

The Effect of Dhikr Therapy on Increasing The Meaningfulness of Life in Students at The Satu Amal Indonesia Foundation

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ABSTRACT

This study aims to determine the effect of dhikr therapy on increasing the meaningfulness of life experienced by students who are members of the Satu Amal Indonesia foundation. This study uses a one-group pretest-posttest design method because it can compare conditions before and after being given treatment. With various treatments carried out for 7 days or one week on WhatsApp Group. This study presents the results of the effectiveness test of dhikr therapy on the meaningfulness of life using the "Paired Sample t-Test" method. The results in this study involved 20 participants who showed a significant increase in the meaningfulness of life after undergoing dhikr therapy. Before therapy, participants had a moderate level of meaning in life, while after treatment or therapy, the level of meaning in life increased to high. A strong positive correlation between pretest and posttest indicates a significant relationship. Statistical tests showed a significant difference between pretest and posttest scores, with a p value of less than 0.001, confirming that dhikr therapy had a significant effect on participants' meaningfulness of life. These results illustrate that dhikr therapy can markedly improve an individual's meaningfulness of life.

Keywords: Dhikr Therapy, Meaningfulness of Life, College Students

INTRODUCTION

One way to increase the meaning of life is through worship. Yalom (in Kurniawan, 2014) argues that one of the sources of the meaning of life is belief in God. Getting closer to God is a recovery of human religious instincts that encourage them to engage in religious activities. Religious life reflects the mental structure and purpose of human life directed towards God. In Islam, dhikr is a way to get closer to God, remember His favors, and always be aware of His will in everything. Dhikr helps individuals form a positive outlook towards dealing with stress with the belief that God's help will always be there. Through the habit of dhikr, individuals feel close to Allah, feel under

His protection, and gain confidence, strength, feelings of security, calmness, happiness and meaningfulness about life. Dhikr also produces physical calmness by reducing the activity of the sympathetic nervous system and increasing the parasympathetic nervous system.

Dhikr therapy is a form of meditation that involves repeating words or sentences of spiritual value. This practice has been the focus of attention in the context of psychology due to its potential in enhancing psychological well-being. However, there are still few empirical studies that specifically examine the influence of dhikr therapy on university students and its impact on their meaningfulness of life.

Previous research in the field of dhikr therapy has shown interesting results regarding psychological improvements in certain population groups. However, there is a need to investigate whether dhikr therapy can also provide similar benefits to university students. In that context, this study will test the hypothesis that dhikr therapy can improve the quality of life of university students. College students are often faced with various pressures, such as high academic demands, social problems, and uncertainty about the future. These factors can negatively impact their meaningfulness of life. Therefore, it is necessary to explore alternative methods that can help college students cope with stress and improve their meaningfulness of life.

In addition, this study will also explore factors that may mediate the effect of dhikr therapy on college students' meaningfulness of life, such as stress levels, happiness levels, and perceived well-being. The results of this study are expected to provide a better understanding of the potential of dhikr therapy as a useful tool in improving meaningfulness of life in college students.

In order to achieve a deeper understanding of the effect of dhikr therapy on the meaningfulness of life in university students, this study will involve experimental methods involving only one group. The data obtained from this study is expected to make a valuable contribution to the development of interventions aimed at increasing the meaningfulness of life in university students, so that they can better face academic and social challenges.

Dhikr is the act of saying words that refer to Allah with repetition, aiming to strengthen the belief in the Oneness of Allah SWT (Purwanto, 2016). Doing dhikr can help a person feel more peaceful and maintain positive

thoughts. This is of course very useful for increasing the meaning of life for students. There are two factors that encourage a person to undergo dhikr therapy, namely internal encouragement from the individual himself and external encouragement from the environment and family who provide this support (Sutioningsih et. al., 2019).

The purpose of this study is to explore the positive impact of dhikr therapy on university students in relation to increasing their meaningfulness of life. The study was also to determine whether the practice of dhikr, which is an important aspect of Islamic religious practice, can play a role in increasing understanding, appreciation, and life satisfaction in university students. In addition, this research also aims to provide a more comprehensive view of the influence of religion and spirituality in the context of higher education and how this can help university students better achieve their life goals.

This research will contribute to knowledge in the field of positive psychology and well-being, by exploring alternative non-conventional therapies such as dhikr in an effort to improve individual meaningfulness of life. The results of this study can provide valuable guidance for the Satu Amal Indonesia foundation and other higher education institutions in developing programs that support students' spiritual growth and well-being.

RESEARCH METHOD

The research design used in this study is a one-group pretest-posttest design. Before being given treatment in this study, a pretest was given first, so that the results of the treatment could be known more accurately, because it could compare the conditions before being treated and after being treated. With various treatments carried out for 7 days or one week. This study was analyzed using the Paired Sample t-Test technique. Since the number of subjects is only 20 people, the difference between the pretest and posttest will be analyzed to determine the difference in the increase in the meaningfulness of life before and after being given the treatment of dhikr therapy.

The research subjects were students at the Satu Amal Indonesia Foundation who had low and medium meaning of life scores. Subject selection is done by giving the Meaning of Life Scale which has been tested for validity and reliability to 20 subjects. Furthermore, the data obtained will

be categorized into 3 groups, namely high, medium, low. This category aims to select subjects who are used as research subjects based on predetermined criteria.

The data collection method used to measure the meaningfulness of life variable using the meaningfulness of life scale is guided by the Meaning in Life Questionnaire (MLQ) proposed by Steger, Frazier, Oishi, and Kaler in 2006. Subjects are asked to answer questions by choosing one of the alternative answers available, including very appropriate, appropriate, inappropriate, and very inappropriate. This meaning of life scale has 10 statements with 9 favorable statements and 1 unfavorable statement. The MLQ questionnaire uses a Likert scale with values 1-4 for each statement item. The description of each value is, the score on the favorable statement moves from 4 to 1, the highest value of 4 is given to the answer is very appropriate, 3 for the appropriate answer, 2 for the answer is not appropriate, 1 for the answer is very inappropriate.

Conversely, the score for unfavorable statements moves from 1 to 4. Score 4 for very unsuitable, 3 for unsuitable, 2 for suitable answers, 1 for very suitable answers. The higher the score means the subject has a high level of meaningfulness of life. Before use, the scale items are tested for validity first with the aim of knowing the extent to which accuracy and accuracy can be given to the research results. The measuring instrument is declared valid if it obtains a validity coefficient of at least 0.25. Based on these provisions, items that have a correlation coefficient below 0.25 are declared canceled or not used in research. Based on these results, items that have a validity coefficient of less than 0.25 are considered invalid or invalid to be used as measuring instruments. The reliability coefficient ranges from 0.00 to 1.00, the reliability value if it is close to 1.00 means the higher the reliability, otherwise if the reliability coefficient is lower if it is close to 0.00.

The analysis used in this study is Paired Sample t-Test which is a different test of two paired samples. Paired samples are the same subject, but experience different treatments. This t-test model is used to analyze the research model before and after being treated with dhikr therapy. For descriptive analysis of data using descriptive statistical analysis and parametric analysis, namely estimation and hypothesis testing of variant parameters based on the assumption that scores are drawn in a variant with a

certain distribution. For parametric analysis of data used is the t-Test Test (Widayanti, 2016).

Hypothesis testing conducted in this study with Paired Sample t-Test analysis on the SPSS program. The basis for making a decision to accept or reject H₀ in this test is as follows:

- 1) If the significant value > 0.05 then H₀ is accepted or H_a is rejected (the difference in performance is not significant).
- 2) If the significant value < 0.05 then H₀ is rejected or H_a is accepted (significant performance difference).

The reason researchers use this analysis tool is because in this study two paired samples were used. This paired sample is the same subject but experiences two different treatments or measurements, namely before and after being given dhikr therapy treatment

RESULTS AND DISCUSSION

The results of this study indicate that the application of dhikr therapy to students who are members of the Satu Amal Indonesia Foundation has a positive effect on the level of meaningfulness of life in themselves. From the data obtained, it shows that all students experienced a significant increase. The average increase in student perceptions seen through the results of analysis using the SPSS version 25 program, can be seen the results of the comparison between before and after being given dhikr therapy. The increase is quite significant. The data collection process is carried out after the researcher provides treatment or dhikr therapy to students. The dhikr therapy is the application of the dhikr model in the form of audio Asmaul Husna. After the therapy action, the researcher collected data with statistical calculations using the t-test, namely the "Paired Sample t-Test".

Based on the table attached below, it can be seen that a pretest and posttest were conducted to measure the effect of dhikr therapy on the meaning of life. This study involved 20 participants, and the results showed a significant increase in the meaning of life after undergoing dhikr therapy.

In the pretest results, the average value of participants was 33.55 with a standard deviation of 3.069. This means that before undergoing dhikr therapy, participants had a moderate level of meaningfulness of life. The standard error of the mean is 0.686, which indicates that the sample mean is

a good estimate of the population mean. In the posttest results, the mean value of the participants was 36.95 with a standard deviation of 2.800. This means that after undergoing dhikr therapy, participants have a high meaning of life. The standard error of the mean is 0.626, which indicates that the sample mean is a good estimate of the population mean.

The paired sample correlation between the pretest and posttest is 0.787 which is a strong positive correlation. This shows that there is a significant relationship between the pretest and posttest scores. The paired sample test showed the mean difference between the pretest and posttest scores was - 3.400 with a standard deviation of 1.930. The standard error of the mean is 0.432, which indicates that the sample mean difference is a good estimate of the population mean difference. The 95% confidence interval of the difference is between -4.303 and -2.497. The t-count value of the paired sample test is -7.877 with 19 degrees of freedom. The p value is less than 0.001, indicating that the difference between the pretest and posttest scores is statistically significant. This means that dhikr therapy has a significant effect on participants' meaningfulness of life.

Thus, the pretest and posttest results show that dhikr therapy has a significant effect on the meaningfulness of life of participants. Participants had a moderate level of meaningfulness of life before undergoing dhikr therapy, and the level of meaningfulness of life became high after being given dhikr therapy. The strong positive correlation between pretest and posttest scores indicates that there is a significant relationship between the two. The statistically significant difference between the pretest and posttest scores indicates that dhikr therapy has a significant effect on participants' meaningfulness of life.

Table 1. Measuring Instrument Paired Samples Statistics
Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pretest	33.55	20	3.069	.686
	posttest	36.95	20	2.800	.626

Table 2

Measuring Instrument Paired Samples Test

Paired Samples Test								
Paired Differences								
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
				Lower	Upper			
Pair 1 pretest - posttest	-3.400	1.930	.432	-4.303	-2.497	-7.877	19	.000

CONCLUSION

Based on the results of research findings and discussions, it can be concluded that there are differences in the increase in the meaning of life in students at the Satu Amal Indonesia Foundation when before and after being given Asmaul-Husna audio dhikr therapy. It is clearly seen from the results of the data obtained that there is a significant difference before and after being given dhikr therapy. This proves that dhikr training is very effective in helping to increase the meaningfulness of life in students. This dhikr training can be done to deal with physical symptoms, psychological symptoms and behavioral symptoms caused by the existence of futility in life. This problem occurs because the practice of dhikr is a technique that can calm the heart so that it can add meaning to life in humans.

Based on the research that has been conducted, the results in this study prove that dhikr training can increase the meaning of life in college students. It is recommended for students to apply or apply dhikr in their daily lives in order to increase their awareness to always be with Allah.

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