

Al-Qur'an Reading Therapy Surah Al-Baqarah Verse 250 to Reduce Anxiety in Authoritarian Parenting Patterns in Students

**Choiriah Rika Meilina¹, Nabila Frasista Rahmadhania², Muhammad Anang Setiadi³,
Muhammad Izha Afdwikki⁴, M Alfi Tri Rachmanda⁵**

^{1,2,3}Universits Islam Negeri Raden Fatah Palembang

⁴Universitas Negeri Padang

⁵Sichuan Vocational College of Information Technology

*Corresponding Email: setiadianang22@gmail.com

ABSTRACT

Anxiety is the most common psychological disorder experienced by humans because humans experience worries in the form of feelings of tension, anxiety, and emotions. This is usually caused by circumstances when individuals encounter an event that simulates feelings of worry or fear of something. One of the factors that encourage anxiety disorders is parenting patterns, authoritarian parenting makes children fixated and afraid because of the perception of distress in social situations and the emergence of potential rejection by others. Therefore, this study aims to determine how the implementation of Qur'anic therapy surah Al-Baqarah verse 250 in reducing the level of anxiety one of students at South Sumatera State University in authoritarian parenting. This research method uses qualitative methods conducted to know and understand the influence of Qur'anic therapy surah Al-Baqarah verse 250 in reducing anxiety in authoritarian parenting. In collecting data, this study used interview, observation and documentation techniques. The results obtained in this research are that the Al-Quran Reading Surah Al-Baqarah verse 250 therapy is effective in reducing anxiety in students with authoritarian parenting patterns.

Keywords: Quranic Therapy, Anxiety, Parenting Pattern

ABSTRAK

Kecemasan merupakan gangguan psikologis yang paling umum dialami manusia karena manusia mengalami kekhawatiran yang berbentuk perasaan tegang, cemas, dan emosi. Hal ini biasanya diakibatkan oleh keadaan ketika individu menghadapi suatu peristiwa yang menimbulkan perasaan khawatir atau takut akan sesuatu. Salah satu faktor yang mendorong gangguan kecemasan adalah pola pengasuhan, pengasuhan yang otoriter membuat anak terpaku dan takut karena adanya persepsi marabahaya dalam situasi sosial serta munculnya potensi penolakan oleh orang lain. Maka dari itu penelitian ini bertujuan untuk mengetahui bagaimana implementasi terapi Al-Qur'an surah Al-Baqarah ayat 250 dalam mengurangi tingkat kecemasan pada mahasiswa salah satu perguruan tinggi negeri di Sumatera Selatan dalam pola asuh otoriter. Metode penelitian ini menggunakan metode kualitatif yang dilakukan untuk mengetahui dan memahami pengaruh dari terapi Al-Qur'an surah Al-Baqarah ayat 250 dalam mengurangi rasa kecemasan dalam pola asuh otoriter. Dalam pengumpulan datanya penelitian ini menggunakan teknik wawancara, observasi dan dokumentasi. Hasil yang didapatkan dalam penelitian ini adalah terapi Membaca Al-Quran Surah Al-Baqarah ayat 250 efektif untuk menurunkan kecemasan pada mahasiswa pola asuh otoriter.

Kata Kunci: Terapi Al-Qur'an, Kecemasan, Pola Asuh

Introduction

Family is an important role in children's growth and development. Family is the number one environment inherent since childhood in children. The family fosters an era relationship between father, mother and son and interacts with each other. The family as the smallest social institution is the beginning and foundation and initial investment to build social life and community life at large for the better. This is because within the family there are values and social norms much more effectively carried out than through other institutions outside the family institution. (Zahrok & Suarmini, 2018).

The role of the family, especially parents, in shaping the character and personality of children through parenting greatly affects their development. Every parent has their own parenting style that he thinks is best for children. Parenting consists of two words, namely pattern and parenting. According to the Big Dictionary (KBBI) Indonesian, pattern means a pattern, model, system, way of working, a fixed form (structure). While the word foster can mean to take care (care for and educate) young children, guide (help; train and so on), and lead (supply and organize) a body or institution (KBBI, 2008). Parenting means how parents treat children, guide, educate, and discipline and protect children in every inch of their lives so that they can shape children's values and norms for the better. (Fitriyani, 2015).

The parenting styles given by parents vary in various ways, but there are parenting styles that are carried out hard, namely authoritarian parenting. According to Santorck in Hidayati (2014), authoritarian parenting is a style of parental that limits and punishes when parents force children to follow the rules they have made and put first to always respect all the efforts that parents have made. According to Harlock (1980), states that authoritarian parenting as a form of discipline from authoritarian parents and is traditional. In this discipline, parents ask that children can only obey all the rules that parents have made, but children are not clearly told why they must obey all rules and are not given the opportunity to express opinions. Children educated with authoritarian parenting are often unhappy, irritable, anxious, compare themselves to others, and behave aggressively (Santrock, 2011).

One of the effects of applying authoritarian parenting applied by parents is anxiety. According to Freud (in Wiramihardjas, 2007: 67) said that anxiety is something that refers to a state of feeling weak in an emotional state, so that it does not dare or cannot act and behave rationally as it should. Anxiety occurs in response to stressful situations or conflicts that usually occur when a person experiences changes in his life situation and needs to make adjustments or adapt. Factors that influence anxiety are negative experiences in the past and irrational thoughts which are divided into four forms, namely ketastropic failure, perfection, approval and improper generalization (Adler and Rodman in M. Nur Ghufroon & Rini Risnawita, S, 2014). Usually someone who experiences anxiety tends to be unconscious, irritable, often complains, has difficulty concentrating, and is easily distracted or difficult to sleep (Gunarsa et al. in Leonard, 2008).

This is supported by interviews from AP subjects who experienced authoritarian parenting. The subject admitted that he was often banned by his father for no apparent reason and was educated hard to the point of playing hands. The subject is often punished if he does not obey his father's rules.

"Often punished because they go home less than the rules that have been set, there are hours of bates playing mobile phones, it feels like they are never free to do things. I

feel alone and afraid to interact with people, I am also often anxious with many people, anxious also with my parents' behavior in the future.

In the interview above, it is known that JA subjects often feel anxious in dealing with situations, difficult to interact with others due to anxiety in authoritarian parenting and also often overthinking about the future treatment of parents towards her. This is one evidence that anxiety greatly affects a person's personality and becomes dangerous if not followed up more seriously, for example with therapy.

There are so many therapeutic methods that can be applied to reduce anxiety. In today's development, there are many more professional tools to reduce anxiety. However, it is very rare to use Qur'an-based methods which are actually very effective therapeutic methods to reduce anxiety because the Qur'an is a guideline for life that comes down from Allah SWT. According to previous research quoted from Mutaharah (2021), one of the most powerful therapies to reduce anxiety is to read the Qur'an regularly and explore its meanings. One of the verses of the Quran that can be used as therapy is surah Al-Baqarah verse 250.

This is because the therapy of reading surah Al-Baqarah verse 250 can be useful to relieve anxiety, calm and cool the heart, control and control one's mind, and expand the soul from various feelings of anxiety and anxiety because it remembers the promise of Allah SWT that He will give peace to His servants who believe and are devout. (<https://merdeka.com> accessed May 8, 2024).

Surah Al-Baqarah Verse 250

وَلَمَّا بَرَزُوا لِجَالُوتَ وَجُنُودِهِ قَالُوا رَبَّنَا أَخْرِغْ عَلَيْنَا صَدْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

When Jalut and his army were seen by them, they (Thalut and his army) prayed: "*O our Lord, pour patience upon us, and strengthen our stand and help us against the unbelievers*".

Surah Al-Baqarah verse 250 itself has the meaning of giving lessons in dealing with difficult problems with patience, and strengthening mentally. Therefore, researchers are interested in providing Surah Al-Baqarah verse 250 therapy as a therapy to reduce anxiety due to authoritarian parenting.

Method

The method used in this study is a qualitative research method aimed at exploring and understanding a symptom, fact or ralita that occurs in humans (Walidin, 2015). Qualitative research methods are carried out using *settings* in life in accordance with what happens (natural) with the aim of finding and understanding symptoms or phenomena regarding what, why, and how these phenomena (Fadli, 2021). The existence of researchers in this method aims to collect information on the subject and is responsible for designing, collecting information, analyzing information, interpreting, and interpreting the results of research (Purwaningrum, Suatin, & Alfreda, 2022).

The techniques used in collecting data are observation and interview techniques. Observations were made to understand the *pattern of life* intended to be the focus of research while interviews were used in revealing hidden meanings as *patterns for life* (Subadi, 2006). In this study, the sampling technique used was *purposive sampling* technique with criteria, namely; 1) Is an active student at one of the campuses in South Sumatra; 2) Aged 17-21 years; 3) Have an anxiety disorder. In this study, the participant was a 19-year-old female student who was studying at one of the campuses in South Sumatra and experienced anxiety disorders. The procedures in this study are; 1) The subject is asked to recite and interpret the Qur'an Surah Al-Baqarah verse 250 after the fardhu prayer and when experiencing anxiety; 2) The subject is given time in one week regarding his progress while undergoing therapy. The focus in this study is to answer research questions, namely; 1) *Is Qur'anic recitation therapy Surah Al-Baqarah verse 250 effective for reducing anxiety in students in authoritarian parenting?*

Results

Initially, subjects were interviewed at an early stage to see what anxiety problems occurred and whether the subjects really experienced authoritarian parenting anxiety as described above. In this interview, it was found that the subject with the initials AP who was known to be a student from the University in Palembang stated that it was true that she was a child raised with an authoritarian parenting style who often experienced anxiety.

"Often anxiety is when interacting with social, hmm if certain events that make the trigger can also be suddenly anxious. Sometimes if you are anxious it can be difficult to breathe, dizzy and nauseous. And also often there is fear that if you have left the house, it feels like you can think of going home quickly so you don't get angry with your parents."

AP subjects are known to often lie from their parents in order to leave the house, it actually makes the subject feel more anxious and uncontrollable mood to cry. The subject stated that he often got angry, sad, laughed for a short time. The mood that often changes also makes it difficult for the subject to control himself in the social environment. The subject also stated that he was often scolded by his parents if he did not obey the rules of his parents, even he would experience physical attacks if he went against his parents' opinions.

"You can get hit on the cheek or in the hand if I think I can handle it myself at my age, but always have to be required to follow all the rules. I like not being prepared for the outside world and often worry when told to be confident and brave."

After obtaining the results of the initial interview, the author suggested therapy to read surah Al-Baqarah verse 250 which is done after finishing fardu prayers and done when experiencing anxiety. This therapy is tried on the subject for one week then will be evaluated and seen the results. In addition to reading the verse, the subject also reads the content of the verse so that the content of the verse reaches the subject's heart in the hope that the subject will feel calmer.

After one week, the subjects were interviewed again and found that the therapy of reading the Quran surah Al-Baqarah verse 250 was effective for reducing anxiety in authoritarian parenting.

"After I optimized for one week without stopping, there was indeed the intention of the heart to be calmer, it turned out that the heart was much more courageous to face the day. Gradually feeling anxious when reading this verse will be calmer and physical and emotional symptoms are much calmer than in the past which is not nerapin. "

The subject admitted that by reading the Quran surah Al-Baqarah verse 250 makes the heart much calmer and can reduce anxiety symptoms such as physical no longer dizzy and nausea and mood that can be controlled to be more stable.

Discussion

This study aims to see the effectiveness of Quran reading therapy surah Al-Baqarah verse 250 to reduce anxiety in authoritarian parenting which in this study the therapy is effective in reducing anxiety in authoritarian parenting that has been tried by subjects with the initials AP. Authoritarian parenting given by parents is very influential with the condition of children. According to research from Dwi and Nurul (2016), states that authoritarian parenting from parents has a positive influence on child discipline, which means authoritarian parenting becomes a positive thing so that children become more disciplined. However, according to Mil and Anis (2023), authoritarian parenting has a significant influence on aggressive behavior in children.

Parents who apply authoritarian parenting will cause children to have aggressive behavior shown physically or verbally that can cause harm (Geandra & Neviyarni, 2018) or with the intention of harming or harming other children. Authoritarian parenting will cause children to become stubborn, unruly and disobedient to parents. Authoritarian parenting also causes anxiety in children because of excessive control over the care provided by parents. (Zheylya, et al, 2024).

Based on previous research quoted from (Devia, et al 2022 in Az-Zahrani, 2015). Qur'an reading therapy is also effective in reducing anxiety levels in research subjects because according to him that anxiety can be overcome with Islamic methods, one of which is with Qur'an therapy. First, if the cause of anxiety is fear and worry, then he needs to remember that everything is God's dominion. Second, if anxiety arises from doubts and makes him feel selfish, then he should focus on God's help and blend into society. Thirdly, if the anxiety arises because of a conflict in the soul, as an obstacle to his martyrdom, he must see that Islam holds fast to the truth and there is nothing higher than it.

According to (Darajat, 1978) anxiety is a manifestation of various mixed emotional processes that occur when a person experiences stress (frustration) and internal conflict. Anxiety has actualizing aspects such as fear, shock, helplessness, feelings of guilt or guilt, bullying, etc. Anxiety is a subjective feeling that is a reaction to an unpleasant experience. If this experience is symbolized and placed in the subconscious, it can lead to a change in the individual's self-concept. According to (Corey, 2005) anxiety is one of the psychological problems that are often encountered and is no longer strange in people's lives because anxiety is a universal experience experienced by everyone anytime and anywhere. Freud defined anxiety as a state of tension that urges us to do something, its function is to warn someone of imminent danger.

Everyone must have felt anxiety and are unable to immediately overcome it or eliminate the anxiety, if in conditions like this everyone absolutely needs inner calm, then it is not impossible that inner peace can be achieved. Allah Almighty teaches us the step to true tranquility, which is to always

remember Him, a heart that will be at peace. Conversely, if you rarely remember God, the heart becomes dry and barren. We must be sure that everything in heaven and on earth belongs to Allah SWT and was created by Allah SWT. If studied in depth, there are many verses and hadiths in Islam that become guidelines for humans to be healthy physically, spiritually, socially, and spiritually as a whole.

According to Greenberger and Padesky (in Fenn & Byrne, 2013) describe that there are four aspects of anxiety, namely:

- *Psychal Symptoms: Psychal Symtoms* are physical reactions that occur in someone who is anxious such as palpitations, difficulty breathing, excessively sweaty palms, tense muscles, and dizziness when individuals face anxiety.
- *Thought: Thought* is a negative and irrational thought of an individual in the form of a feeling of inadequacy and unpreparedness and feeling unskilled, for example not ready for a job interview, and unsure of his own abilities
- *Behavior: Behavior* is an individual with anxiety who tends to avoid situations. The cause of this type of anxiety is caused by individuals feeling that they are disturbed and uncomfortable such as nausea, headaches, cold sweats, stiff neck and sleep disturbances when thinking about the world of work later.
- *Feelings: Feelings* are the moods of individuals with anxiety that tend to include feelings of nervousness, anger, panic which results in the emergence of difficulty to decide something such as feelings, nervousness when there is a discussion in the world of work.

Anxiety often develops over a period of time and largely depends on a person's life experiences. Specific events or situations can accelerate the appearance of anxiety attacks. The factors causing anxiety vary, according to Savitri Ramaiah in the journal Erlyn Novitasari (2019) are as follows.

- The environment around where we live can affect the way individuals think about themselves and others. This is due to unpleasant experiences when individuals are with family, friends, so that the individual feels insecure or uncomfortable with his environment.
- Family, disagreements with parents, or parenting that does not fit the logic of the child can cause anxiety.
- Repressed emotions.

Anxiety that occurs has various impacts, one of which has an impact on social or what is often referred to as social anxiety. Social anxiety is related to communicative anxiety. It is described as feeling like a feeling of fear or worry when the individual is in a social situation. Individuals who experience social anxiety will develop negative feelings and predict negativity when interacting and communicating with others. The individual has a personality with traits such as nervous, shy, quiet, and anticipates not interacting with others in order to avoid negative views from others towards him (Geçer & Gümüş, 2010).

According to Subhi As-Salih Al-Qur'an is "the Divine greeting revealed to the Prophet Muhammad (PBUH) and written in the mushaf based on muttawatir sources that are certain to be true, and which are recited by Muslims in the context of worship (Subhi, 1996). The Qur'an is a religious book and guide sent down by Allah SWT to the Prophet Muhammad SAW to guide all

mankind towards a noble religion, develop human personality and raise us to the level of human perfection so as to create happiness. In this world and the Hereafter, the Qur'an guides people to the right path and nurtures the right soul.

The results of this study are in line with the therapeutic benefits of reading the Quran. Reading the Quran is not only a noble act of worship, but also useful as an antidote for various mental disorders including anxiety. Several previous studies have proven this, including Sholeh's research (1999) which showed a relationship between frequent reading of the Quran with a decrease in anxiety levels in research subjects. The Ministry of Religious Affairs of the Republic of Indonesia also stated that reading the Quran will provide abundant rewards, besides that the Quran can be useful as a sedative for souls who are restless or anxious. Thus, the results of this study also support the findings of previous research on the benefits of Quran reading therapy in reducing various symptoms of mental disorders including anxiety.

Surah Al-Baqarah Verse 250

وَلَمَّا بَرَزُوا لِجَالُوتَ وَجُنُودِهِ قَالُوا رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّثْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

When Jalut and his army had been seen by them, they (Thalut and his army) prayed: "O our Lord, pour patience upon us, and strengthen our stand and help us against the unbelievers".

According to Tafsir Wajiz;

And as the tense moment approached, they, a small group but supported by strong faith, continued to advance against Jalut and his army, even though they knew very well that their strength was not comparable to the strength of Jalut's army. To strengthen mentally, they prayed, "O our Lord, bestow patience upon us to face this difficult situation; Strengthen our stride on this battlefield; And help us to confront and defeat the unbelievers. "

This story gives us some lessons in dealing with tough and difficult situations. First, dare to face it with patience. Second, prepare whatever is possible to establish the Step, Third, pray to strengthen mentally.

According to previous research cited Adz-Dzaky (2004) has explained the definition of psychotherapy in general and Islamic psychotherapy in particular. According to him, psychotherapy in general is the treatment of diseases by mental means or the application of special techniques to cure mental disorders or daily adjustment difficulties. Islamic psychotherapy itself is defined as the process of treatment and healing of various kinds of illnesses both mental, spiritual, moral and physical carried out with the guidance of Islamic religious teachings, especially through the Qur'an and the Sunnah of the Prophet Muhammad SAW.

The Qur'an is a mercy for every Muslim, when reading the Qur'an can cause a sense of peace of mind for muslim who do this in accordance with the words of the Prophet SAW "Not a people gathered in one of the houses of Allah read the Kitabullah and teach each other but will descend upon them sakinah (tranquility), will be shaded by mercy, will be surrounded by angels and Allah will mention them on the side of glorified beings in His side." (HR. Muslim, no. 2699). Where

kitabullah referred to in this hadith is the Qur'an which has many intercessions (Firdaus, Hardiningrum, & Nurjannah, 2021).

The Qur'an is actually a healing and healthy medicine for humans (Hawari, 1997). When humans read and interpret the Qur'an calmly and internally can reduce anxiety in humans, the human heart will be much calmer, the mind more controlled and the soul feels more spacious (Najati, 2004). According to Ernawati (2013) in (Idham & Ridha, 2017) said the Qur'an has several benefits, because there are several aspects that depart affect health, namely elements of meditation, suggestion and relaxation. Alkahel (2013) states that the benefits of reading or listening to the Qur'an provide benefits, namely the relaxing effect, and cause the arteries to pulse and heart rate to decrease.

The subject states that this therapy must be carried out with a firm intention and carried out solemnly, so that the desired goal can be enjoyed as a result.

"I think it should be done with straight and firm intentions, so we can easily get optimal results. Very intention, if you want to be anxious, intention, intention, intention, God willing, you can."

This volition factor depends on the person of the subject who undergoes therapy. If it is intended upright and with good intentions, then believing the results will be in accordance with good intentions, but on the contrary, if it is intended carelessly, and not firmly determined, then the results will also not be optimal.

Conclusion

Authoritarian parenting is a parenting style applied by parents and is a parenting style that sets punishment and must obey all the rules that parents give. One of the effects of authoritarian parenting is anxiety in children. And one of the therapies that can be given to a person with anxiety is the Therapy of Reading the Quran Surah Al-Baqarah verse 250 with regular application for one week after each fardhu prayer. The results of the study stated that the therapy was successfully applied by AP subjects to reduce anxiety. The success factors according to the subject are willpower with strong intentions and belief in the process and results.

References

- Corey, G. (2005). *Teori & Praktek Konseling & Psikoterapi*. Bandung: Refika Aditama. Drajat, Z. (1978). *Kesehatan Mental*. Jakarta: Gunung Agung.
- Dzaky, A., & Bakran, M. H. (2004). *Konseling dan Psikoterapi Islam Penerapan Metode Sufistik*. Yogyakarta: Fajar Pustaka Baru.
- Elsa, Nurul, & Dwi. (2016). Pengaruh Pola Asuh Otoriter Terhadap Kedisiplinan Anak Usia 4-6 Tahun. *Jurnal PAUD Teratai*, Vol. 05 No. 03.
- Fadli, M. R. (2021). Kualitatif Memahami Desain Metode Penelitian. *Humanika: Kajian Ilmiah Mata Kuliah Umum*, 33-54.
- Fen, K., Bryne, & M. (2013). The Key Principles of Cognitive Behavioural Therapy. Vol. 6 No. 7, Hal 579-585.

- Firdaus, Hardiningrum, A., & Nurjannah, S. (2021). Penurunan Kecemasan Pada Anak Sekolah Dengan Membaca Al-Qur'an Selama Pandemic COVID 19. *Jurnal Keperawatan*, Vol. 13 No. 1 200-214.
- Fitriani, L. (2015). Peran Pola Asuh Orang Tua dalam Mengembangkan Kecerdasan Emosi Anak. *Lentera: Jurnal Ilmu Dakwah dan Komunikasi*, Vol. 17 No. 1, doi:10.21093/lj.v17i1.431.
- Geandra, F., Neviyarni, & S. (2018). Analisis Perilaku Agresif Siswa. *JRTII (Jurnal Riset Tindakan Indonesia)*, Vol. 5 No. 2, Hal 8-12. <https://jurnal.iicet.org/index.php/jrti%0AAalisis>.
- Gecer, K., A., Gumus, & E, A. (2010). Prediction of Public and Private University Students' Communication Apprehension with Lecturers. *Procedia: Social and Behavioral Sciences*, Vol. 2 No. 2, Hal 3008-3014. doi.org/10.1016/j.sbspro.210.03.45.
- Gufron, M. N., & Risnawati, R. (2014). *Teori-teori Psikologi*. Jogjakarta: Ar-Ruzz Media.
- Hawari, D. (1997). *Ilmu Kedokteran Jiwa dan Kesehatan Jiwa*. Yogyakarta: Bakti Prima Yasa.
- Hidayati, N. I. (2014). Pola Asuh Otoriter Orang Tua, Kecerdasan Emosi, dan Kemandirian Anak SD. *Jurnal Psikologi Indonesia*, Vol. 3 No.1.
- Hurlock, E. (1980). *Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Erlangga.
- Idham, A. F., & Ridha, A. A. (2017). Apakah Mendengarkan Murottal Al-Qur'an Dapat Menurunkan Kecemasan Akademik Pada Mahasiswa. *Jurnal Intervensi Psikologi*, Vol. 9 No. 2 Hal 141-154.
- Indonesia, D. P. (2008). *Kamus Besar Bahasa Indonesia*. Jakarta: Balai Pustaka.
- Leonard. (2008). Pengaruh Konsep Diri, Sikap Siswa pada Matematika dan Kecemasan Siswa Terhadap Hasil Belajar matematika (Survei pada SMP di Wilayah DKI Jakarta). Universitas Indraprasta PGRI.
- Mil, S., Ningsih, S., & A. (2023). Pengaruh Pola Asuh Otoriter Terhadap Perilaku Agresif Anak. *Aaulad: Journal on Early Childhood*, Vol. 6 No. 2, Hal 219-225. <https://doi.org/10.310004/aulad.v6i2.500>.
- Najati, M. U. (2004). *Psikologi dalam Persepektif Hadist*. Jakarta: Pustaka Al-Husna Baru .
- Novitasari, E. (2019). Pengaruh Teknik Desensitisasi Sistematis untuk Pengurangan Kecemasan Peserta Didik dalam Menghadapi Ujian Kelas VII di SMP Negeri 06 Kotabumi Lampung UTara Tahun Pelajaran 2019/2020. Skripsi, FTK UIN Raden Intan, Lampung.
- Purwaningrum, D., Suatin, W., & Alfreda, A. Z. (2022). Gambaran Pengaruh Membaca Al-Qur'an dengan Terjemahnya Terhadap Kecemasan. *Spiritualita: Journal of Ethics and Sprituality*, 74-81.
- Santrock, J. W. (2011). *Masa Perkembangan Anak*. Jakarta: Selemba Humanika.
- Sholeh. (1999). *Korelasi Antara Keseringan Membaca Al-Qur'an dengan Penurunan Kecemasan*. Surabaya: Kepustakaan IAIN Sunan Ampel Surabaya.
- Subadi, D. T. (2006). *Metode Penelitian Kualitatif*. Surakarta: Muhammadiyah University Press.
- Subhi, A. S. (1996). *Mmebahas Ilmu-ilmu Al-Qur'an*. Cet. 6. Jakarta: Pustaka Firdausi.
- Walidin, W. S. (2015). *Metodologi Penlitian Kualitatif & Grounded Theory*. FTK Ar-Raniry Press.
- Wiramihardja, A. S. (2007). *Pengantar Psikologi Abnormal*. Bandung: Rineka Aditama.
- Wiramihardjo, A. S. (2007). *Pengantar Psikologi Abnormal*. Bandung: Rineka Aditama.

Zahrok, & Suarmini, &. (2018). Peran Perempuan dalam Keluarga. *Prosiding SEMATEKSOS 3 "Strategi Pembangunan Nasional Menghadapi Revolusi Industri 4.0"*, No. 5 Hal 62.

<https://www.merdeka.com/gaya/doa-agar-hati-tenang-klm.html>