

## **The Effectiveness of Academic Anxiety Reduction Therapy Using Shalawat Badar**

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### **ABSTRACT**

Everyone must have experienced anxiety in the course of their lives. Anxiety often occurs when we experience stress in our lives. Anxiety can occur alone or together with symptoms of various other emotional disorders (Ramaiah, 2003). This study aims to see the effectiveness in academic anxiety by using shalawat badar as a decrease in anxiety. Academic anxiety is a feeling of tension and fear of what will happen, this feeling hinders a person in completing various academic tasks and activities. This research uses a narrative qualitative method using one resource person. Based on the results of the study, it was found that there was an effectiveness of using shalawat badar in reducing anxiety, especially in the academic field.

**Keywords:** Shalawat Badar, Academic Anxiety, Therapy, Effectiveness

### **Introduction**

Islamic psychotherapy is a directed service provided by psychotherapists to help clients facing problems live a better and happier life, following the guidance and instructions of the Qur'an and Sunnah. Therefore, Islamic psychotherapy can be formulated as an effort to increase individual awareness in order to be happy in this life and the hereafter. The terminology of Western Psychotherapy and Islamic Psychotherapy has contributed to the resolution of client problems. In contrast to Western psychotherapy, Islam provides methodologies and approaches to solve people's problems through Islamic psychotherapy. Islamic psychotherapy is an Islamic paradigm and supports clients based on approaches based on the Qur'an and Sunnah. The Qur'an and Al-Sunnah are the absolute sources of Islamic teachings that are able to soothe troubled minds and heal wounded hearts.

Islamic psychotherapy with a comprehensive concept has been tried since the time of Prophet Muhammad, but now it needs to be restructured. The tendency of therapists to adopt a secular mindset is actually moving towards the standardized concept of utilizing Islamic content as the methodology and practice of psychotherapy. By utilizing Islamic psychotherapy as its methodology and practice, it is expected to be a new way to live comfortably, carefully, and happily in this life and the hereafter.

Everyone has their own reasons for anxiety. There are people who are anxious about exams, afraid to stand in front of the class, afraid of new environments, and anxious about things they have never experienced before anxiety or often also called axietes which is a feeling of worry or fear whose cause is not yet known for sure. Anxiety is an appropriate response to something that is perceived as a threat, but anxiety becomes unnatural if the response and its occurrence are

inappropriate in intensity and level of symptoms (Nevid et al., 2005). Everyone must have experienced anxiety in the course of their lives. anxiety often occurs when we experience stress in our lives. Anxiety can occur alone or in conjunction with symptoms of various other emotional disorders (Ramaiah, 2003). Anxiety is a strong driver of behavior, either inappropriate or disruptive behavior. both are a form of resistance to anxiety (Gunarsa, 2008). Anxiety is a reaction to certain situations that are perceived, threatening, often related to development, change, new or previously unknown events, and also related to self-identity or the meaning of life (Kaplan, H.I, Grebb, BA, and Sadock, 2010).

According to Gunarso (Chrisnawati & Aldino, 2019) "Anxiety or anxiety is a sense of worry, fear that is not clear why. The effect of anxiety on the achievement of maturity is an important issue in personality development. Anxiety is a great force in driving, both normal behavior and deviant, disturbed behavior, both of which are statements, performances, manifestations of defense against that anxiety. It is clear that in emotional disorders and behavioral disorders, anxiety is a complicated problem". Anxiety can be caused by external danger, and sometimes by danger from within the individual, but the threat is generally not clear. Internal danger occurs when there are unacceptable thoughts, feelings, desires, urges, and so on.

Higher education is the highest educational institution that produces graduates who are able to compete anywhere. Therefore, students must work hard to fulfill various demands from the university. In fact, we often hear students complaining about these demands. This is because students do not have the right strategy in dealing with the problems they face. Examples include adjustment problems, academic stress, and academic anxiety. Muharomy (2012) explains that first-year students are required to be able to adapt to their environment. The first thing a person does when placed in a new environment is to adapt. Muharomy (2012) continued that fear is caused by stimuli from the new environment.

Bandura stated in a source explaining that academic anxiety is a fear caused by a lack of confidence in one's ability to perform academically. Academic anxiety is a feeling of danger, fear, and tension due to the pressures of school or college. Academic anxiety is a feeling of tension and fear of what will happen, this feeling prevents a person from completing various academic tasks and activities. Academic anxiety is a form of encouragement in the form of thoughts and emotions that include worry, anxiety, and fear, where mindset and physical and behavioral reactions are disturbed by pressure to perform academic tasks and activities (Prawitasari, 2012).

Nowadays, there is a lot of research on various forms of therapy, including what is better known as spiritual or psychoreligious therapy. Psychoreligion is a spiritual psychotherapy with a higher level than psychological psychotherapy. This is because psychoreligion contains religious elements that can generate hope, confidence, and faith that increase the immune system in sick people so as to accelerate the healing process. Types of psychoreligious therapy include prayer, dhikr, and listening to and reading verses from the Quran. Shalawat Prophet contains poems that contain the life of the Prophet and prayers to the Prophet which strengthen our closeness to Allah (E. Amalia et al., 2022). Shalawat is a prayer that refers to the majesty of the Prophet or the life of the Prophet. However, shalawat has developed into poems related to the majesty of the Prophet's person or the life of the Prophet. Until now in the world of traditional Islamic art, creativity in

shalawat is interpreted based on Islamic rules such as traditional Islamic art circles (Budiman et al., 2022).

### **Method**

This research uses a narrative qualitative research method. The qualitative research process is a research procedure that produces descriptive data in the form of written or spoken words from people and observed behavior. In this study using 1 person as a research subject using a sample technique, namely purposive sampling, where research sampling is based on predetermined criteria. The criteria that have been determined by researchers are people who experience anxiety disorders in the academic field. The main instrument in this research is the researcher himself, because the researcher goes directly to the field by conducting interviews and observations. The data sources used are primary data derived from sources directly and secondary sources obtained based on the results of documentation (evaluation sheets). Meanwhile, the selection of sources in this study is based on the following criteria: 1) active students, 2) aged 18-21 years, 3) experiencing academic anxiety disorder.

### **Results**

After collecting data using semi-structured interviews with an interview guide that had previously been prepared. As well as from filling out the evaluation sheet that the researcher has given to the informant, the results show that the informant experienced a decrease in the academic anxiety he experienced. This change occurred after he listened to shalawat badar for six consecutive days in accordance with the researcher's direction. Shalawat badar was applied by the informant when he felt pressured by academic demands. Thus, listening to shalawat badar in reducing anxiety levels is considered effective for reducing anxiety, especially in the academic field.

### **Discussion**

The conditions experienced by subject AR make the individual feel anxious, especially when in the learning process and in terms of meeting the demands of being a student. The results of previous research conducted by Nofiah et al., (2019) which examined the effect of listening and reading shalawat on the anxiety level of post OP ORIF patients at Ngudi Waluyo Wlingi Hospital showed that, anxiety levels decreased significantly before and after intervention. This study provides an intervention in the form of listening and reading shalawat. This is also in accordance with Atik's research (in Nofiah et al., 2019) which examined the effect of shalawat on anxiety levels in drug users and found significant results. The study combined prayer recitation interventions with meditation techniques, which can increase alertness and levels of awareness and bring mental processes under conscious control. The study also showed that interviews with some respondents who took part in prayer reading therapy showed that they felt calmer.

Shalawat is an essential and useful study to be researched, Shalawat has the meaning of honoring and glorifying the Prophet Muhammad SAW and as a practice of worship (Azhar, 2017).

Shalawat has the benefit of eliminating the difficulties and anxiety that a person experiences. Among Muslims, faith in Allah SWT can help when there is a problem or illness. They believe that their requests will be accepted, thus strengthening the soul, body, and mind, as well as decreasing the autonomic nervous system and reducing physiological responses (Soliman & Mohammed, 2013). Treatment for anxiety alone includes the use of relaxation and distraction techniques. Distraction is the act of shifting attention in a positive direction. One distraction technique for anxiety is listening to devotional music. Shalawat is a prayer that contains shalawat and greetings to the Prophet, but now Shalawat has developed into poetry that provides hope, confidence, and faith, strengthens the immune system of sick people, and accelerates healing (Suwati et al., 2022).

Based on some previous studies, the types of anxiety that may occur during education can be test anxiety, statistical anxiety, social anxiety, and others. Davison, Neale, and Kring (2004) discuss anxiety as a sense of worry and fear experienced by individuals and unpleasant which can be characterized by increased tension in the human body. Every human feels anxiety in the face of everything that worries them, then causes discomfort and affects the body such as the heart beating faster. Anxiety is a subjective feeling of tension, fear, irritability, and worry associated with nervous system arousal (Spielberger, 1983).

Feelings of anxiety are usually triggered by academic processes such as completing homework or exams. Sanitiara, Nazriati, and Firdaus (2014) stated that academic anxiety is a gripping feeling and anxiety about all forms of possibilities that will occur, thus disrupting the academic process which includes doing assignments and all other activities related to academics. Based on research conducted by Rana & Mahmood (2010), it is proven that students often think about the results that will be achieved after the test or exam is completed. McCraty (2007) also suggests that anxiety while learning is a major predictor of academic performance. Meanwhile, according to Tobias in Vitasari, et al. (2010) also said that anxiety has an important role in student learning and academic performance and has the effect of facilitating and weakening academic achievement.

Oltmanns and Emery (2013) explain that anxiety is an atmosphere that is often associated with the emotion of fear, making it easier to understand. Fear experienced by someone in a real and close situation. Excessive fear can increase rapidly and help in gathering responses through the individual's behavior to threats from the environment. In an educational context, learning anxiety is a specific situation that refers to a state of anxiety that occurs during the learning process and can represent impaired academic performance. Academic anxiety is generally experienced by students in the first semester and last semester. In first semester students this is caused by changes in sleeping habits, eating habits, and learning habits, higher responsibilities, a different workload than before, and the achievement of expected grades by points (Nasution & Rola, 2011). Academic anxiety in students is caused by feelings of fear and anxiety towards a certain situation. This fear causes students to feel afraid that something is wrong with the results achieved or the performance or tasks they do.

In fact, modern technology can cause problems that cannot be solved immediately. Problems related to mental health issues such as mental disorders, stress and depression are impacting individuals, families and communities at an alarming rate. Individuals, households and parts of society face serious problems, including: disasters, loss of property and family, and even difficulties

in making a living. To overcome similar problems, Islamic psychotherapy is one alternative that can be used as a new paradigm in recovery, with the basis for its application being the Quran and Sunnah. Shalawat Badr has become phenomenal. Almost all levels of society know and can sing it. It is not only limited to activities in places of worship, but also applies to other activities such as majlis takrim, circumcision events, recitation, and even weddings. Actually, the verses of shalawat badar are not specifically aimed at a particular ritual. Shalawat Badr can be recited anytime and anywhere according to the terms, purpose or intention of the reader. Shalawat Badr is one of the most popular devotional poems among Indonesian Muslims because it is always chanted by various levels of society with different purposes. Shalawat badar is a folklore work, which is a simple work, not too poetic, and the language used is not as complicated as other shalawat. Humming shalawat can provide peace of mind, peace of mind, and expect wasilah from the Prophet Muhammad SAW.

### **Conclusion**

The conclusion that researchers get from the results of this study is that there is an influence in reducing academic anxiety by listening to shalawat badar. This can strengthen that shalawat badar has a level of effectiveness in reducing anxiety. As explained above that shalawat has many benefits in everyday life, ranging from the level of faith to health. By applying shalawat can also make a practice of worship for those who practice it well. This is also relevant for students who are feeling anxiety in academics can listen to shalawat badar as a means of reducing their anxiety.

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