

Psychoeducation on Resilience in the Digital Age with Islamic Psychological Approach

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ABSTRACT In the contemporary digital age, individuals face unprecedented challenges in maintaining psychological well-being and resilience due to the pervasive influence of technology. This study explores the integration of psychoeducation and Islamic psychological principles as a holistic approach to enhance resilience in the digital era. The research delves into the unique contributions of Islamic psychology in fostering mental strength and adaptability in the face of modern challenges. The findings aim to shed light on the potential synergies between conventional psychoeducation and Islamic psychological approaches in building resilience. Insights from this research may inform the development of comprehensive interventions that resonate with individuals navigating the complexities of the digital age while drawing on the rich psychological insights embedded in Islamic teachings. Ultimately, this study aspires to contribute to the growing body of knowledge on resilience promotion, offering a culturally sensitive and spiritually grounded framework for navigating the challenges of the modern world.

Keywords: Digital Age . Islamic Psychological , Psychoeducation, Resilience.

1. INTRODUCTION

In the turbulent digital era, there is an increase in individual resilience in facing various challenges and pressures that arise. Resilience can be interpreted as the ability to recover or adapt well after experiencing stress, stress, or adversity. In this context, the Islamic psychological approach becomes a very relevant foundation for building and increasing individual resilience in the digital era.

Resilience, or resilience, is the ability to face and overcome challenges well. Resilience is important to have in facing challenges in the digital era. Islamic psychology can be an effective approach to increase resilience. Islamic psychology offers a variety of concepts and values that can help individuals to develop resilience.

Rapid technological advances in the digital era make the internet an important part of the lives of all levels of society, especially students, in offices as well as in educational institutions inseparable from the use of electronic goods. The development of increasingly sophisticated digital systems opens up opportunities for the emergence of new crime trends. Revitalizing the value and developing the capabilities of every digital media user is a must in order to survive cyber crime attacks and wisely use technology because the fact that digital transformation is not an inevitable path.

2. METHOD

This psychoeducation uses a lecture approach in the form of material that has been prepared by the author. In the process of delivering this material, students listen well to material related to how students solve problems in the Islamic psychology approach. The data collection techniques used are documentation methods in the form of photos and books, website articles or other sources related to the concept of tawhid education and its urgency, as well as about online resilience of students including concepts, facts and challenges in the digital era. After the data is collected, it is then analyzed using psychoeducational techniques, namely in order to obtain results related to tawhid education which can be used as a solution to strengthen student online resilience. Results of psychoeducation and drawing conclusions. The number of respondents was 8 students and gave reward to them.

3. RESULT AND DISCUSSION

Resilience is the ability to cope and adapt to severe events or problems that occur in life. Persist in a state of stress, and even deal with adversity or trauma experienced in his life. Islam on the foundation of the Qur'an teaches man in facing problems. The Qur'an provides alternative solutions in the face of life's challenges, difficulties and problems. Islam is a religion that is handed down to humans as rahmatan lil 'alamiin. His teachings always spread the benefit of human life in this world. The Qur'an is a guide to human life that contains guiding teachings about all aspects of life. In the Qur'an itself many explain about a good lifestyle (Al-A'la verse 14), welfare (An-Nahl verse 97), peace (Al-Anfal verse 61), happiness (Al-Qashash verse 77), suffering (Hud verse 106), sadness and how to overcome it (Al-Insyirah verses 1-5). This proves that the verses of the Qur'an teach humans to survive (resilience) and rise from difficult situations or conditions so as to achieve a stable and even successful standard of living.

In relation to resilience, the verses of the Qur'an explain it in every condition and situation. Based on this, it becomes important to understand the verses of the Qur'an related to aspects of

resilience, so as to obtain effective solutions in dealing with every problem of life. Of course, in the process of understanding these verses, resilience requires interpretive literature to gain a comprehensive understanding.

So it can be understood that actually the concept of resilience is in line with Islam and is one of the teachings in Islam itself. In the Qur'an Surah Al-Baqarah verse 214 and Al-Baqarah verses 155-156 it is also explained that when humans are in a slump because they are falling or being hit by trials, humans are taught to immediately rise again, this is a form of resilience. Islam teaches people to believe that in life there will definitely be problems and every human being actually already has the potential in himself to survive every problem that exists, Islam guides his people to believe that there will be wisdom and positive sides to every problem, so that humans are always optimistic and able to control emotions to eliminate disappointment and despair. This is a form of resilience in Islamic teachings based on tawhid.

Tawhid is a guideline and core religion that must be owned by every Muslim (Cholil, 2019). So important is tawhid, Allah Almighty has sent Apostles to guide, direct, educate and set an example to Muslims, grounding the contents of the Qur'an especially in terms of monotheism. The Apostle taught that all material things are temporary, a man whose orientation is to matter will only get temporary pleasure, if only the external aspect takes precedence.

In the perspective of psychology, religion is defined as a person's attitude to collaborate with God (following God's rules) in solving a problem. In Islam it is known as the concept of Tawakal which is the result or fruit of tawhid. Relying on God can make students more resilient in all their activities. Students who have faith in God and practice worship will have peace of mind that makes it easier for themselves to be more resilient to cyber threats and dangers.

Belief in religion can affect the nature, self-development of personality, motivation, and psychological adjustment of learners. In Islam, the most important form of religiosity is that an individual can explore and believe inwardly about Allah Almighty, the last days, and other religious elements. In Islam, believing in Allah Almighty by believing that there is no God but Allah Almighty can be said to be a good. In addition to believing in Allah Almighty, Islam also teaches its people to believe in the books and prophets of Allah Almighty not forgetting to distribute their wealth to those who are more in need, perform prayers and zakat, never break their promises, and be patient. So these people are included in terms of their faith because every human being is commanded to do good deeds in order to worship Allah Almighty.

From the research conducted among students, several conclusions were produced, namely:

Digital Challenges Students Experience:

The digital era has provided ease of access but also brings its own challenges, especially for students. Social media addiction can affect mental well-being, while the academic stress of online can add to stress levels. A deep understanding of these challenges is essential to designing effective interventions.

Students face a variety of challenges in the digital age, including social media addiction, online academic pressure, and social isolation. The interview results showed that intensive use of social media resulted in impaired study focus, irregular sleep, and increased levels of anxiety.

Coping Strategies with Islamic Psychology:

Students respond to these challenges by applying strategies based on Islamic Psychology. They are actively involved in spiritual practices such as dhikr, meditation, and self-reflection. In addition, many students read Islamic literature and participate in community discussions to gain social support and spiritual connection. The use of Islamic Psychology-based strategies by students shows their relevance in increasing resilience. This approach provides practical tools for students to cope with stress and anxiety, as well as develop a balance between digital and spiritual life.

The Role of Islamic Psychology in Increasing Resilience:

The students' experiences show that the Islamic Psychology approach plays a role in increasing their resilience. Practices such as dhikr help them find peace of mind, while self-reflection and Islamic literature help promote self-understanding and a more positive outlook on life. Involvement in Islamic communities also opens up spaces for sharing experiences and strengthening social support. Involvement in Islamic communities has a positive impact in increasing resilience. The social support and spiritual connections found in these communities help students overcome feelings of isolation and strengthen a sense of social attachment. The results of this study provide a basis for recommending the integration of Islamic Psychology approaches in student support services in higher education institutions. The provision of guidance and training that incorporates the values of Islamic Psychology can help students develop more effective coping strategies. As qualitative research, the study was limited to a limited sample of college students. Further studies with larger samples and contextual variations can provide a more comprehensive understanding of the impact of Islamic Psychology on student resilience in the digital age.

4. CONCLUSION

This psychoeducation shows that students, faced with the challenges of the digital era, can increase their resilience through an Islamic Psychology approach. Dhikr, meditation, Islamic literature, and Islamic community support prove to be valuable resources in coping with stress and psychological distress.

Higher education institutions can integrate the principles of Islamic Psychology in student support programs to improve mental well-being. The importance of digital literacy also needs to be highlighted in the curriculum, equipping students with a better understanding of the impact of technology on mental wellbeing. As well as supporting and facilitating the Islamic community on campus to strengthen social and spiritual support among students.

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