



The Effect of *Istighosah's* Devotion to Reducing the Anxiety Level of Santri in Facing Life's Problems

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Abstract. This research aims to determine the effect of *istighosah's* solemnity on the level of anxiety in facing life's problems. This type of research is correlational quantitative. The research was conducted on all students of the Jagad 'Alimussirry Islamic Boarding School, Surabaya. The data were obtained from questionnaires filled out by the research subjects (*self-rating scales*) and then analyzed using quantitative methods to obtain an overview of the level of *istighosah* and the level of anxiety of students in facing life's problems. The results showed that there was a significant influence between the level of solemnity in carrying out *istighosah* experienced by Jagad 'Alimussirry Islamic Boarding School students in facing life's problems with a significance value of $0.038 < 0.05$. The average level of concentration of students in carrying out *istighosah* is moderate and the level of anxiety in facing life is in the mild category. Santri who have a high level of concentration in carrying out *istighosah* have a high level of anxiety in dealing with light life problems, while students who have a low level of specialization have a high level of anxiety in facing heavy life problems.

Keywords: *Devotion, istighosah, level of anxiety, problems of life*

INTRODUCTION

One of the main psychological problems that arise in society in facing various life problems is anxiety (Mahdavi, Gorji, Gorji, Yazdani & Ardebil, 2013). Anxiety is an unpleasant emotional response to various kinds of stressors , both obvious and unidentified which are characterized by feelings of worry, fear, and feelings of being threatened (Kaplan & Sadock, 2003). The term anxiety is also known as stress. Stress is the inability to deal with extraordinary demands that are felt to threaten well-being, both from within and from outside the individual (Schrafer, 2007). Big or small changes in life's comfort zone, or daily experiences such as workload, education, bereavement, family problems, financial problems to health problems are part of the stressors for individuals (Ogden, 2001).

The definition of stress in this study leads to negative stress, commonly called distress. The term distress itself refers to physical or mental suffering (Nevid, Ratus & Greene, 2005). Several incidents were responded negatively by individuals including losing a loved family member, disaster, experiencing an illness and being involved in a conflict with a family member can cause

distress to the individual. Physical complaints such as headaches, migraines, gastric pain, and hypertension are manifestations of distress. Manifestations of distress in psychological complaints can be in the form of lack of enthusiasm, low self-acceptance, feeling useless to depression. When a family with individuals who experience distress can cause family relationships to become less harmonious, this condition when left too long will cause physical and psychological disturbances to the individual concerned. Often involved in conflicts with family or the surrounding environment or experiencing severe physical complaints such as hypertension are reactions experienced by individuals who experience distress (Schrafer, 2007; Chrousos, 2009).

Stressors that cause anxiety in people who have life problems tend to persist, therefore an effective, efficient, and easy-to-do strategy is needed to be able to reduce anxiety so that people are able to adapt to existing stressors. From the point of view of mental health science, it is known that dhikr is a psychiatric therapy at a higher level than ordinary psychotherapy. Dhikr is an attempt to draw closer to Allah by remembering Him. In Islam remembrance is not a strange thing, but it is something that every Muslim usually does. Remembrance here functions more as a psychotherapeutic method, because by doing a lot of dhikr it will make the heart peaceful, calm and peaceful, and not easily swayed by the influence of the environment and global culture. As stated by Clinibel (Darokah & Safaria, 2005) that every individual has basic spiritual needs *that* must be fulfilled. In QS. Az-Zumar: 23 explained that:

The Jagad 'Alimussirry Islamic Boarding School in Surabaya is a tasawuf-based religious education institution which has students from various walks of life with different backgrounds, have workloads, education, family circumstances and problems, financial problems to their own health problems. One of the routine practices that is carried out and followed by all students is routine istighosah every Thursday night and Friday.

Istighosah is interpreted as asking for help from Allah SWT for the realization of a certain wish or ideal. Istighosah contains dhikr, sholawat, and prayers to remember Allah a lot. Several studies have shown that dhikr or istighosah can have a positive psychological effect in reducing a person's anxiety level. Anggraeni (2014) in his research stated that the relaxation of remembrance that is done by someone routinely has a significant effect on reducing stress levels in sufferers of essential hypertension. Abdullah (2013) states that Islamic psychotherapy intervention methods in the form of dhikr, listening to the murrotal Al-Qur'an, listening to religious music, have a positive influence on reducing GAD in students in facing exams. Mardiyono, Songwathana, and Petpichetchian (2011) stated that spirituality (praying, reading the Koran, fasting) can reduce patient anxiety, reduce hallucinations and mental disorders. Cooke, Chaboyer and Hiratos (2005) stated that giving music (murrotal al-Qur'an) has a positive psychological impact on a person's anxiety.

Based on the description above, the researcher is interested in conducting research on the effect of the solemnity of istighosah students and congregations of the Jagad 'Alimussirry Islamic Boarding School on the level of anxiety experienced in dealing with life problems

METHODS

Types of Research and Data Sources

This type of research is correlational quantitative. The research was conducted on all students of the Jagad 'Alimussirry Islamic Boarding School, Surabaya. The variables studied were the level of concentration of students in carrying out istighosah and their level of anxiety in facing life's problems. Data were obtained from questionnaires or questionnaires that were filled in by the research subjects themselves.

Research Instruments

The instrument used in this research is a questionnaire or questionnaire. The questionnaire consists of a questionnaire on the level of anxiety and a questionnaire on the level of concentration in dhikr. The anxiety level questionnaire uses *the Hamilton Anxiety Rating Scale (HAM-A)* which has a reliability level of 0.81 ; the interval scale correlation is 0.65 ; and the validity value is 0.77.

The questionnaire on the level of solemnity in dhikr was made by taking into account the lattice according to the outer and inner indicators in performing the dhikr which is presented in **Table 1** .

Table 1 . Specialty Instruments in Dhikr

No	The Khusyu Aspect of Dhikr	Indicator
1	Khusyu Biriya	a) Dress to cover the nakedness b) Not sleepy c) Not hungry and thirsty d) Not holding urine and defecating e) Leaving worldly activities (such as playing cellphones, etc.)
2	Khusyu <i>Batiniyah</i>	a) Glorify Allah SWT b) Feeling low / humiliated before Allah SWT c) Feeling afraid and ashamed of Allah SWT d) Feeling full of hope to Allah SWT e) Appreciate and understand every reading of the dhikr that is recited

Data analysis technique

Univariate method

Data that has been collected through data collection methods used will have meaning if the data is processed and analyzed. From the beginning of the analysis, it will be interpreted and then the final conclusions can be formulated from a study. In this study the univariate method was used including the mean, mode, median and standard deviation as measured using SPSS.

ANOVA test

ANOVA stands for Analysis of Variance. This method is used to test the average population that experiences different "treatments". The ANOVA test can be used to test for differences

between several samples and can also be used to test for the effect of a treatment on research subjects. In this study the ANOVA test was carried out using SPSS.

RESULTS

Research data

Based on the research data on the devotion of the students and the congregation of the Jagad 'Alimussirry Islamic Boarding School in carrying out istighosah, the data distribution is presented in **Table 2** and the diagram in **Figure 1**.

Table 2. Istighosah Specialty Frequency Distribution

No	Intervals	%	Category
1	30-38	20 %	Low
2	39-47	26.7 %	Middle
3	49-56	46.7 %	High
4	57-65	6.7 %	Very High

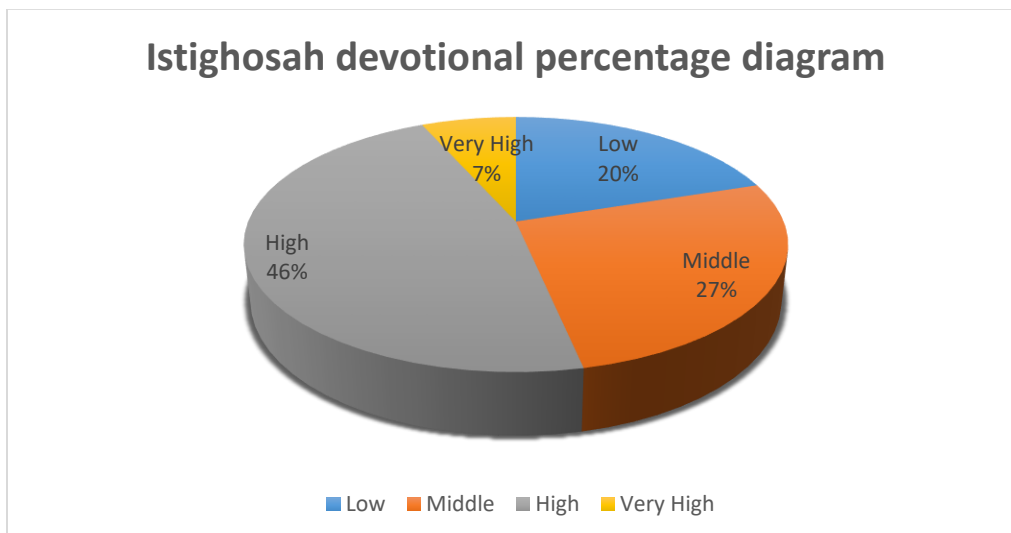


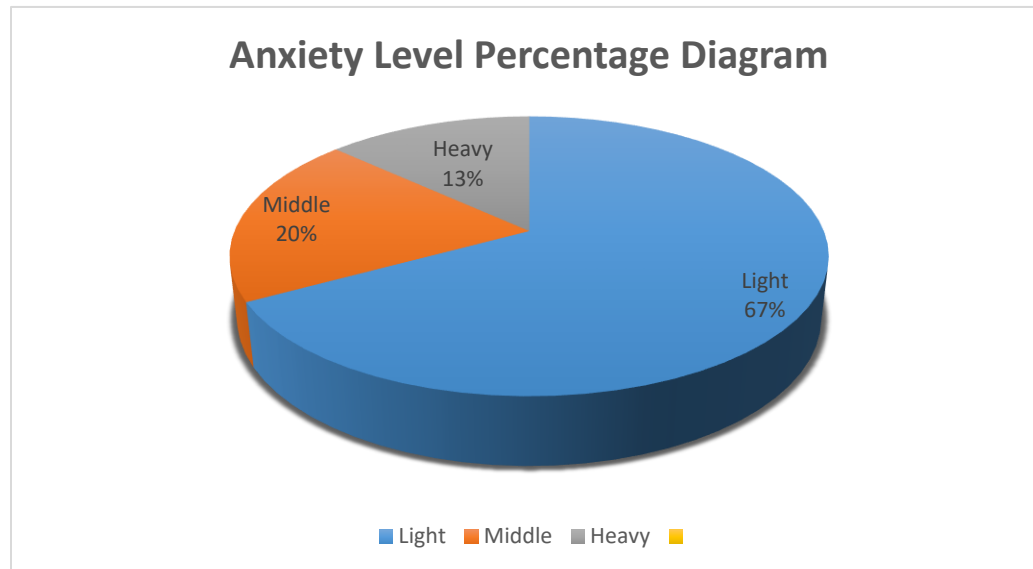
Figure 1. *Istighosah* devotional percentage diagram

Based on **Table 2** and **Figure 1**, it shows that the istighosah of the students and congregation of the Jagad 'Alimussirry Islamic Boarding School in carrying out istighosah in the low category of 20%, moderate 26.7%, high 46.7%, and very high or with in other words very solemn in carrying out istighosah as much as 6.7%.

Research data on the level of anxiety experienced by students and members of the Jagad 'Alimussirry Islamic Boarding School in dealing with life's problems is presented in **Table 3** and **Figure 2**.

Table 3. Frequency Distribution of Anxiety Levels

No	intervals	%	Category
1	0-17	66.7 %	Light
2	18-24	20 %	Middle
3	25-56	13.3%	Heavy

**Figure 2.** Anxiety Level Percentage Diagram

Based on **Table 3** and **Figure 2**, it shows that the level of anxiety experienced by the students and congregation of the Jagad 'Alimussirry Islamic Boarding School in dealing with problems in the mild category was 66.7%, the moderate category was 20%, and the severe category was 13.3%.

Data analysis

The data analysis used was univariate analysis and ANOVA test. The results of the analysis using the Univariate show that the average (mean) istighosah for students and congregation of the Jagad 'Alimussirry Islamic Boarding School in carrying out istighosah is 46.60 or the medium category, the median value is 49, the value that occurs frequently is 50, and the value deviation the mean value (standard deviation) is 8.830 as presented in **Table 4**. The results of the analysis of the data on the anxiety level of students and congregation show that the average (mean) level of anxiety for students and members of the Jagad 'Alimussirry Islamic Boarding School in facing life's problems is 15.67 or mild category, the median value is 15, the value that occurs frequently is 7, and the deviation from the mean value (standard deviation) is 8.449 as presented in **Table 5**.

Table 4. Univariate Analysis of the Level of Devotion in carrying out istighosah

Statistics		SPECIAL	CATEGORY
N	Valid	15	15
	missing	0	0
Means		46.60	
std. Error of Means		2,280	
Median		49.00	
Mode		50 ^a	
std. Deviation		8,830	
Minimum		30	
Maximum		65	
sum		699	

a. Multiple modes exist. The smallest value is shown

Table 5. Univariate Analysis of Anxiety Levels in dealing with life's problems

Statistics		LEVELS_ANXIETY	CATEGORY
N	Valid	15	15
	missing	0	0
Means		15.67	
Median		15.00	
Mode		7 ^a	
std. Deviation		8,449	
Variances		71,381	
Minimum		3	
Maximum		34	
sum		235	

a. Multiple modes exist. The smallest value is shown

The ANOVA test was carried out to show the correlation and influence of the level of istighosah solemnity on the anxiety level of the students and congregation of the Jagad 'Alimussirry Islamic Boarding School in facing life's problems, presented in **Table 6.**

Table 6. ANOVA test results

ANOVA					
WORRIED	Sum of Squares	Df	MeanSquare	F	Sig.
Between Groups	992,833	12	82,736	25,457	038
Within Groups	6,500	2	3,250		
Total	999,333	14			

Based on **Table 6**, it is known that the significance value (sig.) is $0.038 < 0.05$ (alpha). This shows that there is a significant influence between the level of solemnity on the anxiety level of students and members of the Jagad 'Alimussirry Islamic Boarding School in dealing with life's problems.

DISCUSSION

Based on the results of data analysis, it shows that the average students and congregation of the Jagad 'Alimussirry Islamic Boarding School carry out itsighosah with a moderate level of concentration and have an average level of anxiety in facing life in the mild category.

In general, students and congregations who have a high level of concentration in carrying out istighosah have a high level of anxiety in facing light life problems, while students and congregations who have a low level of concentration have a high level of anxiety in facing heavy life problems. The results of the analysis using the ANOVA test show that there is a significant influence between the level of solemnity in carrying out istighosah on the anxiety level of students and congregation in facing life's problems.

The results of the study are in accordance with the opinion of Jefry Noer (2006) which states that one of the wisdoms of solemnity in worship is that humans become intelligent beings who process their emotions, are good at managing and controlling themselves in various situations. Holiness is the spirit of every worship because it contains seriousness and sincerity. Therefore, solemnity will be able to give birth to a very big influence on the soul of someone who has and will always experience it.

Holiness will give birth to many blessings, including the reflection of calm and serenity in any situation and condition. Controlling emotions and letting go of ego so that they can communicate better and better with others, is characterized by liking to do self-introspection and self-improvement, making friends with good people, persistently worshipping Allah SWT sincerely.

Calmness and serenity in dealing with any situation shows a mild level of anxiety or stress. This is in line with research by Anggraeni (2014) that relaxation of dhikr has a significant effect on the stress level of essential hypertension sufferers. Abdullah (2013) found that Islamic psychotherapy or remembrance intervention methods were able to have a positive effect on reducing anxiety levels in students facing exams. This shows that dhikr or other Islamic psychotherapy if done seriously or solemnly can have a positive psychological impact on one's anxiety (Cooke, Chaboyer and Hiratos, 2005; Mardiyono, Songwathana, and Petpichetchian, 2011; Maimunah, 2011; and Yuliza, 2012).

CONCLUSION

Based on the data exposure and discussion above, the following conclusions are obtained:

- 1) There is a significant influence between the level of solemnity in carrying out istighosah on the level of anxiety experienced by the students and congregation of the Jagad 'Alimussirry Islamic Boarding School in facing Life Problems. The results of the ANOVA test show that the significance value is $0.038 < 0.05$ which indicates a significant effect.
- 2) The average level of students and congregation of the Jagad 'Alimussirry Islamic Boarding School carries out itsighosah with a moderate level of concentration and has an average level

of anxiety in facing life in the mild category. Santri and congregation who have a high level of concentration in carrying out istighosah have a high level of anxiety in facing light life problems, while students and congregation who have a low level of concentration have a high level of anxiety in facing heavy life problems.

- 3) The level of solemnity affects the level of anxiety experienced by a person in facing life's problems. This is because solemnity will give birth to many blessings, including the reflection of calm and serenity in any situation and condition. Holiness is the spirit of every worship because it contains seriousness and sincerity.

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