

The Effectiveness of Listening to Nariyah's Shalawat in Reducing Stress in Final Level Students

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ABSTRACT

Stress is a general feeling that is felt when you are depressed, feel overwhelmed, or have difficulty dealing with a situation. If viewed from a biological perspective, stress can cause physical problems, namely headaches, difficulty sleeping, and changes in appetite. Meanwhile, from a psychological perspective, it can influence emotions, behavior and cognition. The aim of this research is to determine the effectiveness of listening to nariah prayers in reducing stress in final year students. The research method used is a qualitative research method. The data collection techniques used were observation, interviews and documentation. The research results showed that prayer listening therapy was quite effective in reducing stress levels in final students. After applying therapy independently, students feel calmer in both their hearts and minds.

Keywords: Stress, Collage Student, Prayers

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Stress is a general feeling that is felt when you are depressed, feel overwhelmed, or have difficulty dealing with a situation. If viewed from a biological perspective, stress can cause physical problems, namely headaches, difficulty sleeping, and changes in appetite. Meanwhile, from a psychological perspective, it can influence emotions, behavior and cognition. The aim of this research is to determine the effectiveness of listening to nariah prayers in reducing stress in final year students. The research method used is a qualitative research method. The data collection techniques used were observation, interviews and documentation. The results of the study showed that prayer listening therapy was quite effective in reducing stress levels in final students. After applying therapy independently, students feel calmer in both their hearts and minds.

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Introduction

Universities have changed the status of students to students as expressed by Bertens (2005) in (Mutakamilah & et al, 2021) which states that students are individuals who are registered at a college within a certain period of time and have a final assignment that must be completed to complete their studies. his. Meanwhile, in (Aulia & Panjaitan, 2019) students are individuals who are studying or receiving education at a university. In general, students study for 3.5 years to 4 years and end their study period by writing a thesis as a graduation requirement. The difficulties that students experience include the process of repeated revisions, difficulty getting references, the length of time feedback from supervisors takes when providing guidance to complete a thesis, limited research time and supervisors who are quite difficult to find.

According to (Darmono & Hasan, 2005), the thesis itself is a scientific work published by undergraduate students at the end of their studies based on research findings. When writing a thesis, a thesis is a new experience, students will have a sense of fear and worry if they will have problems with their supervisor (Musafiri & Umroh, 2022).

The effect of this fear and worry will make students who are working on their thesis experience anxiety, helplessness, and guilt due to the supervisor's disappointment when the thesis does not meet the supervisor's expectations (Abdushomad, 2021). From the results of the initial interview conducted by the researcher before conducting the research, the subject experienced problems in writing his thesis due to the supervisor being inactive or difficult to contact.

The obstacles experienced by final students do not rule out the possibility of causing students to feel stressed. Stress itself is a phenomenon that is often experienced by humans, the definition of stress according to Silverman, et al (2010) in (Hidayati & Harsono, 2021) stress is one of the body's reactions when there is a change that requires physical and psychological response and adaptation, and also emotional. Stress can arise when someone is in a situation or condition and also has thoughts that can make them frustrated, angry or anxious. When students finish working on their thesis, they must have confidence that they can get good and positive results so that they will be better able to face the difficulties that occur while working on their thesis (Ramayanti, 2021)

This is also related to the definition of stress according to Markam (2003) in (Hakim & et al, 2017) which means that stress is a situation where the burden that is felt is much heavier and does not match the ability one has to overcome the burden. Likewise, final year students feel that their final assignment is very difficult and cannot be completed, because of this, many final year students experience stress. If someone experiences prolonged stress, it can cause inhibition of activities and a decline in the individual's physical quality.

According to the World Health Organization (WHO) in (Devita & et al, 2024) stress is a disease that is ranked fourth in the world, in Indonesia itself 55.1% of students experience stress during the lecture process, this is based on research (Fauziyyah & et al, 2021). When in conditions like this, students should carry out stress management or stress management. Where stress management is defined by Smith in (Hasanah, 2019) as a skill that allows someone to anticipate, prevent and recover from perceived stress.

In managing stress, each individual has different ways, there are individuals who manage stress by doing activities they like, such as pursuing hobbies, doing refreshing activities, getting closer to themselves in a religious spiritual context and telling stories to others to reduce the burden of stress experienced. by individuals. In stress sufferers, the symptoms that occur in sufferers are dominated by physical disorders, but there are also psychological disorders. Stress can be defined as an individual who feels the burden or difficulty of carrying out a heavy task and that person cannot accept the burden well, so that person's body will experience stress. Apart from these methods, according to (Hasanah, 2019) stress management can be done using Islamic psychotherapy in the form of prayer therapy.

Definition of internal shalawat (Bunganegara, 2018) is a form of appeal or prayer addressed to the Prophet Muhammad, with the intention of praying or asking for blessings from Allah SWT. The purpose of shalawat itself is to express a servant's love for the Messenger of Allah, because the more often he prays, the more he will love him. Meanwhile in (Watiniyah, 2019) linguistically sholawat means prayer or worship, in terms it means admiration, praise and also a form of supplication to Allah SWT in the most noble way so that Allah always glorifies the Prophet Muhammad Saw, besides that prayer can also be a form of acknowledgment for apostolate as well as a form of love for the Prophet Muhammad SAW.

The Prophet's prayers are a combination of the holy verses of the Koran and praise poems directed at the Prophet which are sung by human voices. Meanwhile, the human voice is an instrument of healing and can be reviewed using the principles of Islamic psychotherapy. The types of Islamic psychotherapy referred to include prayer, blessings, du'a, dhikr and verses from the Koran, both listened to and read. In the Prophet's prayers there are poems that tell about the life of the Prophet and prayers for the Prophet which will increase our closeness to Allah. Apart from that, according to the results of the explanation above, reading prayers can cause feelings of relaxation in individuals. (Zaqiyah, 2023)

Broadly speaking, shalawat is divided into two (Holidi & Surur, 2019), namely shalawat taught directly by the Prophet Muhammad, known as ibrahimiyah shalawat and shalawat compiled by the companions of the Prophet, ulama and tabiin. There are many kinds of prayers that can be read, such as in (Amir & et al, 2020) there are nahdliyah prayers, thibbil qulub prayers, and asyghil prayers, in this study the prayer used is nariyah prayers. Nariyah sholawat itself in (Suhaili & et al, 2023) is a sholawat composed by Sheikh Ibrahim, where Sheikh Ibrahim lived at the same time as Rasulullah and he also saw the struggle of Rasulullah in his efforts to convey Islam and good deeds. Because he saw the struggle, Sheikh Ibrahim asked Allah and prayed for the safety and welfare of the Prophet Muhammad SAW. This prayer was delivered in the form of sholawat with the name of his prayer, namely sholawat nariyah.

Shalawat nariyah has many benefits as explained in (Albarizi, 2020) Imam AL-Qurtubi said that whoever practices shalawat nariyah 4444 times, Allah will give and grant what he hopes for, whoever practices it with istiqomah 1000 times will have things that are not visible to the eye, then whoever recites shalawat nariyah 41 times after the morning prayer will have what he desires, and whoever recites it 100 times, Allah will make all his affairs easier both in this world and in the hereafter.

Based on the explanation above, researchers are interested in analyzing how effective the therapy of listening to Nariyah prayers is in an effort to reduce stress levels in final year students. In the midst of the many obstacles experienced by final year students during the process of completing their final assignment in the form of a thesis.

Method

The method used in this research is a qualitative research method. According to (Sugiyono, 2015) in his book, qualitative research is a method based on postpositivism which is used to examine

the condition of natural objects where the researcher is the key instrument. The design used in this research is a case study. The data collection techniques used were interviews, observation and documentation. In carrying out the interviews the researchers interviewed final year students and observations were carried out by observing the course of independent therapy carried out by the subjects. Researchers also document some data that is considered important and relevant to the research theme.

In determining research subjects, researchers used a purposive sampling technique where the subjects used were based on certain criteria. The analysis technique is carried out by presenting the data, followed by data reduction, and the final step is drawing conclusions as the final findings. There are several tools used to collect data in the form of interview guides, therapy modules, voice recorders and prayer player tools. Test validity and reliability using triangulation techniques. The triangulation technique according to Sugiono in (Alfansyur & Mariyani, 2020) is a technique used to test whether data is trustworthy or not by finding the truth of the data from the source through different techniques. In other words, researchers use different data collection techniques to obtain data from the same source. The researcher combined observation, interview and documentation techniques and then combined them into one to reach a conclusion.

Results

Below we will present the results of research on the effectiveness of therapy listening to shalawat nariyah in reducing stress levels in final year students. The subject in the research was a final year student as the main informant who carried out shalawat therapy.

Interview result

Based on the results of interviews conducted with the subject, it can be seen that the subject experiences symptoms caused by stress, both physical disorders such as difficulty sleeping and headaches or psychological ones such as feeling anxious, restless, becoming more sensitive, and also having difficulty controlling emotions. This is based on the statement given by the subject as below: "...I have difficulty sleeping, but it depends on whether I'm tired, for example, sometimes I sleep at 3 or 4 o'clock."

"Mmm if you feel anxious, sometimes it's because the anxiety is like thinking about whether or not you'll be able to graduate this year because you're working on your target and also want to get married this year." (YN, May 7, 2024)

After the therapy is done, listen to the narration prayers independently with a duration of 30 minutes before going to sleep for 7 days, the effect obtained by the subject is a feeling of calm at night so that the subject can sleep on time and no longer experiences difficulty sleeping (insomnia), this is also based on the statement that the subject gave.

"At first, I started listening to the Nariyah prayers before going to sleep, but it was still a bit difficult to sleep, but in the following days, as my heart and mind felt a little calmer, I started to be able to sleep on time."

"Eeee what I feel after regularly listening to the prayers of Nariyah ee in the last week is that the feelings such as anxiety that I feel have started to decrease" (YN, 14 May 2024)

Discussion

The results of the research that has been carried out show that the effect obtained by the subject after carrying out the therapy of listening to shalawat nariyah via audio every night before going to bed with a listening duration of 30 minutes for 7 days is that there is a sense of calm at night so that the subject can sleep on time and not is experiencing difficulty sleeping (insomnia), and there is a feeling of self-confidence and belief in the subject that he can complete his thesis on time, and the subject can also think clearly and no longer feels anxious. Here it can be interpreted that the subject experiences a decrease in stress levels, which is indicated by the symptoms of stress starting to be resolved.

Stress is a condition caused by uncontrolled physical, environmental and social situations. The prevalence of stressful events is more than 350 million people in the world experiencing stress (Ambarwati & et al, 2017). Based on the results of research conducted by Mayoral (2006) in (Seto & et al, 2020) on 334 respondents who were writing their theses, it showed that students who were writing their theses experienced more stress, namely 46.48%. The stress experienced by final year students will have an impact on their lives, as research results from (Ratnaningtyas & Fitriani, 2019) show that there is a relationship between stress and sleep quality in final year students. Students who think too hard will experience stress, so that students will have difficulty controlling their emotions and this will have the effect of increasing tension so that students will have difficulty sleeping.

Sholawat nariyah itself is a praise that never leaves the Prophet Muhammad SAW, the mention of nariyah itself comes from the word taziyah, which both have in common. In the beginning it was called nariyah because our prayers were quickly answered like fire devouring dry wood. Apart from being known as sholawat nariyah, in the book of khazinatul asrar it is called sholawat tafrijiyah. Even though they have different pronunciations, it is not a problem as long as the content of the prayer is the same and glorifies the Prophet and does not violate the meaning (Firmansyah & Rizki, 2022).

After carrying out self-therapy by listening to Nariyah prayers regularly before going to sleep, the subject felt calmer and then the anxiety and stress experienced began to decrease. The results of this study are in line with research by (Sudirman & Amalia, 2020) which states that there is a significant effect of prayer on reducing stress levels. elderly. This is also in line with research by (Soliman & Mohamed, 2013) which states that listening to prayers in a calm atmosphere can reduce physiological responses and reduce autonomic nervous stimulation which produces a relaxing effect.

Anxiety according to Batara (2010) in (Malfasari & et al, 2018) can appear as a physiological response to anticipate a problem that may come or appear as a nuisance. As research (Wakhyudin & Putri, 2020) explains that students experience anxiety when communicating with supervisors, students experience various anxieties ranging from headaches, difficulty sleeping, restlessness, stress, and thoughts become confused, which has an impact on daily activities.

The effect on reducing anxiety is also in line with research conducted by (Lestari & et al, 2023) which stated that there were differences in anxiety levels between before being given therapy and after being given prayer music therapy. Then research by (Nofiah & et al, 2019) also stated that

there was a decrease in anxiety levels after being given intervention in the form of listening to and reading prayers. According to him, prayer has the benefit of eliminating a person's feelings of anxiety.

Conclusion

Based on the results of the discussion, it can be concluded that the results obtained were that the therapy of listening to Nariyah prayers was quite effective in reducing stress levels in final year students. Judging from the benefits of prayer itself, it has a calming effect on the mind and heart, so it can help final year students reduce stress levels. As for suggestions for further research, research could be carried out on other therapies that can help reduce stress.

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