



Stress Management Islamic Perspective: Systematic Literature Review

Sri Wahyuni^(✉)

Faculty Psychology, Universitas Islam Negeri Suska Riau, Riau, Indonesia
Sri.wahyuni@uin-suska.ac.id

Abstract. Trend management stress moment this development from management stress western perspective to manage stress or religious perspective integration with religion. This because a number of study earlier find that religion has contribution to calm life individual and prevent mental disorders. Destination study this is for identify method management stress ever Islamic perspective conducted researcher previously in increase well-being student. Method used in study this is studies systematic literature. Research results find that of the 316 articles found on stage Initially, there were 17 relevant articles in accordance with criteria that have set researcher. As for the method management stress Islamic perspective found in study this is read Al-Quran, dhikr, pray, and pray.

Keywords: management stress Islamic perspective · welfare student

1 Introduction

The current trend of stress management is developing from a Western perspective stress management to a religious perspective stress management or integration with religion. This is because several previous studies have found that religion has a contribution to the peace of life of individuals and prevents mental disorders (Aazami and Marzabadi 2017). Research conducted by Haneef Khan et al. (2012) found that a Muslim's belief in his religion has a positive influence on the way a Muslim solves problems. The Islamic identity of a Muslim and his commitment to prayer is negatively correlated with stress levels and problem solving or coping strategies based on Islamic values are positively correlated with individual psychological well-being.

The role of religion in reducing stress and increasing happiness (wellbeing) is found in aspects of belief and the application of religious teachings. The involvement of a Muslim in practicing religious teachings in life has a more significant effect on reducing stress and increasing happiness than just belief (Abu-Raiya and Ayten 2019). Sadeghi et al. (2019) also found that the implementation of religious rituals turned out to have a significant influence in improving individual mental health, meaning that Islam that is practiced correctly in daily life will bring inner peace, mind and life satisfaction (Sudan 2019). The role of religion in lower stress and increase happiness (*well-being*)

exists aspect belief and practice religious teachings. Involvement a Muslim in practice deep religious teachings his life take effect more significant in lower stress and increase happiness than just belief just (Abu-Raiya and Ayten 2019). Sadeghi et al. (2019) also found that implementation of religious rituals it turns out give significant influence in increase individual mental health, meaning that Islam is practiced in a manner Correct in life daily will bring to calm mind, thought and contentment life (Sudan 2019).

Therefore, in carrying out an intervention to reduce anxiety, stress and depression and increase psychological well-being or individual happiness, it is necessary to involve the application of religious teachings. Islamic teachings have a comprehensive system of treatment and healing, which includes spiritual, psychological and material aspects (Sudan 2019). Islam provides healing and health formulas to its people in several ways, namely first, the belief of a Muslim that Allah SWT. Is the only one that can provide health to humans. This belief is based on verses contained in the Qur'an, among others in the letter Asy-Syu'ara '(27) verse 80 which means "and when I am sick, He is the one who heals me". This belief will bring patience to humans in dealing with the pain and problems they are experiencing. Second, read the Koran. Reading the Quran when you are sad, anxious and uncomfortable will give you peace of mind. As Allah says in the Qur'an, Surah Ar-Ra'd (13) verse 28 which means "(namely) those who believe and their hearts find peace in the remembrance of Allah. Remember, only in the remembrance of Allah does the heart find peace." And the third is to consume food and medicines, both herbal and chemical medicines according to their needs. This is a form of human effort, as the Prophet Muhammad saw. Said: "Allah created disease and treatment, and He made every disease a cure. So seek treatment" (HR. Abu Dawud).

For more details, what stress management methods have been studied by previous researchers, the authors conducted a systematic literature review by searching from data based on google, because only through data based on google found themes of stress management from an Islamic perspective.

2 Method

The author conducted a systematic literature review (a systematic literature review). The author performs data extraction through data based google.com. The keywords used are Islamic perspective stress management, Islamic stress management, prayer intervention, remembrance intervention, and fasting intervention. The inclusion criteria of the article search were 1). The study was conducted in the range of 2010 to 2021; 2). The studies conducted were experimental and non-experimental studies on stress management, academic stress, and student welfare; and 3). The study was conducted on middle school students (junior high school and high school) and college students. The exclusion criteria are 1). The study was conducted in addition to high school students (SMP and SMA) and college students (Fig. 1).

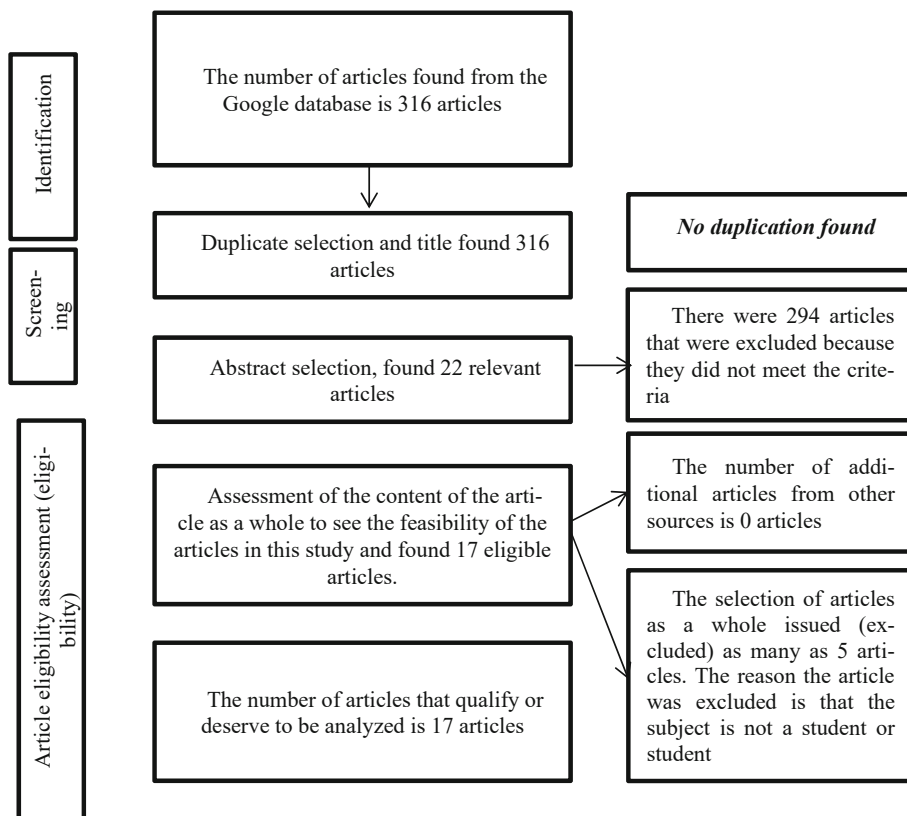


Fig. 1. Chart of Study Procedures for Islamic Stress Management Systematic Literature

3 Results and Discussion

The results of the search for articles about stress management in the Islamic perspective that the author did on data based google.com found 316 articles that were relevant to the keywords that the author had set. In the next stage, the researcher conducted abstract screening and found as many as 294 articles that did not meet the criteria, or only 22 were relevant based on abstract selection. The next step is the assessment of the articles based on the content of the articles, and the authors found only 17 articles worthy of further analysis. Furthermore, the researchers conducted a study of the 17 articles.

Based on study results, found that a number of studies conducted in a manner experiment for test effectiveness intervention or management stress used among others, Nugraheni et al. (2018) To do study about *effectiveness read the Koran for lower stress academics to students class XI high school*, and find results that read Al-Quran and listen murottal Al-Quran can lower stress academic students; Munif et al. (2019) To do study about *effects of Islamic spiritual mindfulness on stress among nursing students. Islamic*

spiritual mindfulness, that is Islamic spiritual consciousness which consists of five sessions for five days with duration of each 20 min, ie awaken motivation for develop spiritual energy and uplifting worship, analyze problem for introspection yourself, develop awareness full will mistake, feel response heart, dhikr, acceptance, and relaxation.

Furthermore, Afridah et al. (2018), also did study about *effectiveness training wonder prayer Islamic for increase well-being emotions in SMK students*. Training wonder prayer Islamic conducted During two day with material: *day first* about meaning prayer, benefit prayer, ban in prayer and ordinances prayer as well as wonder prayer; and *day second* about application third aspect prayer, matter about more prayer Specific that is prayer for give happiness and serenity regardless from suffering, meaning prayer and history prayer the Next Rohmania and Annatagia (2019) To do study about *training remembrance for increase well-being subjective in adolescents whose parents divorced*. Training remembrance held with give Theory about problematic live, *tazkiyatun nafs*, matter theory and practice remembrance, prayer, and tadabbur Al-Qur'an, as well *self-monitoring* (assignment practice dhikr at home).

Martin et al. (2018) also did study about *relaxation remembrance for increase well-being subjective teenager students*. Training relaxation is done is activity recite to Allah SWT.; and Irman et al. (2019) To do study about *the effect of dhikr relaxation in counseling to reduce internet addiction*. Stages relaxation remembrance in counseling group are: (1) stage first, counselor build connection psychological with students, discuss with student about anxiety felt by internet addiction, and asked hope about problems encountered, (2) stage activity, contains activity relaxation remembrance, and (3) stage end and stop, which contains reflection self, messages and conclusions. Ismail (Ismail 2016) then also do study about *Islamic guidance and counseling (application therapy movement Salat in form movement relaxation for reduce anxiety)*. Participant study about movement correct and appropriate prayer with guidance. Therapy movement pray this believed could lower anxiety.

Next, some researcher Muslim To do study about a number of method management stress from Islamic perspective, however no To do study experiment in test effectiveness presented method. Method research used is studies libraries and methods qualitative. A number of study in the among others by Lamoshi (2015) about *religion as a resilience tool to manage stress in adolescents: islamic approach*. Method his research is method qualitative. Lamoshi disclose that there is a number of method that can used in manage stress that is the *first* think positive. Positive thoughts will raises positive attitude and behavior. Islam teaches to his people for always be patient and grateful on all circumstances, as the words of Rasulullah saw., which means “*How beautiful Becomes a believers, all his business is goodness, this no there is except for one believer. If he obtain enjoyment so he grateful, on the other hand if he get difficulty so he be patient. That too good for him*” (HR. Muslim). If applied in life, then Thing this will Becomes handle for student Muslim in construct his mind for always think positive and optimistic whatever happened to him. _ Bekhets (2018) find that think positive in life and against religion can increase all aspect health individual, fine physique nor psychological.

Second, Optimistic. Allah SWT. Said in Surah Al-Baqarah (2) verse 83 which means “*And (remember) when We took promise from the Children of Israel, “Do not you worship besides Allah, and do good to both parents, relatives, children orphans and poor people.*

And speak well to people, pray and pay zakat.” “*But then you turn away (deny), except part small from you, and you (still to be) dissident*”. Attitude caring and helping others will give attitude optimistic to self students, because there is the happiness that will felt when give help to others. In thick Indonesian society with religious or religious values, attitudes optimistic Becomes element important in life. Attitude optimistic this help individual in adapt to the situation or moderate problem faced, so could increase well-being psychological (Souri and Hasanirad 2011; Yovita and Asih 2019).

Third, don't break up hope. on a hadith, Rasulullah saw. Said which means “*From Abu Hurairah Radhiyallahu anhu, he said, Messenger of Allah Shallallahu ‘alaihi wow greetings said, a strong believer more well and more loved God Azza wow Jalla than Weak believers; and on both there is kindness. Be serious for get what is useful for you and ask help to Allah (in all your business) as well don't you once in a while feel weak. If you hit disaster, don't you said, If I do so, of course no will such and such, but say, Here has doomed Allâh, and Allâh do what only he want, because saying if will open (door) deeds satan*” (HR. Muslim). The Hadith of Rasulullah saw. Got give motivation to student for no easy break up hope in learn and achieve ideals, stay attempted for think calm down, get rid of thoughts negative and learn for behave wise so that student feel serenity, happiness and well- being psychological.

Fourth, “enjoy life”. Meaning enjoy life is operate life with calm mind, think positive and have positive emotions. To do interaction with other people positive, giving support, and no look down on others. Rasulullah saw. Said “*Your smile in front your brother is (worth) alms for you*” (HR. Tirmidhi). *Fifth, “don't grieve”.* Writer famous Dr. Ayaid Al- Qarni write book already translated to various language about “No sad” which contains the advice of the Al-Quran and the Hadith of the Prophet so that humans no sad, worried, or frustrated. Al- Qarni recommend for grateful life, no busy with the past, no too thinking about time with so that arise anxiety and frustration, always To do useful activities, undergo life what there is, always study for permanent happy, and avoid thought negative can raises anxiety. Andriyani et al. (2017) Find that worry as a correlation mediator Among fatigue students in school and welfare students, besides that anxiety also affects well-being student in a manner direct.

Next, Aazami and Marzabadi (2017) To do studies References about *stress management model pattern according to quran and hadith*. There is four method management stress based on Al -Quran and hadith, ie method cognitive, behavioral, emotional, and multi - method. Method cognitive covers faith or belief towards Allah SWT., wisdom, guidance and insight, faith qada and qadar, sure that God is the one who gives sustenance, faith to God's grace, faith to the omnipotence of God, faith to day rise, faith to hereafter, believe to Allah Most High Loving, possessing commitment and persistence in worship, as well remember death.

Method behavior including praying, getting married or have a family, pay zakat, be patient in a manner constantly, sleeping, praying, hajj, fasting, interacting social with others, be grateful and feel satisfied with life, show obedience to the teachings and sunnah of the apostle, helping others, doing solving problem in a manner positive, do good deeds in the way of Allah, and repent. Method emotion in management stress among other things no break hope with mercy of Allah SWT., low heart to Allah SWT., have kind heart, hope, search pleasure and fear to Allah SWT., face problem with calm

or no run from problem, have price self and trust self. And finally is multi method which is combination Among method cognitive, behavioral, and emotional, which includes faith to Allah SWT. And Al-Quran, remember and fear to Allah SWT., did charity fine, practice religion, be patient in face problem and solve it, do jihad fi sabilillah, establish prayer, zakat and other religious obligations, interact social in a manner positive.

Achour et al. (2015) also did study qualitative about *An Islamic Perspective on Coping with Life Stressors*. Achour et al. explain that method coping to based stress rooted Islamic perspective to aspect involving Islamic spirituality implementation of worship and discipline moral. There is six coping strategy methods that can used for manage stress from the Islamic perspective is faith or trust to Allah SWT., founded pray, dhikr to Allah SWT., patient and forgiving, thinking positive, as well Support family and society. *First*, faith and belief to Allah SWT., as stated in the Al-Quran letter Al - An'am (6) verse 102 which means "*That's God, Lord you; no there is lord besides he; creator all something, then pray he; he is maintainer all something*", and the letter Hud (11) verse 123 which means "*And Allah's includes confidential the heavens and the earth and to Him all affairs returned. So pray Him and put your trust in him to Him. And your God no will off guard to what are you do it*" (RI, 2022). Muslims were ordered for believes full heart to power of Allah SWT. And believe that all God's plan is plan best. This because full confidence to power of Allah SWT. Will reduce concern and improve belief that every problem there is the solution.

Second, fulfill pray. In Islam, pray is one effective method that can be used in lower level stress. Pray be a moment of rest for physical and psychological man from fatigue and stress from activity everyday. Prayer is also means for man for bring closer self to Maha Creator so that heart Becomes calm down. This listed in the Al-Quran letter Al-Baqarah (2) verse 153 which means "*O you who believe ! please help (to Allah) with be patient and pray Truly, Allah is with those who are patient*" (RI, 2022).

Third, dhikr to Allah SWT. That is remember Allah who can conducted in form pray, read the Koran, glorify, and pray. Pray this believed could lower level anxiety, stress and conflict other. The Koran explains in letter Ar-Ra'ad (13) verse 28 which means "*(namely) those who believe and heart they Becomes serene with remember Allah. Remember, only with remember Allah heart Becomes serene*" (RI, 2022). When faced problem in live, Islam reigns people Muslim for come back and meditate to Allah SWT to get calm heart.

Fourth, be patient and forgive. In the Koran a lot discussed about patient and recommended to Muslims for be patient because attitude patient will make individual Becomes calm down and lower level stress. Patience is also considered as one indicator quality high and key spirituality and morals for success. This explained in the Al-Quran letter Ali-Imran (3) verse 200 which means "*O you who believe! Be patient you and be strong your patience and stay stand by (at the border your country) and be fearful to Allah for you lucky*" (RI, 2022). Patience is also one Street for intertwine proximity with Allah SWT., as be delivered in surah Al-Anfal (8) verse 46 which means "*And obey Allah and His Messenger and do not you dispute, which causes you Becomes your fear and strength lost and be patient. Truly, Allah is with those who are patient*" (RI, 2022). Capable people To do patience will too given blessings, mercy and guidance by Allah SWT., as listed in letter Ali-Imran (2) verse 155–157 which means "*And we sure are will*

test you with a little fear, hunger, deprivation treasures, souls, and fruits. And say it news happy to those who are patient (155), (namely) those who when overwritten disaster, they said “*Inna lillahi wow inna god raji’un*” (verily we belong to Allah and to Him we return) (156). They that’s what gain forgiveness and mercy from God, and them that’s the people who got guidance (157)” (RI, 2022). And deep hadith of Prophet Muhammad saw. Which means “*No anyone ever given something more good than patience*” (HR. Muslim).

Fifth, think positive. In Islam, think positive is one method that can used in resolve problem and degrade stress. Think positive is manifestation from deep thought about belief and omnipotence of Allah SWT. Faith and clear thinking is factor important in form style positive and healthy life. Think positive to Allah SWT. Will form pattern thinking and perception, *feeling* and emotion, and solving the next positive issue will useful in life social (Machouche et al. 2012). Think positive these are also correlated with individual mental health, satisfaction life, functioning psychology, interaction positive social, and realization self or development positive self (Rusydi 2012).

Sixth, support social community or society. Islamic teachings strongly recommend people Muslim for each other know and connect interaction social in society. Many sections of public worship practiced Muslims together, for example Salat fardhu congregation in the mosque, praying Friday, prayer eid fitri, pray eid adha, pilgrimage, and other worship. In interact social, people Muslim no can differentiate others based on race, color skin, kind gender, status, because they all is part from society. Support social from Public this is very important for experienced individual trouble, disaster or stress. Every Muslims also have moral responsibility to provide Support emotional, spiritual, religious, even Theory to other people in need. Support social this needed by everyone, either children, youth, adults, and elderly. And support social this have significant correlation with happiness (*subjective wellbeing*) in adolescents (Tarigan 2018), students (Thohiroh et al. 2019), and adults (Samputri and Sakti 2015).

Furthermore, Sudan (2019) also does study qualitative about *Stress Management Among Students: Conventional and Islamic Perspectives*. According to Sudan, Islamic teachings have the fundamental framework to be system treatment and healing, with integrate spiritual, psychological and material methods for give comprehensive health. as in the Al-Quran letter Al - Isra (17) verse 82 which means “*And We sent them down from the Qur’an (something) that becomes antidote and grace for those who believe, meanwhile for the wrongdoers (the Qur’an) only will add losses*” (RI, 2022). And letters Asy-Syu’ara ‘(26) verse 80, which means *and when I sick, He is the one who heals I*” (RI, 2022). There are several method that can conducted that is *first*, have faith or belief to Allah SWT. Because of Allah SWT. That’s it the only one who can give healing; It was he who gave disease and He also provides healing. *Second*, read the Al-Quran at the time sad, stressed, and worried will give serenity. *Third*, consume food or medicines recommended by the Prophet Muhammad, including honey, cumin black, black seed, olive; eat good and halal food; as well as enough rest. And *fourth*, pray to Allah SWT. Prayer with full belief will give strength to individual.

Adriani and Yustari (2019) To do study with method qualitative about *religious practices as stress management among young Muslims in Indonesia*. Findings on research this is that participant believe that religion can help in complete the problem that made it

stress, among others with read the Koran and entered organization religious. However, some participant say religion is not help they in complete moderate problem experienced. And deep research entitled *the role of stress management in self-efficacy; a case study in Tehran based science & research department of Islamic Azad University natural resources & Agricultural Faculty students*, Khaleghi and Najafabadi (2015) find that method focused coping to problem have correlation with efficacy self student. Method research used is method correlational.

Furthermore, Mohammadinia et al. (2015) also did studies References with theme *stress management in disasters based on the Holy Quran*, found a number of religious methods explained in the Al-Quran that can used for reduce stress and increase calm heart and mind, including believing that sustenance already determined by Allah SWT. Before, believe and believe full heart to Allah SWT., dhikr, prayer, reading and listening reading paragraph holy Koran, think reason behind creation man, and be patient.

Sodri (2018) To do study qualitative descriptive about *practice Pray in formation character Muslims (study to students / i SMAN 2 Medan who participated Assembly Pray Tazkira North Sumatra)*. Activities carried out in the Assembly Pray Tazkira is dhikr together, follow taushiyah, and pray together. Zulkarnain (2020) next To do studies References about *prayer psychotherapy as deal with internal stress increase health soul*. Study results library done Zulkarnain find that pray have element therapeutic good for health physical and psychological.

4 Conclusion

Based on explanation above, found that only 7 out of 17 articles did study experiment about method management stress done from Islamic perspective. As for the type intervention or training carried out is read Al-Quran dhikr (4 articles), (1 article), pray (1 article), and pray (1 article). Furthermore, there are 9 articles that are not study experiment, however research qualitative and quantitative correlational. This show that study management stress from Islamic perspective that uses method experiment only little, more many digging research draft theoretical management stress and opinion to benefit method management stress the. This is challenge for scientist Muslim for To do study experiment so you can found effectiveness method management stress the.

References

- Aazami, Y., & Marzabadi, EA (2017). Stress Management Model Pattern According to Quran and Hadith. *International Journal of Behavioral Sciences.*, 10 (4), 167–175.
- Abu-Raiya, H., & Ayten, A. (2020). Religious Involvement, Interpersonal Forgiveness and Mental Health and Well-Being Among a Multinational Sample of Muslims. *Journal of Happiness Studies*, 21 (8), 3051–3067. <https://doi.org/10.1007/s10902-019-00213-8>
- Achour, M., Bensaid, B., & Nor, MRBM (2016). An Islamic Perspective on Coping with Life Stressors. *Applied Research in Quality of Life*, 11 (3), 663–685. <https://doi.org/10.1007/s11482-015-9389-8>
- Adriani, Y., & Yustari, D. (2019). Religious Practices as Stress Management Among Young Muslims in Indonesia. *Proceedings of the 1st International Conference on Religion and Mental Health (ICRMH)*, 1–15. <https://doi.org/10.4108/eai.18-9-2019.2293455>

- Afridah, M., Wahyuningsih, H., & Nugraha, SP (2018). The Effectiveness of Islamic Prayer Miracle Training to Improve Emotional Well-Being in “X” Vocational High School Students in Yogyakarta. *Journal of Intervention Psychology*, 10 (1), 19–32.
- Ahmad Sudan, S. (2019). Stress Management Among Students: Conventional and Islamic Perspectives. *Australian Journal of Islamic Studies The Islamic Center for Research*, 10 (October), 50–64. [http://irep.iium.edu.my/78916/1/SALMI-Stress Management.pdf](http://irep.iium.edu.my/78916/1/SALMI-Stress%20Management.pdf)
- Andriyani, A., Himma, AD, Alizar, SA, Amin, ZN, & Mulawarman. (2017). The Relationship of Anxiety, School Burnout and Well-Being in High School Students. *Advances in Social Sciences, Education and Humanities Research (ASSEHR)*, 158 (Ictte), 130–135.
- Bekhet, AK (2018). The Relationship between Positive Thinking, Religion, and Health from the Perspectives of Arab University Students. 1 (2).
- Chinaveh, M. (2013). The Effectiveness of Multiple Stress Management Intervention on the Level of Stress, and Coping Responses Among Iranian Students. *Procedia - Social and Behavioral Sciences*, 84 (2011), 593–600. <https://doi.org/10.1016/j.sbspro.2013.06.610>
- Haneef Khan, Z., Watson, PJ, & Chen, Z. (2012). Islamic religious coping, perceived stress, and mental well-being in Pakistan. *Archive for the Psychology of Religion*, 34 (2), 137–147. <https://doi.org/10.1163/15736121-12341236>
- Irman, I., Saari, CZ, Silvanetri, S., Rajab, K., & Zalnur, M. (2019). The Effect of Zikir Relaxation in Counseling to Reduce Internet Addiction. *Al-Ta Lim Journal*, 26 (1), 1–11. <https://doi.org/10.15548/jt.v26i1.547>
- Ismail, IH (2016). Islamic Guidance and Counseling (Application of Prayer Movement Therapy in the Form of Relaxation Movement to Reduce Anxiety). *Mimbar Journal: Muslim Intellectual Media And Spiritual Guidance*, 2 (1), 90–104. <https://doi.org/10.47435/mimbar.v2i1.268>
- Khaleghi, A., & Najafabadi, MO (2015). The Role of Stress Management in Self-Efficacy ; a Case Study in Tehran based Science & Research Department of Islamic Azad University Natural Resources & Agricultural Faculty Students. *International Journal of Advanced Biological and Biometrical Research*, 3 (3), 303–308. www.ijabbr.com
- Lamoshi, A.Y. (2015). Religion as a Resilience Tool to Manage Stress. 15 (3).
- Machouche, S., Bensaid, B., & Grine, F. (2012). Positive thinking: an Islamic perspective. *Al-Shajarah: Journal of the International Institute of Islamic Thought and Civilization (ISTAC)*, 17 (2), 225–256. <http://irep.iium.edu.my/28966/>
- Martin, I., Nuryoto, S., & Urbayatun, S. (2018). Relaxation of Dhikr to Improve the Subjective Welfare of Santri Adolescents. *Psychic : Journal of Islamic Psychology*, 4 (2), 112–123. <https://doi.org/10.19109/psikis.v4i2.1965>
- Mohammadinia, L., Samouei, R., & Kolahdouzan, A. (2015). Stress management in disasters based on the holy Quran. *International Journal of Health Systems and Disaster Management*, 3 (2), 49–53. <https://doi.org/10.4103/2347-9019.151299>
- Munif, B., Poeranto, S., & Utami, YW (2019). Effects of Islamic Spiritual Mindfulness on Stress among Nursing Students. *Nurse Media Journal of Nursing*, 9 (1), 69. <https://doi.org/10.14710/nmjn.v9i1.22253>
- Nugraheni, D., Mabruri, MI, & Stanislaus, S. (2018). The Effectiveness of Reading the Qur'an to Reduce Academic Stress in Class Xi Students of SMA Negeri 1 Kebumen. *Intuition: Journal of Scientific Psychology*, 10 (1), 59–71.
- RI, KA (2022). Al-Quran. <https://quran.kemenag.go.id/>
- Rohmania, I., & Annatagia, L. (2019). Dhikr Training to Improve Subjective Welfare in Adolescents whose Parents are Divorced. *Journal of Islamic Psychology*, 6 (1), 25–42.
- Rusydi, A. (2012). The Concept of Positive Thinking in the Perspective of Islamic Psychology and Its Benefits for Health. *Projections*, 7 (1), 1–31.

- Sadeghi, S., Azadi, NA, Abouee-Mehrizi, E., & Jafari, S. (2019). The relationship between religiosity with stress, anxiety, and depression among the students in Kurdistan University of Medical Sciences, Iran, 2017. *Chronic Diseases Journal*, 7 (2), 105–110. <https://doi.org/10.22122/cdj.v7i2.388>
- Samputri, SK, & Sakti, H. (2015). Social Support and Subjective Wellbeing in PT. Arni Family Ungaran. *Journal of Empathy*, 4 (4), 208–216.
- Sodri. (2018). The Practice of Dhikr in the Formation of Muslim Character (Study of Medan 2 SMAN 2 Students Participating in the Dzikir Tazkira Council, North Sumatra). *Tazkiya*, 7 (2), 1–23.
- Souri, H., & Hasanirad, T. (2011). Relationship between resilience, optimism and psychological well-being in students of medicine. *Procedia - Social and Behavioral Sciences*, 30 (July), 1541–1544. <https://doi.org/10.1016/j.sbspro.2011.10.299>
- Sudan, SA (2019). Stress Management Among Students: Conventional and Islamic Perspectives. *Australian Journal of Islamic Studies The Islamic Center for Research*, 10 (October), 50–64. [http://irep.iium.edu.my/78916/1/SALMI-Stress Management.pdf](http://irep.iium.edu.my/78916/1/SALMI-Stress%20Management.pdf)
- Tarigan, M. (2018). The Relationship between Social Support and Subjective Well-Being in Adolescents Who Have Single Parents. *Diversita Journal*, 4 (1), 1. <https://doi.org/10.31289/diversita.v4i1.1565>
- Thohiroh, H., Novianti, LE, & Yudiana, W. (2019). The Role of Perceptions of Social Support on Subjective Welfare in Schools of Modern Islamic Boarding School Students. *Psymphatic: Scientific Journal of Psychology*, 6 (2), 131–144. <https://doi.org/10.15575/psy.v6i2.5323>
- Yovita, M., & Asih, SR (2019). The effects of academic stress and optimism on subjective well-being among first-year undergraduates. *Diversity in Unity: Perspectives from Psychology and Behavioral Sciences*, October 2017, 559– 563. <https://doi.org/10.1201/9781315225302-70>
- Zulkarnain. (2020). Prayer Psychotherapy as Overcoming Stress in Improving Mental Health. *Tawshiyah Vol. 15, No. 1 of 2020*, 15 (1).

Open Access This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

