

Self-Recovery Through the Tahajud Prayer Therapy Process for Clients Who Have Friendship Trauma

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ABSTRACT

Self-recovery is paramount in overcoming obstacles and trauma experienced, as well as restoring emotional and holistic well-being. Trauma is emotional and psychological distress generally due to unpleasant events or experiences related to violence. The word trauma can also be used to refer to events that cause excessive stress. This research uses a qualitative approach with a case study type to explore the effectiveness of the application of counseling in the form of tahajud prayer on self-recovery in subjects who have friendship trauma and uses observation and interview approaches. This research was conducted by involving the subject of an undergraduate student, aged 20 years, who experienced friendship trauma, causing excessive anxiety. Then obtained significant results on the mental health felt by the subject. From the results of this study it can be concluded that tahajud prayer therapy is effective in reducing anxiety levels and increasing self-confidence in students who experience friendship trauma. Before undergoing therapy, the subject experienced excessive anxiety and low self-confidence, but after undergoing tahajud prayer for 2 weeks, there was a significant decrease in his anxiety level.

Keywords: Friendship Trauma, Self-Recovery, Tahajud Prayer Therapy

Introduction

One of the characteristics of schoolchildren's relationship patterns with their peers is the emergence of a desire for closer friendships, or what psychology calls friendship. Friendships are more than just ordinary friends (Wang et al., 2018). Friendship is people who can talk to and always try to support us and those who care about each other despite their shortcomings (Kinloch & Metge, 2014). Friendship itself is a brotherly joy, joint activities with the same passion, goals, emotions, and desires, and equality and similarity contribute greatly to a pleasant friendship.

Friendship is people who can talk to and always try to support us and those who care about each other despite their shortcomings (Kinloch & Metge, 2014). Friendship itself is the joy of brotherhood, shared activities with the same passion, goals, emotions, and desires, and equality and similarity contribute greatly to a pleasant friendship. Friendship is a correlation where two people spend time together, interact in different situations except for others in a relationship, and support each other mentally (Deci & Ryan, 2014). Friendships are people who love each other, love each other's existence, share common interests and activities, help and understand each other, trust each other, create a sense of security, and support each other emotionally. Friendship is also commonly known as an intimate relationship between individuals (Hartup, 2021).

According to Wiseman (2016) friends are close friends who can be trusted and are well connected to ourselves, besides that friends will also not hold grudges, true friends can always be

trusted and become the closest friends who relate to us. Friend refers to a friend who is special and familiar to us among our other friends who are present as people who can be trusted deeply and forgive each other (Spencer & Pahl, 2018). When friends are present, humans can find the joy of mutual understanding with others and avoid feelings of loneliness.

But with the development of the times, the flow of friendship has also begun to evolve. And with that, there are also many negative things that come in and damage the morals of teenagers, which can damage the scope of friendship. This is because friendship is an aspect of human life that has an important role in identity formation, and provides emotional encouragement. Calvo (2008) states that human behavior is influenced by their peers, so peers become the norm (reference group) in the development of adolescent behavior. Muslich (2011) states that there are ten signs today that need to be watched out for. These signs include an increase in crime among adolescents, the use of foul language, strong peer influence in criminal behavior, increased self-destructive activities, increasingly unclear moral guidelines, poor work ethic, low respect for parents and teachers, low social responsibility, a culture of dishonesty, feelings of distrust and hatred between people.

One example of criminal behavior committed by teenagers is bullying. Bullying is an aggressive act against a person or group against another person or group through physical or psychological violence (Sari, 2017). Waasdorp & Bradshaw (2015) describe bullying in three ways; physical bullying, verbal bullying, and relational bullying. Physical bullying takes the form of personal attacks on others, including physical members, such as punching or kicking the victim. In contrast, verbal bullying is verbal violence (spoken or written) which includes: threatening (Waasdorp & Bradshaw, 2015; Dupper, 2013); Furthermore, relational or interpersonal bullying occurs when the perpetrator does not have a direct confrontation with the victim, but rather attempts to socially isolate the victim and separate them from the social group (Waasdorp & Bradshaw, 2015; Dupper, 2013). This type of relational bullying includes spreading negative rumors aimed at damaging the victim's reputation, rejecting and humiliating the victim, and manipulating friendships (Waasdorp & Bradshaw, 2015; Dupper, 2013).

The experience of bullying often causes a deep sense of trauma. Giller (1999) states that trauma is emotional and psychological distress generally due to unpleasant events or experiences related to violence. The word trauma can also be used to refer to events that cause excessive stress. An event can be called traumatic if it causes extreme stress and exceeds the individual's ability to cope. People can be said to have Trauma is that they must experience a large and excessive emotional stress so that the person cannot control their own feelings which causes the emergence of trauma in almost everyone (Kaplan and sadock, 1997).

A number of symptoms can indicate individuals with traumatic experiences. Some common symptoms are having painful memories that are not easily forgotten, recurrent nightmares of the traumatic event, and recurring memories of the traumatic event when seeing things related to the event. Cognitively, memories of the traumatic event can trigger feelings of anxiety, excessive fear, and distress (American Psychiatric Association, 2013). In children, symptoms of trauma can include difficulty sleeping, feelings of fear when having to sleep alone, not wanting to be left alone even for a short time, being aggressive when invited to discuss the past, and sudden anger.

A common symptom that occurs in individuals who experience trauma is excessive anxiety. Excessive anxiety or anxiety is a state of feeling a sense of uneasiness, worry, tension, doubt,

insecurity, and fear of a situation that is perceived as a threat of unknown actual source. These somatic signs cause hyperactivity of the autonomic nervous system. Anxiety is an issue in the field of mental health. Anxiety is caused by uncertain worry due to fear and lack of ability. There are no specific symptoms caused by the above emotional state. Anxiety has a healthy aspect and a harmful aspect. The onset of these aspects depends on the level and length of time the anxiety is experienced, as well as the individual's efforts to cope with anxiety (Annisa & Ifdil, 2016; Rusman, Umar, & Majid, 2021).

Anxiety is actually a normal feeling possessed by humans, when there is anxiety it shows that humans are given information that there is a threatening danger (Suwandi & Malinti, 2020). However, anxiety can be abnormal if the level is not in proportion to the threat, or if there is no trigger, which is otherwise a response to environmental transitions. In extreme cases, anxiety can interfere with our daily functioning. Anxiety disorders are the most common psychiatric disorders in adolescents and appear to occur earliest among all forms of psychopathology (Woo et al., 2021). Adolescence is the peak period for the occurrence of anxiety disorders, the brain's vulnerability to anxiety in adolescence is related to the development of functional brain systems related to anxiety that are not synchronized (Xie et al., 2021).

Excessive anxiety will have a negative impact on the body, especially if this is experienced by adolescents, it can interfere with the learning process because of feelings of fear and worry about something. Anxiety that occurs in adolescents can have an impact on insomnia, difficulty focusing or concentrating, forgetfulness, tends to have feelings of frustration and irritability (Fitria & Ifdil, 2021). This is in line with (Agusmanto, 2020), the effects that may arise due to anxiety include unreasonable fear, worry and anxiety, resulting in changes in behavior such as withdrawing from the environment, difficulty focusing on activities, difficulty eating, irritability, low emotional control, sensitivity, illogicality and difficulty sleeping.

Factors that affect anxiety levels in adolescents can come from internal and external factors. Adolescents who experience many changes need family support so that adolescents can adapt to these changes. In addition, it is also influenced by the personality of adolescents, if someone who has an introverted personality tends to be closed, difficult to accept changes or adapt, and often overthinking which causes people with introverted personality types to have higher average anxiety levels. Good relationships with the surrounding environment or with family provide additional positive influences in dealing with situations and reduce anxiety levels (Sitepu & Simanungkalit, 2019).

Another important factor that can affect a person's anxiety level is the factor of religiosity, which is the value, belief, attitude and behavior of a person that can reflect religious behavior. Research on the relationship between religiosity and anxiety has been widely conducted, for example research (Maisaroh & Falah, 2011) which shows a very significant relationship between student religiosity and anxiety in facing the National Exam. Although, teenage anxiety can actually be caused by many other things, such as research findings (Madoni & Mardiyah, 2021) which show that religiosity, emotional intelligence, and social support contribute 10.7% to students' academic anxiety. Thus 89.3% of anxiety can be influenced by other variables.

On the other hand, self-recovery is paramount in overcoming obstacles and trauma experienced, as well as restoring emotional and holistic well-being. Recovery comes from the word

recover, which indicates a more positive social relationship despite possible symptoms of distress. A person's ability to maintain a stable condition is the same as recovering (Coleman, 1999). Meanwhile, recovery according to KBBI is the process or method of restoring something (rights, property, and so on). Recovery can also be interpreted as the process of traveling in achieving healing or change in a person to have a more meaningful life. Self-healing is defined as the process of recovering from illness, usually in the form of emotional illness, inner wounds, mental conditions; but self-recovery can also include accompanying physical health problems (Tchiki Davis, 2015).

There are a number of ways to assist recovery from trauma and anxiety. One way that can be used is to do Tahajud prayer therapy. Tahajjud prayer according to Azam & Abidin (2015), is a sunnah prayer performed at night and performed first after sleep, even though sleep is only brief. According to a saheeh hadith, the best time to perform tahajjud prayer is the last third of the night, which according to Indonesian time interpretation, is around 02:00 WIB or 03:00 WIB until midnight is clear. The Prophet SAW performed tahajjud prayer, with a total of eleven rak'ahs or thirteen rak'ahs, namely two rak'ahs for the iftitah prayer, eight rak'ahs for the tahajjud prayer, and three rak'ahs for the witr prayer. According to saheeh hadith sources, the number of rak'ahs of the Witr prayer can be: one, three, five, seven, or nine rak'ahs. The Witr prayer is different from the Maghrib prayer. Therefore, the Witr prayer, regardless of the number, uses only one tashahhud in its last rak'ah.

According to ustadz Muhammad Arifin Ilham in mirna (2023), if your prayer is to be accepted then you must pray solemnly and pay attention to the quality of the prayer ritual. Prayer is essentially dhikr, as explained in Q.S. Thah: 14, which means "indeed I am Allah, there is no God (right) besides me, so worship me and establish prayer to remember me" (Q.S. Thah: 14).

The benefits of tahajud prayer according to Mahmudah, et al (2024) are: (1) Improve focus and concentration, Tahajjud prayer gives a person the opportunity to reflect and focus his mind on his spiritual and academic goals. After performing Tahajjud prayer, a person often feels more focused in carrying out daily activities, including research and thesis writing, (2) Inner peace and emotional well-being, Tahajjud prayer is time set aside for worship, contemplation and prayer to Allah. This spiritual activity can bring inner peace and reduce the level of anxiety or stress a person feels when completing a dissertation. As a result, one tends to feel calmer and emotionally stable so as to improve their productivity and quality of work, (3) Compared to better planning and organizational skills, Tahajjud prayer is often followed by time to plan daily activities. After praying, the time can be used to organize the work schedule, set priorities, and make a detailed work plan to complete the thesis. This helps to increase productivity and ensure continuous progress in completing their study assignments, (4) Increase motivation. Performing tahajud prayer regularly can also increase one's motivation and enthusiasm in completing the dissertation. It can provide the moral and spiritual boost needed to overcome obstacles and challenges during the dissertation research and writing process. One may feel more motivated to work hard and produce the best results.

According to (Mahmudah, et al., 2024) Tahajud prayer has many benefits and privileges, but only a few people perform Tahajud prayer, even though if people know the privileges of Tahajud prayer, they will definitely compete to perform it and will not give up. The following are the

privileges of tahajjud prayer, (1) Tahajjud prayer can save us from the devastating punishment of hell, (2) In ancient times, Tahajud prayer was a habit of the pious. Getting closer to Allah means preventing sins, erasing all sins and being able to avoid diseases in the body, (3) 2 rak'ah prayers performed at midnight are better than the world and its contents, (4) Allah SWT bestows privileges on people who perform tahajjud prayers. God will praise them with his angels. All kinds of favors will be received for those who perform tahajud prayers.

Method

This research uses a qualitative approach with a case study type to explore the effectiveness of the application of counseling in the form of tahajud prayer on self-recovery in subjects who have friendship trauma and uses observation and interview approaches. According to Bogdan and Taylor define qualitative methodology as a research procedure that produces descriptive data in the form of written or spoken words from people and behaviors that can be observed. According to both, the approach with qualitative methods is directed at the setting and the individual as a whole (holistic). Descriptive qualitative research is conducted to explain existing research without providing manipulation of the variable data under study by conducting direct interviews (Bahri, 2017). According to Suharsimi Arikunto, a case study is an approach that is carried out intensively, deeply and deeply into certain symptoms.

The main purpose of this case study research does not lie in the generalization of results, but the success of a treatment at a certain time. The advantage of using this research design is that it can be used in the middle of research or intervention with the counselee. The observation carried out in this study is observation. Interviews and reality counseling are used to obtain a diagnosis on the selected subject. Interviews were conducted to find out to complete the data and efforts to obtain accurate data and the right data sources. The participant in this study was a student majoring in shari'ah economics at one of the state universities in Palembang. The procedures carried out in this study are (1) Signing informed consent which aims to make the client get enough information to make decisions on the actions to be carried out, (2) Conducting interviews and observations to identify the suitability of criteria in clients, (3) Giving flyers about tahajud prayer to clients to help clients understand tahajud prayer therapy that will be carried out, (5) Explaining tahajud prayer therapy to clients to help clients better understand and understand about tahajud prayer therapy to help help clients recover from friendship trauma. The collection of data obtained is then analyzed and concluded so as to get a conclusion about the matter under study. Data analysis is carried out using the narrative analysis method which involves collecting descriptions of events or events and then compiling them into stories using storylines to understand how tahajud prayer therapy can increase the success of self-recovery in clients who have friendship trauma.

Results

This research was conducted involving the subject of an undergraduate student, aged 20 years, who experienced friendship trauma, causing excessive anxiety. Data collection was carried out by means of interviews and in-depth observations during therapy sessions. Afterward, the

subject was asked to apply tahajud prayer therapy in a span of 2 weeks, according to the guidelines on the flyer that had been given by the researcher. Then obtained significant results on the mental health felt by the subject. Before running tahajud prayer therapy, the subject revealed that he had excessive anxiety, and low self-confidence. However, after the tahajud prayer, the subject showed that there was a decrease in the anxiety he felt.

In an interview conducted after the application of therapy, when asked by the researcher "Is there any difference in your anxiety after doing tahajud prayer?", then the subject replied "Not as anxious as before." The subject also revealed that tahajud prayer helped him in providing peace of mind, and there was a significant increase in the level of confidence he felt. Furthermore, the subject revealed that tahajud prayer provides a sense of calm and peace, and makes his mind much clearer.

Based on the statements that have been given by the subject, it shows that tahajud prayer therapy is effective in helping self-recovery for subjects who have experienced trauma in friendship, especially to eliminate the symptoms of anxiety experienced by the subject. The spiritual process by getting closer to God by performing tahajud prayer has a calming effect, so that it can help the subject in self-recovery due to friendship trauma.

Discussion

The findings of this study are the effect of tahajud prayer on reducing anxiety levels and increasing self-confidence. This shows that there is effectiveness in tahajud prayer therapy in helping self-recovery, which is supported by previous researchers from Indriyani, and Asti in 2012 with the title *The Relationship Between Tahajud Prayer Habits and Anxiety Levels in FK UII Students Class of 2008*. The results showed that of the 198 subjects included in the study 157 students. 94 people who do not regularly perform tahajud prayers have 37 people who have high anxiety levels and 57 people have low anxiety levels. Whereas from 63 people who regularly perform tahajud prayers there are 8 people who have high anxiety levels and 55 people have low anxiety levels. From the analysis of the data obtained the value of $\chi^2 = 13, 115$ $df = 1$ $p < 0.001$ $r = -0.230$. It can be concluded that the greater the habit of tahajud prayer, the smaller the anxiety level of FK UII students in 2008.

The findings of another previous study with the title *The Effect of Tahajud Prayer on Anxiety of Final Semester Students Working on Thesis* is that there is an effect on reducing anxiety levels and increasing self-confidence. This shows that there is effectiveness in tahajud prayer therapy in helping self-recovery, which is supported by previous research by Mahara, and Gania Sulistia in 2019 with the title *The Effect of Tahajud Prayers on the Anxiety of Final Semester Students Who Are Working on Thesis*. The results of quantitative data show a decrease in the category and score of anxiety of fixed subjects between before and after intervention, a decrease in anxiety category scores from moderate to mild. The results of the pre-post test score of subject B Pre: 149 Post: 118, C Pre: 162 Post: 120, D Pre: 148 Post: 117. This means that tahajud prayer can reduce the score of anxiety levels of students who are working on a thesis.

In its application, the therapy used by the subject is tahajud prayer therapy. In addition to getting psychological benefits, tahajud prayer therapy is also holistically beneficial. Further

mentioned by Sholeh (2010), if tahajud prayer practitioners are able to adapt and have effective coping, changes in circadian rhythms are accepted as a stimulator for achievement. Conversely, if they fail to adapt and coping is not effective, changes in circadian rhythms will be accepted as stress that is prone to infection and cancer. 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, individuals turn to religion, which in this case individuals perform tahajud prayer 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). Individuals who perform prayers, including tahajud prayers, will feel they have a place to lean all their affairs in the world, namely to Allah SWT. Individuals feel there is a Essence that can help ease the burden of his life. As the word of Allah SWT which means my prayer, my worship, my life, and my death are only for Allah SWT (QS Al-Anam: 162). Individuals feel that there is not a single creature on this earth that can cause harm and add benefits other than the permission of Allah SWT.

Prayer can make individuals become resilient and optimistic so that they 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 makes individuals able to withstand the negative effects of stress (Taylor, Peplau & Sears, 2009). The results of this study are in line with the theory put forward by Taylor, Peplau and Sears (2009), that optimistic individuals can help improve psychological adjustment to stressful events. Dispositional optimism is the belief that good outcomes will occur in life. Optimism will enable individuals to assess stressful events more positively and help mobilize internal resources to take steps to deal with stressors. Optimistic people adjust more easily to stress and have lower blood pressure and optimism can help individuals resist illness.

Conclusion

From the results of this study it can be concluded that tahajud prayer therapy is effective in reducing anxiety levels and increasing self-confidence in students who experience friendship trauma. Before undergoing therapy, the subject experienced excessive anxiety and low self-confidence, but after undergoing tahajud prayer for 2 weeks, there was a significant decrease in his anxiety level. The interview results also showed that the subject felt a sense of peace of mind, increased self-confidence, as well as calmness and clarity of mind after undergoing therapy. This shows that the spiritual approach with tahajud prayer can provide significant benefits in the process of recovering from friendship trauma, by helping to alleviate the symptoms of anxiety experienced by the subject through the calming effect caused by getting closer to Allah SWT.

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