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## Santri Resilience: Uncovering Santri Coping Strategies in Dealing with Friendship Issues

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**Abstract:** This study aims to explore the coping strategies of Islamic boarding school students in dealing with friendship problems that often arise in Islamic boarding schools. The primary focus of this study is to analyze the extent of resilience of Islamic boarding school students through their coping strategies in dealing with friendship problems and how this affects their success in living their daily lives and their achievement in memorizing the Qur'an. This study employs a qualitative case study approach to examine the coping strategies and resilience of Islamic boarding school students in addressing friendship problems. The results of this study indicate that the students' resilience in dealing with friendship problems is at a reasonable level. This is evidenced by the students' ability to manage social and emotional stress by increasing self-awareness in viewing each problem as a learning process, focusing on long-term goals, and through self-reflection and spirituality. This study shows that the coping strategies implemented by Islamic boarding school students play an important role in building resilience to deal with friendship problems, especially in the Islamic boarding school environment. Increased self-awareness, social support, focus on long-term goals, and self-reflection and spirituality have proven to be key factors in helping students manage social and emotional stress.

**Keywords:** Resilience, Santri, Coping, Friendship Problems

### INTRODUCTION

Pesantren are educational institutions that focus not only on religious teaching, but also on character building and social skills development. The communal nature of pesantren creates unique social dynamics, such as competition, sarcasm, and conflicts between students. Psychologically, these dynamics can be a significant challenge, especially for students who do not yet have adequate resilience or coping strategies. Conflicts in friendships often affect students' emotional balance, motivation to learn, and success in achieving their goals, both academically and spiritually (Alfi et al., 2023). However, many students successfully deal with these problems by demonstrating high resilience. This ability allows students to persevere, learn, and grow despite facing problems at the pesantren.

Resilience can be defined as the ability to adapt positively, or the ability to maintain mental health in stressful situations (Tanamal, 2021). Resilience is a major concern in pesantren environments because these institutions not only require students to live a disciplined life, but also face intense social dynamics, such as friendship conflicts, competition, and academic pressure.

Several studies show that students with good resilience tend to be better able to manage emotional and social pressures, making them more successful in their studies and religious activities. However, many also highlight that pressure in Islamic boarding schools can hinder the development of resilience if not managed properly (Affandi & Mubarak, 2021). Therefore, students need to apply self-resilience in order to achieve their goals in Islamic boarding schools through coping strategies.

Coping strategies play a significant role in resilience. Coping refers to the various ways individuals manage stress and pressure, either through a problem-focused or emotion-focused approach. Studies show that coping is not only a tool for responding to difficult situations, but also a key component in building and strengthening resilience (Ungar, 2011). Students who are able to develop effective coping strategies, such as seeking social support, reflecting on experiences, or focusing on long-term goals, tend to have higher resilience (Suryadiningrum et al., 2023). However, there is debate regarding the extent to which the pesantren environment supports the development of coping and resilience. (Nasiron, 2024) reveals that although resilience is important, social pressures that are not managed properly can weaken santri's ability to survive. On the other hand, several studies have found that life in pesantren can actually be a field of social learning and character building for santri that strengthens resilience if accompanied by adequate emotional support and coping training programs (Falah, 2022).

Coping strategies can be used to manage emotions, maintain good relationships, and resolve conflicts constructively (Ebri, 2022). Emotion-based coping, such as controlling negative emotions such as anger or sadness, is often done through the practice of patience, prayer, or sharing stories with close friends. Meanwhile, problem-based coping involves direct efforts to resolve conflicts, for example, by discussing or finding solutions together. Both approaches also include social support from teachers, close friends, or family, which plays an important role as a place to share experiences and a source of advice that helps individuals deal with problems more wisely (Xaviera & Kristinawati, 2024).

The application of appropriate coping helps students deal with pressure while building a stronger character. The ability to resolve conflicts in friendships also supports the development of communication skills, empathy, and tolerance. A deeper understanding of the importance of coping in dealing with friendship problems Effective coping not only helps resolve conflicts but also supports the personal and spiritual development of students while in boarding school (Munawaroh, 2022). Therefore, this study aims to further explore how coping strategies can form the basis of resilience, which not only supports the lives of students at the pesantren but also prepares them to face future social challenges.

## RESULTS AND DISCUSSION

This study shows that resilience in santri, especially in dealing with friendship issues, is greatly influenced by several internal and external factors. Internal factors include self-awareness, focus and long-term goals, self-reflection and spirituality, while external factors include social support from peers, teachers, and boarding school caregivers. One of the main findings is that resilience in santri is closely related to the level of self-awareness and the ability to manage emotions when facing conflict. Santri with high self-awareness tend not to be easily carried away by emotions when facing social problems, such as sarcasm or conflicts with fellow santri. Students are more focused on long-term goals, such as memorizing the Qur'an and improving their worship, which are the main drivers for students to persevere despite facing social challenges.

The coping theory proposed by (Lazarus & Folkman, 1984) provides an important perspective in explaining this phenomenon. Coping is seen as a mechanism for overcoming stress and pressure in social life. In the context of Islamic boarding schools, students often use problem-focused coping and emotion-focused coping strategies to overcome social challenges, which have been shown to contribute to increased resilience (Ungar, 2011). Therefore, this study found several coping strategies, including:

1. Increasing Self-Awareness

Students who are able to deal with friendship issues well tend to have high self-awareness. Students understand that conflicts or friendship problems are normal in the social dynamics of Islamic boarding schools. This awareness helps students not to take problems personally, but rather as part of the learning process in building better relationships. Thus, they can maintain emotional balance and remain focused on positive activities (Obi & Solihah, 2021).

This understanding enables santri to take wiser steps in resolving conflicts. Santri are not easily carried away by their emotions and prefer approaches that support self-development. This self-awareness also helps santri improve social relationships in the pesantren, create a more harmonious environment, and enhance the quality of interaction with their friends.

2. Using Social Support

Social support from peers, teachers, and boarding school caregivers is an important factor that helps students overcome friendship problems. Students often share stories, ask for advice, or simply seek emotional support from those around them. This makes students feel less alone and more confident in facing the problems they encounter (Masruroh, 2020).

Good interactions with peers and teachers also help build a sense of togetherness in the boarding school. Students encourage and support each other, creating a more positive social environment. With this support, students can develop a caring attitude and strengthen their resilience in facing various challenges (Sholihah, 2023).

3. Focusing on Long-Term Goals

Students at Islamic boarding schools tend to have a strong orientation towards long-term goals. Main goals such as memorizing the Qur'an, improving worship, and self-improvement become priorities that motivate students to persevere even when facing friendship problems. This understanding makes students view social conflicts as temporary challenges that will not hinder them from achieving their big goals (Maszura et al., 2024).

By focusing on long-term goals, santri can maintain enthusiasm and consistency in their daily activities. Santri realize that life at the pesantren is a means to build character and achieve spiritual and academic success. This attitude helps them face challenges more wisely, without losing sight of their journey (Ahmad, 2024).

4. Self-Reflection and Spirituality

Self-reflection is one of the strategies used by santri to overcome friendship problems. Through various means such as contemplation, prayer, or zikr, santri are able to calm their minds and hearts, so they are not easily influenced by negative emotions. These spiritual activities also provide space for santri to evaluate themselves and find better solutions to resolve conflicts (Suprpto, 2020).

This spiritual approach not only helps santri face social challenges, but also strengthens their relationship with Allah. The belief that Allah always provides strength in facing every problem makes santri feel calmer and more optimistic. Thus, self-reflection and spirituality are important elements in building the resilience of santri in Islamic boarding schools (Adelia, 2022).

These results indicate that santri have a good level of resilience in dealing with friendship issues. This is evidenced by the santri's ability to manage social and emotional pressures by increasing their self-awareness in viewing each problem as a learning process, focusing on long-term goals, and through self-reflection and spirituality. However, there is still room for improvement, especially in strengthening interpersonal communication skills. Pesantren can support this development through communication training programs, group counseling, or activities that encourage cooperation among santri (Nurdiana et al., 2020). In addition, pesantren also need to strengthen social support through activities that can help santri manage social pressure in a healthier way. Through these efforts, it is hoped that santri will become more resilient and able to overcome various social challenges in the pesantren environment.

### **AUTHOR CONTRIBUTION**

Seviyeni: Roles/Writing - original draft; Conceptualization; Data curation; Formal analysis; Funding acquisition; Investigation; Methodology; Resources.

Adelia Pertiwi Hasibuan: Writing - review & editing

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