

Dhikr Therapy Strategy for Pessimistic Teenagers in Facing Family Problems

Karisma Dewi Puspasari¹, Rima Wardatul Ma'rufah²

¹Universitas Islam Tribakti Lirboyo Kediri

²UIN Sunan Ampel Surabaya

karisma@uit-lirboyo.ac.id, rimawardatul5@gmail.com

Corresponding Autor: Rima Wardatul Ma'rufah

Article History: **Recived:** 2025, 09, 01; **Revised:** 2025, 09, 22; **Accepted:** 2025, 10, 25.

Abstract: The family is the smallest social unit that plays a vital role in supporting children's physical, mental, and emotional development. However, family problems such as conflict, lack of communication, and disharmony can negatively impact adolescents, particularly leading to pessimism. Pessimism in adolescents is characterized by negative thinking patterns, low self-confidence, and a tendency to avoid challenges, ultimately reducing their psychological well-being. From an Islamic perspective, pessimism can weaken faith and trust in God, necessitating spiritual strategies to overcome it. One approach offered is dhikr therapy. This study used a descriptive qualitative method through library research, reviewing various literature related to family problems, pessimism in adolescents, and the application of dhikr therapy. The results of the study indicate that dhikr, whether in the form of morning and evening dhikr, *istighfar* (*istighfar*), *shalamat* (prayer), or dhikr *hasbullah* (God's blessing), can provide inner peace, reduce anxiety, increase optimism, and strengthen mental resilience in adolescents. Thus, dhikr therapy can be an effective strategy in helping pessimistic adolescents face family problems, while strengthening their spiritual foundation and psychological well-being.

Keywords: family problems, pessimistic attitudes, teenagers, dhikr therapy

INTRODUCTION

The family is the smallest social unit and the first educational environment that influences a child's development. More than just a place where fathers, mothers, and children gather, the family is the primary environment that provides a sense of security and comfort for its members (Puspytasari, 2022). A healthy family is characterized by open communication, affection, fulfillment of emotional needs, and consistent and supportive parenting. (Fahma et al. 2025). Conversely, an unhealthy or dysfunctional family is often characterized by prolonged conflict, poor communication, disharmony between parents, and a lack of emotional support.

Family problems are conditions in which basic family functions such as communication, affection, emotional support, and fulfillment of family members' needs do not function properly. This situation can arise due to prolonged conflict between parents, divorce, domestic violence, lack of attention, or economic instability (Khafidhoh 2021). Such family problems often create an environment that is unsafe and not conducive to child growth and development. Adolescents living in dysfunctional families tend to experience emotional distress, difficulty in developing self-confidence, and difficulties in building healthy social relationships. The lack of positive role models

and emotional support can make adolescents feel neglected, unloved, and lost, which ultimately leads to pessimism and a negative outlook on the future.

Based on the 2021 Indonesian Teenager Profile, Indonesia's total population reaches around 270.2 million, with about two-thirds of them belonging to the productive age group. Of this number, there are approximately 46 million teenagers aged 10–19 years, consisting of 48% females and 52% males. In more detail, the 10-14 age group accounts for approximately 51%, while the 15-19 age group accounts for approximately 49% of the total adolescent population (Nilamsari, Sukanti, and Fajariyah 2024). Adolescence is a transitional phase from childhood to adulthood. At this stage, adolescents face various challenges such as searching for their identity, building self-esteem, and learning to make decisions. At this phase, they are also considered more mature than when they were children, but on the other hand, they are not yet fully capable of taking on full responsibility (Dewi and Yusri 2023). Adolescents who grow up in troubled family environments are at higher risk of experiencing psychological stress, difficulty building self-confidence, and developing a pessimistic view of life and social relationships. One of the responses that often arises is pessimism.

In psychology, pessimism is often associated with a rigid and inflexible mindset, where individuals tend to view negative events as permanent, global, and caused by internal factors. Those who are pessimistic generally feel that bad events are caused by their own weaknesses or shortcomings, and they do not believe that effort or hard work will change the situation for the better (Hafidz Rahman, & Tri Kurniawan 2022). Pessimism has a negative impact on the psychological and social development of adolescents, such as decreased self-confidence, motivation to learn, and increased anxiety and stress.

From an Islamic perspective, pessimism can weaken faith and trust in God. Pessimism shows a lack of belief in God's power and plan, making it easy for someone to become discouraged when facing life's trials. To overcome this weak state of mind, Islam offers a spiritual approach, one of which is through dhikr therapy. By remembering and repeating the name of Allah, it is believed that one's heart will be calmed, their faith strengthened, and optimism fostered that every trial has a lesson and a way out.

Dhikr as spiritual therapy in Islam is a form of treatment or medicine aimed at healing mental disorders by strengthening a person's inner or spiritual aspects. This approach is carried out through religious rituals, not through medication. Dhikr therapy aims to strengthen faith so that individuals are able to develop their potential and religious nature by internalizing the values of the Qur'an and Sunnah into their lives (Nor, Denti, and Pratiwi 2023). Therefore, this research is important to explore the effectiveness of dzikir therapy as a spiritual strategy in helping adolescents overcome pessimistic attitudes influenced by family problems.

This condition is particularly relevant for pessimistic adolescents who often feel hopeless due to family problems, such as parental conflict, divorce, or lack of emotional support at home. During the period of identity development and self-discovery, adolescents need a strong emotional and spiritual foundation to avoid getting stuck in negative thinking patterns. Through dzikir therapy, adolescents can find inner peace, strengthen their trust in God, and cultivate positive hope even in a dysfunctional family situation. Dzikir helps them realize that every test is part of God's plan, so that faith and optimism can grow again, while encouraging them to face life's challenges with more patience and confidence.

Research conducted by Syifa Robiatul Adawiyah and Mohammad Ridho Al-Ghifari in 2024 found that students working on their final projects reported that dzikir helped relieve stress related

to their final projects and provided inner peace. Dzikir is an effective strategy for overcoming the psychological pressure that arises from academic responsibilities (Adawiyah and Al-Ghifari 2024).

Based on the results of research conducted by Aris (2024), practicing dzikir for one month had a positive effect on students' psychological condition. The majority of students reported feeling more relaxed and calm after regularly practicing dzikir.

This activity of dzikir encourages students to get closer to God, thereby creating inner peace that has an impact on mental stability (Setyawan et al. 2024). Research also conducted by Fauzan (2024) confirms similar findings, particularly among psychology students.

Dzikir combined with relaxation techniques has been proven effective in reducing anxiety levels. This shows that spiritual practices such as dzikir not only provide religious benefits, but also contribute significantly to calming the mind, reducing emotional tension, and improving individual mental well-being (Muhammad Fauzan and Laila Nur Jamilah 2024).

Several previous studies have explored the effectiveness of dzikir in reducing stress or anxiety in students and adults, but studies on the application of dzikir as a specific spiritual strategy for adolescents experiencing pessimism due to family problems are still very limited. This research gap highlights the importance of raising this topic in order to provide spiritual-based alternative solutions to support the psychological resilience of adolescents in the context of dysfunctional families.

Based on this background, this study aims to explore dzikir therapy as a spiritual strategy for pessimistic adolescents in facing family problems. This study uses a descriptive qualitative approach to explore in depth the role of dzikir in helping adolescents build optimism and inner peace. The findings of this study are expected to contribute theoretically and practically to the development of Islamic counseling studies and psychological assistance for adolescents in a family environment.

METHOD

This study uses the library research method, which is a research method conducted by reviewing, examining, and analyzing various library sources relevant to the research topic. Library research is an activity that utilizes library sources to obtain data and information through written materials (Zed 2004). The approach chosen is descriptive qualitative, which aims to describe in depth the concepts, theories, and previous findings related to pessimistic attitudes in adolescents, family problems, and dzikir therapy as an Islamic spiritual approach.

The qualitative descriptive method allows researchers to describe phenomena in detail and systematically based on data collected from the literature, without testing hypotheses. Meanwhile, qualitative descriptive research helps researchers understand phenomena through in-depth data interpretation, rather than through statistical figures (Mahmud 2011).

RESULTS AND DISCUSSION

Problems in the Family

According to Wahid, a family is a group of individuals bound together through marriage, birth, or adoption, which serves to build and maintain culture and support the development of each member. The role of the family covers various aspects, ranging from physical growth, mental health, emotional stability, to social skills, so that each member can develop in a balanced manner in a safe and supportive environment (Wahid and Halilurrahman 2019).

Problems in the family are one of the main factors that influence the emotional development and mindset of adolescents. Ideally, the family should be the first place for children to receive

affection, moral support, and guidance on life values. However, when families face various problems such as prolonged conflict, lack of communication, or economic pressure, the home environment can become a source of stress. These conditions often make adolescents feel insecure, unappreciated, and even lose hope for the future. In many cases, negative experiences in the family environment trigger pessimism in adolescents, which, if left unaddressed, can affect their self-confidence and psychological well-being.

According to Psychological Perspective One of the main functions of family formation is to create a harmonious atmosphere within it. This harmony plays a crucial role in determining the survival of a family. Every individual longs for a harmonious home environment. A family can be said to be harmonious when each member feels satisfied. This satisfaction is characterized by reduced stress levels, the ability to accept all situations, and the achievement of self-actualization, which encompasses all aspects of a person's physical, mental, and social well-being (Astuti and Triayunda 2023).

A family is a unit consisting of several individuals who live together in one household and have strong emotional bonds. This relationship is characterized by emotional attachment between family members, so that they influence, care for, and depend on one another. Thus, the family is not only viewed as a social or biological unit, but also as a psychological unit with complex dynamics and interactions. This definition emphasizes the importance of emotional and psychological aspects in building healthy and harmonious family relationships.

In general, no family is perfect; every family faces unique and different problems or challenges. These problems can arise in various forms. Therefore, every family needs to have the ability to deal with and solve problems effectively in order to create a harmonious and prosperous environment. According to (Erik Sovia Bunga, Afrilian, Syam 2025), there are several common types of family problems, including:

1. **Financial and Economic Problems:** Financial difficulties, such as limited income, debt, or high living costs, can disrupt household stability.
2. **Children and Education Issues:** Differences in parents' views on raising children, lack of attention, or the emergence of behavioral problems in children can be a source of family conflict.
3. **Tension in the Husband-Wife Relationship:** Factors such as significant age differences, infidelity, or lack of communication can damage trust and harmony in the household.
4. **The Role and Presence of the Wife:** Wives who work outside the home or become migrant workers can pose challenges in terms of attention to children and family, thus requiring awareness of role sharing.
5. **External Factors and Health:** Interference from extended family or health problems of family members, such as chronic illness, can affect the emotional and economic stability of the family.

Problems within families are complex and multidimensional, as they are not only related to economic, educational, and health aspects, but also to the dynamics of relationships between family members. For example, financial problems often cause stress that affects the quality of communication between spouses or between parents and children. If not managed properly, this tension can lead to prolonged conflicts that disrupt family harmony. In addition, differences in views on raising children or uneven attention to children's needs can lead to an imbalance of roles within the family. Parents need to realize the importance of fair role sharing and open communication so that each member feels valued and cared for. The issue of tension in the

husband-wife relationship is also an important concern, because a harmonious relationship between spouses will create a strong foundation for all family members.

Pessimism in Teenagers

The word “pessimistic” comes from the English word “pessimism,” which refers to a negative attitude or view of something in a person. Meanwhile, ‘pessimist’ refers to a person who is pessimistic, which is then translated into Indonesian as “pesimis.” In addition, this term also comes from the Latin word “pessimus,” which means “worst.” According to the Big Indonesian Dictionary (KBBI), a pessimist is someone who has a hopeless attitude or outlook. For example, they worry about losing, suffering losses, or misfortune, and they are easily discouraged. (Ismi Fatma Inayah, Sulaiman M. Amir 2021)

Pessimism in adolescents refers to a negative mindset that tends to see everything from a bad and unfavorable perspective. Adolescents with pessimistic attitudes often believe that bad things are more likely to happen than good things. They tend to doubt their own abilities and focus more on potential failures or problems that may arise due to a lack of self-confidence. One of the causes of low self-confidence in individuals can be rooted in parenting and family education patterns that unconsciously shape an individual who is not independent. Authoritarian or overly controlling parenting styles rarely involve children in decision-making, so they are less trained to take responsibility and tend to hesitate when they have to make their own choices (Hidayat, Harahap, and Siregar 2025). As a result, adolescents grow up with a fear of making mistakes and are reluctant to take risks, which further reinforces their pessimistic view of the future. In the long term, this kind of mindset can affect their mental health, social relationships, and academic achievement. In addition to authoritarian parenting, a family environment full of criticism without appreciation can also worsen the condition. When adolescents' efforts or achievements are rarely appreciated, they feel less valuable and become more convinced that failure is inevitable. Emotional support, open communication, and the trust that families give to adolescents are very important for building self-confidence and reducing pessimism.

Problems within the family have a significant impact on the psychological development of adolescents. Conflicts between family members, a lack of effective communication, and a lack of attention from parents can cause insecurity, low self-esteem, and form a pessimistic view in adolescents about themselves and their environment. Therefore, it is important for families to create a harmonious, supportive, and communicative environment so that adolescents can grow up with an optimistic attitude, self-confidence, and the ability to face life's challenges more positively.

Pessimistic people often doubt their own abilities, underestimate the possibility of success, and focus their attention on obstacles or possible failures. According to (Azmi and Athaya 2024) Some characteristics of pessimism include:

1. Tendency to see the negative side: Pessimists think about negative things more often or focus on problems rather than solutions.
2. Lack of hope: They usually feel that any effort made will be futile or will not produce satisfactory results.
3. Fear of failure: Often, pessimism is accompanied by an excessive fear of failure, so individuals may hesitate to try or innovate.
4. Risk avoidance: Due to pessimism, people tend to avoid situations or decisions that are considered risky, even if there is a chance of success.

5. Easily disappointed: People with pessimistic attitudes are more easily disappointed or discouraged when faced with minor challenges.

This attitude can have a negative impact on mental and emotional health, as well as hinder the achievement of personal potential. Although a cautious and realistic attitude is sometimes necessary, excessive pessimism can hinder self-development, creativity, and the optimism needed to achieve success. According to Sari, Widiani, and Trishinta (2020), the effects of pessimism include:

1. Declining Mental Health

Pessimism is closely related to mental disorders such as anxiety and depression. Individuals with a pessimistic attitude tend to think that bad things will always happen, which makes them feel that there is no hope for positive change. This often leads to excessive anxiety and feelings of despair.

2. Difficulty Facing Challenges

Pessimism also makes a person feel incapable of facing challenges or changes in life. They tend to avoid risks and prefer to stay in their comfort zone, even though this may not support their personal or career growth. This attitude prevents them from trying new things and developing.

3. Decline in Quality of Life

In a broader context, pessimism can lower a person's quality of life. This includes physical health problems, such as decreased immunity and an increased risk of chronic diseases, as well as social problems, where they tend to withdraw from social interactions.

Dhikr Therapy Strategies for Pessimistic Teenagers

Etymologically, dhikr means to mention or remember. In the context of Islamic law and the Qur'an, dhikr is understood as an effort to mention and remember Allah in all circumstances. Thus, dzikir encompasses all forms of activities that aim to remember and draw closer to Him. Although in essence dzikir is centered on remembering Allah, when viewed from the perspective of specific practices or activities, its meaning becomes broader and can include various forms of worship and practices that strengthen one's spiritual relationship with Him (Jaelani, Fajar, and Bahrudin 2024).

Dhikr therapy is a method that combines spiritual practice with a psychological approach to achieve mental and emotional balance. Through the repetition of dhikr phrases, individuals are expected to feel closer to God, which in turn can reduce stress and anxiety. In addition to providing inner peace, dhikr therapy also helps individuals reflect on the meaning of life and strengthen their positive belief in God's destiny. This process can foster an optimistic attitude and improve the ability to face life's challenges with more patience and open-mindedness. In the context of adolescents who experience pessimism due to family problems, dzikir acts as a spiritual coping mechanism that shifts the focus from worldly worries to divine tranquility. Thus, dzikir therapy not only functions as worship, but also as an effective means of mental strengthening within the framework of Islamic counseling.

Teenagers often face various emotional challenges, such as anxiety, stress, and feelings of pessimism about the future. One approach that can help overcome these problems is dzikir therapy. Dhikr, as the practice of remembering Allah, is believed to provide peace of mind and help individuals overcome negative feelings. By engaging in dhikr regularly, teenagers can calm their restless minds and direct their focus on spiritual values that foster hope. This practice also encourages emotional control, strengthens gratitude, and helps build a more positive outlook on

life. In the long term, dzikir therapy has the potential to increase adolescents' mental resilience, enabling them to better cope with pressure from their family environment and social challenges. This approach not only provides temporary peace of mind but also strengthens spiritual connections, which are a source of inner strength in facing the future with more optimism.

To apply dzikir therapy to adolescents with pessimistic attitudes, several strategic steps according to (Syahdiah et al. 2022) can be taken:

1. Introduction to Dzikir: Introduce the concept of dzikir as a method to calm the mind and heart.
2. Routine Training: Hold regular dzikir sessions, either individually or in groups.
3. Psychological Assistance: Provide psychological support during the therapy process to help adolescents understand and overcome their pessimistic feelings.
4. Periodic Evaluation: Conduct periodic evaluations to assess the effectiveness of dzikir therapy and make adjustments if necessary.

By understanding the principles of dzikir and applying them consistently, pessimistic teenagers or individuals can learn to shift their focus away from excessive worry and develop a more positive mindset. Certain types of dzikir even have a specific effect in calming negative feelings and strengthening mental resilience. The following are types of dzikir recommended for pessimistic people:

1. Morning and Evening Dhikr

Morning and evening dhikr include phrases such as “Subhanallah,” “Alhamdulillah,” and “Allahu Akbar” that are repeated regularly. This dhikr helps calm the mind, reduce anxiety, and instill a sense of gratitude that fosters optimism for the day ahead.

2. Istigfar (Asking for Forgiveness)

Repeating “Astaghfirullah” regularly can cleanse the heart of negative feelings and calm the mind. Istighfar teaches individuals to accept their shortcomings, improve themselves, and hope for Allah's help, thereby reducing pessimistic tendencies.

3. Shalawat Nabi

Reciting shalawat such as “Allahumma shalli 'ala Muhammad” helps strengthen the heart and increase inner peace. Shalawat directs the mind to positive things and fosters spiritual love, which can reduce focus on failure or bad things.

4. Dzikir Hasbullah

Reciting the phrase “Hasbullah” or “Allah is sufficient for me” can serve as a reminder that all matters are in Allah's hands. This dhikr is effective for pessimistic people to reduce worry and foster self-confidence and peace of mind.

Once teenagers are introduced to and accustomed to the practice of regular dhikr, this process becomes not only a spiritual routine, but also begins to influence their psychological condition. With proper guidance and periodic evaluation, teenagers can experience inner peace, increased focus, and the ability to deal with negative thoughts more wisely. This makes dzikir therapy an effective method for building emotional and mental balance in teenagers, before then directing them towards achieving specific benefits that can support their overall well-being. Some of the benefits that can be obtained through dzikir therapy according to (Salastia Paramita Nurhuda, Nasichcah, and Ayasha 2023) include:

1. Reducing Anxiety: Dhikr can help calm the mind and reduce feelings of anxiety.
2. Improving Emotional Well-being: The practice of dhikr can increase positive feelings and emotional well-being.

3. Improving Sleep Quality: Dhikr can help individuals feel calmer, which can contribute to better sleep quality.
4. Strengthening Mental Resilience: Through dzikir, adolescents can develop mental resilience in facing various challenges in life.

CONCLUSION

Based on the literature review, it can be concluded that problems in the family have a significant impact on the psychological development of adolescents. Conflicts between family members, lack of communication, differences in parenting styles, and lack of parental attention can cause feelings of insecurity and low self-esteem and form pessimistic attitudes in adolescents. Therefore, creating a harmonious, communicative, and supportive family environment is very important for children's emotional and social growth.

In addition, dzikir therapy has been proven to be an effective strategy to help adolescents overcome pessimistic attitudes. The practice of dzikir, whether in the form of morning and evening dzikir, istighfar, shalawat, Hasbullah dzikir, or personal prayers, can calm the heart, reduce anxiety, increase inner peace, and strengthen mental resilience. Dzikir not only provides spiritual benefits, but also has a positive impact on mental health, helping teenagers cope with psychological pressure and fostering a more optimistic and positive mindset.

REFERENCES

- Adawiyah, Syifa Robiatul, and Mohammad Ridho Al-Ghifari. 2024. "Implementasi Dzikir Terhadap Ketenangan Hati Pada Mahasiswa Dalam Melaksanakan Tugas Akhir." *Jurnal Ilmiah Multidisiplin Terpadu* 8(7):2246–6111.
- Astuti, Margaretha Tri, and Laras Triayunda. 2023. "Komunikasi Keluarga Sebagai Sarana Keharmonisan Keluarga." *Journal Of Social Science Research Volume* 3(2):4609–17.
- Azmi, N. M., and N. Athaya. 2024. "Mengatasi Pengaruh Negatif Pesimisme Terhadap Perkembangan Karier Remaja Dengan Strategi Layanan Bimbingan Dan Konseling Karier." *Gudang Jurnal Multidisiplin Ilmu* 2:60–68.
- Dewi, Sri Rahma, and Fadhillah Yusri. 2023. "Kecerdasan Emosi Pada Remaja." *Educativo: Jurnal Pendidikan* 2(1):65–71. doi: 10.56248/educativo.v2i1.109.
- Erik Sovia Bunga, Afrilian, Syam, Hidayani. 2025. "Problematisasi Keluarga Dan Solusi Penanganannya." *Jurnal Multidisiplin Ilmu Akademik* 2(4):145–52.
- Fahma, Zidinia Rahmawati, Yani Achdiani, Sarah Nurul Fatimah, and Pendidikan Kesejahteraan Keluarga. 2025. "POLA KOMUNIKASI KELUARGA DALAM MENINGKATKAN KESEHATAN MENTAL REMAJA." 8(6).
- Hafidz Rahman, & Tri Kurniawan, . 2022. "Pengaruh Pola Pikir Negatif Terhadap Kesehatan Mental." *Jurnal Kesehatan Mental Islam* 5(1):77-88.
- Hidayat, Arifin, Nurintan Muliani Harahap, and PAhri Siregar. 2025. "Remaja Dan Krisis Percaya Diri: Studi Kasus Mahasiswa Padangsidimpuan." *Jurnal Al-Irsyad: Jurnal Bimbingan Konseling Islam* 7(1):119–36.
- Ismi Fatma Inayah, Sulaiman M. Amir, Aprilinda M. Harahap. 2021. "Mengatasi Pesimis Remaja Dalam Jiwa Keberagaman." 9(1):1–13.

- Jaelani, Reza, Dadang Ahmad Fajar, and Bahrudin Bahrudin. 2024. "Terapi Dzikir Dalam Menurunkan Tingkat Kecemasan Stantri." *Prophetic: Professional, Empathy, Islamic Counseling Journal* 7(1):87. doi: 10.24235/prophetic.v7i1.18427.
- Khafidhoh, Inayatul. 2021. "Pemberdayaan Keluarga Dalam Peningkatan Ketahanan Keluarga Melalui Structural Family Counseling." *Community Development: Jurnal Pengembangan Masyarakat Islam* 5(1):21. doi: 10.21043/cdjmpmi.v5i1.9554.
- Mahmud. 2011. *Metode Penelitian Pendidikan*. Bandung: CV. Pustaka Setia.
- Muhammad Fauzan, and Laila Nur Jamilah. 2024. "Efektivitas Relaksasi Dzikir Sebagai Metode Mengatasi Anxiety Pada Mahasiswa Psikologi UHAMKA." *Observasi: Jurnal Publikasi Ilmu Psikologi* 2(4):17–26. doi: 10.61132/observasi.v2i4.525.
- Nilamsari, Izni Rachma, Nita Sukamti, and Nur Fajariyah. 2024. "Hubungan Dukungan Orang Tua Dengan Harga Diri Remaja Di SMK Raflesia Depok." *Malabayati Nursing Journal* 6(8):3433–47. doi: 10.33024/mnj.v6i8.14136.
- Nor, Rubaiyi, Amelia Destisa Denti, and Seiza Pratiwi. 2023. "Manfaat Berzikir Terhadap Kesehatan Mental." *Jurnal Religion: Jurnal Agama, Sosial, Dan Budaya* 1(6):696–705.
- Puspytasari, Heppy Hyma. 2022. "Peran Keluarga Dalam Pendidikan Karakter Bagi Anak." *Jurnal Pendidikan Islam* 6(1):1–10.
- Salastia Paramita Nurhuda, Nasichah, and Sylvania Syah Ayasha. 2023. "Terapi Dzikir Dalam Kesehatan Mental." 2(1):92–96.
- Sari, Dera Lukita, Esti Widiani, and Sirli Mardiana Trishinta. 2020. "HUBUNGAN POLA PIKIR PESIMISME DENGAN RESIKO DEPRESI PADA REMAJA." *Jurnal Ilmiah Keperawatan* 4:12.
- Setyawan, Aris, Dian Nur Adkhana Sari, Niken Setyaningrum, Relda Rahmah, and Prodi Keperawatan STIKes Surya Global Yogyakarta. 2024. "Penerapan Terapi Spiritual Dzikir Pada Kesehatan Mental Remaja Application of Dhikr Spiritual Therapy on Adolescent Mental Health." *Jurnal Pengabdian Masyarakat* 1(2):40–46.
- Syahdiah, Utami, Mursyidatul Fadhliah, Nurhidayah, Ahmad Soleh Sakni, and Winona Lutfiah. 2022. "Efektivitas Terapi Zikir Dalam Mengurangi Kecemasan Pada Remaja Menjelang Ujian." *Jurnal Penelitian Ilmu Ushuluddin* 2(2):370–80. doi: 10.15575/jpiu.v2i2.15578.
- Wahid, Abdul, and M. Halilurrahman. 2019. "KELUARGA INSTITUSI AWAL DALAM MEMBENTUK MASYARAKAT BERPERADABAN." *Jurnal Studi Keislaman* 5(1):107.
- Zed, Mestika. 2004. *Metode Penelitian Kepustakaan*. Yayasan Obor Indonesia.

