



Islamic Education's Alternative Approach to Nurturing Mental Health and Psychological Well-being

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ABSTRACT (10 PT)

This article explores the significance of addressing mental health from an Islamic standpoint as a means to attain psychological well-being. In Islam, maintaining mental health is advocated through fostering a connection with Allah SWT, attaining life balance, seeking support from others, practicing Islamic values in daily life, and refraining from factors that may impact mental well-being. The article delves into the positive correlation between good mental health and enhanced happiness and productivity in one's daily life. Employing qualitative research methods with a narrative approach, data is gathered from diverse sources such as books, journals, and credible references. The collected data is subsequently analyzed and interpreted to fulfill the research objectives, shedding light on how focusing on mental health aspects can enhance an individual's quality of life and foster psychological well-being. Consequently, this article presents an overview of Islamic approaches to addressing mental health as an alternative pathway to achieving psychological well-being. By nurturing a relationship with Allah SWT, maintaining life balance, seeking social support, integrating Islamic values into daily life, and avoiding detrimental influences, individuals can effectively care for their mental health. This holistic framework, encompassing both spiritual and social dimensions, reflects the realization of Islamic teachings in promoting mental well-being.

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INTRODUCTION

Mental health is a crucial aspect of human life that demands serious attention (Ayuningtyas & Rayhani, 2018). Mental health issues can significantly impact an individual's quality of life, including their performance, interpersonal relationships, and ability to navigate their environment (Kartikasari et al., 2022). In recent years, Islamic education has emerged as an

alternative approach to addressing mental health concerns. Islamic education imparts moral and spiritual values that can assist individuals in overcoming various life challenges, including mental health problems (Malli, 2021).

The objective of this article is to delve deeper into the relationship between Islamic education and mental health, while also exploring the alternative approaches it offers in addressing mental well-being. Additionally, the article aims to discuss the benefits of incorporating Islamic education in mental health care efforts, highlighting concrete aspects of Islamic education that can serve as effective alternatives in enhancing psychological well-being. Islamic education refers to an educational system based on Islamic religious teachings, including the Qur'an and Hadith, as well as Islamic moral and spiritual values (Kusuma, 2017). The purpose of Islamic education is believed to be the cultivation of individuals with noble morals, high quality, and a strong commitment to Islamic teachings, enabling them to advocate for justice and the welfare of humanity.

Islamic education encompasses a wide range of aspects, including religion, science, culture, and society. It adopts an approach that combines academic knowledge with religious and moral teachings, aiming to cultivate individuals who possess profound knowledge alongside spiritual and moral sensitivity (Anam, 2019). Islamic education plays a significant role in shaping one's character and personality while also assisting individuals in navigating various life challenges, including mental health issues. Therefore, Islamic education can serve as an effective alternative in promoting mental well-being.

Mental health refers to a state in which an individual experiences emotional, social, and psychological well-being, enabling them to effectively cope with the demands of daily life. It encompasses various dimensions, such as emotional stability, adaptability, healthy social interactions, and the ability to understand and manage pressure and stress (Widyana, 2020). Individuals with good mental health typically exhibit feelings of happiness, self-understanding, self-confidence, and the capacity to make sound decisions and overcome diverse life challenges.

The state of mental health can be influenced by a multitude of factors, including genetic predispositions, environmental conditions, life experiences, and lifestyle choices (Yunanto, 2019). Given that mental health problems, such as depression, anxiety, and other mental disorders, have the potential to significantly impact an individual's overall quality of life, it is imperative to approach them with utmost seriousness and provide appropriate treatment measures.

Previous studies have identified several approaches to treating mental health within an Islamic framework. For instance, research conducted by Sandy and Uyun (2022) discovered that maintaining a strong relationship with Allah SWT through acts of worship can contribute to reducing anxiety and depression levels. In Islam, fostering mental well-being involves nurturing a connection with the Almighty through prayer, recitation of the Qur'an, remembrance, and supplication.

Another essential aspect is maintaining life balance, which is emphasized in Islamic teachings. Islam emphasizes the significance of achieving equilibrium in various aspects of life,

including spirituality, physical well-being, and social interactions. In a study conducted by Fuad (2016), it was observed that individuals who actively maintain a balanced lifestyle tend to experience greater happiness and exhibit lower levels of anxiety. This highlights the transformative impact of striving for equilibrium in multiple domains of life as advocated by Islamic principles.

Another research conducted by Azhima (2018) revealed that engaging in conversations with family and friends can contribute to a person's comfort and happiness. In the context of Islam, interpersonal communication and seeking support from others are recognized as effective means to reduce stress and anxiety levels.

Additionally, incorporating Islamic values into everyday life is emphasized as a means to foster inner peace and happiness. Islam teaches values such as patience, tawakal (reliance on Allah), and rida (contentment). A study conducted by Andini et al. (2021) found that practicing these values in daily life can lead to a reduction in stress and anxiety levels.

Furthermore, research by Bunyamin (2021) highlights the importance of avoiding factors that can negatively impact mental health. Islam guides its followers to steer clear of activities such as smoking, consuming alcohol, and engaging in gambling, as they can have detrimental effects on mental well-being.

From these studies, it can be concluded that the care for mental health in Islam involves maintaining a strong connection with Allah SWT, striving for life balance, engaging in meaningful conversations, embodying Islamic values in daily life, and avoiding factors that can impair mental well-being. However, the exploration of Islamic education's alternative approach to treating mental health and promoting psychological well-being requires further elaboration and depth, which will be discussed in subsequent sections of this paper.

METHOD

This study employs qualitative research methods, specifically utilizing a literature review approach by analyzing books, journals, and other credible sources. The data sources selected are specifically related to the experiences of Islamic Education in treating mental health, aiming to highlight the significance of Islamic Education as an alternative approach to psychological well-being.

The qualitative research approach adopted in this study is fundamentally an investigative process, allowing for a gradual understanding of social phenomena through observation, comparison, reflection, categorization, and classification of the study's focal points (Firantika, 2022). Similarly, the current study follows this approach, wherein collected data is continuously synthesized and analyzed narratively until the research objectives are satisfactorily achieved.

This comprehensive data analysis entails an in-depth examination, followed by the presentation of study results using the Milles & Huberman flow model, which encompasses data reduction, data presentation, verification, and drawing conclusions (Rijali, 2019). Prior to reaching this stage, ongoing research discussions are conducted to extract research findings and present them in applicable formats, thereby underscoring the role of Islamic Religious Education

as a viable alternative in the treatment of mental health issues. Ultimately, the study aims to provide a systematic collection of information, from which meaningful conclusions can be drawn. This process is necessary as qualitative research data often takes the form of narratives, which must be simplified without compromising their essence.

FINDINGS AND DISCUSSION

Factors Affecting Mental Health

Mental health is a multifaceted phenomenon that can be influenced by a myriad of factors. These factors can be categorized into two main types: internal factors and external factors. Internal factors are those that originate from within an individual and have the potential to impact their mental well-being, while external factors encompass elements that come from the outside environment and can affect an individual's mental health.

Internal factors encompass a range of aspects, including one's cognitive processes, emotions, personality traits, and biological predispositions. These internal factors play a significant role in shaping an individual's mental health as they influence how one perceives and responds to various stimuli and experiences. For instance, one's cognitive patterns, such as negative thinking or distorted beliefs, can contribute to the development of mental health issues.

On the other hand, external factors refer to influences that arise from the individual's social, cultural, and environmental contexts. These external factors can encompass a wide array of elements, such as family dynamics, socioeconomic status, educational opportunities, access to healthcare, and societal norms. The presence or absence of supportive relationships, exposure to trauma or adverse life events, and availability of resources can all impact an individual's mental well-being.

To provide a comprehensive understanding of the various factors influencing mental health, Table 1.1 presents a compilation of some notable factors within the internal and external realms. This table serves as a framework to explore the multifaceted nature of mental health and the intricate interplay between internal and external factors in its development and maintenance.

Table 1.1: Factors that may influence mental health

INFLUENCING FACTORS	
Internal	External
Genetics: Genetic factors can affect a person's susceptibility to certain mental disorders. Twin and family studies show that there are genetic factors in the development of anxiety disorders, depression, and schizophrenia.	Stress: The pressures and demands of work, social relationships, or life situations can cause excessive stress and interfere with mental health.

Family history: Unstable family conditions, dysfunction, or violence can affect a person's mental health. People who have family members with a history of mental disorders have a higher risk of experiencing mental health problems.	Trauma: Traumatic experiences such as violence, abuse or accidents can lead to post-traumatic stress disorder (PTSD) and other anxiety disorders.
Life experience: Bad life experiences, such as violence, abuse, or trauma, can affect a person's mental health. Some people may have difficulty coping with difficult life experiences, thus requiring professional help.	Physical environment: Environmental conditions such as noise, air pollution, and sanitation issues can affect a person's mental health.
Lifestyle: Unhealthy lifestyle habits such as lack of sleep, unhealthy eating, lack of exercise, and smoking or drinking alcohol can affect mental health.	Financial problems: Financial hardship can lead to stress and financial insecurity, which can affect mental health.
Personality: Some personality types such as neuroticism and extroverts can affect mental health. People who are more likely to be neurotic may be more prone to anxiety and depression, while people who are more extroverted tend to be more optimistic and happy.	Loss or life change: Major changes such as losing a job, losing a spouse or family, or moving house can cause stress and emotional instability.
Biological factors: Some medical conditions, such as heart disease and diabetes, can affect a person's mental health. Serious medical conditions can cause stress and stress to a person, which can affect mental health.	Culture and society: Cultural and societal values and norms that individuals consider important can affect a person's mental health.
Chemical balance in the brain: Imbalances in brain chemistry, such as a lack of certain neurotransmitters, can lead to mental disorders such as depression and anxiety.	Access to mental health services: Limited access to mental health services such as therapy, medication, and social support can affect mental health.

It is important to acknowledge that the impact of these factors on an individual's mental health can vary significantly, and not everyone will respond to them in the same manner. Each person possesses unique strengths, vulnerabilities, and coping mechanisms, which can influence how they perceive and react to these factors. Therefore, it is essential to recognize that individuals may experience mental health challenges differently based on their individual circumstances and personal resilience.

Nevertheless, understanding these factors can be instrumental in empowering individuals to identify potential stressors and develop effective strategies to manage them. By recognizing the various internal and external factors that can impact mental health, individuals can gain valuable insights into their own well-being and take proactive steps to promote their mental health. This awareness allows individuals to be more attuned to their own needs and seek appropriate support when necessary. Furthermore, it enables individuals to make informed decisions and adopt healthier behaviors and lifestyle choices that contribute to their overall well-being.

Ultimately, while these factors may affect individuals in diverse ways, they serve as valuable information for self-awareness and self-care. By recognizing the role these factors play in mental health, individuals can better navigate the complexities of their own experiences, develop resilience, and cultivate strategies to enhance their mental well-being.

The Urgency of Islamic Education on Mental Health

Mental health holds significant importance within the context of Islam, as the religion emphasizes the holistic well-being of both the body and mind. The urgency of mental health in Islam is underscored through various aspects, as described below:

Cultivating faith and piety towards Allah SWT: Islamic teachings encourage individuals to place their trust in Allah and seek solace through Him. Strengthening one's faith and piety allows for a sense of calmness and confidence when facing life's challenges, including mental health issues (Nurjaman, 2020). Conversely, neglecting mental health can impede the ability of devout individuals to engage in worship and prayer effectively.

Embracing positive values: Islamic education imparts positive values such as compassion, kindness, honesty, and justice. By actively practicing these values in daily life, individuals can enhance their mental health and experience greater happiness (Akhmadi, 2016). Incorporating positive values fosters a sense of inner peace, contentment, and emotional well-being.

Nurturing meaningful relationships: Islamic education emphasizes the importance of establishing positive and respectful interactions with others. By cultivating healthy relationships built on kindness and politeness, individuals can experience increased happiness while minimizing stress and anxiety (Siregar, 2016). Meaningful connections with others provide emotional support, promote a sense of belonging, and contribute to overall mental well-being.

Moreover, Islamic education emphasizes the cultivation of gratitude. It encourages individuals to express gratitude for the countless blessings bestowed upon them by Allah Almighty. By nurturing a sense of gratitude, individuals can alleviate stress and anxiety, fostering feelings of happiness and inner peace (Effendy, 2012). Gratitude serves as a powerful tool in shifting one's focus towards the positive aspects of life, thus enhancing overall mental well-being.

Additionally, Islamic education provides invaluable guidance in overcoming a multitude of life's challenges, including mental health problems. Through the teachings and principles

found in Islam, individuals can acquire the necessary tools and strategies to address and navigate various difficulties. By applying these teachings, individuals can cultivate a sense of tranquility and self-assurance when confronted with the trials and tribulations of life (Budiman, 2017). Islamic teachings offer solace, resilience, and a profound sense of purpose, empowering individuals to overcome obstacles and find strength in the face of adversity.

Incorporating these teachings into one's life can have a transformative effect on mental health. By fostering gratitude and relying on the guidance provided by Islamic education, individuals can experience reduced stress levels, increased contentment, and a greater sense of well-being. These principles serve as a foundation for nurturing a positive mindset and developing resilience, enabling individuals to confront challenges with confidence and inner peace.

Islamic education assumes a significant role in addressing the various factors that impact mental health, offering a holistic and spiritually nourishing perspective on life. The following examples highlight the role of Islamic education in addressing these influential factors:

Promoting a positive and optimistic outlook: Islamic education instills the belief that Allah Almighty has a perfect plan for His creation, and that life's difficulties serve as tests for eventual good outcomes (Wahidah, 2019). This perspective encourages individuals to maintain an optimistic mindset, providing them with the motivation and resilience to face challenges with unwavering determination.

Coping with stress and anxiety: Islamic education emphasizes the significance of prayer, reliance on Allah SWT, and entrusting all affairs to Him (Rosyad, 2021). Such teachings can assist individuals in alleviating stress and anxiety, while reinforcing the understanding that every event unfolds according to the divine will of Allah SWT.

Emphasizing the importance of balance: Islamic education underscores the value of maintaining equilibrium between acts of worship, professional responsibilities, and social interactions. This emphasis on balance aids individuals in reducing stress and enhancing their overall mental well-being (Nata, 2020). By prioritizing and managing their time effectively, individuals can attain a harmonious equilibrium in their lives.

Promotes healthy social relationships: Islamic education highlights the significance of fostering positive and equitable social connections (Faoziah, 2023). By encouraging individuals to maintain healthy relationships and treat others with fairness and kindness, Islamic education contributes to improved mental health through the provision of social support and nurturing positive interactions.

Encourages the development of healthy habits: Islamic education places emphasis on maintaining physical and mental well-being. This includes advocating for healthy eating habits, regular exercise, and sufficient sleep (Makmudi et al., 2019). By instilling these habits, individuals can effectively reduce stress, enhance their mental health, and maintain a harmonious life balance.

Highlights the importance of learning and self-improvement: Islamic education underscores the significance of lifelong learning and self-development, encompassing both

religious and general knowledge (Insani, 2019). By engaging in continuous learning and acquiring new skills, individuals can enhance their mental health by broadening their knowledge base and equipping themselves with tools to improve their overall quality of life. Islamic education serves as a guiding force in this journey of self-discovery and personal growth.

Islamic Education Offers Alternatives to Treating Mental Health

The correlation between Islamic Education and Mental Health is profound as Islamic Education encompasses moral and spiritual values that contribute to maintaining mental well-being (Salji et al., 2022). In Islam, mental health is regarded as an integral aspect of overall health, prompting Islamic education to offer diverse resources to assist individuals in nurturing and preserving their mental health.

Islamic education imparts values such as patience, reliance on Allah (tawakkal), and self-reflection (muhasabah), enabling individuals to confront life's challenges and stressors effectively. Additionally, values such as sincerity, gratitude, and forgiveness instilled by Islamic education facilitate the mitigation of negative emotions, including anxiety, depression, and anger (Emil, 2021).

Furthermore, religious practices such as prayer, fasting, recitation of the Qur'an, and remembrance of Allah (dhikr) serve as instrumental tools for individuals to care for their mental health. In Islam, these religious practices are regarded as means of drawing closer to Allah SWT, allowing individuals to attain inner tranquility and surmount negative emotions (Arroisi, 2018). In this context, Islamic education can be an effective alternative to treating one's mental health. By integrating Islamic values into daily life, one can gain the strength and moral support necessary to overcome life's various challenges and take care of their mental health.

The perspective of Islamic Education as an alternative for mental health care recognizes the multidimensional nature of human beings, encompassing their physical, psychological, and spiritual aspects, which are interconnected (Ja'far, 2015). Therefore, Islamic education can be applied holistically in treating mental health by addressing these various dimensions. Here are some ways to implement Islamic education holistically in mental health care:

Maintaining physical health: Islamic education emphasizes the importance of maintaining a healthy lifestyle, including a balanced diet, regular exercise, and sufficient rest (Puspitasari, 2022). By prioritizing physical health, we can enhance our mental well-being and reduce the risk of mental health problems.

Stress management: Islamic education provides guidance on managing stress through practices such as prayer, remembrance of Allah, and strengthening faith and piety. By incorporating these teachings into our lives, we can alleviate stress and anxiety, leading to improved mental health.

Enhancing relationships with others (hablun minannas): Islamic education highlights the significance of fostering positive relationships with family, friends, and neighbors, known as silaturahmi. By cultivating healthy connections with others, we can experience greater happiness and minimize stress and anxiety.

Deepening spirituality (*hablun minallah*): Increasing spirituality, which involves developing a strong connection with Allah SWT, is considered an essential aspect of mental health care within the framework of Islamic education. Practices such as worship, recitation of the Quran, and *dhikr* are emphasized to strengthen spirituality. By nurturing our spiritual well-being, we can enhance our mental health and experience a greater sense of tranquility and peace.

Positive problem-solving through the application of Islamic values in daily life: Islamic education teaches approaches to problem-solving that are rooted in positive values, such as patience, perseverance, and strengthened faith. By incorporating these teachings into our lives, we can overcome challenges in a positive manner and cultivate a sense of calm and confidence (Rusdi, 2012).

Axiological Framework of Islamic Education Towards Psychological Well-Being

Islamic education encompasses various practices that are believed to provide significant benefits for mental health, particularly for Muslim individuals. These practices aim to cultivate psychological well-being, which is considered the ultimate goal of attaining inner tranquility in life—a pursuit not easily achieved by everyone (Fitriani, 2016).

Psychological well-being refers to the overall state of a mentally healthy life, where individuals experience emotional, cognitive, and social well-being. It entails feeling satisfied with life, having effective stress-coping mechanisms, fostering healthy relationships, and possessing a positive self-perception. Psychological well-being goes beyond the absence of mental illness and involves the nurturing and sustenance of positive aspects in one's life.

Within the realm of Islamic teachings, several practices are oriented towards promoting psychological well-being. Some of these practices include:

a. Spiritual Practice

In Islam, regular worship practices are believed to have a positive impact on mental health. Here are some examples of worship practices in Islam that can contribute to the treatment of mental health:

Prayer: Prayer holds significant importance in Islam. Engaging in regular prayer can help individuals alleviate stress, anxiety, and depression. It also promotes inner calmness, gratitude, and self-awareness (Zulkarnain, 2020). Recitation of the Quran: Regular recitation of the Quran can help individuals reduce stress and anxiety. It also enhances self-awareness, inner tranquility, and self-confidence (Eliwatis et al., 2022).

Remembrance of Allah (*Dhikr*): Engaging in regular remembrance of Allah and reciting His names can aid in relieving stress, anxiety, and depression. *Dhikr* also enhances self-awareness, gratitude, and self-assurance (Hasanah, 2019). Fasting: Fasting, an important pillar of Islam, can help individuals alleviate stress, anxiety, and depression when practiced regularly. It also promotes self-awareness, gratitude, and self-confidence (Aqiilah, 2020).

Congregational Worship: Participating in congregational prayers and group remembrance (*dhikr*) fosters a sense of connection, community, and belonging. This can alleviate feelings of

loneliness and improve mental health (Arifin, 2023). Almsgiving: Giving charity and helping those in need not only benefits others but also provides a sense of fulfillment and satisfaction. It promotes happiness, life satisfaction, and contributes to improved mental health (Asriyani, 2022).

By incorporating these worship practices into their lives, individuals can benefit from the spiritual and psychological well-being that Islamic teachings offer. These practices can assist in managing stress, fostering inner peace, and cultivating positive emotions, ultimately contributing to the treatment and maintenance of mental health.

b. Social Practice

In addition, to worship practices, social practices in Islam also play a crucial role in promoting mental health. Here are some examples of social practices in Islam that can contribute to the treatment of mental health:

Friendship, developing strong and positive relationships with others can foster a sense of connection and belonging, reducing feelings of loneliness. This promotes mental well-being by providing a support network and a sense of community (Kaltsum, 2020). Acts of Charity, engaging in acts of charity and providing assistance to those in need not only benefit others but also enhances one's own mental health. Helping others fosters a sense of satisfaction, happiness, and purpose (Marwing, 2016).

Supporting those in Need, assisting individuals facing challenges or illness can boost a person's sense of self-worth and usefulness. By demonstrating empathy and offering support, individuals can enhance their mental well-being (Amar, 2017). Environmental Care, maintaining a clean and healthy environment can contribute to a person's overall well-being. A pleasant and organized environment promotes comfort and reduces stress levels, positively impacting mental health.

Strong Family Bonds, nurturing positive relationships with family members can create a sense of belonging and emotional support. This strengthens social connections and reduces feelings of isolation, ultimately benefiting mental health. Engagement in Social Activities, participating in social activities, such as community service or charitable events, fosters a sense of purpose, fulfillment, and connectedness. Active involvement in such activities can boost self-confidence and contribute to overall happiness.

By incorporating these social practices into their lives, individuals can harness the power of social connections and contribute to their own mental well-being. These practices promote a sense of belonging, altruism, and engagement with the community, which are essential elements for maintaining and treating mental health.

CONCLUSION

Islamic education plays a pivotal role in addressing the factors that impact mental health by providing a well-rounded and spiritually enriching perspective on life. By implementing

Islamic teachings in the treatment of mental health, individuals can strengthen their faith and piety, embrace positive values, cultivate meaningful relationships, nurture gratitude, and receive guidance in overcoming challenges. When Islamic education is applied holistically to mental health care, it encompasses various aspects that contribute to overall well-being. This includes maintaining physical health, effectively managing stress, enhancing relationships with others, deepening spirituality, and adopting a positive approach to problem-solving. By integrating these elements, individuals can experience improvements in their mental health and overall quality of life.

Islamic education offers a diverse range of solutions to address the factors influencing mental health. It promotes a positive and optimistic outlook on life, equipping individuals with tools to manage stress and anxiety effectively. It emphasizes the importance of balance, fostering healthy social relationships, adopting healthy habits, and facilitating continuous learning and personal growth. By embracing Islamic teachings in the context of mental health care, individuals can benefit from a comprehensive approach that addresses their spiritual, emotional, and psychological well-being. Islamic education provides valuable guidance and resources to support individuals in navigating the complexities of mental health and striving towards a state of holistic well-being.

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