Therapeutic communication in terms of Health includes information about disease prevention, disease treatment, tips or advice on maintaining health, as well as various health knowledge that as far as possible changes and renews the quality of individuals in a community by considering aspects of science and ethics. Thus it can be understood that the stage of therapeutic communication is the application of communication concepts and theories in transactions that take place between individuals/groups on issues in this case handling Health problems. The purpose of therapeutic communication that is applied properly and correctly will create a harmonious relationship between nurses and patients, and patients feel comfortable undergoing treatment and cooperative in accepting every nursing action.

Implementation of 4 steps in therapeutic communication provided by the Serdang Bedagai District Health Office which broadly contains the diagnosis of the disease, benefits and medical treatment measures, and the risks that will occur if they do not immediately receive appropriate treatment. That way, patients get information or knowledge of the actions that will be taken by the Health Office because the information obtained comes from experts in their fields, thus creating a sense of calm and comfort to reduce the level of anxiety they experience (Arifin, 2023).

Through the stages of therapeutic communication that have been implemented by the Serdang Bedagai District Health Office, we can measure the language skills or communication competencies possessed by Health Office officers. Communication Competence is a skill that refers to the ability of Health Office officers to communicate effectively. Communication competence will determine success and help resolve stunting problems in patients (Mayasari D, 2018).

From the explanation above, this study shows that the application of therapeutic communication by the Serdang Bedagai District Health Office in handling stunting through four stages (pre-interaction, orientation, work, and termination) has succeeded in

creating a harmonious relationship between health workers and the community. This finding is in line with the concept of therapeutic communication put forward by (Gresia Nindri Ariany Tamonob, 2023), which emphasizes the importance of planning and a structured approach to provide comfort to patients. These results also support research (Madome, 2020), which states that therapeutic communication can change individual health behavior through effective interpersonal interactions.

In addition, the results of this study strengthen the findings (Zuliana Sari, 2024) which show that direct communication such as dialogue and oral conversation creates a sense of comfort and trust between the interacting parties. In this context, the implementation of dialogue by the Serdang Bedagai Regency Health Office also has a positive impact in encouraging the community to actively participate in the stunting management program.

2. Islamic Therapeutic Communication Techniques of the Health Service in Handling Stunting in Serdang Bedagai Regency

Therapeutic communication is communication that is carried out or designed for therapeutic purposes. A helper or nurse can help clients overcome the problems they face through communication (A. Muhith, 2018). So it can be concluded that therapeutic communication is communication carried out by a nurse for the purpose of treatment and can help patients overcome the problems they face through communication. (Arifin, 2023) states that a professional nurse always strives to behave therapeutically, which means that every interaction carried out has a therapeutic impact that allows clients to grow and develop.

The function of therapeutic communication is to encourage and encourage cooperation between nurses and clients. Nurses try to express feelings, identify and assess problems and evaluate actions taken in care. A good communication process can provide an understanding of client behavior and help clients overcome problems faced at the care stage. While at the preventive stage its use is to prevent negative actions against the client's self-defense (Gusti Devi Rizki Mahmudah, 2022). From the techniques carried out in handling stunting problems by the Serdang Bedagai District Health Office, creating an attitude or way to be able to present oneself physically. This attitude or way can facilitate therapeutic communication between the Health Office and the community as clients or patients (Chichi Hafifa Transyah dan Jerman Toni, 2018). According to (Chichi Hafifa Transyah dan Jerman Toni, 2018) some attitudes or ways to be able to present oneself physically that can facilitate therapeutic communication include: (1) facing: This position means that I am ready for you, (2) maintaining eye contact: eye contact at the same level means respecting the client and expressing a desire to continue communicating, (3) bending towards the client: This position shows a desire to express or listen to something, (4) showing an open attitude: in this position it is expected not to fold the legs or arms to express or listen to something, (5) staying relaxed: still being able to control the balance, between tension and relaxation in responding to patients, even in unpleasant situations.

The advantage of using Islamic therapeutic communication is interacting by providing warmth or attitude or warmth to patients without discriminating anyone. With the warmth, it is hoped that Health Service officers can encourage stunting patients who have health and psychological problems to express what they feel in the form of actions without fear of being blamed, with a warm atmosphere nurses can show their acceptance of the patient's existence. From the explanation above, this study shows that the Islamic therapeutic communication techniques applied by the Health Service, such as maintaining eye contact, bending towards the patient, and showing an open attitude, are in line with

research (Ibin Hasani, 2018). Research (Ibin Hasani, 2018) confirms that these techniques reflect the physical and psychological readiness of health workers in providing support to patients. The warm and accepting attitude shown in Islamic therapeutic communication also contributes to the creation of a comfortable atmosphere and supports patient self-expression, as stated by (Arifin, 2023). This study is also consistent with research (Novita, 2020), which states that every interaction in therapeutic communication must have a positive impact on the growth and development of the patient. These findings show the relevance between Islamic communication techniques and universal therapeutic communication principles.

3. Application of Islamic Therapeutic Communication Principles of the Health Service in Handling Stunting in Serdang Bedagai Regency

Islam is a religion that regulates all aspects of human life, to regulate prosperity on earth in order to achieve happiness in the world and the hereafter. One of the supports for this happiness is having a healthy body, because with a healthy condition we can work, do activities and worship devoutly to Allah SWT. Islam teaches all Muslims to have an attitude and belief that all diseases must have a cure as the words of the Prophet Muhammad from Abu Hurairah Radhiallahu 'Anhu, that the Prophet Shallallahu 'Alaihi Wa Sallam said which means: "Allah does not send down a disease but also sends down its cure" (HR. Al-Bukhari and Muslim).

Islam teaches the practice of social relations and concern for others in a special teaching, namely morals that can be practiced and applied in every area of life. The morals in question are guidance that contains elements of faith and sharia. The practice of health services through therapeutic communication carried out by officers from the Serdang Bedagai District Health Service is an example and a small part of the lessons and application of morals in a profession.

In the perspective of Islamic communication, the moral guidance for therapeutic communication activities carried out by Health Service personnel towards patients in Serdang Bedagai Regency with Islamic nuances cannot be separated from the principles of Islamic communication with good morals which are sourced from the Qur'an and Hadith. There are at least 6 (six) principles of Islamic Communication based on the Qur'an and Hadith according to Jalaluddin Rakhmat in (Saefullah, 2007) which are guidelines for communicating with others which can be applied in therapeutic communication activities of Health Service personnel of Serdang Bedagai Regency towards patients in health services in the Regency: *Qaulan Sadida*, *Qaulan Baligha*, *Qaulan Ma'rufa*, *Qaulan Karima* and *Qaulan Layyina*, and *Qaulan Masyura*.

Using the *Qaulan Sadida* principle means having a conversation with the patient with correct speech both in terms of substance (message material or content) and in terms of grammar. In terms of substance, it means conveying the truth, honestly, without engineering data to the patient. In terms of grammar, it means that the message conveyed can be easily understood and does not confuse the patient. Applying the *Qaulan Baligha* principle means that health workers have been able to adjust the conversation with the patient according to the intellectual level, both from the educational background and the social and cultural background of the patient. The importance of adjusting the message material to the target communicant in communication activities is also strengthened as in the Hadith which contains the message: Speak to people according to their level of reason (intellect) (HR. Muslim).

The *Qaulan Masyura* principle is a principle that provides a message that is easy to digest and understand and is understood by the patient as a communicant. In addition, the message must also be given with pleasant words by considering things that can be

pleasing to the patient. The Health Service Health Team is advised to have therapeutic communication skills that can entertain and motivate through words that can provide comfort and increase the patient's self-confidence so that they remain enthusiastic in their healing efforts. The *Qaulan Layyina* principle is the principle of delivering messages in a gentle manner, with a pleasant voice tone, with full friendliness so that it can touch the heart. As Abu Dzar Ra, who said the Messenger of Allah SAW said: Your smile in front of your brother (fellow Muslim) is (valuable) alms for you (HR. Tirmidhi and Ibn Hibban).

The principle of *Qaulan Ma'rufa* is the principle of conveying messages with good words, expressions that are appropriate, polite, and do not hurt or offend the feelings of the person who hears them. *Qaulan Ma'rufa* also means useful speech and creates goodness (maslahat). The principle of *Qaulan Karima* is giving messages with noble words, accompanied by respect and glorification, pleasant to hear, gentle and polite. Islam recommends that we always speak gently and respectfully to our parents whom we honor, this can be seen in the Qur'an in Surah Al Isra verse 23 which means: "And your Lord has commanded that you worship none but Him and that you should treat your parents with the best of kindness. If one of them reaches old age in your care, do not say to them the word 'ah' and do not shout at them and say to them noble words (*Qaulan Karima*)." (QS. Al Isra: 23).

From the explanation above, this study shows that the application of Islamic communication principles such as *Qaulan Sadida*, *Qaulan Baligha*, *Qaulan Ma'rufa*, *Qaulan Karima*, *Qaulan Layyina*, and *Qaulan Masyura* is an important foundation in building effective communication relationships. These principles are in accordance with the research of Saefullah (2007), which states that Islamic communication not only emphasizes aspects of truth and clarity (*Qaulan Sadida* and *Qaulan Baligha*), but also aspects of gentleness and respect (*Qaulan Layyina* and *Qaulan Karima*). The application of the *Qaulan Layyina* principle by the Health Office shows that it is in accordance with research (Wulur, 2021), which emphasizes that a soft tone of voice and a friendly attitude can create a positive emotional relationship with patients. The principles of *Qaulan Ma'rufa* and *Qaulan Masyura*, which emphasize the importance of conveying messages in a pleasant and easy-to-understand way, are also in line with the findings (Haryono, 2020), which state that verbal and nonverbal messages play an important role in therapeutic communication.

This study strengthens the findings of various previous studies that emphasize the importance of stages, techniques, and principles of therapeutic communication in creating a harmonious relationship between health workers and patients (Sitorus, 2024). The Islamic approach implemented by the Serdang Bedagai District Health Office is not only conceptually relevant but also has a positive practical impact in handling stunting, especially in building a sense of comfort, trust, and cooperation between the community and health workers.

Conclusion

Communication therapeutic is an interaction process used by a person power health for build supportive relationship healing physical, emotional, and psychological patients. In the process of handling stunting communication therapeutic can also done with approach religious aspects. Islam teaches will importance guard health and procedures communicate with good and correct ethics. Therefore that communication Islamic therapeutics integrates Islamic principles in every stage communication between power health and patients. Concept communication this emphasize the importance of religious values, empathy, and approach holistic in nurse patient, good from aspect

physical, emotional, and spiritual. Communication process Islamic therapeutics of the Serdang Bedagai District Health Office naturally has its own technique, communication technique Islamic therapeutics implemented by the Health Service include interpersonal communication that is verbal and nonverbal, as well as dialogue that provides a sense of comfort to patient. This is aiming for help patient overcome problem health issues faced. Implementation principles communication Islamic therapeutics in Handling stunting involves 6 principles Islamic communication with good morals for become guidelines in interact with patients, such as: *Qaulan Sadida* (Honest and Correct Speech), *Qoulan Baligha* (Exact and Clear Speech), *Qoulan Ma'rufa* (Good Words), *Qoulan Karima* (Noble Words), *Qaulan Layyina* (Gentle and Polite Words), *Qaulan Maisura* (Simple and Easy Words Understood). Principles This support the communication process therapeutic in an Islamic way that is effective and oriented towards healing patients and improve spiritual values.

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