

The Effectiveness of Tahajud Prayer on Stress Reduction

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ABSTRACT

Stress is defined as the inability to cope with threats faced by mental, physical, emotional, and spiritual humans, which at some point can affect the physical state of the human being. Stress can be viewed in two events, as good stress and bad stress (distress). Good stress is called positive stress while bad stress is called negative stress. Bad stress is divided into two namely acute stress and chronic stress. Tahajud prayer, as mentioned, is performed in the middle of the night, when most people are asleep and various kinds of life activities stop and rest. With this, tahajud prayer can make ourselves physically and mentally healthy. Therefore, this study aims to determine how the form of implementation carried out by UIN Raden Fatah Palembang students in maintaining mental health with tahajud prayer. The research method used is a qualitative case study method conducted to determine and understand the effect of tahajud prayer therapy in reducing stress. In collecting data for this study, researchers used interviews, observation, and documentation techniques. The results of this study found that tahajud prayer therapy was effective in reducing the stress that the subject was experiencing.

Keywords: Stress, Pray Tahajud

Introduction

In general, every individual has experienced feelings of pressure or tension known as stress. Stress is part of human life. Humans will never escape the experience of feeling tension in their lives. Stress arises in line with the events and journey of life that individuals go through and its occurrence cannot be completely avoided (Sukadiyanto, 2010). Stress is a non-specific response of the body to all demands, both positive and negative responses (Seyle in Ridner, 2004). Stress is the body's natural response to various demands and pressures in life. However, excessive stress can have negative effects on physical and mental health. Nevid, Rathus and Greene (2005) mentioned that the presence of physical stressors such as cold air or loud noises, especially when they occur intensely and for a long time, will reduce immune function. According to the Central Statistics Agency (BPS) in 2018, 9.1% of the Indonesian population aged 15 years and over experienced depression. Depression is a form of mental disorder that is often triggered by stress. Apart from depression, stress can also cause various physical health problems such as headaches, high blood pressure, and indigestion.

Stress is a confusing term because there are very diverse opinions. In a general sense, stress is a general pattern of reaction and adaptation, in the sense of a pattern of reaction to stressors, which can come from inside or outside the individual concerned, can be real or unreal in nature. In the context of students, there are four sources of stress in students, namely interpersonal, intrapersonal, academic, and environmental (Ross, Niebling, & Heckert, 2008). Apart from the word stress, students usually experience academic stress. Academic stress is defined as a stressful situation experienced by

individuals due to the gap between academic demands and their abilities (Rahmawati, 2012). Another definition states that stress is an individual response to a stressor (Barnes & Montefusco, 2011). Stressors are divided into several categories, namely life events, chronic stressors, and daily hassles (Barnes & Montefusco, 2011). In this study, researchers focus on sources of stress that come from daily hassles in college students.

Daily hassles are small events that occur in everyday life that require adjustment actions within a day (Thoits, 1994). In this study the subject was very difficult to manage daily finances. Pocket money and lifestyle in his college environment and friendships that make it difficult for the subject to adjust. This is all according to Kaplan and Sadock (2010) in terms of dynamics is a function and ego. They also emphasise the existence of personal resources and defence mechanisms as special characteristics of the individual. When the ego functions well, everything is in balance. If the stressors faced can be overcome adequately, no stress will arise. In the event of incapacity, stress will arise. It is not always the case that someone who has the ability to cope succeeds with stressor limitation. Once the stressor is overcome the individual will tend to return to their original balance.

In psychology, stress is defined as a condition caused by an imbalance between demands and abilities, so that people who experience stress are unlikely to think positively. He will feel that his abilities cannot deliver him to carry out the demands in his life. Stress will often arise when individuals experience an imbalance or failure in fulfilling needs, both physical and spiritual. So when individuals fail to obtain something they will be vulnerable to experiencing stress in themselves. In everyday life stress can be encountered in various forms. Acute stress can cause various manifestations of anxiety that cause discomfort. This state will last depending on the length of time the stressor is present. Then if the stressor exists for a long time we will find a state of exhaustion and the existence of stress that has taken the form of pathology, such as physical and psychological pathology. But it needs to be emphasised here, stress does not always make people insane so they are forced to be in a mental hospital. Because stress has several levels. So as long as the individual is still experiencing mild stress, then the individual will only often think about it and try to solve the problem that causes stress. But it does not rule out the possibility that everyone may be in a state of stress right now.

Furthermore, according to Sukadiyanto (2010), individuals who want to avoid stress must always get closer to God. Conversely, individuals who do not know and are not close to God, their stance is unstable and easily shaken. Individuals who are close to God will have the nature of patience and tawakal. The nature of patience, tawakal, and accepting what is can help reduce stress. Islam is the perfect religion. Islam has a solution to every problem in life. Islamic perspective in overcoming stress according to Islamic teachings with prayer, dhikr, and AlQuran (Nurhafidzah. et al. 2024). Hasan (2008) states that in Islam there are three procedures that can be done to communicate with Allah, one of which is prayer.

Handling with a religious approach or commonly known as psychoreligious can be an alternative in handling stress, namely by performing tahajud prayer (Rismalinda, 2017). Tahajud prayer performed at night has benefits both from a religious and health point of view, this is reinforced by the hadith narrated by Tirmidzi as stated by the Prophet Muhammad 'tahajud prayer can erase sins, bring peace, and avoid disease' (Sholeh, 2012). This prayer is also a highly recommended practice because it has many functions, as for the functions of tahajjud prayer, namely, a calmer soul,

being able to control emotions, enthusiasm and self-confidence, a clearer and wiser mind in decision making, increased social skills, and a healthy body and away from disease (Musdalifah, 2016). Prayer is the main worship that must be carried out by Muslims. In addition to prayer as an obligation, it turns out that prayer is also beneficial for those who do it. Among them, prayer movements performed according to the guidance of the Prophet Muhammad SAW will have a positive impact on the anatomy of the human body. Even from a medical point of view, prayer is a storehouse of medicine from various types of diseases (Muallifah, 2017).

Sholeh (2010) also mentioned that tahajud prayer that is carried out with full seriousness, solemnity, accuracy, sincerity, and continuity can foster positive perceptions and motivation and streamline coping. Positive emotional responses (positive thinking), can avoid stress reactions. In terms of controlling emotional responses, it can be pursued with several alternative strategies. Tahajud prayer is performed at a slightly different time than the usual prayer time, which is at night after praying Isha and sleeping first and the recommended time is the last third of the night. The last third of the night is a time when individuals are in deep sleep. The calm atmosphere is a special advantage of tahajud prayer. Tahajud prayer is also called lail prayer/night prayer, because it is performed at the same time of night as sleep (Sunusi, 2013).

In general, there is no absolute rule regarding the best time to perform Tahajud prayer. The scholars stated that Tahajud prayers can be performed in the first, middle, or last third of the night. In Indonesia, the first third of the night takes place around 22.00 to 23.00 WIB, the middle third of the night around 00.00 to 01.00 WIB, and the last third of the night around 02.00 to 03.00 WIB until the time of Fajr prayer (Sholeh, 2008). According to the health world, the best time to perform Tahajud prayer is in the last third of the night, which is around 02.00 - 03.00 WIB until the time of Fajr prayer. At this time, most people are in deep sleep, creating an atmosphere of silence, quiet, and calm. Conditions like this are very supportive of a person's concentration level. In addition, night prayers can also increase the body's immunity. This is because waking up at night stops sleeping habits that can cause blockage of blood vessels (Al-Kamal, 2008). When going to pray Tahajud at 2 or 3 o'clock at night, it is highly recommended for human beings to sleep first. Because it is not possible if the human body is forced to stay up late, waiting until 2 or 3 in the morning. So, getting up at night after sleeping, then praying Tahajud is better than praying Tahajud at the beginning of the night.

Various efforts have been made to overcome stress, ranging from medical therapy, psychological therapy, to spiritual approaches. Spiritual approaches, such as tahajud prayer, are increasingly in demand by the public as an alternative therapy to overcome stress. This study aims to find out how the implementation of banking students of UIN Raden Fatah Palembang in maintaining mental health with tahajud prayer.

Method

This research uses qualitative research methods with a case study research type. (Rowley 2002) says the case study method is the ability to investigate a phenomenon in its context. With this method, he claimed that there was no need to replicate the phenomenon or experimental settings to find out the phenomenon. Another definition of the case study method is a series of scientific activities carried out intensively, in detail and in depth about a program, event, and activity, either at the level

of an individual, group of people, institution, or organisation to gain in-depth knowledge about the event (Mudjia Rahardjo, 2017).

The instruments used in this study were banking students of Raden Fatah State Islamic University Palembang. Procedures in the study were carried out using audio recordings. Data were collected through the results of discussions with clients to assess the level of effectiveness of therapy in this study by communicating online and directly with subjects during the therapy process, during the final evaluation and follow-up period. The process of collecting data and information in this method includes observation and interviews as a tool to explore in-depth understanding of tahajud prayer therapy as a stress reduction. The results of this research are carried out to analyse so that conclusions can be drawn, the purpose of obtaining data, and describe the results of this research.

Results

This study shows that tahajud prayer is effective in reducing stress levels. The research was conducted by one of the banking students at Raden Fatah State Islamic University Palembang. by using qualitative methods, namely interviews and observations. The subject reported that tahajud prayer helped him feel calmer and more peaceful. Subjects felt closer to God, which gave them a sense of inner calm and strength to deal with daily problems. Subjects also reported that tahajud prayer had an effect on reducing stress symptoms such as anxiety, tension, and sleep disturbances. They also felt more focused, productive and had better emotional control.

Participation in tahajud prayer, the researcher wakes up the subject via mobile phone when he wants to perform tahajud prayer so as to provide a sense of togetherness and solidarity that strengthens the spirit of the subject. In addition, researchers participated in tahajud prayer activities to understand the changes that occurred. This therapy runs for one week. Researchers conducted interviews at the beginning and at the end of therapy to find out the differences before and after the therapy was implemented. And it is true that this research shows that tahajud prayer is effective in reducing stress levels.

Discussion

Based on the results of the research that has been obtained, it shows that tahajud prayer is effective in reducing stress. The tahajud prayer performed by the subject is able to reduce the biological disturbances experienced by the subject. Some biological disorders as an indication of subject stress include dizziness and insomnia. But after running tahajud prayer, stress levels decreased marked by muscles feeling comfortable, calmer heart and sleep time became more productive. According to Anisa & Almasya (2023), tahajud prayer is one of the positive tools to overcome stress. One of the benefits is that it can relieve stress for someone who experiences it. According to Sholeh (2006), health problems will not arise if tahajud prayer practitioners are able to adapt and successfully strive for homeostatic balance.

This is because humans have the cognitive power to make efforts to prevent them from feeling pain. Each individual has a different strategy for coping with stress. Some avoid sources of stress to overcome distress, while others look for ways to solve problems that cause stress (Juli Andriyani,

2019). These prevention efforts include coping mechanisms. According to sarafino in (Assyifa, 2021) Coping mechanism is a process in which individuals try to manage the conflict between demands and resources that exist in situations that can cause stress. Organising in this definition shows that efforts to overcome problems vary and do not always lead to problem solving.

The process of coping mechanism is known from self-adjustment efforts and the process of learning and remembering. When coping is successful, stressors no longer cause stress, but rather become a stimulation to foster an optimistic attitude in facing various problems. Various emotional conditions, both positive and negative, can cause anxiety, distress and stress. This can disrupt the balance of the working system of the hormone cortisol (Saekul, 2021) As found in this study, after the subject performed tahajud prayers for one week, he felt more comfortable muscles despite the many pressures in everyday life. Thus, it can be concluded that tahajud prayer can maintain body homeostasis. Sholeh (2010) suggests that tahajud prayers that are carried out with full seriousness, solemnity, accuracy, sincerity, and routine can foster positive perceptions and motivation and streamline coping. And positive emotional responses (positive thinking), can avoid stress reactions. According to Taylor, Peplau and Sears (2009) turning individuals to religion, which in this case individuals perform tahajud prayers is an effective emotional coping. Because individuals who perform tahajud prayers will gain wisdom in the form of realistic life, always optimistic in readiness to face various life problems faced so that people remain constructive (Sholeh, 2010). Closeness to Allah will make a person more courageous, because they believe in Allah's help. Closeness to Allah will not make one feel confused or anxious, because there is clarity in achieving Allah's pleasure. Therefore, closeness to Allah makes a person stronger in facing various challenges and obstacles. Whatever happens, the individual believes that it is the best. There is nothing to fear or worry about, because everything that happens is for one's own good. A person will have confidence in every step, because these steps are supported and guided by Allah (Hawari, 2012).

This is in line with research conducted by several researchers has shown significant effects in reducing stress levels. One of the relevant studies conducted by Bimbi Sukma Pertiwi (2020) entitled 'The Effect of Relaxation Tahajud Prayers on Reducing Stress Behaviour of Final Year Students in Compiling Thesis at the Faculty of Da'wah and Communication' shows that tahajud prayer has an influence of 70% in reducing the stress of final year students, this is because Relaxation Tahajud Prayers contain a dimension of dhikrullah which has a psychological impact on one's inner self. By remembering Allah, one's soul will be calm and peaceful. The peace and tranquility obtained by someone who performs Tahajud prayer has a high spiritual value (Chodijah, 2017). Tahajud prayers that are performed with hudhur (concentration) and tuma'ninah will have a health effect on humans, both physical, mental, social, and spiritual (Widiani, 2014).

Research conducted by Azam M. Sabiq (2015) entitled 'The Effectiveness of Tahajud Prayers in Reducing Stress Levels of Santri Pondok Islam Nurul Amal Bekasi, West Java' found that student stress decreased as an effect of running tahajud prayers performed by students while at Pondok Nurul Amal. The decrease in santri stress levels includes 2 aspects, namely biological aspects and psychological aspects (Sarafino, 2006). In the group that runs tahajud prayer, the stress of students before entering Pondok Nurul Amal Cibarusa Cikarang was initially high, after participating in tahajud prayer activities held by Pondok, stress decreased significantly. This proves that tahajud prayer is able to eliminate feelings of pessimism, low self-esteem, inferiority, lack of weight, and

replace them with an attitude that is always optimistic, confident, and brave without being arrogant and arrogant.

So it can be concluded that in doing tahajud prayer can make individuals become resilient and optimistic so that it can reduce stress. Resilience is the attitudes that make people stress-resistant. Resilience includes feelings of commitment, positive responses to challenges and strong self-control. Strong self-control enables individuals to withstand the negative effects of stress (Taylor, Peplau & Sears, 2009). As found in this study, stress was initially high, but after routinely practising tahajud prayer the subject's stress level decreased significantly.

Conclusion

Based on the discussion of the results of the study 'The Effectiveness of Tahajud Prayers on Stress Reduction' we can conclude that the application of tahajud prayer therapy is effective in reducing stress. This can be seen from the subject's report that the therapy he has applied, namely tahajud prayer therapy, helps him feel calmer and more peaceful. Thus, this study was able to show that the application of tahajud prayer therapy is very effective in reducing a person's stress. This study showed that participants who regularly performed tahajud prayer experienced a more significant reduction in stress levels compared to those who did not. These results were obtained through the measurement of various stress indicators before and after the tahajud prayer intervention. Therefore, it can be suggested that tahajud prayer can be used as an alternative method for stress management. However, further research with larger and more diverse samples is needed to strengthen these findings and understand the detailed mechanisms behind the effectiveness of tahajud prayer in reducing stress.

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