

## **Reducing Stress Levels in Students Using Tawakal Method**

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### **ABSTRACT**

Tawakal is a term derived from the Arabic "Tawakkala" which means entrusting or relying. Both of these mean that tawakkala is showing inability and surrendering and submitting all worldly affairs to Allah SWT in facing a problem or waiting for the results of the efforts that have been made. Academic stress levels among university students are higher than ever before, according to a national survey of 200,000 freshmen at more than 400 universities. Meanwhile, the number of students experiencing academic stress worldwide is estimated at 38-71%, compared to 39.6-61.3% in Asia. The purpose of this study is to determine whether there is an effect of having faith on reducing the stress level of students at the Raden Fatah State Islamic University Palembang. The research method used in the research is qualitative research with a library research approach. Data collection techniques using observation and interviews. Respondents who came from students of Raden Fatah State Islamic University Palembang.

**Keywords:** Tawakal, Stres, Student

### **ABSTRAK**

Tawakal adalah istilah yang berasal dari bahasa Arab yaitu "Tawakkala" yang berarti mempercayakan atau Mengandalkan. Kedua hal tersebut mengandung makna bahwa bertawakal adalah memperlihatkan ketidak kemampuan dan berserah diri serta menyerahkan segala urusan duniawi kepada Allah SWT dalam menghadapi suatu masalah ataupun menunggu hasil dari usaha yang telah dilakukan. Tingkat stres akademik di kalangan mahasiswa lebih tinggi dibandingkan sebelumnya, menurut survei nasional terhadap 200.000 mahasiswa baru di lebih dari 400 universitas. Sementara itu, jumlah pelajar yang mengalami stres akademik di seluruh dunia diperkirakan mencapai 38-71%, dibandingkan dengan 39,6-61,3% di Asia. Tujuan dari penelitian ini adalah ingin mengetahui apakah ada pengaruh bertawakal terhadap pengurangan tingkat stress mahasiswa di universitas islam negeri raden fatah palembang. Metode penelitian yang digunakan pada penelitian berupa penelitian kualitatif dengan pendekatan library research. Teknik pengumpulan data menggunakan observasi dan wawancara. Responden yang berasal dari mahasiswa/i universitas islam negeri raden fatah palembang.

**Kata Kunci:** Tawakal, Stres, Mahasiswa

### **Introduction**

According to Putri et al. (2018), higher education is a place where individuals can hone skills, advance, develop, produce technology, gain knowledge, and prepare themselves to become experts in their fields. As candidates for higher education, students face great academic pressure, environmental changes and new responsibilities, changes in social relationships, financial responsibilities, important decisions, recognition of identity and sexual orientation, and preparation for life after college (Department of Health, 2006;

Awaliyah et al).

Being a student brings an individual to a new position where he or she is expected to experience change. This status gives a burden and responsibility to a person, whatever their duties and responsibilities as a student, in accordance with the regulations at their place of study. The Directorate General of Higher Education states that graduates must have quality science and technology skills supported by adequate soft skills.

Academic stress is a cause of learning stress, such as pressure to get good grades, a long study period, a lot of assignments, poor grades / achievements, and anxiety facing exams (Rahmawati, Barseli et al, 2017) Barseli et al. (2017) explain that academic stress is a subjective perception of an academic situation. According to Oon (2007), academic stress experienced by students continuously weakens their immune system, resulting in a weakened immune system.

According to Husnar, Saniah, and Nashori (2017), stress can be relieved through religious activities such as prayer, adhering to religious principles, and reading the Qur'an. Tawakal is one of the actions that can be done from a religious point of view (Yuliyanti, 2021). Students must work hard when facing problems. Because with confidence and hard work, students can learn that difficulty is the beginning of success. This achievement is due to hard work, perseverance, faith and the intervention of Allah SWT (Yuliyanti, 2021).

Tawakal is a practice where a person tries to focus on external factors and pursue success, but does not put too much trust in these external factors. Tawakal can also mean a term derived from Arabic, namely "Tawakkala" which means entrusting or relying. Both of these mean that tawakkala is showing inability and surrendering and submitting all worldly affairs to Allah SWT in dealing with a problem or waiting for the results of the efforts that have been made. According to Arifka (2017), Imam Ar-Razi argues that tawakal must be achieved by organizing external events or through practical activities. In this case it needs to be understood that trust does not always work. Therefore, it must be believed that achievement is due to the power of Allah SWT and not just external factors. In Muhammad's dialogue of tasawwuf and psychology cited by Rosyik (2019), Qayyim said that a person cannot claim to be independent if he surrenders that everything belongs to Allah SWT without coercion and power. When a person tries, it is called confidence to be successful, should not give up so easily on whatever is faced. Self-motivated students tend to do and complete assignments, find necessary documents, attend classes on time, and excel in courses. Based on the explanation above, it is important to know the motivation to work hard to achieve success. But in reality, stress is still a big problem for students.

Therefore, the researcher aims to analyze whether the Tawakk method can affect students in reducing academic stress caused by stress originating from the family environment, lectures and originating from the surrounding environment as well as several factors that allow a person to experience inner pressure or mental pressure which results in a person experiencing excessive stress. Researchers integrate the behavior of Tawakkal in the West, Cognitive Behavioral Therapy (CBT) and Tawakkal.

## **Method**

The author uses qualitative research methods with a library research approach with data collection techniques using observation, interviews and documentation. Respondents who came from students and

female students of Raden Fatah State Islamic University Palembang. Library research or library study is a method of collecting information, understanding and researching theories from various scientific literature. There are four stages in library science research, namely preparing the necessary equipment, preparing a working bibliography, organizing time and reading or preserving research materials (Zed, 2004). Qualitative research focuses on selecting informants as sources of information, assessing data quality, analyzing data, interpreting results and drawing conclusions (Sugiyono, 2017). According to Steward & Cash (1982), an interview is a serious dyadic (interpersonal) communication process with a predetermined purpose that aims to establish interaction through questions and responses. Yusa (2016:4) defines observation as a method of collecting information collected through direct observation in the field. Records of historical events are called documentation. Documentation can be in the form of text images, drawings or large creations made by one person. written documents such as diaries, biographies, rules and regulations. documents presented as works of art such as photographs, sculptures, films and other media (Sugiyono, 2014).

### **Result**

The method of literacy studies from various books and journals, interviews, observations and documentation that we use get the results of the fact that having faith can help reduce stress caused by the lecture environment or the surrounding environment which has a positive impact on a person. The positive impact that is obtained if someone always trusts in Allah SWT is that someone will feel peaceful, safe, peaceful and someone will feel that his life is always happy and get a sense of security that comes from trusting because he always surrenders to Allah SWT.

### **Discussion**

The university environment or what students usually call the campus is an exclusive environment for its academic community, namely its own community. Students are a component of the larger academic community. Students are future graduates who through their involvement in higher education are educated and expected to become future intellectuals, according to Knopfemacher (in Suwono, 1978). Meanwhile, students are considered students according to the KBBI (Kamus Besar Bahasa Indonesia). Students are a very useful resource. A country's greatest aspiration for its students is for them to grow into the next generation of nations that are loyal to the progress of their country, especially in the field of education. Based on the Law of the Republic of Indonesia Number 44 of 2015, Section 4, Article 16, Paragraph 1, the Minister of Education's decision on the maximum period and load of academic programs, namely seven academic years as a student. program with a minimum number of students of 144 semester credits (SKS). If students do not complete their assignments according to the specified time limit, then the student will be sanctioned with a DO (leave of absence).

According to Gadzella and Masten, the two main components of academic stress are academic stressors and responses to academic stress. The first aspect is academic stress is a condition or event (stimulus) that requires more than usual changes in daily life while the second aspect is the reaction to academic stressors which aims to measure academic stress. Stress is defined as the difference that occurs between a person and his environment when a person feels burdened and as if the situation exceeds his

personal resources (Lazaro and Folkman, 1984). In addition, stress often prevents a person from adapting (King, 2017). People experience stress in various contexts throughout their lives, including work, social interactions, and education (Karaman et al., 2019). Students are more likely to experience stress due to the many non-academic and academic activities (Erinda et al., 2021). Education refers to the stressful problems a person faces due to the learning situations they face. Gatari (2020) identified several other factors that contribute to student stress, such as a low grade point average (GPA), perceptions of a rushed curriculum, curriculum changes, strict academic regulations in college, pressure on students to cancel assignments, deadlines, difficulty completing assignments and parental demands. In addition, students are also often involved in activities that cause them to lose sleep, and many feel pressured to finish quickly in order to get a highly satisfactory degree. In addition, the most disturbing impact is an inadequate and prolonged stress response, thus leading to extreme despair and self-threatening actions, both mentally and physically, such as suicidal thoughts and feelings (Aris et al., 2018). In addition, there is a tendency to skip classes and participate less in the learning process. According to Salu, short-term stress makes people anxious and unable to concentrate. On the other hand, if not addressed immediately, it can pose long-term risks, including the development of many diseases that affect the immunological, neurological and brain systems.

Stressors fall into several categories, namely life events, chronic stressors, and everyday problems (Barnes and Montefusco, 2011). Life events are stressors that result from acute, discrete, and observable events that require readjustment within a short period of time, such as after childbirth and divorce (Wheaton, 1999; Barnes and Montefusco, 2011). Chronic stressors are those that result from long-lasting events, problems or conflicts that create long-term adaptive needs, such as disability or poverty (Wheaton, 1999; Barnes and Montefusco, 2011). Daily hassles are stressors that require minor adjustments during the day, such as traffic jams (Thoits, 1995, Barnes and Montefusco, 2011). A person experiencing stress (reaction to stress) manifests in emotional, cognitive, behavioral and physiological symptoms (Selye, Hardjana, 1994; Tan and Chan, 2004): (1.) Emotional symptoms. Emotionally, people who experience stress feel fear and become anxious, irritable, lose interest in things around, (2.) Cognitive or mental symptoms. The manifestation of stress can be an inability to think, poor concentration, frequent daydreaming, forgetfulness, confused thoughts, and reduced productivity. (3.) Physiological symptoms. Physical complaints include dizziness or headache, abdominal pain, nausea, vomiting, difficulty breathing, palpitations, changes in appetite (lack of appetite or overeating), frequent trips to the toilet, difficulty sleeping, waking up too early, sweaty palms, and constipation, easy fatigue. (4.) Behavioral symptoms. Stress manifests itself in behaviors such as aggression, social withdrawal and silence, being destructive and disruptive, lying, finding fault with others, and not trusting others. Carver (in Siswanto, 2007) mentions aspects of stress management strategies, namely: (a.) Self-activity, an activity that seeks to eliminate the cause of stress or directly improve the consequences it causes. (b.) Planning, addressing the causes of stress, including creating an action strategy, considering ways to solve problems. (c.) Self-control, individuals limit their participation in contests or competitions and do not act rashly. (d.) Seek social support in the form of advice, help or information. (e.) Seek emotional social support, such as moral support, sympathy, or understanding. (f.) Acceptance of stress and circumstances that force them to overcome problems. (g.) Religiosity, an individual's attitude to calm down and solve problems in a straight religious relationship with God. The word *tawakkal* in Arabic comes from the word *wakala* which means surrender, faith, or defense. The word "tawakkal" refers to the complete submission of a servant to Allah SWT, accompanied by all his strength and determination to obey and carry

out all His commands Imam Al-Ghazali said that tawakkal means leaning your heart to ALLAH SWT because Allah SWT is the Almighty and the Sustainer, and the source of all knowledge. Tawakkal is a sign of one's deep faith in Allah SWT, so that humans can put all their hopes in Him. Islam recommends trying, but it is also important to trust God and have faith in Him. Muhammad bin Hasan Asharif defines tawakkal as one who understands that Allah alone is responsible for his welfare and business affairs. People who believe in themselves are ready to face the harsh reality, those who do not believe in it or refuse to accept it feel anxious and reject their negative circumstances. In the Islamic perspective, there is an important and complementary relationship between tawakkal and human activity. Tawakkal does not encourage humans to be passive or active in trying, but instead emphasizes that humans try their best and always depend entirely on Allah. Some aspects between human effort and tawakkal are: Responsibility, faith in God, prayer and supplication to God, surrender, and getting sustenance and blessings from God.

Allah SWT says in Surah Al-Ankabut verses 58-59 about the rewards of people who are always patient and put their trust only in Allah SWT:

وَالَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ لَنُبَوِّئَنَّهُم مِّنَ الْجَنَّةِ غُرَفًا تَجْرِي مِن تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا نِعْمَ أَجْرُ الْعَامِلِينَ

**It means:** *And those who believe and do righteous deeds, We will place them in high places in heaven, with rivers flowing beneath them, they will abide therein eternally. That is the best retribution for those who do good deeds.*

According to M. Quraish Shihab, relying on faith has several positive impacts, namely Growing patience, Sakinah or calm attitude. Sakinah attitude always makes someone brave, even though they are alone in different situations, because they feel under the protection of Allah SWT and the birth of love.

Researchers use therapy with the method of having faith to reduce stress on students by using mind mapping which contains a wishlist, a list of failures that have been experienced during his life, and what progress has been made to overcome the failures experienced. Then after filling in the three mind mapping, it is recommended to paste the three mind mapping on the wall where it is often passed to motivate what will be done in the future. After that, they are asked to surrender (Tawakkal) by doing self-evaluation to familiarize themselves with filling their free time properly.

## **Conclusion**

The stress found in students is not only influenced by themselves but the surrounding environment, especially the campus environment, can affect students experiencing academic stress such as low academic performance index (GPA), perception of a rushed curriculum, curriculum changes, strict academic regulations in college, pressure on students to cancel assignments. deadlines, difficulty completing assignments and parental demands. In addition, students are also often involved in activities that cause them to lose sleep, and many feel pressured to finish quickly in order to get a highly satisfactory degree. Moreover, the most disturbing impact is an inadequate and prolonged stress response, thus leading to extreme despair and self-threatening actions, both mentally and physically, such as suicidal thoughts and feelings. Therefore, researchers intend to reduce the stress experienced by students by using trust therapy such as submitting and realizing all affairs only to ALLAH SWT because only ALLAH SWT is able to help His servants in all the

trials faced.

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