

AL-GHAZALI'S PATIENCE THERAPY IN REDUCING STUDENTS' CAREER ANXIETY.

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Abstrak: This study examines Al-Ghazali's concept of patience therapy as an approach to reducing career anxiety among students who work while pursuing higher education. Working students often face multiple pressures, including academic demands, economic challenges, limited support, and varying levels of self-adjustment, all of which contribute to heightened anxiety. Using a qualitative descriptive method supported by interviews and literature review, this research explores how Al-Ghazali's teachings particularly the practices of self-control, acceptance of destiny, dhikr, and inner purification provide both psychological and spiritual mechanisms for managing anxiety. The findings show that patience therapy fosters emotional stability, enhances self-regulation, and strengthens personal resilience. Through the integration of spiritual reflection and behavioral discipline, students are better able to balance academic and work responsibilities, resulting in reduced career anxiety and improved well-being. This study highlights the relevance of classical Islamic thought as a holistic coping strategy for contemporary mental health issues among working students.

Keywords: Patience Therapy; Al-Ghazali; Career Anxiety; Working Students; Islamic Psychology; Dhikr; Resilience.

INTRODUCTION

Students who work part-time are individuals who have the courage to make decisions, possess a desire to learn and make efforts, and are not dependent on others. Today, awareness of the world of work continues to change and demands that students be able to meet these expectations, as they will be entering a new world that is not only filled with learning but also with professional work. This is what drives some students to choose part-time jobs. There are various reasons why students engage in part-time work. The motivations behind students taking part-time jobs may come from both external and internal factors. The decision to work while studying is certainly based on strong reasons, not merely to fulfill material needs. (Kinasih, 2019)

Freud defines anxiety as an emotional state considered unpleasant, accompanied by physical sensations that warn a person of a threat. These unpleasant feelings are usually unclear and difficult to identify, but they are always perceived. Allah, the Exalted, teaches us a real way to attain peace of heart, which is by constantly remembering Him. Conversely, the heart becomes weak and dry

when it seldom remembers Allah. A person must believe that everything in the heavens and the earth belongs to and is the work of Allah. In Islam, many verses and hadith emphasize the importance of physical, mental, social, and spiritual health when examined comprehensively. In Surah 28 verse 28 of the Qur'an, Allah says, "(That is) those who believe and whose hearts find peace in the remembrance of Allah." Remember that only by remembering Allah can the heart find tranquility.(Kamila, 2020)

Factors that contribute to anxiety: *First*, difficulties in managing time between work and academic demands often trigger stress and anxiety. Anxiety itself is an unpleasant response that arises from internal or external pressure when a person faces certain situations. This condition can occur in working students who must balance academic tasks and non-academic activities simultaneously.(Tirajoh et al., 2021) *Second*, limited family economic conditions can trigger anxiety in students, causing them to often work part-time to help meet the needs of their families and themselves. This situation requires contributions among family members and adds to the mental burden of students who are pursuing higher education.(Gozali & Isfa, 2020) *Third*, academic pressure on working students can trigger excessive anxiety that requires proper management. Anxiety can be either positive or negative, so it is important to use both Islamic and psychological approaches to help students manage pressure in a healthy and balanced way.(Bunyamin, 2021) *Fourth*, a lack of support and a high workload cause working students to face greater pressure compared to other students. They must balance their education, work, and family needs, which requires resilience and adequate support in order for them to develop optimally.(Desman. Kenedi, 2024) *Fifth*, self-adjustment is an important ability that involves balancing internal needs with environmental demands. This process requires not only cognitive skills but also emotional regulation. Individuals who are less capable of adjusting themselves tend to experience high levels of anxiety and difficulties in social relationships. Personality factors and environmental conditions also influence the quality of a person's ability to adapt..(Wahyuni, 2011)

Anxiety can also be understood as the ego's system in humans that responds to situations perceived as dangerous, allowing them to prepare adaptive reactions. In Islamic psychology, the Qur'an refers to anxiety as the emotion of fear. According to Abdul Hasyim, the word *kebashyah* and its derivatives are mentioned 39 times in the Qur'an. In the Qur'anic verse Surah Al-Baqarah 155, it is stated that humans will be tested with fear: "And We will surely test you with something of fear, hunger, loss of wealth, lives, and fruits. But give good tidings to those who are patient" (Qur'an, Al-Baqarah: 155). *Four*, types of anxiety consist of mild anxiety, which is related to tension in life, increased perception of feared things, and individuals becoming more alert to things they do not trust. Severe anxiety is a level of anxiety that causes individuals to lose self-control and lose awareness of their surroundings, as well as reducing their perception of more specific and detailed matters, and ignoring other things so that their attention becomes more selective yet remains focused.(Desman. Kenedi, 2024)

Relaxation in patience therapy requires a spiritual belief approach in Islam, namely through the technique of remembering Allah SWT. The relaxation performed is able to produce a relaxation response in the form of a feeling of comfort, with clinical indicators such as decreased blood pressure, respiration, and oxygen consumption. Excessive anxiety can be reduced by eliminating negative thoughts so the heart becomes calm. Subandi states that this method can soothe, provide strength that increases self-confidence, and create feelings of safety, tranquility, and happiness.

Medically, it is also known that people who are accustomed to accepting Allah's decree automatically trigger brain responses associated with acceptance, allowing the heart to feel happiness and comfort. Based on the explanation above, it can be concluded that by training individuals to relax their muscles and constantly remember Allah, stress can be reduced and inner peace can be achieved. (Munjirin, 2020)

Patience is also one of the Sufi maqams. According to Al-Ghazali in his book *Ihya Ulumuddin*, patience is the second maqam after the maqam of repentance. A maqam is a spiritual rank or position of a person before Allah SWT, and it carries the meaning of understanding one's role and responsibilities in daily life. Outside of Sufism, patience is also something that must exist within every human being. (Handayani, 2018). Al-Ghazali divides the character of patience into two aspects: physical and psychological. The physical aspect refers to patience by restraining oneself from physical difficulties and fatigue when performing good deeds. The psychological aspect refers to patience by restraining oneself from the demands of desires. (Saepulloh, 2020)

Psychologically, patience is a dynamic defense mechanism used to overcome trials that befall human beings as servants of Allah and at the same time as His vicegerents on earth. Allah's words in Surah Al-Baqarah, verse 155:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

The meaning is: "We will certainly test you with a bit of fear and hunger, and loss of wealth, lives, and fruits. And give glad tidings (O Prophet Muhammad) to those who are patient." And indeed, We will test you with a little fear, hunger, and loss of wealth, lives, and fruits. And give good news to those who are patient.

Patience is not an attitude or action of merely surrendering without effort, but rather a struggle and an attempt made with all one's ability while maintaining steadfastness of heart and confidence in a good outcome. Thus, patience carries the meaning of restraining oneself or limiting the soul from improper desires in order to achieve something better or more noble. (Rosdialena & Ernadwita, 2019) Imam Al-Ghazali offers a management approach to patience therapy by emphasizing the need for both knowledge and action. Knowledge is a divine light that guides humans to the right path, while action is the fruit of that knowledge. The quality of a person's actions, whether good or bad, is determined by their character.

Imam Al-Ghazali offers a management approach to patience therapy by emphasizing the need for both knowledge and action. Knowledge is a divine light that guides humans to the right path, while action is the fruit of that knowledge. The quality of a person's deeds, whether good or bad, is determined by their character. The techniques for attaining patience are as follows: *First*, a person must pay attention to the food they consume. *Second*, a person must avoid sights that directly stimulate desire. *Third*, one should adorn oneself with good qualities. Al-Ghazali also mentions methods that need to be practiced to strengthen religious motivation: *First*, cultivating a deep desire to understand the benefits of spiritual struggle (mujahadah) and its rewards in this world and the hereafter. *Second*, training oneself gradually from an early stage to stay away from lustful matters until one finds pleasure in the process and eventually overcomes those desires. Islam explains the importance of self-development and purification of the heart in shaping human beings into individuals of quality. A person of quality is one who increases their piety toward Allah, possesses broad knowledge, and practices Islamic values in daily life. Such a state can only be achieved by individuals who have a healthy soul, a pure heart, strong ideals, and noble character,

even though the process to reach this level is not easy. The conditions described above can only be fulfilled by those who possess a high level of patience in their lives.(Ghozali, 2019)

METHOD

This study uses a qualitative descriptive method with an inductive approach to explain the relationship between organizational work culture and audit opinions. The data were analyzed through collection, categorization, comparison, and drawing conclusions.(Creswell, 2015) Qualitative research examines the meaning of human experiences, while descriptive research aims to explain a phenomenon in detail based on the data.(Nurhidayah & B, 2020)

RESULTS AND DISCUSSION

Based on the results of the study and interviews, students who work while attending college often experience anxiety because they must divide their time between academic tasks, work, and family demands. Anxiety arises from time pressure, economic demands, lack of support, and differences in individual adaptability. In Al-Ghazali's approach, patience therapy serves as a means to calm oneself and manage these pressures. By getting used to remembering Allah, accepting destiny, thinking positively, and avoiding things that stimulate desires, a person can attain inner peace. This approach not only provides spiritual calmness but also produces relaxation effects that impact the body, such as reducing anxiety and strengthening mental resilience, enabling students to carry out their roles more steadily.

In addition, applying the value of patience according to Al-Ghazali helps working students manage academic and work pressures more effectively. Students who are able to restrain emotional impulses, regulate expectations, and accept their conditions with an open heart tend to have lower levels of career anxiety. This attitude enhances their ability to make decisions and maintain personal stability. Spiritual techniques such as dhikr and prayer have also been shown to provide significant relaxation effects. These activities calm the mind, relieve physical tension, and improve focus, making students better prepared to face academic and work demands. This approach indicates that patience therapy is not only spiritual in nature but also has an impact on reducing psychological symptoms of anxiety. Strengthening knowledge and action as advised by Al-Ghazali fosters personal resilience. Students who make a habit of controlling desires, practicing discipline, and cultivating good habits become more focused in setting priorities and dealing with career dynamics. With this more mature character, career anxiety can be reduced, and students are able to carry out their roles more balancedly and productively.

CONCLUSION

Based on the results of the literature review and interviews, it can be concluded that students who work while attending college are at risk of experiencing career anxiety due to academic pressure, work demands, family economic conditions, and varying levels of adaptability. This anxiety arises because students must balance multiple responsibilities at once, which affects their emotional stability and learning focus. The patience therapy approach according to Al-Ghazali is proven to be relevant in helping students manage career anxiety. Patience is not understood as a passive attitude, but as an active process that involves self-control, acceptance of destiny, and the strengthening of spiritual aspects through dhikr and self-reflection. These spiritual practices

provide physiological and psychological relaxation effects that reduce tension, calm the mind, and enhance clarity in decision-making.

By internalizing the values of patience, students are able to build personal resilience, set priorities, and carry out academic and work responsibilities more harmoniously. Al-Ghazali's patience therapy, which emphasizes strengthening knowledge and action, controlling desires, and habituating oneself to good deeds, becomes a holistic and effective approach for reducing anxiety and enhancing career readiness among working students. Thus, patience serves as a comprehensive coping strategy that supports mental health and career development.

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