

THESIS
THE RELATIONSHIP BETWEEN DHIKR INTENSITY AND STRESS
LEVELS OF WORKING STUDENTS IN THE DARUSSALAM GONTOR
PONOROGO BUSINESS UNIT



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APPROVAL SHEET
THESIS DEFENSE

It is hereby stated that the thesis with the title :

**THE RELATIONSHIP BETWEEN DHIKR INTENSITY AND STRESS LEVELS OF
WORKING STUDENTS IN THE DARUSSALAM GONTOR PONOROGO
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It has been reviewed and recommended to meet scientific standards, in terms of both scope and
quality

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VALIDITY SHEET

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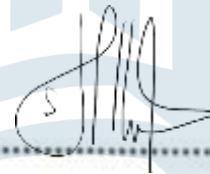
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ABSTRACT

THE RELATIONSHIP BETWEEN DHIKR INTENSITY AND STRESS LEVELS OF WORKING STUDENTS IN THE DARUSSALAM GONTOR PONOROGO BUSINESS UNIT

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Stress is a psychological condition commonly experienced by students who simultaneously undertake dual roles as learners and workers. Students working in the Business Units of Pondok Modern Darussalam Gontor face additional challenges, such as academic demands, job responsibilities, and boarding school obligations, which can trigger stress. This study aims to analyze the relationship between the intensity of dhikr, a form of spiritual worship, and the stress levels of working students. The research employs a quantitative approach with a correlational study design. Data were collected using the standardized Perceived Stress Scale (PSS) questionnaire. The sample consisted of 70 students working in various business units, including La-Tansa, Gambia, and AMIDAS, selected through a total sampling technique. The results indicate a significant relationship between dhikr intensity and stress levels. Higher frequencies of dhikr are associated with lower stress levels among the respondents. These findings support the notion that dhikr serves as an effective coping strategy for managing psychological pressure. Furthermore, the outcomes of this study provide valuable references for implementing spiritual-based stress management strategies in educational and workplace settings, particularly for students facing dual-role challenges.

Keywords: Dhikr Intensity, Stress, Coping Strategies, Working Students, Spiritual. different.

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ABSTRAK
HUBUNGAN INTENSITAS DZIKIR DENGAN STRES PADA
MAHASISWA YANG BEKERJA DI UNIT USAHA DARUSSALAM
GONTOR PONOROGO

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Stres merupakan kondisi psikologis yang kerap dialami oleh mahasiswa yang menjalankan peran ganda sebagai pelajar dan pekerja. Mahasiswa yang bekerja di Unit Usaha Pondok Modern Darussalam Gontor Ponorogo menghadapi tantangan tambahan berupa tuntutan akademis, pekerjaan, dan kewajiban asrama yang dapat memicu stres. Penelitian ini bertujuan untuk menganalisis hubungan antara intensitas dzikir sebagai salah satu bentuk ibadah spiritual dengan tingkat stres mahasiswa pekerja. Penelitian menggunakan metode kuantitatif dengan pendekatan korelasional. Data dikumpulkan melalui kuesioner berbasis Perceived Stress Scale (PSS) yang telah terstandarisasi. Sampel penelitian berjumlah 70 mahasiswa yang bekerja di berbagai unit usaha, seperti La-Tansa, Gambia, dan AMIDAS, menggunakan teknik total sampling. Hasil penelitian menunjukkan adanya hubungan signifikan antara intensitas dzikir dan tingkat stres. Semakin tinggi frekuensi dzikir yang dilakukan, semakin rendah tingkat stres yang dialami responden. Temuan ini memperkuat bahwa dzikir berperan sebagai strategi coping efektif dalam mengelola tekanan psikologis. Selain itu, hasil penelitian ini dapat menjadi referensi untuk pengelolaan stres berbasis spiritual di lingkungan pendidikan dan kerja, khususnya pada mahasiswa yang menghadapi tekanan ganda.

Kata Kunci: Intensitas Dzikir, Stres, Strategi Coping, Mahasiswa Pekerja, Spiritual.

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STATEMENT OF RESEARCH AUTHENTICITY

With this I am,

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Program studi : Occupational Safety and Health
Title of the study : The The Relationship Between Dhikr Intensity and Stress Levels of Working Students at The Darussalam Gontor Ponorogo Business Unit.

I hereby declare that this thesis is my own original work and has not been submitted for any other degree or qualification. Furthermore, this thesis has never been published, except for certain parts that have been cited with proper references.

Ponorogo, January 22, 2025
Research



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The author also thanks all parties who have assisted the researcher in completing this thesis. The researcher hopes that this thesis can be useful for readers and can be used as a reference for development in a better direction.

Ponorogo, January 22, 2025

Writer

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