

CHAPTER I

INTRODUCTION

1.1 Background

Stress is a mental health problem that is often experienced by various community groups, including students. According to data from the International Labour Organization (ILO),¹ it is explained that about 10% of workers in developed countries for example; The United States, the United Kingdom, Germany, and Finland experience work-related depression, stress, or anxiety.²

In our own country, stress is a serious concern as some recent surveys show that 80% of students experience high levels of stress during their studies. In fact, according to (the Ministry of Education and Culture) there has been a significant increase in suicide cases among students to reach 30% in the last two years due to academic pressure.³

For example, in 2016 a researcher named Hamdi found a student who committed suicide by hanging himself in his room with no exact cause. And a similar incident occurred in 2012, Prihananto said that "a student was found dead by suicide by free-falling from the 18th floor in an apartment".⁴

Stress comes not only from academic pressure but also from several other factors, such as interpersonal conflicts (29.3%), financial problems, campus

¹ Andhika Kusuma wardhana, "Stres Kerja: Penyebab, Dampak, dan Solusinya," *Program Pasca Sarjana Fakultas Ekonomi Program Studi Magister Manajemen Universitas Islam Indonesia Yogyakarta*, 3.2 (2018), hal. 91–102.

² Muhammad Helmi Hakim dan Ratika Sekar Ajeng Ananingtyas, "Pengaruh Dzikir Terhadap Potensi Menurunkan Tingkat Stres Mahasiswa dengan Indikator Tekanan Darah dan Detak Jantung," *Briliant: Jurnal Riset dan Konseptual*, 5.2 (2020), hal. 384, doi:10.28926/briliant.v5i2.468.

³ Fakultas ilmu kesehatan, "Tingkat Stres di Kalangan Mahasiswa Meningkat, Perlunya Program Penanggulangan Stress pada Mahasiswa Fikes," *Ciputat, Berita Fikes Online*.

⁴ Joy AM Rahmawati, Atika and Mandagi, Chreisy KF and Rattu, "Hubungan antara tingkat stres dengan motivasi mahasiswa penulis skripsi di Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi Manado," *KESMAS: Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, 9 (2020), hal. 8.

organization, and family responsibilities. Environment (25.2%) Uncomfortable housing, congestion, lack of holiday time, and extreme weather. Personal (29.3%), this condition becomes more complex for students who undergo dual roles as students and workers. Challenges such as difficulty dividing time, workload, and lack of rest time often trigger burnout, frustration, and a decline in academic performance.⁵

According to OHSAS 18001:2007, occupational safety and health include workers' physical, mental, emotional, and psychological conditions. Psychological effects that can occur include headaches, indigestion, depression, and poor decision-making. The K3 principle is also relevant to maintaining students' mental health because good mental health improves alertness, social skills, and stress management skills in academic, internship, and work environments. Thus, mental health is important in creating a safe and healthy learning and work environment.⁶

Active students are demanded to complete their studies in a timely manner. The demands came from several parties, Such as Family, Academics, Friends, Lecturers, Or their desires.⁷ The challenges faced are more complex for students who are undergoing a dual role as a student and a worker.⁸ Difficulty dividing time between study and work often triggers burnout,⁹ decreased academic performance, and even a loss of motivation.¹⁰ Islamic boarding school students, such as those at Universitas Darussalam Gontor Ponorogo, face unique challenges due to their dual roles. These challenges include the obligation to live in dormitories, adhere to strict rules, and manage

⁵ Sugiarti Musabiq dan Isqi Karimah, "Gambaran Stress dan Dampaknya Pada Mahasiswa," *Insight: Jurnal Ilmiah Psikologi*, 20.2 (2018), hal. 74, doi:10.26486/psikologi.v20i2.240.

⁶ Alif firmansyahalthaaaf, "Kesehatan Mental Pekerja adalah Bagian dari Keselamatan dan Kesehatan Kerja (K3)," <https://www.kompasiana.com/>, 2022.

⁷ Hamidah Anzalna Rahmah, "Coping Stress Pada Mahasiswa yang Kuliah Sambil Bekerja Coping Stress for Students Who Studying While Working Abstrak," 10.01 (2023), hal. 18–28.

⁸ Amiruddin, "Pengaruh Konflik dan Stres Kerja Terhadap Kinerja Karyawan Pada PT. Sumber Graha Sejahtera Luwu," *Universitas Muhammadiyah Palopo*, 2021.

⁹ Amiruddin.

¹⁰ Rahmi Lubis et al., "Coping Stress Pada Mahasiswa Yang Bekerja," *Diversita*, 1.2 (2015), hal. 48–57.

various responsibilities at the Gontor Business Unit¹¹). This double weight can cause additional stress,¹² especially for those who have trouble adjusting to a hectic routine.¹³

Dhikr has many virtues and benefits for human life, both from a spiritual and psychological perspective. Some of the virtues of dhikr that can improve the quality of one's life include calming the heart and mind, getting closer to Allah, improving the quality of worship, maintaining faith, and increasing happiness. One effective way students cope with this pressure is by practising dhikr (remembrance of God). Dhikr plays a vital role in maintaining mental balance and providing spiritual resilience, especially amid the various pressures faced¹⁴ According to Islam, Dhikr means remembering Allah, and it has a calming effect on the mind and heart. Previous research has shown that dhikr can reduce Stress (Ridha Sucinindyasputri, 2020),¹⁵ Improve emotional balance and help individuals develop better stress management skills (According to Lilis Fitriyah, 2021).¹⁶ In the context of Islamic boarding schools, dhikr is not only spiritually relevant but also a useful coping strategy to deal with academic and work pressures (Febriani and Kamaluddin, 2022).¹⁷ The spiritual approach has been proven to have a positive impact on reducing stress levels. Practices such as prayer, meditation, and reading religious texts can help individuals adapt better to various stressors (Poter & Perry, 2010, in Silvitasari & Hermawati, 2018). Dhikr therapy tends to focus on the spiritual

¹¹ Habibah Asyifah, “Berperan sebagai mahasiswa sekaligus santri dan perannya untuk indonesia,” *Kompasiana.com*, 2022.

¹² abdullah Mas’ud, “Pengelolaan Diri Santri Putra Yang Bekerja Dan Berstatus Mahasiswa Aktif, Studi Kasus di Pondok Pesantren Al-Amien Kota Kediri,” *Ethesis IAIN Kediri*, 2019.

¹³ Ahmad Varis Farhan, “Pendidikan ala Gontor,” *Kumparan.com*, 2023.

¹⁴ Hakim dan Ananingtyas.

¹⁵ Ridha Sucinindyasputeri, “Pengaruh Terapi Zikir Terhadap Penurunan Stres Pada Mahasiswa Magister Profesi Psikologi,” *INQUIRY: Jurnal Ilmiah Psikologi*, 8.1 (2017), hal. 30–41, doi:10.51353/inquiry.v8i1.125.

¹⁶ Lilis Fitriyah, “Efektifitas Dzikir Dalam Menurunkan Stres Pada Mahasiswa Akhir,” *Program Studi Psikologi Fakultas Psikologi dan Kesehatan Universitas Islam Negeri Sunan Ampel Surabaya*, 11.1 (2019), hal. 1–14.

¹⁷ Ahmad Febriani, Nur Arfiyah and Kamaluddin, “Regulasi Emosi Berbasis Al-Quran Dan Implementasinya Pada Komunitas Punk Tasawuf Underground,” *Mumtaz: Jurnal Studi Al-Quran dan Keislaman*, 6.01 (2022), hal. 73–102.

aspect of humans by activating the Godspot and bringing individuals back to their original state of consciousness. This process helps individuals understand the essence of creation, the duties they must fulfill in this world, and the distinction between appropriate and inappropriate actions. Additionally, this therapy plays a role in restoring human purity, akin to erasing ink from a sheet of paper until it becomes blank again.¹⁸

Based on this background, this study aims to analyze the relationship between the intensity of dhikr and stress levels with scores in students working at the Darussalam Gontor Business Unit.¹⁹ The results of this research are expected to contribute to developing spiritual-based stress management strategies relevant to the needs of students in the work environment.

1.2 Problem Formulation

Based on the background that has been described, the author got the Research Problem in this study: "What is the correlation between the frequency of dhikr and stress scores in students working at the Darussalam Gontor Ponorogo Business Unit?"

1.3 Research Objectives

1. General Purpose

To analyze the correlation between the frequency of dhikr and stress scores in students working at the Darussalam Gontor Ponorogo Business Unit.

¹⁸ Rizky Agus Mustakim, "Pengaruh Terapi Zikir Terhadap Tingkat Stres Pada Mahasiswa Yang Sedang Mengerjakan Skripsi Di Universitas Ngudi Waluyo," *Program Studi Keperawatan Fakultas Keperawatan Universitas Ngudi Waluyo*, 2019, hal. 1–23.

¹⁹ Hasbi Indra, "Islamic Boarding Schools and Social Transformation Study on the Thought of KH. Abdullah Syafe'I in the Field of Islamic Education," (*Jakarta: Permatani*), 2005, p. p.77.

2. Special Purpose

- a. Describe the frequency of dhikr and the stress level in students working at the Darussalam Gontor Ponorogo Business Unit.
- b. Describe students' stress levels at the Darussalam Gontor Ponorogo Business Unit.
- c. Analyzing the relationship between dhikr and stress levels in students working at the Darussalam Gontor Ponorogo Business Unit.

1.4 Research Benefits

1. Benefits for researchers

Providing direct experience for researchers to find out the difference in stress levels experienced by working students and the effect of dhikr on reducing stress levels.

- a. For D4 K3 Study Program

The results of this study can be used as a reference, especially regarding the influence of dhikr on stress experienced by students working at the Darussalam Gontor Ponorogo Business Unit.

- b. For the community

As input and new knowledge so that students can do their college assignments without causing excessive stress.

1.5 Originality of Research

Table 1.1 Originality of the Study

It	Research Title	Method	Study population	Variable	Result	Research differences
1	The effectiveness of dhikr relaxation therapy in an effort to reduce the level of academic stress of students in the first semester of the Islamic counseling guidance study program for the 2019 academic year. Ahmad Munjirin (2019)	Quantitative Experiments	BKI UIN Mataram Students	Dependent variable: Academic stress of students Independent variable: Dhikr relaxation therapy	Dhikr relaxation therapy affects a very significant reduction in academic stress levels.	The difference is that this researcher uses Quantitative with experimental design, and with questionnaire or questionnaire instruments. while this study will examine using a correlational quantitative approach method to analyze the relationship between dhikr frequency and stress levels using PSS instruments.
2	Dhikr therapy and prayer in reducing stress in college students of the Darul Qur'an Islamiyyah University College (KUDQI) Kuala Terengganu, Malaysia Nurul Izzah Atirah Binti Mohd.yusof (2023)	Qualitative Descriptive	Mahasiswa Program Kolej Universiti Darul Qur'an Islamiyyah(KUDQI) Kuala Terengganu	Independent: Dependent dhikr and prayer therapy: Stress levels in students	Daily dhikr that is regularly attended by students has a significant impact on reducing stress levels in the majority of students.	This research focuses on the influence of dhikr and prayer on reducing stress levels in students with the causes of stress, academic problems, and organizations. Meanwhile, the researcher will research students whose causes of stress are working part-time,

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| 3 | The effectiveness of dhikr therapy on the stress level of people with type II diabetes mellitus in the assisted area of the Jatilalang Health Center. Isnaeni Nur Afifah (2022) | Quantitative Experiments | Patients with type II diabetes mellitus in the target area of the jatilawang health center | Independent: Dhikr Therapy
Dependent: Stress levels of people with type II diabetes mellitus | Most of the respondents showed that the effectiveness of dhikr was very influential in reducing the stress level of people with type II diabetes mellitus. | Respondents who suffered from type II diabetes mellitus in the assisted area of the Jatilalang Health Center and used DASS instruments. Meanwhile, this research is partly from students who also work in the gontor ponorogo business unit. |
| 4 | The effect of dhikr therapy on reducing blood pressure in hypertensive patients in the working area of the health center in 2021. Yassar Aflah(2021) | Quantitative with Quasy Experiment research design | Hypertensive patients from January to June 2021 in the Working Area of the Batunadua Health Center | Independent Variable: Dhikr Therapy
Dependent Variable: Blood Pressure Reduction | This study shows that the effect of dhikr therapy can significantly lower blood pressure in hypertensive patients. | This study discusses the effect of dhikr on blood pressure reduction as evidenced by statistical tests. While this time the focus is using the stress instrument, and the output of the frequency score with the stress level is also the score |
| 5 | The effectiveness of dhikr in reducing stress in final students. Lilis Fitriyah(2019) | Quantitative types of experiments | Students who are working on a final semester project (thesis) | Independent Variable: Dhikr
Dependent Variable: Stress | Stress in students who are working on thesis assignments is very common and has a great impact on mental health. | This researcher provides solutions for students who are working on their thesis through dhikr, researchers using <i>favorite instruments</i> , and <i>unfavorable</i> . Meanwhile, this research is a student who works part-time at Darussalam Gontor University, with PSS research instruments. |

Based on the authenticity of the research above, there are main differences in the research method and focus, including some previous studies that used quantitative experimental designs. In contrast, the research used for this research is a quantitative correlation to analyze the relationship between dhikr frequency and stress levels. There is also previous research that focuses on the influence of dhikr on academics and organizations. In contrast, this research will be carried out more specifically and focus on students who work part-time. Some of the populations in the previous study included respondents affected by type II diabetes mellitus.

In contrast, this study focused on students who were employed at the Gontor Business Unit. While previous researchers utilized statistical tests, preference-based instruments, and questionnaire tools aimed at reducing blood pressure, as well as the Depression Anxiety Stress Scales (DASS) to measure stress, this study employs the Perceived Stress Scale (PSS) as its primary instrument for assessing stress levels.