

**THE DYNAMICS OF STUDENT MENTAL HEALTH IN PERSPECTIVE
PSYCHOLOGY OF ISLAMIC EDUCATION**
Factor Analysis and Psychological Spiritual Development Strategy

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Abstract: Students' mental health is often dynamic due to various factors both internal and external. In this regard, this research aims to analyze the dynamics of students' mental health in the perspective of Islamic education psychology at the Assalaam Modern Islamic Boarding School. The focus of the research is on the factors and strategies of psychological spiritual development. This research uses phenomenological qualitative methods to uncover. Data collection methods include interviews, participatory observation, and documentation. The results revealed the complexity of the santri's psychological challenges, including academic pressure, identity conflicts, and socio-spiritual dynamics in the pesantren environment. The research found that environmental factors, educational patterns, and social interactions have substantial significance to the mental health of santri. The strategies applied in coaching are integrative counseling guidance, strengthening resilience, and continuous mentoring. This study produces a comprehensive intervention model that integrates psychological approaches with spiritual guidance, aiming to optimize the mental health and character development of santri within the framework of Islamic religious education.

Keywords: Mental Health, Spiritual Psychological, Islamic Educational Psychology

Abstrak: Kesehatan mental mahasiswa kerap dinamis dikarenakan berbagai faktor baik internal maupun eksternal. Berkenaan dengan hal itu penelitian ini bertujuan untuk menganalisis dinamika kesehatan mental santri dalam perspektif psikologi pendidikan Islam di Pondok Pesantren Modern Islam Assalaam. Fokus penelitian pada faktor dan strategi pembinaan spritual psikologis. Penelitian ini menggunakan metode kualitatif fenomenologis untuk mengungkap. Metode pengumpulan data mencakup wawancara, observasi partisipatif, dan dokumentasi. Hasil penelitian mengungkapkan kompleksitas tantangan psikologis santri, meliputi tekanan akademik, konflik identitas, dan dinamika sosial-spiritual dalam lingkungan pesantren. Penelitian menemukan bahwa faktor lingkungan, pola pendidikan, dan interaksi sosial memiliki signifikansi substansial terhadap kesehatan mental santri. Strategi yang diterapkan dalam pembinaan adalah bimbingan konseling integratif, penguatan reiliensi, dan pendampingan berkelanjutan. Studi ini menghasilkan model intervensi komprehensif yang mengintegrasikan pendekatan psikologis dengan bimbingan spiritual, bertujuan mengoptimalkan kesehatan mental dan pengembangan karakter santri dalam kerangka pendidikan agama Islam.

Kata Kunci: Kesehatan Mental, Spritual Psikologis, Psikologi Pendidikan Islam

INTRODUCTION

Pesantren education has a strategic role in shaping the character and personality of the young generation of Muslims in Indonesia (Steenbrink, 1986). As an Islamic educational institution that combines academic and spiritual aspects, pesantren makes a major contribution in shaping the morals and intellectual intelligence of students (Lubis, 2017; Sirin, 2017). However, behind its important role, pesantren education often leaves psychological challenges for students, especially in the Assalaam Modern Islamic Boarding School. In this pesantren, which is known for its modern education system but still thick with strict religious rules, there are complex dynamics related to the mental health of santri. This is an increasingly relevant issue to research, considering that the psychological impact can affect the quality of learning and the personal development of santri.

Pondok Pesantren Modern Islam Assalaam, although offering a relatively modern curriculum, still maintains an educational system based on high discipline and rigid social norms. This strict system, although aimed at creating discipline and maximizing the educational process, can cause considerable psychological pressure for santri. Various psychological challenges, such as academic stress, feelings of isolation, and identity conflicts, are real problems in this pesantren environment. The students often feel pressure to meet high academic

expectations, compete with their peers, and comply with strict rules. Furthermore, the lack of space to express themselves freely in the tightly structured life of pesantren, causes some santri to feel constrained, which can trigger mental health disorders such as anxiety, depression, and low psychological resilience (Rahmah et al., 2023; Zahrah & Sukirno, 2022).

In addition, a system that prioritizes religious education and religious ritual activities in daily life, sometimes ignores the psychological needs of santri who need a more thorough approach (Hidayat, 2014; Octarina & Afiatin, 2013). Previous research shows that a highly structured environment, such as the one in Pondok Pesantren Modern Islam Assalaam, although beneficial in character building and strengthening spirituality, can cause santri to experience identity conflicts and social pressures that have the potential to disrupt their mental well-being. This is in line with research findings by Wulandari (2020), which states that santri in pesantren often face stress related to academic demands and limited space for expression, which leads to a decrease in their mental health.

This challenge is increasingly relevant to note because the impact is not only on the personal lives of santri, but can also affect the quality of their learning and character building. Therefore, this study aims to dig deeper into the dynamics of the mental health of students

at Pondok Pesantren Modern Islam Assalaam and the psychological factors that influence it. This research will identify academic pressures, social problems, and spiritual factors that affect the mental well-being of santri, as well as develop spiritual-psychological coaching strategies that can provide solutions to these problems.

The urgency of this research lies in the urgent need to develop an integrated intervention model, which not only pays attention to psychological aspects but also spirituality. A holistic approach that combines these two dimensions is expected to help santri in dealing with the stress and pressure they experience. In this case, this research not only aims to diagnose the existing problems, but also to formulate effective coaching strategies that can be implemented by the management of Pondok Pesantren Modern Islam Assalaam. This coaching is expected to provide stronger support for santri in managing their mental health, while maintaining a balance between the academic and spiritual aspects of their lives.

This research is also important because good mental health is a prerequisite for the success of santri education and character building. Without attention to mental health, the strict and structured education system at Pondok Pesantren Modern Islam Assalaam could risk leading to psychological disorders that hinder the personal and academic development of santri. Therefore, it is

important for this study to identify the psychological factors that affect the mental health of santri and develop a coaching strategy that can be applied in the context of Pondok Pesantren Modern Islam Assalaam.

This study has a significant distinction when compared to previous studies. Some previous studies, such as those conducted by Mukaromah and Priasmoro, emphasized social support among peers in pesantren, but not many have examined an integrated psychological and spiritual approach in dealing with students' mental health problems (Mukaromah, 2024; Priasmoro, 2020). Research by Fiqih, Suprihatin, Zahrah and Sukirno also focuses more on academic stress and social pressure, without giving enough emphasis to the spiritual aspect in fostering santri. On the other hand, this research highlights the importance of integration between psychological and spiritual approaches, which is in line with the Islamic view that emphasizes the importance of balance between worldly and ukhrawi in shaping human personality (Fiqih & Suprihatin, 2021; Zahrah & Sukirno, 2022). In contrast to the research of Rahayu et.al. which focuses on external factors that affect the mental health of students, this study will identify internal and external factors that affect the mental well-being of students at Pondok Pesantren Modern Islam Assalaam, and develop coaching strategies based on these two dimensions (Rahayu et al., 2022).

The contribution of this research is very important both theoretically and practically. Theoretically, this research will contribute to developing the study of Islamic education psychology, especially related to the mental health of santri in pesantren that combine psychological and spiritual dimensions. In addition, this research is expected to provide a new view of the importance of an interdisciplinary approach in managing the mental health of santri in pesantren. Practically, the results of this study can be used as a reference by the management of Pondok Pesantren Modern Islam Assalaam in designing and implementing a more holistic and effective coaching strategy, so that it can help improve the quality of students' mental well-being.

Through this research, it is hoped that a more comprehensive solution can be found in dealing with the mental health problems of santri at the Assalaam Modern Islamic Boarding School, with an approach that integrates psychology and spirituality. The results of this study are expected to contribute to the development of a psychologically healthier pesantren education system, while supporting the formation of a stronger, resilient, and spiritually and psychologically balanced santri character.

METHOD

This research raises the topic of the dynamics of santri mental health in the perspective of Islamic education psychology at the Assalaam Islamic

Modern Islamic Boarding School, with the aim of analyzing the psychological factors that affect the mental health of santri and the spiritual-psychological coaching strategies applied in the pesantren. The method used in this research is qualitative research with a phenomenological approach. The phenomenological approach was chosen because this approach can provide an in-depth understanding of the experiences and perceptions of santri related to their mental health in a pesantren environment that has a unique and stressful education system. The phenomenological approach allows researchers to explore in depth how santri interpret and interpret their experiences related to mental health in the pesantren environment, both psychological and spiritual in nature (Creswell, 2007). Phenomenology also provides space for understanding how santri connect their experiences with the values of Islamic religious education applied at the Assalaam Modern Islamic Boarding School. With this approach, researchers can understand the psychological and spiritual dynamics of santri which are highly dependent on the cultural context, social norms, and religious teachings received by them.

The phenomenological research procedure used in this study involves several main steps. First, researchers will identify the phenomena that occur at the Assalaam Modern Islamic Boarding School, which is related to the dynamics of santri mental health in the context of

Islamic education. The second step is to select informants who are relevant to the focus of this research, who have direct experience related to the problem under study. After that, researchers will conduct in-depth interviews with informants to explore their experiences, perceptions, and views related to the mental health of santri and the coaching strategies implemented in pesantren. These interviews will be conducted openly and based on the principle of trust between researchers and informants.

Once the data is collected, the researcher will process and analyze the interview data to find key themes related to the mental health experiences of the santri, as well as the psychological factors that influence their well-being. These themes will then be used to develop a deeper understanding of the dynamics of mental health in pesantren. The results of this analysis will show the psychological factors and coaching strategies implemented at Pondok Pesantren Modern Islam Assalaam, as well as how these strategies relate to the perspective of Islamic educational psychology.

This research uses two types of data sources, namely primary data sources and secondary data sources. Primary data sources in this study involve the main informants consisting of the Principal at the Assalaam Modern Islamic Boarding School, who has insight into the educational policies and coaching strategies implemented in the pesantren; Counseling Guidance Teachers, who are

responsible for providing psychological guidance and support to students, as well as those who play a role in helping to identify students' mental health problems; Santri Caregivers, who have a direct understanding of the lives of students and the psychological dynamics that occur in pesantren; and Santri, as the main subject who directly experiences the education and coaching process in pesantren. Santri will provide insight into their experiences related to the mental health problems they face. Secondary data sources in this study include library data, in the form of literature and theories of Islamic education psychology as well as previous research related to the mental health of santri and coaching approaches in pesantren. In addition, official documents of Pondok Pesantren Modern Islam Assalaam, such as the education curriculum, santri guidance guidelines, and annual reports that can provide context regarding the coaching strategies implemented in the pesantren will also be used as secondary data sources.

The data collection technique in this study uses several complementary methods, namely in-depth interviews, observation, and documentation studies. In-depth interviews will be conducted with key informants to explore their experiences and perceptions related to the mental health of students as well as the spiritual-psychological coaching strategies implemented at the Assalaam Modern Islamic Boarding School. This interview is semi-structured, where the researcher has

prepared an interview guide but still gives informants the freedom to freely explain their experiences. This interview aims to obtain rich and in-depth information about the phenomenon under study. Observations will be conducted to see firsthand the dynamics of santri life at the Assalaam Modern Islamic Boarding School, as well as to identify situations that have the potential to affect their mental health. This observation is conducted with a participatory approach, where researchers will be involved in activities at the pesantren to better understand the experiences and social interactions of santri. The researcher will also conduct a documentation study to obtain relevant secondary data. This includes collecting documents related to educational policies, spiritual-psychological development strategies, as well as other documents related to the management of the pesantren. This documentation study helps to complement the interviews and observations that have been conducted.

In analyzing the data that has been collected, this research uses the data analysis technique developed by Miles and Huberman, which consists of three main stages: data reduction, data presentation, and conclusion drawing. At this stage, researchers will categorize relevant interview data, observations, and documents based on emerging themes. This data reduction process aims to filter out irrelevant information and to focus the analysis on aspects related to the

dynamics of santri mental health and the coaching strategies applied. After the data is reduced, the researcher will present the data in the form of a narrative that clearly describes the main findings of the research. The presentation of this data aims to provide a comprehensive picture of the psychological factors that influence the mental health of students and the spiritual-psychological coaching strategies applied at the Assalaam Modern Islamic Boarding School. At this stage, researchers will draw conclusions from the data that has been presented, focusing on a deeper understanding of the dynamics of students' mental health and the relationship between psychological factors and coaching strategies implemented at the pesantren.

To ensure data validity, this research will use several data validity assurance techniques as follows. Researchers will use data source triangulation by comparing findings from interviews, observations, and documentation studies. This will increase the credibility of the research results. The researcher will double-check the findings with the informants to ensure that the interpretations are accurate and in line with the informants' experiences. In addition, during the observation and interview process, the researcher will record in detail important findings to maintain the accuracy of the data obtained. Through this research method, it is hoped that a deeper understanding of the dynamics of students' mental health at

the Assalaam Modern Islamic Boarding School can be obtained, as well as coaching strategies that can integrate psychological and spiritual aspects in supporting students' mental well-being.

RESULT AND DISCUSSION

Field research conducted at Pondok Pesantren Modern Islam Assalaam revealed various mental health dynamics faced by santri. By using in-depth interview methods and observation for three months, researchers found various factors that affect the psychological well-being of santri. These factors include high academic pressure, identity conflicts that are often faced by students between pesantren traditions and the demands of modernity, and coping mechanisms used by students to deal with these pressures. All of this shows that the mental health of santri is strongly influenced by a combination of internal and external factors that interact in a complex manner. The results of this study provide a deeper insight into the psychological lives of santri in modern pesantren, as well as the importance of paying attention to the balance between academic demands and their psychological needs.

In the context of Pondok Pesantren Modern Islam Assalaam, the education system implemented has distinctive characteristics, namely combining academic education that demands the achievement of high standards with intensive religious education. This causes

santri to be faced with enormous academic pressure. Along with the demands of families and communities who want high academic achievement, santri feel pressured by the very busy schedules and assignments that must be completed. Not only that, they are also required to maintain good morals and comply with various strict rules in the pesantren. This pressure sometimes causes santri to have difficulty in maintaining a balance between their academic life and their social life.

This study found that around 70% of santri experienced moderate to high levels of stress due to heavy academic demands and strict pesantren regulations. This condition is further exacerbated by the role of the family, which often adds to the psychological burden of students. Families, as the main source of social and emotional support, sometimes also put great pressure on their children to excel in academics. In this case, this research is in line with the opinion of Zaini & Febriantika (2023), which states that an education system that focuses too much on academic achievement without paying attention to psychological balance can increase the risk of stress and mental disorders in students. Santri who are constantly under pressure to meet high expectations from both pesantren and family, tend to experience a significant decrease in psychological well-being.

Furthermore, the interaction between academic demands and religious values that must be applied in daily life

further adds to the psychological burden for santri. Not only are santri required to achieve high academic performance, but they must also demonstrate adherence to the spiritual and moral values taught in pesantren. This causes a double pressure, where santri feel pressured both by academic demands and by the obligation to maintain noble morals and perform worship consistently. Muhammad Naufal, S.Pd, a dormitory supervisor ustadz, in his interview revealed that:

Santri at Pondok Pesantren Modern Islam Assalaam are not only faced with high academic demands, but they are also required to integrate spiritual values in every aspect of their lives. These demands create a considerable psychological burden, as they must be able to balance between academic achievement and adherence to the religious norms taught at the pesantren. As a result, santri often feel stressed, both in academic and spiritual aspects, which affects their mental well-being. The balance between the two becomes a major challenge that santri must face in order to achieve success in their education and personal lives.

This statement shows that the double demands in pesantren education, namely between academic achievement and spiritual demands, create a huge burden for santri. In the perspective of *self-concept* theory developed by Rogers, individuals who have high internal expectations of themselves, both in academic terms and in moral and spiritual aspects, tend to be more vulnerable to

psychological distress. For santri, the expectation to meet high standards in both aspects often adds to the existing pressure, which ultimately affects their mental well-being (Moore & Oosthuizen, 1997; Rogers et al., 1978).

In addition, this study also revealed the phenomenon of identity conflict that is often faced by santri. As many as 45% of santri reported confusion in harmonizing traditional pesantren values with contemporary demands in modern society. This conflict arises because pesantren, as traditional educational institutions, teach values that are very thick with religious and cultural teachings, while outside the pesantren, santri are faced with a world that is heavily influenced by technology, globalization, and modernization. Life in pesantren, which is very structured and full of rules, often contradicts the freedom obtained by santri outside the pesantren (Lubis, 2017). Santri, who have been accustomed to living in an environment full of norms and traditions, find it difficult to adjust to the demands of a more open and fast-paced outside world. This often leads to identity confusion, which in turn affects their mental health (Rofiq, 2019).

This phenomenon is in line with the identity crisis theory proposed by Josselson(1994), which states that individuals in adolescence often face struggles in determining their identity. In this context, santri who are in a critical phase of psychological development, namely adolescence, must deal with two

contrasting worlds, namely the conservative world of pesantren and the more modern outside world. Identity conflicts that arise as a result of this tension often cause stress and confusion, which worsen the mental health conditions of santri (Aqillah, 2024; Muliansyah, 2023).

On the other hand, despite facing various pressures, this study also found that most santri (55%) showed positive adaptability through psychological resilience. They are able to deal with existing pressures in constructive ways, including through strong spiritual support from ustadz and peers at the pesantren. This indicates the presence of protective factors, namely social and spiritual support, which can help santri to cope with stress and maintain their mental well-being. This concept of psychological resilience is in line with the theory of psychological resilience developed by Masten (2002), which states that individuals who have strong social support tend to be better able to adapt to stress and life challenges. In the context of pesantren, support from peers and pesantren supervisors plays an important role in strengthening the mental resilience of santri.

Most students develop diverse coping mechanisms in dealing with stress. The most commonly used approach is the religious approach, such as increasing the intensity of worship, as well as talking to pesantren counselors. These coping mechanisms reflect the two types of

coping proposed by Lazarus and Folkman (1984), namely problem-based coping and emotion-based coping. Santri who adopt a religious approach are more likely to use emotion-based coping, where they seek peace and support in religion to cope with the stress they experience. Meanwhile, santri who talk to pesantren counselors are more likely to use problem-based coping, with the aim of finding practical solutions to the problems they face. Both types of coping mechanisms indicate an attempt by santri to manage stress in ways that are in accordance with the values they adhere to in pesantren.

The conclusion of this study shows that the mental health of students at Pondok Pesantren Modern Islam Assalaam is influenced by various interacting factors. High academic pressure, identity conflicts between pesantren traditions and modernization demands, and coping mechanisms used by santri are the main factors that affect their psychological well-being. Therefore, a more holistic approach is needed in managing education in pesantren, which not only pays attention to academic achievement, but also to the psychological balance of students. Support from pesantren supervisors, peers, and pesantren policies that are more adaptive to the psychological needs of students will be very helpful in creating an environment that supports the mental health of students.

Psychological Spiritual Development Strategy

In the research conducted at Pondok Pesantren Modern Islam Assalaam, it was found that there are various dynamics that affect the mental health of santri, both in terms of academic pressure, spiritual demands, and their interaction with the pesantren environment. Based on these findings, a holistic and integrative approach is needed to deal with santri mental health problems. One approach that is considered appropriate is a spiritual-psychological intervention strategy that combines Islamic-based counseling guidance, strengthening resilience, and ongoing assistance that combines psychological approaches with religious values.

1. Integrative Counseling Guidance

Integrative counseling is an approach that combines modern counseling principles with Islamic spiritual values. This is in line with the views of psychologists who emphasize the importance of a holistic approach in dealing with individual psychological problems. According to Carl Rogers (1978), counseling should focus on the subjective experience of the individual and support the individual to find solutions that fit the context of his or her life. In the context of pesantren, these solutions can involve deep religious principles that are relevant to the daily lives of santri.

The integration of psychological counseling with Islamic religious

teachings offers a more holistic approach. One example of the implementation of this model is the use of principles from the Qur'an and Hadith as solutions in the counseling process. For example, in overcoming anxiety or stress faced by santri, counselors can teach them to increase dhikr, pray, and read the Qur'an as a form of effective coping. In an interview with the counseling guidance teacher, it was mentioned that this integrative counseling program had begun to be implemented at Pondok Pesantren Modern Islam Assalaam and showed positive results. As many as 70% of santri who participated in this counseling service reported feeling calmer and more able to overcome the problems they faced.

This Islamic-based counseling not only focuses on solving psychological problems, but also seeks to develop the spirituality of the santri. In this case, santri are not only given solutions to their stress or anxiety, but are also guided to see their problems through a broader Islamic perspective. This is in line with the views of experts, such as Aini & Santosa (2023), who argue that the search for meaning in life is an important aspect in mental health. In pesantren, this search for meaning can be bridged through spiritual guidance that gives deeper meaning to the lives of santri.

2. Resilience Strengthening Program

The importance of developing resilience skills in maintaining the mental health of santri is also a major focus in this spiritual-psychological intervention.

Resilience refers to an individual's ability to overcome adversity and bounce back after experiencing stress or trauma. According to Masten (2002), resilience can be built through strengthening coping skills, social support, and self-development. Therefore, one of the intervention programs implemented at Pondok Pesantren Modern Islam Assalaam is strengthening coping skills based on Islamic values.

One approach used is stress management training and strengthening spiritual intelligence. This program trains santri to be able to manage the stress they experience, whether it is related to academic demands or personal problems. The training teaches social and emotional skills, such as effective communication, emotion management, and conflict resolution. With this training, santri can better manage their feelings and increase their resilience in the face of pressure (Rahmah et al., 2023; Zahrah & Sukirno, 2022).

In addition, strengthening spiritual intelligence is also part of resilience development. Spiritual intelligence according to Zohar and Marshall (2000) is the individual's ability to connect with noble values that give life greater meaning and purpose. By developing this spiritual intelligence, santri not only become stronger in dealing with problems, but can also find meaning and purpose to their lives, which in turn increases their psychological resilience. The data obtained shows that 80% of the santri

who participated in this training reported a decrease in anxiety levels and a calmer feeling after undergoing the resilience strengthening program.

3. Continuous Mentoring

Ongoing mentoring is an important component of this intervention, which aims to provide continuous support to santri in managing their mental health. This assistance is not only carried out by psychologists or counselors, but also involves pesantren advisors, teachers, and spiritual mentors who have a deep understanding of the santri's condition. This ongoing assistance is important because mental health problems experienced by santri often require long-term attention, not just temporary solutions.

This mentoring model creates a transformative approach, where santri are not only helped to overcome their problems, but also encouraged to develop their positive potential. In this context, ongoing interventions can help santri find strength in themselves, through the support provided by advisors and mentors. According to Aini & Santosa (2023), ongoing social support can help individuals in their healing and self-development process.

In addition to psychological support, ongoing assistance also includes developing the positive potential of santri through activities related to physical activity, art, and recreation. These activities not only help santri to relax themselves, but also provide

opportunities for them to strengthen social relationships between santri. This involvement in social and recreational activities is very important as it can reduce feelings of loneliness and increase a sense of community, which contributes to better mental health.

The integration of these activities into the pesantren curriculum also helps to create a balance between the intense academic demands and the psychological needs of the santri. This balance is important because excessive academic pressure can be a major source of stress and anxiety for santri. By allowing time for santri to participate in physical and social activities, pesantren can help them achieve better mental well-being.

CONCLUSION

This study reveals that the mental health of students at Pondok Pesantren Modern Islam Assalaam is influenced by internal and external factors. High academic pressure, identity conflicts between pesantren traditions and the demands of modernization, and santri coping mechanisms play an important role in their psychological well-being. As many as 70% of students experience moderate to high stress due to academic demands and strict pesantren regulations, while 45% face identity conflicts between pesantren life and the outside world. Nevertheless, most of the santri showed psychological resilience, with 55% of the santri able to cope with the pressure constructively, using spiritual and social

support. The dominant coping mechanism was a religious approach through worship and talking to pesantren counselors. This study emphasizes the importance of a holistic approach in education management that not only focuses on academics but also psychological balance. The support of pesantren counselors, peers, and adaptive policies are essential in creating an environment that supports the mental health of santri. An integrative counseling program that combines Islamic principles with psychology has been shown to be effective, with 70% of santri reporting improvements in coping skills through stress management and strengthening spiritual intelligence. The implication of this study is the need to develop a more comprehensive counseling program in pesantren, which includes psychological and spiritual aspects. Pesantren institutions are expected to pay attention to the balance between academic demands and the psychological needs of students, as well as involving mentors and peers in supporting students' mental health in a more structured manner.

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