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The Role of Dhikr in Strengthening Muslim Spiritual Well-Being

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Abstract: Spiritual well-being is an essential aspect of Muslim life, as it promotes inner peace, emotional balance, and religious commitment. In Islam, dhikr (remembrance of Allah) is a fundamental spiritual practice that strengthens faith and spiritual awareness. This study aims to examine the role of dhikr in strengthening Muslim spiritual well-being, particularly in relation to spiritual tranquility, emotional stability, faith development, and moral character. The research employs a qualitative descriptive approach through library research, analyzing Qur'anic verses, Hadith, Islamic scholarly literature, and relevant scientific publications. The collected literature is examined using thematic analysis to identify the spiritual contributions of dhikr. The findings indicate that dhikr contributes to inner peace, supports emotional resilience and positive religious coping, strengthens faith (iman), taqwa, and closeness to Allah, and encourages positive moral character and responsible behavior. Furthermore, sincerity, consistency, and understanding of its meanings are essential for meaningful spiritual development. This study concludes that dhikr is not merely a verbal ritual but a comprehensive spiritual practice that nurtures the heart, faith, and behavior, thereby supporting holistic Muslim spiritual well-being.

Research Highlights:

- Dhikr strengthens the spiritual relationship between Muslims and Allah.
- Dhikr promotes spiritual tranquility, inner peace, and emotional resilience.
- Consistent remembrance strengthens faith (iman), taqwa, and religious commitment.
- Dhikr encourages positive moral character, self-discipline, and ethical behavior.
- Sincerity, consistency, and understanding are essential for meaningful dhikr practice.

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INTRODUCTION

Spiritual well-being is an essential dimension of human development, particularly in the lives of Muslims, because it influences individuals' relationships with Allah, themselves, and their surrounding environment(Joshanloo & Weijers, 2019). In Islam, spiritual well-being is not merely associated with performing religious rituals but also involves developing inner peace, emotional balance, moral responsibility, and a strong sense of purpose in life. A spiritually healthy Muslim is expected to demonstrate faith (iman), patience (sabr), gratitude (shukr), sincerity (ikhlas), and trust in Allah (tawakkul) when facing various circumstances. Therefore, strengthening spiritual well-being is an important aspect of maintaining a balanced and meaningful Islamic life. Spirituality also plays an important role in shaping individual attitudes, encouraging positive behavior, and strengthening religious commitment in everyday activities.

One of the fundamental Islamic practices that contributes to spiritual development is dhikr, which refers to the remembrance of Allah through verbal recitation, remembrance in the heart, prayer, reflection, and continuous awareness of His presence. Dhikr represents an essential expression of faith and a means

of maintaining a close relationship between human beings and their Creator. The Qur'an emphasizes the significance of remembrance in Surah Ar-Ra'd (13:28), which explains that hearts find tranquility through the remembrance of Allah. This verse illustrates that spiritual peace is closely connected to maintaining awareness of Allah in human life. Furthermore, Surah Al-Ahzab (33:41–42) encourages believers to remember Allah frequently, demonstrating that dhikr should become an integral part of Muslim daily life rather than an occasional religious activity.

In contemporary society, Muslims face various challenges that may influence their spiritual and emotional well-being, including demanding work schedules, financial pressures, social expectations, excessive digital engagement, and materialistic lifestyles(Achour et al., 2016). These conditions can create emotional disturbances, reduce opportunities for spiritual reflection, and weaken religious consistency. In this context, dhikr provides an important spiritual practice through which Muslims can strengthen their relationship with Allah while developing patience, gratitude, emotional resilience, and a sense of spiritual security. Regular and meaningful remembrance may also help individuals respond to anxiety, sadness, uncertainty, and personal difficulties through religious reflection and reliance on Allah. Consequently, understanding the role of dhikr in strengthening Muslim spiritual well-being is increasingly relevant to contemporary Islamic life.

Despite the importance of dhikr in Islamic teachings, several problems remain relevant to its implementation and understanding. Many Muslims perceive dhikr primarily as a verbal religious ritual without fully understanding its broader spiritual, emotional, and moral implications(Al-Daghistani, 2022). Furthermore, maintaining consistency in dhikr can be challenging because of daily responsibilities, limited spiritual motivation, and various modern distractions. Another concern is that remembrance of Allah may not always be reflected in individual attitudes, decision-making, and moral behavior. Therefore, further examination is needed to understand how dhikr contributes to spiritual tranquility, emotional stability, religious awareness, and closeness to Allah. It is also important to explore how theological teachings concerning dhikr can be translated into meaningful practices in contemporary Muslim life.

Previous studies have examined the relationship between dhikr (remembrance of Allah), Islamic spirituality, psychological well-being, emotional stability, and religious practices. Reza et al. (2021), in their study entitled Dhikr as Psychotherapy to Overcome Academic Stress of Muslim Youth, investigated the use of dhikr therapy in addressing academic stress among Muslim university students. The study employed a pre-experimental approach involving 20 first-year university students selected through purposive sampling. Using the Depression, Anxiety, and Stress Scale (DASS-21), the researchers identified a significant difference between pre-intervention and post-intervention stress scores. Their findings indicated that dhikr therapy, particularly through the recitation of salawat, could help reduce academic stress among Muslim youth. This research demonstrates the potential contribution of Islamic spiritual practices to emotional regulation and psychological adjustment, particularly among young Muslims facing academic challenges. However, its primary focus was academic stress rather than the broader dimensions of spiritual well-being, such as faith development, closeness to Allah, and moral transformation.

Maslahat and Laila (2022), in their research entitled Dhikr Therapy in the Treatment of Anxiety Disorders in Adolescents, examined the role of dhikr therapy in addressing anxiety disorders among adolescents at the Maunatul Mubarok Social Rehabilitation Center in Sayung, Demak. The researchers employed a qualitative field research approach through observation, interviews, and documentation. The findings suggested that adolescents participating in dhikr therapy experienced positive changes, including greater spiritual tranquility, increased motivation for self-improvement, more positive self-perception, and improved self-confidence. This study highlights the importance of dhikr as a spiritual practice that may support emotional recovery and personal development. Nevertheless, the research concentrated primarily on adolescents experiencing anxiety disorders and did not comprehensively examine the relationship between dhikr and the overall spiritual well-being of Muslims across different age groups.

Anwar et al. (2024), in their study entitled The Dhikr and the Mental Health of the Elderly in Aceh, Indonesia, investigated the relationship between participation in dhikr assemblies and the mental health of older Muslims. The study used a retrospective cohort design involving 114 elderly participants, consisting of 57 individuals participating in dhikr assemblies and 57 individuals who did not participate. The findings demonstrated a significant relationship between participation in dhikr activities and mental health outcomes among elderly individuals. The researchers concluded that dhikr activities could contribute positively to maintaining mental well-being during old age. This study provides relevant empirical evidence concerning the relationship between collective religious remembrance and the well-

being of Muslim communities. However, its emphasis was on elderly mental health rather than the broader theological and behavioral dimensions of spiritual well-being.

Wijayanti et al. (2025), in their study entitled Effectiveness of Combination Dhikr and Salawat on Anxiety and Sleep Quality in Hemodialysis Patients in Indonesia: A Randomized Controlled Trial, examined the effectiveness of combining dhikr and salawat in improving psychological and physical well-being among patients undergoing hemodialysis. The researchers employed a randomized controlled trial involving 54 participants, of whom 53 completed the baseline and post-intervention evaluations. Anxiety was assessed using the Hamilton Anxiety Rating Scale (HARS), while sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI). The findings indicated significant improvements in anxiety levels and sleep quality following the intervention. This research demonstrates the potential value of integrating Islamic spiritual practices into complementary health-care interventions. However, because the study focused on patients undergoing hemodialysis and combined dhikr with salawat, its findings cannot independently establish the effects of dhikr alone or fully explain its contribution to broader Muslim spiritual well-being.

Sufya (2025), in her research entitled Islamic Spiritual Practice as a Pathway to Psychological Well-being: Evaluating the Impact of Devotional Remembrance (Dhikr) on Stress, investigated the relationship between dhikr practices and stress among university students. The study employed an experimental design with a pretest-posttest control group and supplementary interviews involving 28 participants randomly assigned to experimental and control groups. The research examined dhikr as an Islamic psychospiritual practice that may support stress management and psychological well-being. This study is particularly relevant because it connects devotional remembrance with psychological well-being in an educational context. It also highlights the importance of further investigating the role of dhikr in promoting spiritual and emotional development among younger Muslim populations. Nevertheless, its focus on stress outcomes provides an opportunity for further research to examine additional dimensions, including spiritual tranquility, religious awareness, and moral development.

Previous studies have discussed dhikr in relation to Islamic spirituality, psychological well-being, emotional tranquility, and religious coping(Qomariyyah & Saifuddin, 2022). However, discussions of these dimensions are sometimes conducted separately, resulting in limited understanding of their interconnected contributions to holistic spiritual well-being. Some studies emphasize the theological and ritual dimensions of dhikr, while others concentrate on its potential psychological benefits. Further scholarly exploration is therefore needed to integrate these perspectives by examining how dhikr contributes simultaneously to spiritual awareness, faith development, emotional resilience, and moral character. This study addresses this gap by providing an integrated Islamic perspective on the role of dhikr in strengthening Muslim spiritual well-being, including its practical implications and challenges in everyday religious life.

This study aims to examine the Islamic concept and significance of dhikr in strengthening Muslim spiritual well-being. Specifically, it seeks to analyze the relationship between dhikr practices and spiritual tranquility, emotional stability, and closeness to Allah. Furthermore, the research identifies the spiritual and moral benefits of consistent dhikr, explores the challenges Muslims encounter in maintaining regular remembrance, and explains how dhikr can be integrated into daily religious activities to support holistic spiritual development.

This research offers theoretical, practical, educational, and social contributions. Theoretically, it is expected to enrich Islamic studies and Islamic spirituality literature by providing a broader understanding of the relationship between dhikr and spiritual well-being. Practically, the findings may encourage Muslims to develop consistent and meaningful remembrance practices as part of their everyday lives(Winchester, 2008). Educationally, this study may provide valuable insights for Islamic educational institutions, mosques, religious teachers, and community organizations in designing spiritual development activities that emphasize the importance of dhikr. Socially, the research is expected to promote spiritually conscious, emotionally balanced, patient, grateful, and morally responsible Muslim individuals. Ultimately, dhikr is understood not merely as verbal remembrance but as a comprehensive spiritual practice that can influence the heart, attitudes, and behavior of Muslims while strengthening their relationship with Allah.

METHOD

This study employs a qualitative descriptive research design using library research (literature review) to examine the role of dhikr in strengthening Muslim spiritual well-being(Alfandi, 2020). A qualitative approach is selected because the research focuses on understanding and interpreting the theological, spiritual, psychological, and practical dimensions of dhikr within the context of Islamic teachings and contemporary Muslim life. Library research is used to collect and analyze relevant documentary sources, including the Qur'an, Hadith, classical Islamic scholarly works, academic books, and scientific journal articles. The study adopts an interpretive approach to explore how remembrance of Allah contributes to spiritual tranquility, emotional stability, religious commitment, moral development, and closeness to Allah. The research also examines the relationship between the principles of Islamic spirituality and contemporary understandings of holistic well-being. Rather than conducting direct experiments or measuring participants' responses, this study synthesizes existing scholarly knowledge to develop a comprehensive understanding of dhikr as an essential spiritual practice. The research process consists of literature identification, source selection, data collection, thematic classification, interpretation, and conclusion development.

The research utilizes primary and secondary data sources to establish a comprehensive theoretical and analytical foundation. Primary sources consist of the Qur'an, authentic Hadith, and classical Islamic scholarly literature concerning dhikr, tazkiyatun nafs (purification of the soul), and Islamic spirituality. Particular attention is given to Surah Ar-Ra'd (13:28), which emphasizes that hearts find tranquility through the remembrance of Allah; Surah Al-Ahzab (33:41–42), which commands believers to remember Allah frequently; Surah Al-Baqarah (2:152), which connects remembrance with gratitude; and Surah Al-Jumu'ah (62:10), which encourages believers to remember Allah while engaging in their daily activities. Relevant Hadith concerning the virtues of dhikr, sincerity, patience, and spiritual awareness are also examined(Halman, 2022). Classical Islamic works, particularly Imam Al-Ghazali's Ihya' Ulum al-Din, are consulted to understand the relationship between remembrance, purification of the heart, and spiritual development. Secondary sources include scientific journal articles, academic books, research reports, and previous studies published between 2016 and 2026. These publications are selected from academic databases and scholarly platforms, including Google Scholar, Scopus, ScienceDirect, SpringerLink, and relevant Indonesian academic journal repositories. The secondary literature focuses on dhikr practices, Islamic spirituality, psychological well-being, emotional regulation, religious coping, spiritual tranquility, and moral development.

Data collection is conducted through systematic documentation and literature searching(Okoli, 2015). The literature search uses combinations of relevant keywords, including "dhikr and spiritual well-being," "remembrance of Allah and psychological well-being," "Islamic spirituality," "dhikr and emotional stability," "Islamic religious practices," "spiritual tranquility in Islam," and "tazkiyatun nafs." Searches are conducted using English and Indonesian terminology to identify relevant international and national publications. The literature selection follows several inclusion criteria: publications must discuss dhikr or closely related Islamic spiritual practices; address at least one dimension of spiritual, psychological, emotional, or moral well-being; originate from identifiable academic or authoritative religious sources; and provide sufficient information for scholarly analysis. Recent scientific publications from 2016 to 2026 are prioritized, while foundational classical Islamic sources are included regardless of publication date. Publications with unclear authorship, insufficient academic information, or no substantial relevance to the research objectives are excluded. The collected literature is then reviewed and documented according to its author, publication year, research objectives, methodology, major findings, and relevance to the present study. Qur'anic verses and Hadith are separately organized according to their theological significance. The information is subsequently grouped into major themes to facilitate systematic comparison and interpretation.

The collected data are analyzed using qualitative descriptive analysis supported by thematic analysis and an interpretive approach(Guest et al., 2012). The analytical process involves five stages. First, data reduction is conducted by identifying, selecting, and summarizing information directly related to the role of dhikr in strengthening Muslim spiritual well-being. Information that does not contribute meaningfully to the research objectives is excluded. Second, data classification involves organizing the selected information into five principal thematic categories: spiritual tranquility and inner peace, emotional and psychological well-being, faith development and closeness to Allah, moral character and religious commitment, and the challenges of maintaining consistent dhikr practices. Third, thematic analysis is applied to identify recurring concepts, similarities, differences, and relationships among the Qur'anic

teachings, Hadith, classical Islamic interpretations, and contemporary scholarly findings. Fourth, interpretation involves examining the theological meanings and practical implications of the identified themes. This stage focuses on understanding how dhikr functions as an expression of faith, a means of spiritual purification, and a practice that may support emotional resilience and positive moral behavior. The interpretation also distinguishes theological claims derived from Islamic sources from psychological outcomes reported in empirical studies(Murken & Shah, 2002). Finally, conclusion drawing involves synthesizing the analytical results to formulate an integrated explanation of how dhikr contributes to Muslim spiritual well-being. The credibility of the analysis is supported through source comparison and triangulation between primary Islamic sources and relevant academic publications. Through these procedures, the study aims to provide a systematic and comprehensive understanding of dhikr as a fundamental component of holistic Islamic spiritual development.

RESULTS AND DISCUSSION

The Concept and Spiritual Foundations of Dhikr in Islam

The results of the literature analysis indicate that dhikr represents one of the fundamental spiritual practices in Islam, functioning as a means of maintaining awareness of Allah and strengthening the relationship between human beings and their Creator. Linguistically, the term dhikr originates from the Arabic root word dhakara, which refers to remembering, mentioning, recalling, or keeping something in one's consciousness(Elias, 2013). In the theological context of Islam, dhikr refers to remembering Allah through verbal recitation, remembrance in the heart, reflection, supplication, and actions that demonstrate obedience to His teachings. Therefore, dhikr should not be understood merely as the repetition of religious expressions but as a comprehensive spiritual activity that influences an individual's thoughts, feelings, intentions, and behavior. Its significance is reflected in the Qur'an, particularly Surah Al-Ahzab (33:41–42), which commands believers to remember Allah frequently, both in the morning and evening.

Furthermore, Surah Ar-Ra'd (13:28) establishes an important theological foundation for understanding the relationship between dhikr and spiritual well-being by explaining that hearts find tranquility through the remembrance of Allah. This verse demonstrates that remembrance is closely associated with the inner spiritual condition of believers. The analysis also identifies a strong relationship between dhikr, iman (faith), taqwa (God-consciousness), and tazkiyatun nafs (purification of the soul)(Munsoor, 2021). Through consistent remembrance, Muslims are encouraged to strengthen their awareness of Allah, evaluate their personal conduct, and develop greater commitment to Islamic teachings. Dhikr also supports spiritual purification by encouraging repentance, sincerity, humility, and the avoidance of negative attitudes. In this context, the teachings of Imam Al-Ghazali in Ihya' Ulum al-Din provide an important perspective on the relationship between remembrance, purification of the heart, and spiritual development.

The findings further suggest that the spiritual significance of dhikr depends not only on the frequency of recitation but also on sincerity, concentration, consistency, and understanding of its meaning. Verbal remembrance becomes more meaningful when accompanied by awareness of Allah and reflected in everyday actions. Consequently, an important distinction exists between remembering Allah through verbal expressions and internalizing remembrance as a spiritual consciousness that guides personal decisions and moral behavior. This indicates that the essential purpose of dhikr is to establish continuous awareness of Allah in every dimension of Muslim life.

The Role of Dhikr in Strengthening Spiritual Tranquility

The literature analysis identifies spiritual tranquility as one of the central contributions of dhikr to Muslim spiritual well-being. Remembrance of Allah provides believers with an opportunity to direct their attention toward their relationship with the Creator, reflect on the meaning of life, and develop a stronger sense of spiritual security. Surah Ar-Ra'd (13:28) provides the principal Qur'anic foundation for this understanding by emphasizing the tranquility of the heart through remembrance of Allah. From an Islamic perspective, this tranquility, often associated with the concept of sakinah and inner peace, does not necessarily mean the absence of personal problems or difficult circumstances. Rather, it refers to a spiritual condition in which individuals maintain faith, hope, patience, and trust in Allah despite experiencing life's challenges.

Dhikr also encourages Muslims to develop positive spiritual attitudes, particularly patience (sabr), gratitude (shukr), acceptance, and reliance upon Allah (tawakkul)(Turfe, 2016). When individuals

consistently remember Allah, they are encouraged to recognize that human life involves various tests and that difficulties should be approached through faith, prayer, and responsible effort. This perspective can strengthen their ability to respond to disappointment, uncertainty, and personal hardship without losing their spiritual direction. Moreover, Surah Al-Baqarah (2:152) emphasizes remembrance of Allah in connection with gratitude, demonstrating that dhikr encourages believers to recognize divine blessings and develop appreciation for their lives.

The analysis also indicates that spiritual tranquility is closely connected with the quality of religious engagement. Dhikr performed with sincerity and understanding can become a meaningful opportunity for reflection, self-evaluation, and spiritual renewal(Murad, 2013). Regular morning and evening remembrance, for example, may help Muslims establish a structured spiritual routine that maintains awareness of Allah throughout their daily activities. Such practices can strengthen hope and spiritual confidence while encouraging individuals to approach challenges with greater patience and responsibility. Therefore, dhikr contributes to spiritual tranquility not simply through verbal repetition but through the development of a meaningful relationship with Allah that influences how Muslims understand and respond to their circumstances.

The Contribution of Dhikr to Emotional and Psychological Well-Being

The findings of the literature review indicate that dhikr has an important relationship with emotional and psychological well-being within the framework of Islamic spirituality. Contemporary Muslim life involves various psychological pressures, including academic responsibilities, employment demands, financial difficulties, family problems, and social expectations. These challenges may produce stress, anxiety, sadness, and emotional instability. In this context, dhikr provides a religious coping practice that enables Muslims to seek spiritual strength through remembrance of Allah, supplication, reflection, and prayer. The practice encourages individuals to redirect their attention from excessive worry toward faith, hope, and awareness of divine guidance.

Previous studies examining dhikr therapy and Muslim psychological well-being have discussed its potential contribution to stress management, anxiety reduction, and emotional regulation. For example, Reza et al. (2021) examined dhikr as a psychotherapeutic approach to addressing academic stress among Muslim youth. Maslahat and Laila (2022) discussed the application of dhikr therapy in supporting adolescents experiencing anxiety disorders. Similarly, Anwar et al. (2024) investigated the relationship between participation in dhikr assemblies and mental health among elderly individuals in Aceh. These studies provide relevant perspectives on the potential relationship between religious remembrance and psychological well-being across different population groups.

From a spiritual perspective, repetitive remembrance accompanied by concentration and reflection may provide opportunities for relaxation and emotional self-regulation(Mitsea, 2020). Dhikr also encourages positive religious coping by strengthening patience, gratitude, acceptance, and trust in Allah. These qualities can support emotional resilience when individuals encounter circumstances that are difficult to control. However, spiritual well-being and psychological well-being should not be treated as identical concepts. Although they are interconnected, spiritual tranquility primarily concerns an individual's relationship with Allah and spiritual condition, whereas psychological well-being also involves emotional functioning and mental adjustment. Furthermore, the potential psychological benefits of dhikr should be interpreted according to the available empirical evidence rather than assumed to be universal or automatic. Dhikr is a complementary spiritual practice and should not replace professional psychological or psychiatric treatment when such treatment is necessary.

The Role of Dhikr in Strengthening Faith and Closeness to Allah

Another important finding of the literature analysis is that dhikr functions as a means of strengthening iman, taqwa, and the spiritual relationship between Muslims and Allah. In Islamic teachings, faith requires continuous cultivation through worship, reflection, obedience, and awareness of divine guidance(Nasr, 2013). Dhikr supports this process by reminding believers of Allah's presence, greatness, mercy, and authority over human life. Through regular remembrance, Muslims are encouraged to develop a deeper consciousness of their responsibilities as servants of Allah and to maintain a consistent commitment to Islamic values. Surah Al-Ahzab (33:41–42) emphasizes the importance of frequent remembrance, indicating that dhikr should become an essential element of daily religious life.

The findings further suggest that dhikr encourages spiritual self-reflection and repentance (tawbah). By remembering Allah, individuals are encouraged to evaluate their intentions, recognize personal mistakes, seek forgiveness, and improve their behavior(Foroozanfar, 2020). This process

contributes to the development of spiritual awareness and strengthens the motivation to live according to Islamic principles. Dhikr is also closely related to tawakkul, which refers to placing trust in Allah while continuing to make responsible efforts. Through remembrance, Muslims are encouraged to recognize their limitations as human beings and maintain confidence in Allah's wisdom and mercy when facing uncertain circumstances.

Furthermore, the relationship between dhikr and religious commitment extends beyond formal worship. The awareness developed through remembrance can encourage Muslims to maintain honesty, responsibility, discipline, and sincerity in their everyday activities. Dhikr performed during personal reflection, after prayer, in the morning and evening, and during ordinary daily activities can strengthen the continuity of spiritual awareness. Consequently, remembrance becomes a means of connecting religious rituals with practical expressions of faith(Rodriguez & Fortier, 2007). The analysis therefore suggests that the contribution of dhikr to spiritual development is reflected not only in increased religious activity but also in a deeper understanding of faith and a more conscious relationship with Allah.

The Influence of Dhikr on Moral Character and Daily Behavior

The literature analysis also identifies an important relationship between dhikr and the development of Islamic moral character (akhlaq). In Islam, spiritual development is expected to influence an individual's conduct toward Allah, other people, and the surrounding environment. Therefore, remembrance of Allah should not remain limited to verbal expressions but should be reflected in attitudes, decisions, and social interactions. When Muslims maintain awareness of Allah, they are encouraged to consider the moral consequences of their actions and recognize their responsibilities as individuals who must uphold Islamic ethical principles.

Dhikr can support the development of positive moral qualities, including humility, honesty, patience, compassion, gratitude, and sincerity. These characteristics are important expressions of Islamic spirituality because they demonstrate how faith influences personal behavior. For instance, remembrance of Allah may encourage individuals to control anger, avoid arrogance, resist dishonesty, and refrain from actions that harm others. The practice also reinforces the importance of self-discipline because Muslims are reminded that their words, intentions, and actions should reflect their religious responsibilities. In this regard, dhikr is closely connected with tazkiyatun nafs, which emphasizes the purification of the soul from negative characteristics and the cultivation of virtuous qualities.

The relationship between remembrance and moral development also has implications for family and community life. Muslims who internalize the values of dhikr are encouraged to demonstrate greater patience in family relationships, respect toward others, compassion toward individuals experiencing difficulties, and responsibility within their communities. Such attitudes can contribute to more harmonious interpersonal relationships and strengthen social solidarity(Guibernau, 2013). However, the development of moral character cannot be assumed merely from the frequency of verbal remembrance. It requires the internalization of Islamic teachings and their consistent application in everyday decisions and behavior. Thus, the moral significance of dhikr lies in its capacity to connect spiritual consciousness with ethical responsibility, making remembrance an important foundation for personal and social development.

Challenges and Strategies for Maintaining Consistent Dhikr Practices

Despite the spiritual significance of dhikr, the literature analysis indicates that maintaining consistent remembrance can be challenging for Muslims in contemporary society(Piatt, 2014). One major challenge is the increasing pressure of daily responsibilities, including employment, education, family obligations, and other social activities. These demands may reduce opportunities for spiritual reflection and make it difficult for individuals to maintain regular remembrance. Another challenge involves digital distractions, particularly excessive social media consumption and continuous exposure to online entertainment. Such activities may reduce concentration, encourage fragmented attention, and limit opportunities for meaningful spiritual engagement.

Furthermore, a lack of understanding regarding the meaning and significance of dhikr may lead individuals to perform remembrance as a repetitive activity without sufficient concentration or spiritual awareness. Inconsistency in religious practices may also arise from limited motivation, irregular routines, and insufficient support from family or religious communities(Johansen et al., 2013). These challenges demonstrate that the development of a consistent dhikr practice requires more than personal intention; it also involves spiritual understanding, self-discipline, and a supportive environment.

Several practical strategies can be identified to address these challenges(Bryson, 2004). First, Muslims can establish regular morning and evening dhikr routines to create consistency in their spiritual

activities. Second, remembrance can be integrated into everyday activities, including traveling, working, studying, and performing household responsibilities, provided that it is practiced appropriately and with awareness. Third, understanding the meanings of Qur'anic verses, supplications, and dhikr recitations can strengthen the spiritual significance of remembrance. Fourth, participation in mosque activities, Islamic study groups, and collective dhikr gatherings can provide religious guidance and social encouragement. Fifth, families and communities can develop supportive environments by encouraging shared religious activities and positive spiritual habits. Finally, digital Islamic applications can be used as practical reminders for maintaining regular dhikr schedules, although technology should function as a supporting instrument rather than a substitute for sincere remembrance and spiritual concentration.

Overall, the findings suggest that strengthening dhikr practices requires the integration of personal discipline, religious understanding, and community support. Consistency should be developed gradually through meaningful and sustainable practices rather than through the pursuit of frequency alone(Smith & Sharicz, 2011). By understanding the meaning of remembrance and applying its values in daily life, Muslims can transform dhikr into a continuous spiritual practice that supports their relationship with Allah, emotional balance, religious commitment, and moral development.

CONCLUSION

This study concludes that dhikr plays an essential role in strengthening Muslim spiritual well-being by deepening the relationship between individuals and Allah. As a fundamental Islamic spiritual practice, dhikr encourages believers to maintain awareness of Allah in worship and everyday activities. The findings indicate that consistent remembrance can nurture spiritual tranquility, inner peace, patience, gratitude, and emotional resilience when facing life's challenges. Furthermore, dhikr strengthens faith (iman), taqwa, spiritual awareness, and religious commitment by encouraging Muslims to reflect on their responsibilities and maintain a closer connection with Allah. Beyond its spiritual dimensions, dhikr also contributes to moral development by encouraging humility, honesty, compassion, self-control, and positive interpersonal relationships. However, its meaningful practice requires sincerity, consistency, understanding of its meanings, and internalization in daily behavior rather than mere verbal repetition. Muslims may encounter challenges such as busy schedules, digital distractions, and a lack of concentration. Therefore, integrating dhikr into daily routines, worship activities, and social interactions is important for maintaining its continuity. Ultimately, dhikr should be understood not only as an act of remembrance but also as a comprehensive spiritual practice that supports faith, emotional balance, and ethical conduct in Muslim life.

AUTHORS' DECLARATION

Authors' Contributions and Responsibilities

The author collectively contributed to all stages of this research, from conceptualization to dissemination.

Competing Interests

The author declare that there are no competing interests related to this research. No financial, personal, or professional relationships influenced the design, implementation, analysis, or interpretation of the study.

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