

**THE CONCEPT OF SELF-RESILIENCE IN THE QUR'AN
PERSPECTIVE OF BADIUZZAMAN SAID NURSI AND ITS
RELEVANCE TO ADDRESSING MENTAL HEALTH AMONG
GENERATION Z**



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1446/2025**

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THESIS

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ABSTRAK

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Tidak diragukan lagi Generasi Z yang tumbuh di era digital semakin sering menghadapi masalah kesehatan mental seperti stres dan depresi. Kemampuan untuk bangkit dari kesulitan, atau resiliensi, menjadi semakin krusial. Penelitian ini akan mengeksplorasi konsep resiliensi dalam al-Qur'an, khususnya pemikiran Said Nursi dalam kitab Tafsirnya Risale-I Nur, sebagai alternatif pendekatan dalam mengatasi tantangan kesehatan mental generasi muda. Said Nursi, seorang pemikir Islam yang berpengaruh, menawarkan pandangan yang mendalam tentang manusia dan hubungannya dengan Tuhan. Pemikirannya tentang konsep kunci dalam al-Qur'an seperti keimanan, kesabaran, dan tawakal memiliki implikasi yang signifikan bagi pengembangan resiliensi. Dengan menggali lebih dalam nilai-nilai dan praktik tersebut, diharapkan dapat ditemukan solusi yang lebih komprehensif untuk meningkatkan kesejahteraan mental generasi muda.

Penelitian ini akan meneliti terkait konsep self-resiliensi dalam al-Quran menurut Said Nursi dalam risale-I Nur dan bagaimana korelasinya dalam menangani tantangan kesehatan mental yang dihadapi generasi muda saat ini.

Penelitian menggunakan metode deskriptif dalam penelitian ini, untuk mencoba untuk menggambarkan penelitian ini, kemudian melalui metode analitis, untuk menganalisa ayat-ayat tentang self-resiliensi dan korelasi ayat tersebut dengan penyakit mental health. Penelitian ini merupakan jenis penelitian kajian pustaka dengan pendekatan maudhui.

Penelitian ini menemukan hasil sebagai berikut. *Pertama*, Konsep self-resiliensi tersirat dalam nilai-nilai inti Al-Qur'an seperti keimanan, kesabaran, syukur, tawakal, dan doa. Menurut Said Nursi, sifat dasar manusia sebagai makhluk yang lemah, memiliki kebutuhan tak terbatas, dan rentan terhadap musibah membuatnya sangat rentan terhadap stress. Pemahaman mendalam terhadap iman tahqiqi mendorong individu untuk menghadapi cobaan hidup dengan tawakal, sabar dan syukur. Dengan demikian, nilai-nilai ini membentuk fondasi yang kuat bagi seseorang untuk bangkit kembali dari kesulitan, menjaga kesejahteraan mental, dan menemukan makna hidup. *Kedua*, Konsep self resiliensi tersebut sangat relevan dengan masalah kesehatan mental yang dihadapi generasi Z saat ini. Dengan mendalami Al-Qur'an, generasi muda bisa menemukan makna hidup yang lebih dalam dan mengembangkan sikap sabar serta syukur. Hal ini akan membantu mereka mengatasi kecemasan dan depresi yang seringkali muncul akibat tekanan kehidupan modern. Penulis melihat, Konsep ini tidak hanya relevan dalam psikologi, tetapi juga dalam kajian agama dan ilmu pengetahuan. Dengan menggabungkan dimensi spiritual dan ilmiah, konsep ini membuka peluang untuk pengembangan intervensi yang lebih holistik, baik dalam konteks Barat maupun Islam.

Penelitian ini masih jauh dari kata sempurna untuk meneliti konsep self-resiliensi dalam al-Qur'an yang ditinjau dari perspektif Badiuzzaman Said Nursi. Karena upaya tidak mudah, dan peneliti berharap kepada peneliti selanjutnya untuk menjadikannya lebih baik, penelitian yang sempurna dan ilmiah serta agar penelitian ini menjadi salah satu bentuk islamisasi sains.

ABSTRACT

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Undoubtedly, Generation Z, growing up in the digital era, increasingly faces mental health issues such as stress and depression. The ability to recover from adversity, or resilience, has become ever more crucial. This study will explore the concept of resilience in the Qur'an, particularly the thoughts of Said Nursi in his Tafsir, Risale-i Nur, as an alternative approach to addressing the mental health challenges of the younger generation. Said Nursi, an influential Islamic thinker, offers profound insights into human beings and their relationship with God. His thoughts on key Qur'anic concepts such as faith, patience, and reliance on God have significant implications for the development of resilience. By delving deeper into these values and practices, it is hoped that more comprehensive solutions can be found to enhance the mental well-being of the younger generation.

This study will examine the concept of self-resilience in the Qur'an according to Said Nursi in Risale-i Nur and how it correlates with addressing the mental health challenges faced by today's youth.

This study employs a descriptive method to describe the research, followed by an analytical method to analyze verses related to self-resilience and their correlation with mental health issues. This research is a type of literature study using a thematic approach.

This study found the following results. First, the concept of self-resilience is implied in the core values of the Qur'an, such as faith, patience, gratitude, reliance on God, and prayer. According to Said Nursi, the inherent nature of humans as weak beings, with limitless needs and vulnerability to calamities, makes them highly susceptible to stress. A deep understanding of true faith encourages individuals to face life's trials with patience and gratitude. Thus, these values form a strong foundation for a person to recover from adversity, maintain mental well-being, and find meaning in life.

Second, this concept of self-resilience is highly relevant to the mental health issues faced by Generation Z today. By delving into the Qur'an, young people can discover a deeper meaning in life and develop attitudes of patience and gratitude. This can help them overcome anxiety and depression, which often arise due to the pressures of modern life. The author observes that this concept is not only relevant in psychology but also in religious and scientific studies. By integrating spiritual and scientific dimensions, this concept opens up opportunities for more holistic interventions in both Western and Islamic contexts. The study highlights that this concept is not only relevant in psychology but also in the fields of religion and science. By integrating spiritual and scientific dimensions, it opens opportunities for the development of more holistic interventions, both in Western and Islamic contexts.

This research is far from perfect in examining the concept of self-resilience in the Qur'an from the perspective of Badiuzzaman Said Nursi. The effort is challenging, and the researcher hopes that future scholars will refine and perfect it, producing scientific and comprehensive studies that further contribute to the Islamization of science.

To Honorable,
Dean of Faculty of Ushuluddin
University of Darussalam Gontor

*Bismillahirrahmanirrahim,
AssalamualaikumWr.Wb*

Its is my honor to present this thesis written by:

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In partial fulfillment of the requirement for the degree of licentiate
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Wassalamualaikum Wr. Wb

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Declaration

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Declare sincerely that this thesis originally belongs to my own work and not belongs to other researcher for the different degree. Furthermore, this thesis is not a work published before, except some parts with their original references.

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MOTTOES:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمٰوٰتِ وَالْأَرْضِ رَبَّنَا

مَا خَلَقْتَ هٰذَا بَاطِلًا سُبْحٰنَكَ فَقِنَا عَذَابَ النَّارِ ﴿١٩١﴾

(سورة آل عمران: آية ١٩١)

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DEDICATION

Dedication this thesis to:

To my parents, first to my mother, who tirelessly raised her child through her extraordinary prayers and efforts, Alhamdulillah, this thesis could be completed. To my alm. father, may this thesis be a part of his eternal charity. I love you, Dad, and I miss you. To my sister, Rahma Safira, who became a light when my spirit began to fade. To my grandmother, who is always my reason to return home! To my entire family, who is my place of return.



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May Allah's boundless blessings grace their lives, and may He reunite us all in the eternal peace of His Paradise. Furthermore, may this thesis serve as an enduring source of righteous deeds, imbued with His infinite mercy and blessings.

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