

The Effect of Muslim Prayer on Mental Health of Lambung Mangkurat University Students in English Study Program 2024

Melinda Magribi

melindamgrb11@gmail.com

Nabilah Zahra Maghfirah

nabilahzahra115@gmail.com

Nur Addini Zahra

addinizhr44@gmail.com

Lambung Mangkurat University

Abstrak

Pembahasan kesehatan mental masih relevan di kalangan masyarakat, terutama di antara anak muda. Meningkatnya kasus bunuh diri di kalangan mahasiswa menunjukkan pentingnya kemampuan mengelola emosi di dalam menghadapi masalah hidup. Meningkatnya masalah kesehatan mental di kalangan mahasiswa memberikan kita kesadaran untuk meningkatkan kesehatan mental, adapun salah satu cara untuk meningkatkan kesehatan mental, bisa kita dapatkan melalui pelaksanaan shalat. Ketaatan dalam beribadah sangatlah dibutuhkan bagi mahasiswa, shalat dapat menjadi terapi terhadap kesehatan mental. Ibadah shalat memberikan ketenangan pada jiwa dan raga saat kita melaksankannya. Shalat menjadi alat komunikasi untuk mengungkapkan rasa syukur atas segala nikmat-Nya. Shalat yang dilaksanakan dengan khusyu' dapat menjadi terapi terhadap kesehatan mental. Dengan melaksanakan shalat secara khusyu' seseorang mendapatkan manfaat dari ibadah shalat itu sendiri. Kondisi inilah yang dapat memberikan ketenangan jiwa dan pikiran seseorang untuk menghadapi masalah di hidupnya. Selain itu, shalat dapat meningkatkan perasaan percaya diri dan menurunkan tingkat stress. Pelaksanaan ibadah shalat mampu meningkatkan perasaan kedekatan dengan Tuhan melalui cara memahami tiap makna dari bacaan dalam shalat dan juga melalui tiap gerakan dalam shalat. Hal ini, memberikan dampak positif bagi kesehatan mental mahasiswa.

Kata Kunci: Kesehatan Mental, Shalat, dan Mahasiswa.

Abstract

Mental health discussions are still relevant in society, especially among young people. The increase in suicides among university students shows the importance of the ability to manage emotions in dealing with life's problems. The increase in mental health problems among university students gives us awareness to improve mental health, as for one way to improve mental health, we can get it through the implementation of prayer. Students need to be obedient in worship, and prayer can be a therapy for mental health. When we do it, prayer provides peace of mind and body. Prayer becomes a communication tool to express gratitude for all His favors. Prayers performed with Khushu can be therapy for mental health. By practicing prayer in khusyu', a person gets the benefits of prayer itself. This condition can provide peace of mind and soul for a person to face problems in their life. In addition, prayer can increase feelings of confidence and reduce stress levels. The practice of prayer can increase feelings of closeness to God through understanding each meaning of the recitation in prayer and each movement in prayer. This has a positive impact on the mental health of university students.

Keyword: Mental Health, Prayer, University Student.

INTRODUCTION

Mental health discussions are still relevant in society, especially among young people. The increasing number of suicides among students shows the importance of the ability to manage emotions in dealing with life's problems. Mental health is a state where an individual is aware of the well-being and mental state within himself, this is characterized by the individual's ability to manage stress or emotional problems, to be able to move productively, to establish good social relationships in the community. (Rosyada et al., n.d.). A person who has stable mental health can manage emotional problems appropriately and establish good social relationships in the community, whereas a poor mental state has an impact on an individual's ability to manage and regulate emotional problems and social relationships in the community.

Currently, 29% of the world's population is made up of teenagers, and 80% of them live in developing countries. In Indonesia, the total number of

adolescents aged 10-19 years reaches 41 million, or about 20% of the total population. The rapid development of technology and science forces people around the world, especially the youth, to be able to compete and adapt in order to survive in this era. Because this era is one where they are no longer just competing with fellow humans, but also with robots and artificial intelligence.

Indonesia has also become a target of this rapid technological development. In fact, by the year 2045, Indonesia has the ambition to become a developed country, accompanied by high-quality human resources. Of course, this presents a unique challenge for the government and society, especially the youth, as they will determine Indonesia's fate 20 years from now. They must have maximum skills and knowledge to be able to face the current era of technological development. The numerous demands and challenges imposed on them, both internally and externally, often make them feel anxiety, fear, and concern about the future. This opens up opportunities and gaps for them to experience mental health issues. Those negative feelings can trigger insecurity, leading to social isolation, which ultimately results in an increased desire to end one's life. (Majid, n.d.).

Indonesian residents are predicted to experience mental disorders such as depression, anxiety, autism, behavioral disorders, intellectual disabilities, bipolar disorder, ADHD, and schizophrenia according to the disease burden calculations in 2017. When teenagers reach the age range of 15-24 years, the 2018 Riskesdes results reveal that mental health disorders, specifically depression, have already begun to manifest in them with an incidence rate of 6.2%.

According to Daradjat, a person's mental health is influenced by two factors, namely internal factors and external factors. Internal factors include personality, physical condition, development and maturity, psychological condition, religiousness, attitude towards life problems, meaningfulness of life, and balance in thinking. External factors include: economic conditions, culture, and environmental conditions, both family, community, and educational environments (Ketaatan et al., 2015).

In the literature review, specifically the research conducted by Iredho Fani Reza (2016), there is a correlation between the practice of prayer and the improvement of mental health in children and adolescents. There is a relationship between the practice of prayer and psychology in Islam. The implementation of prayer can be a time of rest for the body and mind from the various activities we have done all day. For example, when the Dzuhur prayer time comes, we give our body and mind a chance to take a break from the busyness of the world. By focusing on the movements of the prayer and the dhikr of Allah, where we praise His majestic names in each recitation, such as Ar-Rahman (The Most Compassionate) and Ar-Rahim (The Most Merciful) can connect humans and their creator, we not only calm the soul but also refresh the body so that we can return to the next activity with more calm and concentration.

Obedience to worship and spiritual intelligence is very important for students, it is shown by the increasing number of experts linking mental health with strong religious (spiritual). The first person to suggest the importance of religious therapy or faith was William James, a philosopher and psychologist from the United States. He said that undoubtedly the best therapy for health is faith in God, because individuals who are truly religious will always be ready to face the disasters that will occur.

This is what makes researchers interested in targeting Lambung Mangkurat University students, especially the English Language Education study program batch 2024 as the object of research studies are based on various cultural backgrounds, customs, and different levels of religious understanding. Based on the background described above, the formulation of the problem in this study is the effect of the implementation of prayer on the mental health of English Education students 2024, Lambung Mangkurat University?

RESEARCH METHODS

This study uses a survey method with a descriptive quantitative approach to find the correlation of previous research and theory with existing variables. The

variable that became the main reference for researchers in compiling the questionnaire, namely, the effect of prayer implementation on the mental health of Lambung Mangkurat University students in the English Education Study Program, as for the number of respondents from this study was 55 respondents, some research questions came from reference journal sources related to the title and experience of each researcher. In addition to the instruments used in this study, researchers used questionnaires made using Google Forms with a Likert scale of 1–5, where the distribution of questionnaires was randomly selected to allow sampling and respondent bias. After the data is collected, the researcher displays the percentage of each answer to the question packaged in tabular form to describe the distribution of answers from respondents.

RESULTS AND DISCUSSION

A. Data Result

In this section, the researcher will present the research results on the problems discussed in the introduction, namely regarding the effect of prayer on the mental health of Lambung Mangkurat University students in the English language education study program. Based on the research data that has been obtained through distributing questionnaires to 55 students, the following answers can be obtained:

1. After praying I feel Closer to God.

Answer	Total	Percentage
Strongly Agree	41	74,5%
Agree	14	25,5%
Disagree	0	0%
Strongly Disagree	0	0%
Total	55	100%

Based on the table above, it can be seen that the majority of respondents strongly agree that when they finished praying they felt closer to God, with a total of 41 respondents and a percentage of 74.5%. While those who answered agree as many as 14 respondents (25.5%), disagree, and strongly disagree (0%).

2. I feel re-energize after praying.

Answer	Total	Percentage
Strongly Agree	29	52,7%
Agree	26	47,3%
Disagree	0	0%
Strongly Disagree	0	0%
Total	55	100%

Based on the table above, 29 respondents (52.7%) strongly agreed that they felt enthusiasm for activities again after praying. While those who chose to agree were 26 respondents (47.3%), disagree, and strongly disagree (0%).

3. When I am in hurry, I do not feel a sense of peace and serenity.

Answer	Total	Percentage
Strongly Agree	22	40%
Agree	29	52,7%
Disagree	4	7,3%
Strongly Disagree	0	0%
Total	55	100%

Based on the table above, 29 respondents (52.7%) chose to agree. Other respondents who chose to strongly agree were 22 respondents (40%), who chose to disagree were 4 respondents (7.3%), and strongly disagree (0%).

4. I don't get peace of mind and heart If don't do dhikr and pray after praying.

Answer	Total	Percentage
Strongly Agree	10	18,2%
Agree	37	67,3%
Disagree	8	14,5%
Strongly Disagree	0	0%
Total	55	100%

Based on the table above, 37 respondents (67.3%) out of a total of 55 respondents chose to agree that they felt that they did not get peace of heart and mind if they finished praying without dhikr and prayer. While the others, namely 10 respondents (18.2%), chose to strongly agree, 8 respondents (14.5%) chose to disagree, and strongly disagree (0%).

5. My optimistic attitude is influenced by my obedience to praying.

Answer	Total	Percentage
Strongly Agree	30	54,5%
Agree	22	40%
Disagree	3	5,5%
Strongly Disagree	0	0%
Total	55	100%

Based on the table above, 30 respondents (54.5%) chose to strongly agree that their optimistic attitude was influenced by their obedience to praying. Then the other respondents, namely 22 respondents (40%), chose to agree, 3 respondents (5.5%) chose to disagree, and strongly disagreed (0%).

6. When I purposely leave one of the daily obligatory prayers (due to laziness), my feelings become negative, such as stress, anxiety, and insecurity.

Answer	Total	Percentage
Strongly Agree	36	65,5%
Agree	16	29,1%
Disagree	3	5,5%
Strongly Disagree	0	0%
Total	55	100%

Based on the table above, 36 respondents (65.5%) strongly agree that their feelings become negative if they leave the obligatory prayer intentionally. Meanwhile, 16 respondents (29.1%) chose to agree, and 3 respondents (5.5%) chose to disagree and strongly disagreed (0%).

7. After praying, did the feelings of anxiety, worry, and stress that I felt before decrease?

Answer	Total	Percentage
Strongly Agree	29	52,7%
Agree	24	43,6%
Disagree	2	3,6%
Strongly Disagree	0	0%
Total	55	100%

Based on the table above, 29 respondents (52.7%) out of a total of 55 respondents answered that they strongly agreed with the statement that after completing the prayer, feelings of anxiety, worry, and stress can be reduced. Furthermore, 24 respondents (43.6%) agreed, 2 respondents (3.6%) disagreed, and strongly disagreed (0%).

B. Research Results

This research explains that prayer has a significant influence. Prayer is not only a medium of communication with God but can also be a therapy for mental health. Prayer has several positive impacts on mental health. The results obtained follow the theory above: prayer can provide peace of mind, increase self-confidence, increase optimism and high confidence in oneself, and prevent mental illness. Respondents answered strongly agree that prayer functions as a medium of communication between Allah SWT and his servants. What is meant through communication is to always express gratitude for all His favors. In addition, prayer can also be a way for a servant to express what they feel, because the word “catharsis” in psychology simply means pouring out everything that is in a person, both positive and negative. Prayer can be a tool for catharsis, which will make one's heart calm, which can reduce feelings of anxiety and worry. This is also found in Surah Al-Fatihah verse 5.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

which means only to You do we worship, and only to You do we seek help. This verse shows that Allah SWT communicates with his servants. Communication is carried out by a person towards his god, such as by expressing gratitude, asking for help, and pouring out the complaints that occur to him. (Huda, 2022) Respondents said they agreed that they felt enthusiasm for activities after praying. For instance, in the dzuhur prayer. The dzuhur prayer is usually performed when someone finishes their activities, and this is the right time to relax and reduce fatigue. In addition, Dzhuhur prayer makes the mind clearer, which helps us to think more clearly. (Pembiasaan et al., n.d.)

The results of previous research show that prayer in *khushyu'* is related to mental health; namely, prayer can be therapeutic when done with *khushyu'*. The

meaning of *khushyu'* prayer itself means being present before Allah with all your heart when praying, with a sense of submission and humiliation, and deepening and understanding all the recitations of the verses of the Qur'an, recitation of prayers, *dhikr*. And sincere, when someone prays with *khushyu'* and frees himself from worldly affairs, then that way his soul will feel peaceful and calm so that it will not be easily depressed by the existing burden. On the contrary, if someone prays in a hurry or is not *khushyu'*, they do not get the benefits of prayer. This is because there is no attachment between their heart and soul to Allah; praying in a hurry indicates that their hearts and minds are still tied to worldly matters rather than the afterlife, which creates a gap for anxiety and uneasiness when establishing prayer. (Hidayah, 2021)

Conceptually, by doing *dhikr* intensely, you will be able to feel the presence of Allah. This is because the meanings or interpretations of *dhikr* words such as *Allahuakbar* (Allah is great), *Astaghfirullah* (I ask forgiveness from Allah), and *Laailahailallah* (There is no god but Allah) provide faith and optimism while praying. Through *dhikr* activities, we are indirectly doing self-reflection, and someone who does self-reflection will get peace and tranquility (Hasan & Mud'is, 2022). This condition provides peace of mind and soul for a person to face the problems and challenges of his life because he understands the nature of Allah, one of which is the nature of Allah who is greater than what is on earth, which strengthens his fear of the greatness of Allah compared to worldly affairs. With *dhikr*, people will become introspective, their hearts will be calm, and their quality of life will be more meaningful (QS 13:28). With *dhikr*, people will remember the mistakes and injustices they have committed (QS 33: 135). (Kusdiyati et al., 2012)

Based on the theory put forward by William James, no doubt the best therapy for health is faith in God because truly religious individuals will always be ready to face the disasters that will occur (Maya & Hayati, n.d.). This is in line with the facts in the field that individuals feel optimistic feelings when they finish establishing prayer. This is in line with previous research that the implementation

of dhuha prayer contributes to reducing stress levels and increasing self-confidence and a sense of individual optimism. This is due to the belief of individuals when establishing prayer that Allah will make it easy from every disaster or challenge in their lives (Rafi Nurul Fikri, 2015), as mentioned in Q.S. Al Insyirah 5-6 reads:

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا

Fa inna ma'al 'usri yusra

"For indeed, with hardship (will be) ease."

إِنَّ مَعَ الْعُسْرِ يُسْرًا

Inna ma'al 'usri yusra

"Indeed, with hardship (will be) ease."

The above verse motivates people to remain optimistic when they feel hopeless. In prayer, someone who understands the meaning of the recitation of the surah of each movement they do will find that in their reading both the prayer movements and the surah of the Quran that they read have a positive meaning and motivation to revive their sense of optimism.

CONCLUSION

The increasing mental health problems among students give us awareness to improve mental health. As for one way to improve mental health, we can get it through the implementation of prayer. Prayer has a significant influence on mental health. Prayer is not only a means of communication with God but can also serve as a form of therapy for mental health. The practice of prayer can have a positive impact on mental health, including increasing feelings of closeness to God, reducing stress and anxiety, and increasing optimism and self-confidence. The importance of prayer and religious/spiritual engagement can maintain and influence the improvement of mental health among students, especially students of the Lambung Mangkurat University English Education study program. In addition, prayer can also be a way for individuals to express their feelings and emotions, which can have a cathartic effect in reducing feelings of anxiety and

worry, and understanding the meaning and significance of the verses and movements in prayer, can enhance the positive impact on students' mental health.

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