

**SELF-RESILIENCE IN SURAH YUSUF: THE RELEVANCE OF
PROPHET YUSUF AND YA'QUB 'S STORY TO MODERN IDENTITY
CRISIS**



By:

Ruwaid Abyan Rafifah

NIM. 432022238147

DEPARTMENT OF AL-QUR'AN AND TAFSIR STUDIES

FACULTY OF USHULUDDIN

UNIVERSITY OF DARUSSALAM GONTOR-PONOROGO

2025 M / 1447 H

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CRISIS**

THESIS

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By

Ruwaaid Abyan Rafifah

NIM: 432022238147

Supervisor

Rochmad, M.A., Ph.D.

NIDN. 2114048703

DEPARTMENT OF AL-QUR'AN AND TAFSIR STUDIES

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UNIVERSITY OF DARUSSALAM GONTOR-PONOROGO

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ABSTRACT

Ruwaid Aryan Rafifah
432022238147

The rising identity confusion among adolescents in the digital era has become a serious concern. Social media plays a major role in shaping idealized self-images and unrealistic life standards, creating pressures such as emotional instability, low self-confidence, and difficulties in developing a stable sense of identity. To live meaningfully and face life's challenges, individuals need a strong and coherent identity. Therefore, resilience and religious understanding become essential psychological capacities. In line with Reivich and Shatté's framework of seven resilience components, the stories of Prophet Yusuf and Prophet Ya'qub offer relevant and practical guidance in addressing these issues.

The purpose of this study is to uncover the components of self-resilience found in Surah Yusuf and to analyze their role in addressing the problem of identity crisis in the modern era.

This research employs a literature-based method (library research) combined with thematic exegesis (*tafsir maudhu'i*), focusing exclusively on examining data related to the concept of self-resilience in the story of Prophet Yusuf and Prophet Ya'qub, as well as its relevance to the issue of identity crisis.

The findings of this study indicated a clear relationship between the five components of self-resilience and the narratives of Prophet Yusuf and Prophet Ya'qub, namely emotional regulation, optimism, causal analysis, impulse control, and self-efficacy. These five components are highly relevant to the identity crisis issue, serving as guidance in preserving one's sense of self, managing emotions and desires, understanding the root of problems, and developing confidence in overcoming the challenges of identity crisis.

This research does not close the door for further exploration or development. For future studies, it is suggested to examine this theme more deeply through the narratives of other Prophets, thereby expanding the scope of discussion. It may also be beneficial to link the analysis to social challenges that are more directly relevant to contemporary life, so that it can serve as a valuable reference for Muslims in strengthening their own self-resilience.

Keywords: Identity Crisis, Nabi Ya'qub, Nabi Yusuf, Self-Resilience.

ABSTRAK

Ruwaid Abyan Rafifah

432022238147

Meningkatnya kebingungan identitas pada remaja di era digital telah menjadi permasalahan yang serius. Media sosial berperan besar dalam membentuk citra ideal dan standar hidup yang tidak realistis, sehingga menimbulkan tekanan seperti ketidakstabilan emosi, rendahnya kepercayaan diri, dan kesulitan dalam membangun identitas diri. Untuk dapat menjalani hidup dengan makna dan menghadapi berbagai tantangan, individu membutuhkan identitas yang kuat dan stabil. Karena itu, resiliensi serta pemahaman keagamaan menjadi kemampuan psikologis yang penting dimiliki. Sejalan dengan penelitian Reivich dan Shatte yang mengemukakan tujuh komponen resiliensi serta kisah Nabi Yusuf dan Yaqub menjadi contoh jawaban atas permasalahan tersebut.

Tujuan dari penelitian ini adalah mengungkap komponen Self-Resilience yang terdapat di dalam surah Yusuf dan menganalisis perannya terhadap permasalahan krisis identitas di era modern.

Penelitian ini menggunakan metode penelitian literatur atau library research dan tafsir tematik (*maudhu'i*) yang hanya berfokus mengkaji data yang berkaitan dengan konsep self-resilience dalam kisah Nabi Yusuf dan Yaqub serta relevansinya dengan krisis identitas pada era modern.

Kemudian, hasil yang ditemukan dari penelitian ini ialah terdapat hubungan antara lima komponen self-resilience dengan kisah Nabi Yusuf dan Nabi Ya'qub, yakni *emotion regulation, optimism, causal analysis, impulse control* dan *self-efficacy*. Dan dari kelima komponen tersebut menjadi relevan pada permasalahan krisis identitas. Menjadi pedoman dalam menjaga jati diri, mengendalikan emosi dan keinginan, memahami akar permasalahan dan yakin mampu menyelesaikan permasalahan krisis identitas tersebut.

Penelitian ini tidak menutup ruang untuk lebih diperdalam atau dikembangkan lagi. Saran peneliti untuk kedepannya, mungkin dapat menganalisis lebih dalam tentang tema ini dengan kisah Nabi lain sehingga pembahasan ini meluas. Serta dapat mengaitkan dengan tantangan sosial yang lebih relevan dengan kehidupan saat ini, sehingga dapat menjadi sandaran para Muslim dalam mengendalikan Self-resilience nya masing-masing.

Kata kunci: Krisis Identitas, Nabi Ya'qub, Nabi Yusuf, Resiliensi Jiwa.

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

Bismillahirrahmanirrahim

Assalamu'alaikum Warahmatullahi Wabarakatuh.

It is my honor to present the thesis written by:

Name: Ruwaid Abyan Rafifah

Reg. Number: 432022238147

The Title: Self-Resilience in Surah Yusuf: The Relevance of Prophet
Yusuf and Ya'qub's Story to Modern Identity Crisis

I declare that this thesis has been processed and corrected to fulfill the requirements for the degree of Licentiate in the Department of Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor. Therefore, I request that the thesis be examined soon.

Wassalamu'alaikum Warahmatullahi Wabarakatuh.

Ponorogo, 30th September 2025 M
08th Rabi'ul Akhir 1447 H

Supervisor,



(Rochmad, M.A., Ph.D.)

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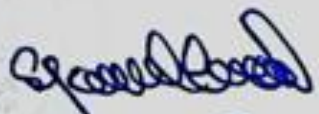
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The Title : Self-Resilience in Surah Yusuf: The Relevance of
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In partial fulfillment of the requirement for the degree of
licentiate (S1) in the Faculty of Ushuluddin Departement of Al-Qur'an
and Tafsir Studies, academic year 1447-1448 H/ 2025-2026 M.

Wassalāmu'alaikum Wr. Wb.

Ponorogo, 14th November 2025 M
23th Jumadil Awal 1447 H

Dean of Faculty of Ushuluddin,



(Syamsul Hadi Untung, M.A., M.L.S.)

DECISION OF THE EXAMINER TEAM

To committee hold the thesis examination in partial fulfillment of the requirements for the degree of licentiate in Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor on:

Day/date : Tuesday, 27 Jumadil Awal 1447 H / 18 November 2025 M

Place : University Darussalam Gontor Ponorogo

The thesis written by:

Name : Ruwaid Abyan Rafifah

Faculty/Departement : Ushuluddin/ Al-Qur'an and Tafsir Studies

Registered Number : 432022238147

The Tittle : Self-Resilience in Surah Yusuf: The Relevance of Prophet Yusuf and Ya'qub's Story to Modern Identity Crisis

Decided to grant her pass in the thesis examination. Hence, She is Eligibel to be awarded the degree of licentiate in Department Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor.

Chief of Examination board,

Secretary,



Rochmad, M.A., Ph.D.



Dr. Ilham Habibullah, S.Sy., M.Ag.

1 Examiner : Dr. Ali Mahfuz Munawar, Lc., M.Hum.



2 Examiner : Dr. Ilham Habibullah, S.Sy., M.Ag



DECLARATION

Name : Ruwaid Abyan Rafifah
Reg. Number : 432022238147
Faculty : Ushuluddin
Department : Al-Qur'an and Tafsir Studies
The Title : Self-Resilience in Surah Yusuf: The Relevance of Prophet Yusuf and Ya'qub's Story to Modern Identity Crisis.

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

Otherwise, if it found this thesis is plagiarism, I am ready to be ceased academically.

Ponorogo, 18th November 2025 M

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Researcher,



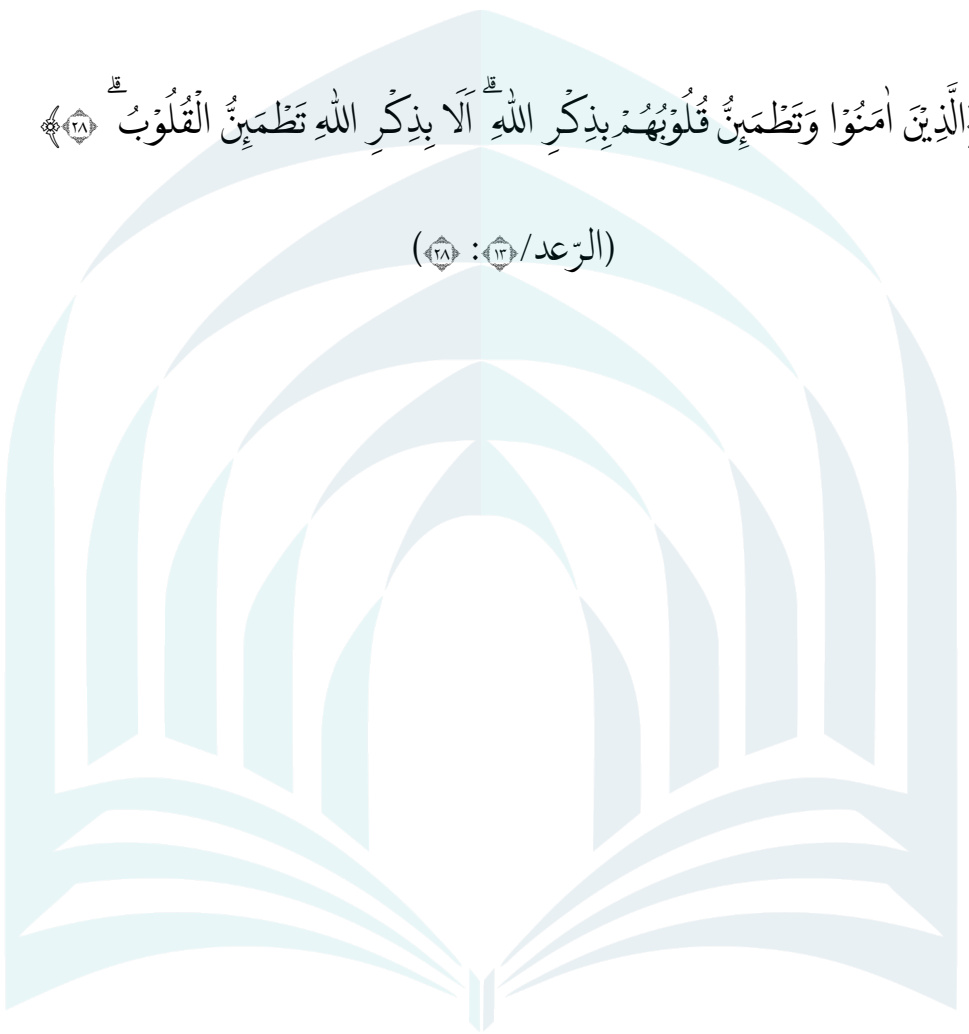
(Ruwaid Abyan Rafifah)

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MOTTOES

﴿الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ﴾

(الرَّعد/١٣: ٢٨)



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DEDICATION

I dedicated this thesis to:

My beloved parents-my father, Andi Wahyu Kusnandar, whose love and care never fade in any situation.

My first Mom, Sri Indarwati-I wish you are now in beautiful place, Jannah-Nya. Thank you for your love, both before and after.

My Mom, Kun Ukhti Wiyarti, who has always been my best friends, a good listener and the most wonderful mother.

And to my beloved little sister, Adzra Taufiqoh Wafa-may you keep learning, growing, and shining brightly more than me.



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4. Dear Mr. Mahmud Rifaanuddin, M.Ag., as the Head of Department Al-Qur'an and Tafsir Studies at University of Darussalam Gontor.
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8. To my future husband, may Allah guide your steps and mine until they meet at the right moment. Though we may not have met yet, or perhaps our story is still unfolding, I dedicate this work as a small reflection of the patience, dreams, and resilience that I will one day share with you. May our journey be filled with understanding, faith, and endless support for each other's growth.

May Allah reciprocate a proportionate reward and bless them and may this humble thesis be valuable and useful for the readers especially for the writer/researcher.

Ponorogo, 30th September 2025 M
08th Rabi'ul Akhir 1447 H

Sincerely yours,



(Ruwaid Aryan Rafifah)