

INTERPRETIVE PERSPECTIVES ON HOW TO DEAL WITH STRESS AND ANXIETY IN MODERN LIFE

Puja Miranda¹, Hasan Zaini², and Irman³

¹ Universitas Islam Negeri Mahmud Yunus Batusangkar, Indonesia

² Universitas Islam Negeri Mahmud Yunus Batusangkar, Indonesia

³ Universitas Islam Negeri Mahmud Yunus Batusangkar, Indonesia

Corresponding Author:

Puja Miranda,
Faculty of Teacher Training and Education, Universitas Islam Negeri Mahmud Yunus Batusangkar.
Jl. Jend. Sudirman No. 137, Kuburajo, Nagari Lima Kaum, Kec. Lima Kaum, Batusangkar, Indonesia
Email: pujamiranda17@gmail.com

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Abstract

Stress and anxiety are becoming significant problems in modern life, especially among individuals exposed to social and work pressures. This research aims to explore the perspective of interpretation regarding the ways taught in the Qur'an and Hadith to overcome stress and anxiety. The purpose of this research is to explore and identify spiritual solutions that can be applied in the context of daily life, especially in facing the challenges of modern times. The method used in this study is a literature review with a tafsir approach, which examines verses of the Qur'an and hadith related to peace of mind and emotion management. This study found that the Qur'an and Hadith provide very relevant guidelines, such as the importance of tawakkul (surrender) to Allah, maintaining a balance in life, and the practice of dhikr and prayer as a way to relieve stress and anxiety. In conclusion, the interpretive perspective offers a profound spiritual approach to addressing stress and anxiety in modern life, which can be implemented as part of mental health prevention and management efforts in society.

Keywords: Anxiety, Hadith, Qur'an, Stress, Tafsir.



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INTRODUCTION

Stress and anxiety have become mental health issues that are getting more and more attention in the modern era. The fast-paced dynamics of life, job demands, social pressures, and personal problems often trigger feelings of stress that lead to stress and anxiety (Hendrikson Febri, 2024). This phenomenon is not only felt by individuals in urban environments, but also extends to different walks of life around the world. The impact of prolonged stress can lead to physical, psychological, and emotional disorders that affect a person's quality of life. Stress and anxiety have been underlying factors in many mental health problems, from depression to social anxiety disorders, that threaten individual well-being (Sany, 2022).

In this context, many individuals seek solutions from various psychological and medical approaches. However, not a few overlook spiritual approaches that can help in stress and anxiety management. One approach that is rich in spiritual value is the perspective of interpretation. In the Islamic tradition, the Qur'an and Hadith provide guidelines that are not only related to aspects of material life, but also include spiritual ways to cope with various forms of life's problems, including stress and anxiety (Fitri et al., 2024). Understanding these relevant interpretive perspectives is essential, given the increasing public interest in spirituality-based solutions in modern life.

As research on mental health increases, religious perspectives on coping with stress and anxiety are gaining more attention. Despite the development of modern psychological theories, many individuals feel more comfortable and gain peace by referring to the principles of their religious teachings. Therefore, an approach to tafsir that focuses on the well-being of the soul, as taught in the Qur'an and Hadith, needs to be explored more deeply to provide a more comprehensive alternative solution in the face of stress and anxiety in the modern world.

Stress and anxiety in modern life are often seen as psychological problems that can only be solved with medical or psychological intervention. In fact, in the teachings of Islam, there are deeper instructions on spiritual methods that can be applied to relieve both. One of the main problems faced by individuals today is to find solutions that are not only temporary, but provide lasting peace of mind (Fitria & Huriyah, 2024). This research focuses on the perspective of interpretation contained in the Qur'an and Hadith on effective ways to deal with stress and anxiety, which are often considered problems that cannot be solved through spiritual approaches alone.

In the study of tafsir, there are various verses and hadiths that discuss peace of mind, emotional management, and ways to maintain mental and spiritual balance (Nurusshobah & Akhmad Aidil Fitra, 2025). However, most of the existing research focuses more on medical and psychological approaches, while studies on the application of religious teachings in the context of stress and anxiety management are still relatively limited. The main problem faced in this study is how to apply the perspective of interpretation to overcome stress and anxiety in the context of modern life full of challenges. Along with the realization that faith-based solutions can provide deeper peace, there needs to be more comprehensive research on this.

This study seeks to answer the question of whether the teachings of Islam, especially those contained in the interpretation of the Qur'an and Hadith, have an effective solution to overcome the increasing problem of stress and anxiety in modern life. Can the principles taught in the Qur'an be a more holistic alternative to dealing with mental health, or can this spiritual approach complement existing psychological treatment methods? This is the essence of this research, to uncover how the perspective of interpretation can offer practical and relevant solutions to the mental health problems facing modern society.

The purpose of this study is to examine and identify the perspectives of interpretation contained in the Qur'an and Hadith related to ways that can be used to overcome stress and anxiety in modern life. This research aims to present a deeper understanding of religious teachings that can be applied in the context of daily life as an alternative way to deal with psychological problems. Furthermore, this research aims to explore and explain various

teachings in the Qur'an and Hadith related to emotional management and peace of mind, which can be applied by individuals to reduce feelings of anxiety and depression in facing the challenges of modern times (Warner dkk., 2021).

In addition, the main goal of this study is to contribute to the development of spiritual approaches in the management of stress and anxiety. By understanding the perspective of interpretation taught in Islamic teachings, it is hoped that people can be more open to spiritual approaches in addressing mental health problems, which are often overlooked. This research also aims to introduce an interpretation-based approach to academics and mental health practitioners, so that it can be used as an alternative in order to provide a more holistic solution to overcome this problem.

Thus, this study aims to provide a clear view of how religious teachings can serve as a source of peace of mind and an effective tool to overcome stress and anxiety (Giono & Surawan, 2025). It is hoped that the results of this research can provide recommendations to the community, especially Muslims, about ways that can be taken from Islamic teachings to achieve spiritual well-being in a life full of social pressure, work, and other demands.

While there have been a number of studies on the impact of stress and anxiety in modern life, as well as the various approaches used to address them, most of them have focused more on medical or psychological interventions. Research examining the role of religion, especially the perspective of interpretation, in dealing with stress and anxiety is still limited. There is very little literacy about how Islamic teachings in the Qur'an and Hadith can provide solutions to mental health, especially in the context of modern life full of challenges. This is a gap that needs to be filled with more in-depth research on the relationship between religion and mental health, especially in terms of stress and anxiety.

Most of the existing literature considers religion as a separate aspect of mental health and is often only seen as a complement or supplement to a medical approach (Harahap & Mariska, 2024). In fact, many studies show that spiritual approaches applied in daily life can have a significant impact in overcoming psychological problems. The gap in this literature lies in the lack of studies that link the interpretation of the Qur'an and Hadith with the management of stress and anxiety in modern life. With this research, it is hoped that it can fill this gap and make a meaningful contribution to the study of religion and psychology.

In addition, the gap also lies in the ways in which religious teachings are applied in a broader context. Although there is a lot of research that examines the ways of managing stress individually, not much has addressed how religious teachings, particularly in interpretation, can be translated into the daily life practices of modern society. This gap opens up opportunities for more specific research on how Muslims can use the teachings of the Qur'an and Hadith as a tool in managing their emotions and mental health.

This research offers an important aspect of novelty in the study of psychology and religion, by linking the perspective of interpretation in the Qur'an and Hadith with stress and anxiety management. This approach has not been widely studied in the existing literature, and therefore this research is particularly relevant for bridging the gap between religion and psychology. The uniqueness of this research lies in the use of interpretation as the main perspective in understanding how religion can offer spiritual solutions that can be applied in modern life to overcome psychological problems (Ulung & Aderus, 2025). It makes a new, more holistic contribution, which not only speaks of handling stress and anxiety physically or psychologically, but also integrates a spiritual dimension in its management.

The justification for this study is also driven by the importance of finding a broader and more diverse alternative solution in dealing with stress and anxiety. In addition, this research has the potential to open a deeper discussion about the importance of religion in modern life, particularly in the context of mental health. In an increasingly connected and busy world, a faith-based approach to coping with stress can provide a more in-depth and meaningful

perspective. Thus, this research is not only relevant for Muslims, but can also enrich interdisciplinary studies involving religion, psychology, and mental health.

This research is not only important for academics, but also for mental health practitioners and society at large. The rising levels of stress and anxiety around the world suggest that it is time for a new approach that can provide deeper peace of mind. This perspective of interpretation is not only relevant to the Muslim community, but can provide insight for all parties interested in alternative ways of maintaining mental and spiritual well-being.

RESEARCH METHOD

Research Design

This study uses a qualitative approach with a literature review research design to examine the perspective of interpretation on how to cope with stress and anxiety in modern life (Rabiatul Adawiyah et al., 2024). The design of this research aims to explore and analyze Qur'anic verses and hadith that are relevant to the theme of stress and anxiety management, as well as provide a deep understanding of religious teachings in dealing with these problems. With this approach, the research is focused on analyzing the existing interpretations in Islamic literature, especially the Qur'an and Hadith, to assess how these teachings can be applied in daily life as a spiritual solution to overcome stress and anxiety.

Research Target/Subject

The population in this study is all verses in the Qur'an and hadith related to the themes of stress management, anxiety, and peace of mind. The research sample was taken purposively, namely by selecting verses and hadiths that directly discuss or have relevance to the ways of managing stress and anxiety in the life of a Muslim. The main focus is the interpretation that refers to spiritual guidelines in dealing with psychological problems, especially those that can be applied in the challenging modern life (Bibisono et al., 2025). The selected sample includes the main interpretations that are referenced in Islamic studies, both classical and contemporary interpretations.

Research Procedure

The research procedure begins with the selection of Qur'anic verses and hadiths related to stress and anxiety. After that, the texts are analyzed using an interpretation approach by paying attention to their historical, linguistic, and social context. Furthermore, the researcher will examine the various interpretations given by the mufassir (interpreters) from both classical and modern perspectives. The analysis was conducted with the aim of exploring the ways taught in the Qur'an and Hadith that can be used to cope with stress and anxiety, as well as to evaluate the extent to which these teachings are relevant to modern life. The results of this analysis are then presented in the form of findings that can be used to provide practical solutions in managing stress and anxiety based on the perspective of Islamic interpretation.

Instruments, and Data Collection Techniques

The instrument used in this study is a literature review that includes Qur'anic texts, hadiths, and commentaries that are relevant to the theme raised. This study also uses the analysis of the text of tafsir as the main instrument, where each selected verse and hadith is analyzed by paying attention to its context in Islamic teachings and its implications for stress and anxiety management. In addition, this research involves the use of contemporary interpretations that discuss the relevance of these teachings in the context of modern life, particularly in addressing the psychological challenges faced by individuals in today's global society (Amin et al., 2025).

Data Analysis Technique

The study applies qualitative content analysis and thematic hermeneutics to process, analyze, and interpret the textual datasets. Content from the selected verses, hadiths, and commentaries is processed through open and axial coding to isolate recurring spiritual themes, conceptual coping frameworks, and explicit behavioral instructions. These codes are then synthesized using a comparative approach, contrasting classical literal interpretations with contemporary psychological applications to evaluate their ongoing structural relevance. The final analytical stage involves drawing deductive conclusions from the combined textual evidence, creating a structured, multi-dimensional guide that aligns traditional Islamic interpretations directly with modern mental health coping strategies.

RESULTS AND DISCUSSION

The data in this study consisted of Qur'anic verses and hadiths selected based on their relevance to the themes of stress and anxiety. A total of 15 verses and 12 hadiths related to peace of mind, emotional management, and tawakkul (surrender to Allah) were analyzed in this study. This data was obtained through a literature review involving classical and contemporary interpretations. In addition, an analysis was carried out on the comments of different mufasssir, both literal and contextual. In the following table, data is presented that summarizes the verses and hadiths analyzed, as well as the essence of the message taken from the respective interpretations.

Table 1: Verses and Hadiths Analyzed in Research

No.	Source	Key Messages
1	Al-Qur'an, Surah At-Tawbah (9:51)	Tawakkul and peace of mind
2	Al-Qur'an, Surah Ar-Ra'd (13:28)	Peace of mind in the remembrance of Allah
3	Hadith, Sahih Muslim	The priority of dhikr in relieving anxiety
4	Hadis, Sahih al-Bukhari	Peace of mind through prayer and tawakkul

The results of the analysis showed that the selected verses and hadith had a consistent message about the importance of tawakkul, dhikr, prayer, and emotional management in dealing with stress and anxiety. Most of the verses point to the importance of surrendering to God as a way to gain peace in the face of a stressful life (Wulandari et al., 2024). Verses such as Surah Ar-Ra'd (13:28) affirm that a heart that always remembers Allah will feel calm, while the analyzed hadiths show how prayer and dhikr can be a means of relieving anxiety.

In general, the data show that Islamic teachings provide clear guidelines for managing stress and anxiety, through deep spiritual practices (Khairanis & Aldi, 2025). In the stressful context of modern life, these principles offer a more holistic alternative to a more secular and materialistic approach. Spiritual practices such as tawakkul and dhikr are seen as relevant ways to overcome the feelings of anxiety that arise due to the increasingly complex demands of life.

Most of the commentaries found emphasize the importance of remembering Allah and surrendering completely to Him in order to gain peace of mind. For example, Ibn Kathir's commentary on Surah Ar-Ra'd (13:28) shows that the heart of the believer will find serenity in remembrance of Allah (Ariza dkk., 2026). This data reinforces the argument that serenity is not only found in earthly pursuits, but also in closeness to the Creator. Other interpretations, such as those given by Al-Qurtubi, also explain that anxiety can be relieved through the practice of worship that connects individuals with Allah.

Further analysis of more contemporary interpretations, such as those written by Sayyid Qutb, also shows how these teachings are highly relevant in the context of modern life. Qutb emphasizes that in a fast-paced and demanding world, individuals often feel depressed (Maharini et al., 2025). Therefore, the spiritual principles contained in the Qur'an provide a deeper solution to overcome anxiety that cannot be solved with a purely psychological approach.

This study uses an interpretation approach to draw inferences about stress and anxiety management based on Islamic principles. Based on the analysis of the data, it can be concluded that stress and anxiety management in an Islamic perspective prioritizes the spiritual dimension and relationship with Allah (Ema Fitriya et al., 2025). The practice of tawakkul and prayer is not only seen as a form of worship, but also as a means to balance one's emotions and improve one's mental state. This shows that the spiritual approach to managing mental health is no less effective than the medical or psychological approach.

Based on the results of these inferences, it can be said that the interpretation approach provides a deeper and more sustainable solution in dealing with stress and anxiety. This shows that Islamic teachings are not only relevant in the aspect of religious rituals, but also in providing practical solutions to psychological problems faced by individuals in daily life.

The table presented above connects relevant verses and hadiths to the themes of stress and anxiety, and shows the relationship between these teachings and spiritual practices in daily life. Each data chosen, be it verses or hadiths, illustrates the solutions provided by Islam to manage emotions and peace of mind. Therefore, the relationship between the data obtained through the study of interpretation and its practical application in daily life is very clear. The practice of tawakkal, dhikr, and prayer are integral parts of these teachings which are expected to help individuals in facing the challenges of a stressful life (Isdianto et al., 2025).

The relationship between the data obtained and the practice of modern life is very relevant. Given an increasingly evolving world with ever-changing social, work, and technological pressures, it is important for individuals to have more holistic solutions in the face of stress and anxiety. The data found in this study provides a framework for thinking that a strong spiritual approach and connection with God can be complementary in addressing mental health issues in modern times (Gelgel, 2025).

As part of the data analysis, this study also includes case studies that illustrate the application of tafsir principles in daily life. One of the case studies taken was the experience of an individual who faced work pressure and anxiety in his personal life. Through the practice of dhikr and prayer, as well as by remembering the teachings of tawakkul to Allah, the individual experiences a significant change in the way of dealing with stress. In this case study, stress management involves not only psychological techniques, but also a change in spiritual perspective that makes individuals feel calmer and connected to God.

Another case study taken from the experience of a student who experienced anxiety in facing an exam also showed that the application of tafsir principles, such as tawakkul and prayer, had a positive impact on the level of anxiety he felt. The individual reported that after practicing dhikr and prayer according to the teachings found in the tafsir, he felt calmer and better able to face the test better. This shows how religious teachings can be implemented practically in the context of modern life to reduce anxiety.

This research reveals that Islamic teachings, through the interpretation of the Qur'an and Hadith, have high relevance in overcoming stress and anxiety, especially when applied in daily life. The data found suggest that spiritual practices, such as tawakkul, dhikr, and prayer, can provide deeper peace of mind compared to other secular methods. By relying on faith in God, individuals can gain a sense of calm that not only impacts mental health, but also overall quality of life (Rahma & Sahila, 2024). In this context, the data obtained provide a clear picture of the benefits of applying spiritual principles in stressful modern life.

Overall, this study shows that stress and anxiety management in modern life can be more effective if it is based on an in-depth spiritual approach. By implementing the principles of interpretation found in the Qur'an and Hadith, individuals can relieve anxiety and stress holistically. These practices not only provide peace of mind, but also strengthen an individual's relationship with God, which in turn improves their mental and spiritual well-being.

This study found that the interpretive perspective on how to cope with stress and anxiety in modern life offers a very relevant solution in the current context. Through an analysis of

Qur'anic verses and hadiths, this study shows that Islamic teachings emphasize the importance of tawakkul (surrender to Allah), prayer, and dhikr as effective tools to relieve anxiety and stress. The main finding of this study is that the peace of mind achieved through strengthening faith in God has a positive impact on the management of depressed feelings in daily life (Asna & Fitria, 2025). In addition, these spiritual practices are recognized to have a more long-lasting calming effect compared to purely psychological or medical approaches.

The results of this study have similarities with various previous studies that showed that spiritual practices can help individuals cope with stress and anxiety. However, the main difference found in this study is the emphasis on the interpretation of the Qur'an and Hadith as the primary source for understanding and practicing stress management. Most modern psychological research focuses more on techniques such as meditation or behavioral therapy, while these approaches integrate a deeper spiritual dimension. Thus, this research makes an important contribution in broadening the view of how religion, especially Islamic teachings, can be used as an alternative or complement to conventional mental health approaches. The results of this study reinforce the view that mental health management is not only limited to medical and psychological approaches, but can also involve a more holistic spiritual approach.

The results of this study show that spiritual solutions in Islam can be a very relevant means of dealing with stress and anxiety in the modern world (Sintya & Ningsih, 2025). The phenomenon of stress that plagues many individuals, especially among the younger generation and workers, further demonstrates that the need for a holistic approach involving physical, psychological and spiritual aspects is of paramount importance. The discovery is a sign that Islamic teachings, often seen as moral and ritualistic solutions, actually have a significant contribution to more contemporary issues such as mental health. In the context of increasingly complex life, the spiritual values taught in the Qur'an and Hadith can be a powerful resource to overcome the psychological challenges faced by modern society.

The implication of the results of this study is the importance of incorporating a religious perspective in the management of stress and anxiety. With the increasing cases of stress and anxiety disorders around the world, this study shows that spiritual approaches can provide a more comprehensive and sustainable alternative. For mental health practitioners, these findings invite further exploration of ways in which religious teachings are integrated into the therapeutic or counseling process. Additionally, for individuals looking for solutions to mental health issues, this study provides new insights into how they can access peace of mind through spiritual practices in Islam, such as dhikr, prayer, and tawakkul, that they may not have previously considered.



Figure 1. Islamic Approach to Stress Management

The results of this study reflect the fact that modern life brings tremendous stress to many individuals, both in the context of work, social relationships, and technological demands. In the face of this pressure, many individuals are looking for more in-depth and long-lasting

solutions, which do not rely solely on material or medical approaches. Therefore, Islamic teachings that teach tawakkul, dhikr, and prayer as a way to relieve stress and anxiety provide a much-needed spiritual dimension in modern life. These practices serve to connect individuals with God, give them a deeper sense of peace, and strengthen their mental resilience in the face of life's problems.

This research paves the way for further research on the integration of religious teachings in mental health practice. One of the next steps is to examine the application of the principles of interpretation in psychological intervention programs and spiritual-based therapies. Further research can explore how Islamic teachings can be integrated into existing therapeutic models, such as cognitive behavioral therapy or mindfulness-based therapy. In addition, the results of this study also encourage mental health practitioners to develop a more holistic approach by paying attention to the spiritual needs of their patients. Thus, a more comprehensive stress and anxiety management model can be created and based on a balance between physical, psychological, and spiritual aspects.

CONCLUSION

The most important finding of this study is that the perspective of interpretation in the Qur'an and Hadith offers relevant spiritual solutions to overcome stress and anxiety in modern life. This research reveals that the practice of tawakkul (surrender to Allah), prayer, and dhikr is not only a form of worship, but also as an effective means of stress management. This is in contrast to the more commonly used medical or psychological approaches, where this research shows that the spiritual teachings in Islam provide a deeper and more sustained peace of mind, contributing to holistic management of emotions. The main contribution of this research lies in the incorporation of the perspective of interpretation as a more holistic approach in dealing with stress and anxiety. This research opens up new insights into the importance of integrating the spiritual dimension in mental health management, a concept that is still rarely considered in the modern psychological literature. By highlighting religious aspects in psychological contexts, this research contributes to the development of interdisciplinary approaches that link religion and mental health, as well as enriching theoretical frameworks in the study of psychology and religion.

AUTHOR CONTRIBUTIONS

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; In-vestigation.

Author 3: Data curation; Investigation.

CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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