

## **The Effectiveness of Tawakkal Therapy in Reducing Future Anxiety in Students**

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### **ABSTRACT**

This research discusses tawakkal therapy in reducing future anxiety experienced by students. The aim of this research is to see whether tawakkal therapy is effective in reducing students' future anxiety. The method used in this research is a qualitative method with a narrative approach. This research data collection technique was carried out using interviews and observation. This research was carried out with research subjects as active students at one of the universities in the city of Palembang, who had future anxiety problems. From the data obtained by the researchers, it was found that the future anxiety experienced by the research subjects could be reduced by applying tawakkal therapy.

**Keywords:** Future Anxiety, Tawakkal Therapy, Students

### **ABSTRAK**

Penelitian ini membahas tentang terapi tawakkal dalam mereduksi kecemasan masa depan yang dialami mahasiswa. Tujuan penelitian ini adalah untuk melihat apakah terapi tawakkal efektif dalam mereduksi kecemasan masa depan mahasiswa. Metode yang digunakan dalam penelitian ini adalah metode kualitatif dengan pendekatan naratif. Teknik pengumpulan data penelitian ini dilakukan dengan menggunakan wawancara dan observasi. Penelitian ini dilaksanakan dengan subjek penelitian mahasiswa aktif disalah satu Universitas dikota Palembang, yang memiliki permasalahan kecemasan masa depan. Dari data yang peneliti peroleh didapatkan bahwa kecemasan masa depan yang dialami subjek penelitian ini mampu direduksi dengan menerapkan terapi tawakkal.

**Kata Kunci:** Kecemasan Masa Depan, Terapi Tawakkal, Mahasiswa

### **Introduction**

Students are people who are prospective graduates who study at a university, who are educated and expected to become intellectual candidates (Knopfemacher, in Gafur, 2015). Like individuals in general, students also have dreams and hopes about their future, especially what they should become after they graduate as undergraduates. In fact, it is not only personal dreams and hopes that students want to realize, there are various hopes from various parties, especially from the family who also place hopes or even place demands on students to become successful individuals in the future. However, in reality, it is not easy to achieve success, there are many challenges that must be faced, and this requires effort and struggle from the students themselves to achieve success or the goals they want to achieve.

It doesn't stop there, students are also faced with competitive situations between fellow students and with other individuals, both academic and non-academic competition, where this situation also requires students to achieve high achievements and expand relationships. So it cannot be denied that this often creates feelings of fear of being left behind or being less competitive than other individuals in students. It is not impossible that these various challenging situations can cause future anxiety for students. This condition was also experienced by an active student at one of the universities in the city of Palembang, where she experienced anxiety about the future caused by various challenging and competitive situations, both academic and non-academic, as well as demands to be successful from various parties. including from the family.

Anxiety is a condition that occurs when individuals think about something unpleasant happening (Priest; in Arsy, 2011). A similar thing was stated by Ghufroon and Risnawita (2017) who stated that anxiety is an unpleasant subjective experience in the form of feelings of anxiety, tension and emotions experienced by a person. Meanwhile, according to Taylor (1953), anxiety is an individual's subjective feeling related to mental tension regarding something that causes anxiety as a general reaction or response to the individual's helplessness in facing certain problems. A similar statement was also put forward by Greenberger and Padesky (2016) who stated that anxiety is temporary nervousness or fear when faced with difficult experiences in life. From this it can be seen that anxiety is an unpleasant condition, where individuals can experience feelings of fear, worry and restlessness that can disrupt the individual's life.

Anxiety about the future is a condition that often occurs in students, because they think about uncertain things that could happen in the future (Archuleta, et al.; Damer, et al.; Zaleski, in Qolbi, Musthofa, and Chotidjah , 2020). As Nevid, Rathos, and Green (2005) state, anxiety has a close relationship to the future. Furthermore, future anxiety is a condition that causes feelings of fear, anxiety and worry about something that is not expected to happen in the future, where this condition affects students' thinking, behavioral and emotional patterns, and they are always fixated on current events. this and tend to take safe actions to overcome their anxiety (Maharani, Karmiyati, and Widiasari, 2021).

Chaplin (in Hanim and Ahlas, 2020) states that future anxiety is an unpleasant emotional condition related to various conflicts or problems that must be faced during development, where this also influences affective, cognitive and behavioral aspects. Meanwhile, Zaleski (in Asridayanti and Pensiuningsih, 2019) stated that future anxiety is a condition that gives rise to fear, uncertainty, worry and anxiety about undesirable actions in the future in individuals. In this case, future anxiety brings the individual to fear of various things or things that may happen in the future which are considered threatening, detrimental or dangerous to the individual himself.

Zaleski (2017) further stated that future anxiety refers to an attitude towards the future where negative cognitive and emotional processes outweigh positive ones and where fear is stronger than hope. Meanwhile, future anxiety can be caused by various factors, including negative experiences in the past and irrational thoughts (Adler and Rodman, 2011). Ramaiah (2003) also added that anxiety can be influenced by three factors which include environmental, emotional and physical conditions. Meanwhile, the sources of future anxiety include problems with education, work and family life (Siburian, et al., 2010). Meanwhile, Nevid, Rathos, and Green (2005) stated that future anxiety can

be seen based on the symptoms that arise from the individual's physical, behavioral and cognitive aspects.

Looking at the phenomena that occur, future anxiety is indeed an unpleasant condition that can be experienced by anyone, including many students. However, if the anxiety experienced occurs excessively, this can become an obstacle or even disrupt the individual's daily life. Even if this condition of future anxiety is not immediately addressed and is left to persist, this could have serious consequences in disrupting the individual's psychological functions. Therefore, special attention needs to be paid considering the serious impacts that can affect students' lives. So, to deal with this condition, there are various psychotherapy methods and techniques that can be given to reduce future anxiety that occurs in students. Of the many psychotherapies that exist, one form of psychotherapy that can be used to reduce future anxiety is tawakkal therapy.

Tawakkal therapy is a model of Islamic psychotherapy which contains two elements consisting of therapy and tawakkal. Islamic psychotherapy itself is a religious approach that applies Islamic values based on the teachings of Allah SWT, the Prophet and His Messengers through the Al-Quran and Hadith as therapeutic guidelines (Rahmadhanty, et al., 2023). Meanwhile, therapy is a form of treatment aimed at curing pathological conditions, related to mental disorders or illnesses (Chaplin, 2001). Meanwhile, tawakkal is a form of belief in the heart which gives rise to a strong motivation in humans to pin their hopes on Allah SWT and this is also a measure of an individual's level of faith in Allah SWT (Naldi, et al., 2023).

It is explained by Imam Al-Ghazali (in Al-Faruqi, et al., 2022) that tawakkal is controlling the heart towards God, the Most Protective, because everything does not come out of His knowledge and power. Meanwhile, according to Amin Syukur (in Zulaikah, 2017), tawakkal is relying spiritually on God, feeling at ease with what is there, being grateful when given and being patient when hindered. As for those who say that tawakkal is closely related to endeavor, where individuals surrender or put their trust in Allah SWT for all the efforts (efforts) that have been made (Nasution, 2006). This is in line with the explanation that interprets tawakkal as a form of relying on Allah SWT when facing or waiting for the results of an effort that has been made or an activity carried out (Rustan, et al., 2021). In this case, it can be understood that tawakkal is surrendering oneself only to Allah SWT for the results of all the efforts that have been made, accompanied by a feeling of gratitude if the results obtained are in accordance with desires and patience if the results obtained are not suitable.

Furthermore, Rajab (2019) explains that restlessness, worry and confusion are parts of the psyche that require intensive therapy, so that individuals who put their trust in surrendering to God for anxiety, worry and confusion arising from life's problems and trials can be neutralized. and converted into energy that connects the elements of the soul with belief in God Almighty as the place where the individual surrenders. In this case, tawakkal can be used as a shield for individuals in defending, controlling and turning a problem into an opportunity and wisdom in life (Rajab, 2019). As for Islam, especially in the Qur'an, there are many verses that mention Allah SWT's command for His servants to put their trust in Him, because in essence humans need God as a place to complain, take refuge and depend on all the affairs of life. (Rajab, 2019; Zulaikah, 2017). The following are several words in the Qur'an that explain the importance of placing your trust in Allah SWT.

إِنَّ اللَّهَ يُجِبُّ الْمُتَوَكِّلِينَ

*“Indeed, Allah loves those who put their trust in him”.* (QS. Ali 'Imran/3: 159)

إِنْ يَنْصُرْكُمْ اللَّهُ فَلَا غَالِبَ لَكُمْ وَإِنْ يَخْذُلْكُمْ فَمَنْ ذَا الَّذِي يَنْصُرُكُمْ مِنْ بَعْدِهِ وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

*“If Allah helps you, no one (can) defeat you and if He leaves you (does not give you help), who (can) help you after that? Therefore, let the believers put their trust in Allah alone”.* (QS. Ali 'Imran/3: 160)

وَعَلَى اللَّهِ فَتَوَكَّلُوا إِنْ كُنْتُمْ مُؤْمِنِينَ

*“Trust only in Allah, if you are believers”.* (QS. Al-Mai'dah/5: 23)

Individuals who completely trust in Allah will actually always be grateful for what Allah has ordained and destined for His servants, and will always be sincere with everything, because what happens is basically a destiny from Allah SWT (Mulyana, 2015). Ibnu al-Qayyim (in Mudzakir and Abdul, 2001) revealed that tawakkal has aspects consisting of:

- (a) Having the right belief about the power and will of Allah SWT
- (b) Knowing the law of cause and effect regarding the affairs carried out
- (c) Strengthening the heart with monotheism
- (d) Leaning the heart on Allah and feeling happy by His side
- (e) Having a good opinion of Allah
- (f) Surrendering the heart completely to Him and rejecting anything that obstructs it
- (g) Surrender or surrender all matters to Him.

This is different from what was stated by Yusuf Qardawi (2004), that the aspects of tawakkal include:

- (a) The emergence of calm and tranquility
- (b) The emergence of strength
- (c) Self-esteem (Al-Izzah)
- (d) An attitude of contentment
- (e) The emergence of hope

Meanwhile, according to Amru Khalid (2008), to become a person with trust you should: always instill in your heart a dependence on Allah SWT, and pray to Allah through thought and prayer. Based on the background explanation above, the author is interested in conducting research on the theme of the effectiveness of tawakkal therapy in reducing future anxiety in students. So the aim of this research is to find out whether tawakkal therapy is effective in reducing students' future anxiety.

## **Method**

This research uses a qualitative research method with a narrative approach. Qualitative research methods are research intended to understand what is experienced by research subjects, including behavior, perceptions, motivations, etc. holistically and by means of descriptions in the form of words and language, in a natural context and by utilizing various methods. natural (Barlian, 2016). The

narrative approach is a form of qualitative research that focuses on studying individuals, collecting data through a collection of stories, reporting individual experiences, and discussing the meaning of these experiences for the individual (Creswell, 2012).

Researchers determine research subjects using purposive sampling techniques, namely research subjects are determined based on consideration of certain criteria that must be possessed by individuals as subjects (Sugiyono, 2014). The criteria for subjects in this research are: 1) active students in the city of Palembang, 2) experiencing future anxiety problems, and 3) willing to be subjects in this research. From these three criteria, the research found the subject for this research who was an active student class of 2022 from the Faculty of Science and Technology, Raden Fatah State Islamic University, Palembang, with problems or experiencing future anxiety problems.

This research uses data collection techniques consisting of interviews and observations. The type of interview used was a semistructured interview, while the type of observation used was non-participant observation. This research uses data analysis techniques according to Miles and Huberman (in Herdiansyah, 2015) which consists of four stages, namely first, the data collection stage; second, data reduction stage; third, data display stage; and fourth, the verification or conclusion drawing stage.

## **Results**

This research discusses the application of tawakkal therapy in reducing the future anxiety experienced by the subject, so the aim of this research is to see whether tawakkal therapy is effective in reducing the subject's future anxiety. Based on the results of interviews and final observations of the subjects of this research, the results showed that the application of tawakkal therapy was effective in reducing the future anxiety they experienced. For one week the application of tawakkal therapy was carried out by asking the subject to always involve God in his daily life, namely in every action, deed, behavior and thought, with the assistance of the researcher in terms of strengthening awareness and belief, as well as reminding the subject to always draw closer to himself. to Allah both verbally, heart and mind.

The end obtained by the subject is peace of mind, which is obtained from strengthening the awareness that Allah is always with him in facing every challenge in life, and increasing confidence that Allah will always give him the best for every deed, action, behavior, verbally, heart and mind. what the subject does in worship, practice or other activities. In fact, human life can never be separated from spiritual needs, where humans need God as a place to complain and take refuge in various life problems that humans experience. Thus, tawakkal can be a solution for humans in resolving various psychological problems by strengthening awareness, sincerity and steadfastness in actions, actions and behavior (Rajab, 2019).

## **Discussion**

Based on the results of data collection obtained during interviews and observation sessions on subjects, as well as having gone through the data analysis stage using a narrative approach, the results of research on active students at one of the universities in the city of Palembang who experience anxiety about the future include several sections consisting of five themes, namely: the background of the subject, the background that causes future anxiety in the subject, the impact of future anxiety

experienced by the subject, the application of tawakkal therapy, and the effects that the subject feels from the application of tawakkal therapy.

Theme 1 discusses the background of the subject. The subject in this research with the initials DF is an active student class of 2022 from the Faculty of Science and Technology at one of the universities in the city of Palembang, who is in his late teens and is studying in semester 4. The subject is an overseas student who comes from the Muara Enim area, and currently lives together with his cousin in a boarding house that they rented together. The subject of this research is the third of three siblings (the last child), and is the only girl in her family.

Theme 2 discusses the background that causes future anxiety in the subject. The subject of this research revealed that he experienced problems with future anxiety. The subject's problems began when his biological father died due to illness and this happened when the subject was studying in semester 2. The subject also expressed that his world began to crumble when she lost the most important figure in his life. Furthermore, the subject revealed that his parents had high hopes for him to succeed, so the subject felt uncertain and afraid of disappointing his family's expectations, although apart from this the subject also felt depressed, sad, and afraid of an uncertain future.

The subject, who is currently studying at the Faculty of Science and Technology, majoring in Information Systems, revealed that she felt uncertain whether to continue his studies or not. This is based on the subject's lack of interest in the major she is currently pursuing, because this major is not the major that the subject has always dreamed of. Apart from that, the subject also revealed that she felt worried about his future when he found out that some of his friends were more advanced than him, and this also contributed to the subject's future anxiety.

Theme 3 discusses the impact of future anxiety experienced by the subject. Based on the results of interviews and observations of the subjects, it was found that the subjects of this research experienced the effects of anxiety, both physically and psychologically. During the interview session, the subject revealed that physically she often experienced shaking, dizziness, weight loss as a result of disrupted eating patterns and disrupted sleep patterns. Apart from that, psychologically the subject experiences various negative feelings such as nervousness, worry, restlessness, sadness, fear, feeling uncomfortable and deciding to remain silent and withdraw and is reluctant to interact with anyone.

Theme 4 discusses the application of tawakkal therapy to subject problems. In the interview, the subject revealed that the efforts she had made to overcome his anxiety were by always remembering his parents and their hopes which were used as the subject's motivation for studying, choosing to remain silent, entertaining himself by doing hobbies such as cooking, or keep yourself busy with various other activities. Apart from that, the subject has also instilled confidence in himself that Allah SWT will make his life easier and give him the best, even though the subject often feels afraid to live it.

In accordance with the topic of this research problem, the researcher offers a solution using a form of Islamic Psychotherapy, namely tawakkal therapy. Tawakkal is the strengthening of awareness, increasing confidence, and preserving *ubudiyah qalbiyah* which is oriented towards therapeutic heart, where happiness, peace and tranquility of the soul are conscious manifestations as spiritual gifts from the attitude of tawakkal and surrender to Allah SWT, and this arises when individuals always get closer to Allah (Rajab, 2019). The subject's hope is to obtain peace of mind,

where the subject wants himself to be able to live his life without feeling anxious about his future and various negative feelings that disturb his current life.

The application of tawakkal therapy to the subject is carried out for one week in a row, when the individual carries out activities in his daily life by always involving or remembering the involvement of God in human life. The application of tawakal directs individuals to a habit where when individuals experience a problem, difficulty or are struck by a disaster they should always or immediately surrender to Allah SWT. This is in line with the explanation put forward according to Muh. Mu'inudinillah Basri (2008) states that relying on Allah is making Allah the representative in managing all matters, and relying on Allah to resolve all matters.

In essence, everything an individual owns is a gift from God which can be returned to Him at any time. In human life, problems, difficulties and disasters are never separated. When every problem, difficulty or disaster that is being experienced or befalls humans can be converted into positive energy, then tawakal is the right model to apply (Rajab, 2019). If a problem, difficulty, or disaster is being experienced or befalls oneself, then it is always accompanied by strong faith, where the individual surrenders to God with full awareness and belief sincerely and sincerely, then tawakal is a methodology in realizing personality and mental health (Rajab, 2019).

Theme 5 discusses the effects that the subject feels from implementing tawakkal therapy. Based on the results of interviews and final observations of the subject, it was found that the subject experienced positive changes, where the subject expressed mental peace after implementing tawakkal therapy for one week. The subject also expressed that she felt increasingly aware that in living this life she would never be separated from the involvement of Allah SWT, and became increasingly confident that Allah SWT would provide the best for him and his life. As a conscious manifestation as a spiritual gift from an attitude of resignation and surrender to Allah SWT, there is happiness, tranquility and tranquility of the soul.

Thus, the results of this study indicate that the application of tawakkal therapy is effective in reducing students' future anxiety. The research results are also supported by the results of previous research conducted by Iskandar, Noupal and Setiawan (2018) with the research title "Tawakal Attitude with Anxiety Facing National Examinations in Class XII Madrasah Aliyah Students in Palembang City", finding that the role of tawakal attitude on anxiety is very importantly, the higher the attitude of trust a student has, the lower the student's anxiety will be when facing the National Examination, and vice versa. Similar research was also conducted by Riyanty and Nurendra (2021) with the research title "Mindfulness and Tawakal to Reduce Depression Due to Termination of Employment in Employees in the Covid-19 Pandemic Era", which found that tawakkal can be used as religious coping or an effort that individuals can make. when facing various stressful situations.

Also researched by Ikhwanisifa and Raudatussalamah (2022) with the research title "The Role of Religious Coping and Tawakal to Improve Subjective Wellbeing in Malay Society", who found that tawakkal can increase subjective well-being in Malay society. Apart from that, in another similar research conducted by Syisillia (2023) with research entitled "Implementation of Tawakal as a Stress Coping Strategy for Overseas Students: Case Study of PBSB Students Class of 2017", the results show that by putting their trust in Allah SWT, PBSB overseas students class of 2017 become calmer, avoid anxiety and overthinking and have a healthy mentality, and through tawakkal this helps them

become more enthusiastic and have clear life goals and find solutions to every problem they experience.

Wulandari, Basti, & Mansyur (2023) also researched the same thing with the research title "The Effect of Tawakal on Academic Stress in Students", finding that tawakal can be used as a form of intervention to reduce academic stress in students at Makassar State University. Furthermore, in a similar study researched by Kasubakti (2024) with the research title "Implementation of Tawakal in Overcoming Anxiety in Final Year Students of the Sufism and Psychotherapy Study Program at UIN K.H. Abdurrahman Wahid", it was found that the implementation of tawakkal was able to reduce and even disappear the anxiety of final year students. . Based on the results of previous studies, it can be seen that tawakkal plays an important role and is related to mental health, such as reducing stress and anxiety, and can also be used as a method to increase subjective well-being. This also proves that tawakkal has good benefits and a positive influence.

### **Conclusion**

Based on the discussion regarding the results of research entitled "Effectiveness of Tawakkal Therapy in Reducing Future Anxiety in Students" it can be concluded that the application of tawakkal therapy is effective in reducing the future anxiety of the subjects of this research. This can be seen from the difference in the results of interviews and initial and final observations of the subject, where the subject felt a change, namely calmness after implementing tawakkal therapy. Thus, this research is able to show that the application of tawakkal therapy can have a significant positive impact on students' future anxiety.

Based on the description of the conclusions above, the researcher makes several suggestions for students and further research. First, students are encouraged to apply tawakkal as a method to reduce future anxiety, especially by putting trust in every deed, action, behavior, verbally, heart and mind when living daily life with sincerity and sincerity in order to obtain peace of mind. Second, for further research, it is hoped that this research can be continued with research on other variables and with subjects other than students, so that the research results obtained can vary.

The researcher realizes that there are shortcomings and limitations in this research, both in terms of research time, research design and lack of in-depth insight from the researchers themselves, so that the results obtained from this research are not sufficient to describe it in more detail and completely. However, it is hoped that this research will provide positive benefits, both for the development of science and for the wider community.

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