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# The Role of Islamic Spirituality in Developing Psychological Resilience

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**Abstract**: Modern society faces increasing psychological challenges, including stress, anxiety, emotional pressure, and uncertainty, highlighting the importance of psychological resilience in maintaining mental well-being. Islamic spirituality provides spiritual resources that may strengthen hope, inner peace, and emotional stability. This study aims to examine the role of Islamic spirituality in developing psychological resilience by identifying relevant Islamic spiritual values and analyzing the contribution of religious practices to psychological well-being. This research employs a qualitative descriptive approach through library research, using the Qur'an, Hadith, academic books, scientific journal articles, and previous studies as data sources. Data are analyzed through content analysis and thematic interpretation. The findings indicate that faith (iman), patience (sabr), gratitude (shukr), and trust in Allah (tawakkul) provide important foundations for perseverance, hope, and positive coping. Furthermore, prayer (salah), remembrance of Allah (dhikr), supplication (du'a), and Qur'anic reflection can support emotional regulation and spiritual well-being. In conclusion, Islamic spirituality serves as an important spiritual resource for developing psychological resilience and encouraging positive responses to life's challenges.

**Research Highlights:**

- Examines the role of Islamic spirituality in developing psychological resilience.
- Identifies iman, sabr, shukr, and tawakkul as essential spiritual values supporting resilience.
- Explores the contribution of salah, dhikr, du'a, and Qur'anic reflection to emotional regulation.
- Highlights Islamic spirituality as a source of hope, perseverance, and positive coping with adversity.
- Emphasizes the integration of Islamic spiritual values into efforts to promote psychological well-being.

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## INTRODUCTION

In contemporary society, individuals face various psychological challenges resulting from rapid social changes, economic uncertainty, technological developments, family problems, and increasing social pressures(Furlong & Cartmel, 2006). These conditions can contribute to stress, anxiety, depression, emotional instability, and difficulties in maintaining psychological well-being. The demands of modern life often require individuals to adapt quickly to changing circumstances while managing personal responsibilities and social expectations. When individuals experience prolonged psychological pressure without adequate coping resources, their ability to maintain emotional balance and respond positively to difficult situations may become weakened. Therefore, psychological resilience has become an important aspect of individual well-being, particularly in helping people overcome adversity and maintain a positive outlook toward life.

Psychological resilience refers to an individual's capacity to adapt positively, recover from stressful experiences, and maintain psychological functioning when confronted with difficult circumstances(Fletcher & Sarkar, 2013). Resilience does not necessarily mean the absence of emotional suffering; rather, it involves the ability to manage emotional difficulties, develop constructive coping strategies, and gradually regain stability after experiencing adversity. Individuals with stronger psychological resilience tend to demonstrate perseverance, emotional regulation, optimism, adaptability, and the ability to find meaning in challenging experiences. Nevertheless, psychological resilience is influenced by various factors, including personal characteristics, family relationships, social support, cultural backgrounds, and spiritual beliefs. Among these factors, spirituality plays an important role because it provides individuals with a sense of purpose, hope, inner peace, and a framework for understanding life's challenges.

Islamic spirituality represents an important dimension of Muslim life that influences individual beliefs, attitudes, behaviors, and responses to different circumstances(Achour et al., 2016). It emphasizes the relationship between human beings and Allah through faith, worship, moral responsibility, and spiritual awareness. Islamic teachings provide guidance for individuals in managing emotional difficulties and developing positive attitudes toward life's experiences. In particular, the spiritual values of faith (iman), patience (sabr), gratitude (shukr), and trust in Allah (tawakkul) offer meaningful foundations for strengthening psychological resilience. Faith encourages individuals to maintain hope and believe in divine wisdom, while patience develops perseverance and emotional self-control when facing difficulties. Gratitude encourages positive perspectives by helping individuals recognize the blessings in their lives, whereas tawakkul promotes trust in Allah while maintaining personal effort and responsibility. These values can support constructive responses to adversity and contribute to emotional stability.

Furthermore, Islamic spiritual practices, including performing daily prayers (salah), remembering Allah (dhikr), reading and reflecting on the Qur'an, and supplication (du'a), can provide important spiritual resources for maintaining psychological well-being. Through these practices, individuals are encouraged to develop self-discipline, strengthen their relationship with Allah, express their concerns through prayer, and cultivate a sense of tranquility. The Qur'an emphasizes the relationship between remembrance of Allah and inner peace, as stated in Surah Ar-Ra'd (13:28), which explains that hearts find tranquility through the remembrance of Allah(Zuhri et al., 2020). Such teachings demonstrate the relevance of Islamic spirituality in helping Muslims develop spiritual strength and manage psychological challenges. However, spiritual practices should be understood as complementary resources rather than substitutes for professional psychological or mental health assistance when needed.

Previous studies have examined the relationship between spirituality, religious beliefs, psychological well-being, and resilience, particularly in the context of Muslim communities. Karim (2024), in the study entitled Spiritual Resilience and Mental Well-Being: An Islamic Psychological Perspective, examined the concept of spiritual resilience from the perspective of Islamic psychology. The study emphasized the importance of faith-based coping strategies, particularly trust in Allah (tawakkul), remembrance of Allah (dhikr), and prayer (salah), in developing inner strength and emotional balance. The findings of the conceptual analysis highlighted that Islamic spirituality provides individuals with hope, patience, and a meaningful perspective when confronting difficult life circumstances. This study is relevant because it establishes a conceptual relationship between Islamic spiritual practices and psychological resilience. However, its primary emphasis is on the conceptual integration of spirituality and mental well-being rather than the empirical measurement of resilience among Muslim individuals.

Similarly, Aqtam (2026), in the article The Psychology of Sabr: Toward a Conceptual Framework of Resilience and Coping for Palestinian Muslims Facing Collective Trauma, explored the significance of patience (sabr) in understanding resilience among Palestinian Muslims experiencing collective trauma. The study proposed three dimensions of sabr: perseverance in religious devotion, restraint from prohibited behavior, and endurance during suffering. Aqtam argued that sabr provides a culturally and religiously meaningful framework for understanding how Muslims respond to traumatic experiences, displacement, and prolonged adversity. This research is particularly important because it demonstrates that Islamic spirituality should not be understood merely as religious observance but also as a psychological and moral resource that supports perseverance, meaning-making, and adaptive coping. Nevertheless, the study focuses primarily on the concept of sabr within the context of collective trauma, leaving opportunities for further research on other Islamic spiritual values, including faith, gratitude, and tawakkul.

Uchtiyani and Sholihin (2026), in their research entitled Integration of the Concepts of Patience and Resilience from the Perspective of Islamic Psychology: A Systematic Literature Review, investigated the relationship between the Islamic concept of sabr and psychological resilience. Using a systematic literature review approach based on the PRISMA framework, the researchers examined scholarly literature concerning patience and resilience from Islamic psychological perspectives. Their findings indicated that sabr is closely associated with important components of psychological resilience, including emotional regulation, adaptability, and the ability to find meaning in difficult experiences. The study also suggested that integrating Islamic concepts of patience with contemporary psychological theories could provide a foundation for developing Islamic-based psychological interventions. This research is relevant to the present study because it explains how patience can function as a spiritual foundation for psychological resilience. However, its primary focus on sabr creates an opportunity to examine additional Islamic spiritual dimensions in a more comprehensive framework.

Ihsan, Khosiin, and Prasetya (2026), in their research entitled Effectiveness of Islamic Spiritual Counseling on Emotional Resilience of Broken Home Students, investigated the role of Islamic spiritual counseling in strengthening emotional resilience among students from broken-home families. The researchers employed a qualitative descriptive approach, collecting information through semi-structured interviews, observations, and document analysis involving students, counselors, and Islamic education teachers. Their study highlighted the potential contribution of Islamic spiritual counseling to helping students understand personal difficulties, develop emotional strength, and respond more positively to family-related challenges. This research is important because it demonstrates the practical application of Islamic spirituality in supporting individuals experiencing emotional difficulties. However, its specific focus on students from broken-home backgrounds provides an opportunity for the present study to examine Islamic spirituality as a broader foundation for psychological resilience in different life circumstances.

In addition, Aulya H. and Faqihuddin (2026), in their systematic literature review entitled Islam and Mental Health: Systematic Literature Review of Perspectives, Interventions, and Outcomes, examined the relationship between Islamic teachings, religious practices, and mental health outcomes. Using the PRISMA 2020 approach, the researchers synthesized 19 selected studies covering religious coping, worship and well-being, Islamic psychology, spiritual care, and mental health services. Their findings identified Islamic spiritual concepts, including tawakkul, sabr, qadr (divine decree), and yaqin (certainty of faith), as important dimensions associated with psychological resilience and well-being. The study also highlighted that certain negative religious interpretations, such as excessive religious guilt and fatalistic attitudes, may contribute to psychological distress and stigma. This research is particularly relevant because it emphasizes that Islamic spirituality can support mental health when understood and practiced constructively. Nevertheless, its broad emphasis on mental health perspectives and interventions leaves room for a more focused examination of how specific Islamic spiritual values contribute to the development of psychological resilience.

Despite the importance of psychological resilience in contemporary life, individuals may still experience difficulties managing emotional pressure and recovering from stressful circumstances(Ong et al., 2006). Although Islamic teachings contain numerous principles related to patience, hope, gratitude, and spiritual strength, the contribution of these specific values to psychological resilience requires further examination. Understanding the relationship between Islamic spirituality and psychological resilience is therefore important, particularly in explaining how religious beliefs and spiritual practices can support individuals in overcoming personal, social, economic, and family-related challenges. This study seeks to address this concern by examining the role of Islamic spirituality in developing psychological resilience and exploring the relevance of Islamic spiritual values to contemporary Muslim life.

Psychological challenges have become an important concern in contemporary society because individuals frequently encounter personal, social, economic, and family-related difficulties that can affect their emotional stability and mental well-being(Gambles et al., 2006). Not all individuals possess sufficient coping abilities to manage stressful experiences, overcome emotional pressure, and recover from adversity. Although psychological resilience is essential for maintaining well-being, the spiritual dimensions that may contribute to its development are not always adequately understood. In the Islamic context, values such as faith (iman), patience (sabr), gratitude (shukr), and trust in Allah (tawakkul) provide important foundations for developing positive attitudes toward life's difficulties. However, further examination is needed to understand how these values and Islamic spiritual practices contribute to emotional regulation,

constructive coping mechanisms, and the ability to overcome adversity. Therefore, this research focuses on understanding the relationship between Islamic spirituality and psychological resilience, particularly how Islamic beliefs and religious practices can serve as spiritual resources for strengthening psychological well-being among Muslims.

The primary objective of this study is to examine the role of Islamic spirituality in developing psychological resilience among individuals facing various life challenges(Gumiandari, 2022). Specifically, this research aims to identify Islamic spiritual values, particularly faith (iman), patience (sabr), gratitude (shukr), and trust in Allah (tawakkul), that contribute to emotional stability and psychological strength. Furthermore, the study seeks to analyze how Islamic religious practices, including prayer, remembrance of Allah, Qur'anic reflection, and supplication, support individuals in managing stress and responding constructively to adversity. It also aims to explain the relationship between Islamic spiritual beliefs and psychological resilience and explore their implications for promoting psychological well-being in contemporary Muslim society.

This study is expected to provide theoretical, practical, educational, and social contributions. Theoretically, it contributes to the development of Islamic studies and psychological perspectives by examining the relationship between Islamic spirituality and psychological resilience. It also provides a conceptual understanding of how Islamic spiritual values can support emotional regulation, perseverance, and positive coping mechanisms. Practically, the findings are expected to provide insights into the importance of Islamic spiritual practices in helping individuals manage psychological challenges and maintain emotional balance. From an educational perspective, this research may encourage families, Islamic educational institutions, religious organizations, and spiritual mentors to integrate Islamic spiritual values into character development and psychological well-being initiatives. Socially, the study is expected to promote a spiritually grounded approach to resilience by emphasizing patience, gratitude, hope, mutual support, and trust in Allah. Ultimately, this research highlights the potential contribution of Islamic spirituality to developing individuals who are spiritually grounded, emotionally balanced, and better prepared to face the complexities of contemporary life.

## METHOD

This study employs a qualitative descriptive research design using a library research approach to examine the role of Islamic spirituality in developing psychological resilience. A qualitative approach is considered appropriate because the research focuses on understanding, interpreting, and describing Islamic spiritual values and their contributions to individuals' psychological strength when facing various life challenges(Rothman & Coyle, 2020). Rather than collecting numerical data or conducting experiments, this study explores relevant Islamic teachings, scholarly perspectives, and previous research to develop a comprehensive understanding of the relationship between spirituality and psychological resilience. Library research enables the researcher to examine various academic and religious sources systematically, particularly those discussing Islamic spirituality, emotional regulation, religious coping, and mental well-being. Furthermore, this study adopts an interdisciplinary perspective by integrating Islamic studies, Islamic psychology, and contemporary psychological theories of resilience. This integration is intended to provide a broader understanding of how religious beliefs and spiritual practices influence individuals' psychological responses to adversity. Particular attention is given to Islamic spiritual concepts, including faith (iman), patience (sabr), gratitude (shukr), trust in Allah (tawakkul), and remembrance of Allah (dhikr), as well as their relevance to emotional stability, positive coping mechanisms, perseverance, and psychological well-being.

The data used in this research consist of primary and secondary sources relevant to Islamic spirituality and psychological resilience. Primary data sources include the Qur'an and Hadith, which serve as the fundamental references for examining Islamic spiritual teachings concerning human behavior, emotional strength, patience, gratitude, hope, and trust in Allah(Rahman, 2013). Particular attention is given to Qur'anic verses that discuss the relationship between remembrance of Allah and inner peace, such as Surah Ar-Ra'd (13:28), patience and prayer in Surah Al-Baqarah (2:153), gratitude in Surah Ibrahim (14:7), and trust in Allah in Surah Ali 'Imran (3:159). Relevant Hadith are also examined to understand the Prophet Muhammad's teachings regarding patience, perseverance, gratitude, and positive responses to difficulties. Meanwhile, secondary data sources consist of scientific journal articles, academic books, scholarly publications, Islamic psychology literature, and previous research examining spirituality, religious coping,

psychological resilience, and mental well-being. This study also incorporates relevant psychological theories concerning resilience, emotional regulation, stress management, coping mechanisms, and adaptation to adversity. To maintain the contemporary relevance and academic quality of the discussion, particular attention is given to scholarly publications published within the last ten years (2016–2026), while relevant classical Islamic references may also be included to establish the theological foundations of the research. The selection of these sources is intended to provide a balanced theoretical understanding of Islamic spiritual principles and their relationship with contemporary psychological perspectives.

Data collection is conducted through systematic documentation and literature review by identifying, gathering, selecting, and organizing relevant information from various academic and religious publications(Vyhmeister & Robertson, 2020). The literature is obtained from scientific journal databases, academic repositories, scholarly books, Islamic references, and other credible publications addressing Islamic spirituality and psychological resilience. The collection process begins by identifying relevant keywords, including Islamic spirituality, psychological resilience, Islamic psychology, religious coping, spiritual well-being, emotional regulation, iman, sabr, shukr, and tawakkul. Subsequently, relevant Qur'anic verses and Hadith are identified and examined to understand their teachings concerning spiritual strength, patience, hope, emotional stability, and responses to adversity. Scientific articles and academic publications are then selected based on their relevance to the research objectives, credibility of publication, clarity of theoretical arguments, and contribution to understanding the relationship between spirituality and psychological well-being. Greater consideration is given to peer-reviewed publications and studies published during the last decade. Literature that is unrelated to the research focus or does not provide sufficient conceptual or scholarly information is excluded from the analysis. After the selection process, the collected information is organized into thematic categories covering the concept of Islamic spirituality, psychological resilience, spiritual values, religious practices, and the relationship between spirituality and psychological coping. This organization facilitates a systematic examination of the literature and ensures that the collected information addresses the central objectives of the study.

The collected data are analyzed using qualitative content analysis and thematic analysis to identify, interpret, and synthesize information concerning the role of Islamic spirituality in developing psychological resilience. Content analysis is initially employed to examine the meanings and messages contained in the Qur'an, Hadith, academic books, and scientific publications related to spiritual values and psychological well-being. Through this process, relevant information is identified and classified according to the central themes of the research, particularly faith (iman), patience (sabr), gratitude (shukr), trust in Allah (tawakkul), prayer (salah), remembrance of Allah (dhikr), and supplication (du'a). Subsequently, thematic analysis is applied to identify recurring patterns and relationships between these Islamic spiritual concepts and important dimensions of psychological resilience, including emotional regulation, perseverance, optimism, adaptability, hope, and constructive coping mechanisms. The identified themes are then interpreted by integrating Islamic theological perspectives with contemporary psychological theories to explain how spiritual beliefs and religious practices may contribute to individuals' ability to manage stress and overcome adversity. Furthermore, the findings from Islamic literature are compared with previous empirical and theoretical psychological studies to identify similarities, differences, and complementary perspectives regarding spirituality and resilience. This comparative process helps establish a comprehensive interpretation of the research topic while maintaining the distinction between theological principles and empirical psychological evidence. Finally, the results of the analysis are synthesized to formulate conclusions concerning the contribution of Islamic spirituality to psychological resilience, its relevance to contemporary Muslim life, and its potential implications for promoting spiritual and psychological well-being.

## RESULTS AND DISCUSSION

### The Concept of Islamic Spirituality

The findings of the literature analysis indicate that Islamic spirituality is a fundamental dimension of Muslim life that involves the relationship between human beings and Allah through faith, worship, moral conduct, and spiritual awareness. Islamic spirituality is not limited to performing religious rituals but also encompasses the internalization of Islamic values in everyday attitudes, decisions, and behaviors(Suhartini, 2016). It provides individuals with a framework for understanding their existence, recognizing their responsibilities, and finding meaning in different life circumstances. In this context,

spirituality becomes an important foundation for developing a balanced relationship between physical, psychological, social, and religious dimensions of human life. Islamic spirituality encourages individuals to recognize that life contains both happiness and difficulties, and that both experiences can become opportunities for spiritual growth and personal development.

Three fundamental concepts that shape Islamic spirituality are iman (faith), taqwa (God-consciousness), and ihsan (spiritual excellence). Iman represents a strong belief in Allah and the fundamental principles of Islam, providing individuals with spiritual security, hope, and confidence when confronting uncertainty. Taqwa encourages individuals to remain conscious of Allah in their thoughts, decisions, and actions, thereby developing moral responsibility, self-control, and positive behavior. Meanwhile, ihsan emphasizes worshipping Allah with awareness of His presence and cultivating sincerity, compassion, and excellence in everyday life. These three dimensions complement one another in shaping individuals who possess spiritual awareness, emotional maturity, and moral integrity.

Furthermore, Islamic spirituality contributes to inner peace by encouraging individuals to establish a meaningful connection with Allah through worship, reflection, and obedience to religious teachings. Surah Ar-Ra'd (13:28) emphasizes that hearts find tranquility through the remembrance of Allah. This teaching illustrates the spiritual significance of religious awareness in developing inner calmness and maintaining emotional balance. Similarly, the Prophetic tradition encourages Muslims to remain patient, grateful, and hopeful when experiencing both favorable and unfavorable circumstances. From this perspective, Islamic spirituality can support self-awareness, acceptance, moral responsibility, and the ability to interpret life experiences through a meaningful religious framework(Bensaid & Machouche, 2014). Therefore, Islamic spirituality represents more than a religious identity; it functions as a comprehensive spiritual foundation that can contribute to psychological resilience and personal well-being.

**The Concept of Psychological Resilience**

The findings further indicate that psychological resilience is an important capacity that enables individuals to adapt positively to stressful situations, overcome adversity, and maintain psychological functioning despite experiencing difficult circumstances. In contemporary psychological perspectives, resilience is generally understood as a dynamic process involving adaptation and recovery rather than an unchanging personal characteristic. Individuals may experience sadness, fear, disappointment, and emotional distress while still demonstrating resilience through their ability to manage these experiences and gradually restore their psychological balance(Neenan, 2017). Therefore, resilience does not mean that individuals are immune to suffering but rather that they possess resources and strategies that help them respond constructively to challenges.

Several dimensions are associated with psychological resilience, including emotional regulation, optimism, perseverance, adaptability, self-confidence, and problem-solving ability. Emotional regulation enables individuals to recognize and manage their feelings without allowing temporary emotional reactions to determine their decisions. Optimism encourages individuals to maintain hope and believe that difficult situations can improve. Perseverance supports continued effort despite obstacles, while adaptability enables individuals to adjust their expectations and behaviors when circumstances change(Bandura, 2013). Self-confidence and problem-solving ability also contribute to resilience by helping individuals recognize their strengths, evaluate available alternatives, and make appropriate decisions when confronting difficulties.

The analysis also identifies several factors that influence psychological resilience, including personal characteristics, family relationships, social support, cultural background, and spiritual beliefs. Supportive family environments can provide emotional security, while positive social relationships encourage individuals to seek assistance rather than face difficulties alone. Spiritual beliefs may also contribute to resilience by providing hope, meaning, acceptance, and a sense of connection with something greater than oneself. In the Islamic context, these resources are strengthened through religious teachings that encourage patience, gratitude, trust in Allah, and responsibility for personal actions. Consequently, psychological resilience is understood as a multidimensional process in which individual, social, emotional, and spiritual resources interact to support mental well-being.

**The Role of Faith (Iman) in Strengthening Psychological Resilience**

The literature analysis identifies faith (iman) as one of the central foundations of Islamic spirituality that can strengthen psychological resilience. Belief in Allah provides individuals with a source of hope, spiritual security, and confidence when facing uncertainty and difficult life circumstances. Faith encourages Muslims to recognize that life experiences have meaning and that difficulties do not necessarily

represent the end of personal opportunities or future possibilities. This understanding can help individuals maintain hope during periods of suffering, disappointment, financial hardship, illness, and personal loss. Rather than interpreting adversity exclusively as a negative experience, faith encourages individuals to approach challenges with patience, reflection, and the belief that Allah possesses wisdom beyond human understanding.

Surah Al-Baqarah (2:286) teaches that Allah does not burden a soul beyond its capacity(Kalbuana & Suryati, 2021). This verse provides an important spiritual perspective concerning human limitations, responsibility, and perseverance. It encourages believers to maintain hope and continue making efforts when confronted with difficult situations. However, this teaching should not be interpreted as meaning that individuals will never experience overwhelming psychological distress or require assistance. Instead, it can serve as a source of spiritual encouragement while recognizing the importance of seeking appropriate support.

Furthermore, faith contributes to the development of positive thinking by strengthening individuals' confidence in Allah's mercy and guidance. Religious commitment can encourage consistency in worship, moral responsibility, and constructive decision-making. These characteristics may help individuals establish a sense of stability when external circumstances become unpredictable. Faith also supports meaning-making by enabling individuals to reflect on their experiences within a broader spiritual perspective. Through this process, suffering may become an opportunity for personal reflection, spiritual development, and increased appreciation of life. Therefore, iman can function as an important spiritual resource that supports hope, confidence, emotional stability, and the ability to recover from adversity.

**The Role of Patience (Sabr) and Gratitude (Shukr) in Emotional Regulation**

The findings demonstrate that patience (sabr) and gratitude (shukr) are two interconnected Islamic spiritual values that contribute to emotional regulation and psychological resilience. Patience encourages individuals to remain steadfast when experiencing difficulties, control impulsive reactions, and continue making constructive efforts despite unfavorable circumstances. In Islamic teachings, sabr does not simply mean passively accepting suffering but involves perseverance, emotional discipline, and commitment to appropriate actions. Surah Al-Baqarah (2:153) instructs believers to seek assistance through patience and prayer, emphasizing the importance of spiritual strength when confronting life's challenges.

In psychological terms, patience can support emotional regulation by helping individuals pause before responding to stressful situations, evaluate their circumstances, and avoid decisions driven by excessive frustration or anger(Childre & Rozman, 2003). For example, individuals experiencing family conflict, financial difficulties, academic pressure, or professional problems may use patience to manage their emotional reactions while identifying practical solutions. This ability to control immediate reactions can contribute to healthier interpersonal relationships and more constructive coping strategies. Nevertheless, patience should not be understood as tolerating abuse, neglecting personal safety, or refusing to seek help when necessary.

In addition to patience, gratitude represents an important spiritual attitude that encourages individuals to recognize and appreciate the blessings present in their lives. Surah Ibrahim (14:7) emphasizes the importance of gratitude toward Allah and promises an increase in blessings for those who are grateful. From a psychological perspective, gratitude may encourage positive emotional experiences by directing attention toward available resources, supportive relationships, personal achievements, and meaningful life experiences. It can help individuals avoid concentrating exclusively on difficulties and develop a more balanced interpretation of their circumstances.

The combination of sabr and shukr provides a balanced approach to responding to different life experiences. Patience helps individuals remain strong during hardship, while gratitude encourages appreciation during periods of comfort and success(DeSteno, 2018). Together, these values can promote emotional maturity, optimism, perseverance, and psychological well-being. Thus, the integration of patience and gratitude represents an important spiritual foundation for developing resilience among Muslim individuals.

**The Role of Trust in Allah (Tawakkul) in Coping with Life Challenges**

The literature analysis identifies trust in Allah (tawakkul) as another essential dimension of Islamic spirituality that contributes to individuals' ability to cope with uncertainty and adversity. Tawakkul refers to placing one's trust in Allah after making sincere and reasonable efforts to achieve a particular objective. It involves recognizing human limitations while maintaining confidence in Allah's wisdom, mercy, and guidance. This spiritual principle encourages individuals to distinguish between circumstances they can

influence through personal actions and outcomes that are beyond their control. Such an understanding may help reduce excessive worry about uncertain future events and encourage a more balanced approach to difficult situations.

In contemporary life, individuals frequently encounter circumstances that generate fear, anxiety, and uncertainty, including unemployment, financial instability, family problems, illness, academic pressure, and unexpected personal changes. Tawakkul can provide spiritual support by encouraging individuals to maintain hope and avoid excessive attachment to outcomes that cannot be fully controlled. Surah Ali 'Imran (3:159) emphasizes the importance of consultation, decision-making, and placing trust in Allah after making a decision. This teaching demonstrates that tawakkul is closely connected with personal responsibility and active effort rather than passive surrender.

From a psychological perspective, tawakkul may support acceptance, emotional stability, and constructive coping by helping individuals manage uncertainty without abandoning their responsibilities. For instance, a person experiencing employment difficulties can continue searching for opportunities, improving professional skills, and seeking assistance while maintaining trust in Allah regarding the final outcome. This combination of effort and spiritual confidence can strengthen perseverance and reduce feelings of helplessness. Tawakkul also encourages individuals to maintain hope when their expectations are not fulfilled, recognizing that unfavorable outcomes do not necessarily eliminate future possibilities.

**The Role of Islamic Spiritual Practices in Promoting Psychological Well-Being**

The findings indicate that Islamic spiritual practices provide practical expressions of religious commitment that may support psychological well-being and resilience. Salah, dhikr, du'a, Qur'anic reflection, and fasting represent important forms of worship through which Muslims strengthen their relationship with Allah and develop spiritual discipline. These practices can provide opportunities for self-reflection, emotional expression, spiritual reassurance, and the development of constructive daily routines. Their contribution to psychological well-being is associated not only with religious observance but also with the meanings, intentions, and personal experiences individuals develop through consistent spiritual engagement.

Daily prayer (salah) encourages discipline, regularity, and spiritual awareness(Al Haq et al., 2016). Through prayer, individuals temporarily redirect their attention from everyday pressures toward their relationship with Allah. This practice may provide opportunities for reflection, emotional reassurance, and the development of a structured daily routine. Similarly, remembrance of Allah (dhikr) encourages individuals to maintain spiritual awareness through repeated expressions of praise, remembrance, and devotion. Surah Ar-Ra'd (13:28) highlights the relationship between remembrance of Allah and tranquility of the heart. Consequently, dhikr may serve as a meaningful spiritual practice for individuals seeking calmness and reassurance during stressful experiences.

Supplication (du'a) also represents an important spiritual resource because it allows individuals to express personal concerns, seek guidance, and ask Allah for strength when facing difficulties. Through du'a, individuals may develop hope and a sense of spiritual connection while acknowledging their limitations. Reading and reflecting on the Qur'an can further contribute to psychological well-being by providing moral guidance, spiritual encouragement, and meaningful perspectives concerning suffering, patience, forgiveness, and hope. Qur'anic reflection can help individuals reconsider negative interpretations of their circumstances and develop more constructive attitudes toward personal challenges(Kugle, 2010).

Furthermore, fasting and other Islamic worship practices encourage self-discipline, patience, empathy, and control over personal desires. Fasting, for example, requires individuals to regulate physical needs and develop awareness of their behavior and responsibilities. These practices may support the development of perseverance and self-control when integrated into everyday life. Overall, consistent Islamic spiritual practices can provide meaningful resources for emotional management, positive coping, and psychological well-being. However, their effects may differ among individuals depending on personal beliefs, religious understanding, social circumstances, and the nature of their psychological difficulties.

**Islamic Spirituality as a Coping Mechanism in Facing Psychological Adversity**

The analysis further reveals that Islamic spirituality can function as a religious coping resource that helps individuals interpret and respond to stressful experiences. Religious coping refers to the use of religious beliefs, practices, and spiritual relationships to manage difficult circumstances and emotional challenges. Within the Islamic framework, religious coping is reflected through patience, prayer, forgiveness, gratitude, acceptance, trust in Allah, and the search for guidance through Islamic teachings.

These spiritual resources may help individuals find meaning in suffering and maintain hope when facing circumstances that are difficult to change.

In everyday life, individuals may experience various forms of adversity, including family conflict, financial hardship, chronic illness, academic pressure, unemployment, bereavement, and social discrimination. Islamic spirituality can provide emotional and moral guidance in responding to these circumstances(Hamdan, 2007). For example, individuals experiencing family problems may apply patience, forgiveness, consultation, and compassion to maintain constructive relationships. Those experiencing financial difficulties may combine tawakkul with responsible financial planning, practical problem-solving, and efforts to improve their economic circumstances. Similarly, individuals experiencing personal loss may find spiritual comfort through prayer, Qur'anic reflection, and the belief in Allah's mercy.

An important distinction must be made between positive and potentially negative forms of religious coping(Bjorck & Thurman, 2007). Positive religious coping involves constructive spiritual responses, such as seeking support from Allah, maintaining hope, practicing forgiveness, and finding meaningful lessons in difficult experiences. In contrast, potentially harmful religious interpretations may include excessive guilt, believing that psychological suffering necessarily indicates weak faith, or assuming that seeking professional assistance demonstrates a lack of trust in Allah. Such interpretations can increase emotional distress and discourage individuals from accessing appropriate support.

Therefore, Islamic spirituality should be understood as a complementary coping resource that can work alongside family support, community assistance, psychological counseling, and professional mental health services. Individuals experiencing persistent anxiety, depression, trauma, or other serious psychological difficulties should be encouraged to seek qualified professional assistance while maintaining spiritual practices according to their beliefs. This balanced approach recognizes both the importance of religious resources and the necessity of appropriate psychological care in promoting resilience.

**The Integration of Islamic Spirituality and Psychological Resilience**

The overall findings of this study indicate that Islamic spirituality and psychological resilience are interconnected through several complementary dimensions. Islamic spiritual values provide individuals with a framework for understanding life experiences, regulating emotions, maintaining hope, and developing constructive responses to adversity. Faith (*iman*) strengthens spiritual confidence and meaning-making, patience (*sabr*) encourages perseverance and emotional regulation, gratitude (*shukr*) promotes positive perspectives, and trust in Allah (*tawakkul*) supports acceptance and hope when facing uncertainty. Meanwhile, Islamic spiritual practices, including salah, dhikr, du'a, and Qur'anic reflection, provide practical opportunities to internalize these values in everyday life.

The relationship between Islamic spirituality and psychological resilience can also be understood through contemporary psychological concepts. Emotional regulation is supported by the practice of patience and self-discipline, while optimism and hope can be strengthened through faith and trust in Allah(Jamil, 2019). Adaptability may be encouraged through the acceptance of circumstances and the willingness to continue making efforts despite unexpected outcomes. Meaning-making is supported by the Islamic understanding that human life has spiritual purpose and that difficulties can become opportunities for reflection and personal development. These relationships suggest that Islamic spirituality can complement contemporary psychological approaches by providing a culturally and religiously meaningful foundation for resilience.

**Table 1.** Thematic findings on the contribution of Islamic spirituality to psychological resilience

| Islamic spiritual dimension | Contribution to psychological resilience |
|---|---|
| Faith (*Iman*) | Hope, spiritual security, and meaning-making |
| Patience (*Sabr*) | Perseverance and emotional regulation |
| Gratitude (*Shukr*) | Positive perspectives and appreciation of life |
| Trust (*Tawakkul*) | Acceptance, confidence, and coping with uncertainty |
| Prayer (*Salah*) | Spiritual discipline and reflection |
| Remembrance (*Dhikr*) | Spiritual reassurance and inner tranquility |
| Supplication (*Du'a*) | Hope, emotional expression, and spiritual support |
| Qur'anic reflection | Guidance, positive attitudes, and meaning-making |

The integration of Islamic spirituality and psychological resilience also requires support from families, religious communities, Islamic educational institutions, and spiritual mentors. Families can encourage children and other family members to develop patience, gratitude, emotional openness, and

religious commitment. Religious communities can provide supportive environments through collective worship, spiritual guidance, counseling referrals, and social assistance. Islamic educational institutions can integrate spiritual development with emotional education, character formation, and responsible coping skills. Spiritual mentors, including qualified religious leaders and educators, can help individuals understand Islamic teachings in ways that encourage hope, compassion, self-awareness, and appropriate help-seeking behavior.

The practical implications of these findings suggest that Islamic spirituality can be incorporated into resilience-development programs through educational activities, spiritual counseling, reflective practices, and community-based support. Such programs should emphasize the relationship between religious commitment and practical life skills, including problem-solving, emotional regulation, communication, and seeking social support(McCullough & Willoughby, 2009). They should also avoid presenting spirituality as a replacement for psychological treatment or suggesting that individuals who experience mental health difficulties have insufficient faith.

## CONCLUSION

This study concludes that Islamic spirituality plays an important role in developing psychological resilience by providing individuals with spiritual guidance, emotional strength, and meaningful perspectives when facing life's challenges. The analysis demonstrates that Islamic spiritual values, particularly faith (iman), patience (sabr), gratitude (shukr), and trust in Allah (tawakkul), contribute to the development of emotional stability, perseverance, hope, and positive coping mechanisms. Furthermore, Islamic spiritual practices, including prayer (salah), remembrance of Allah (dhikr), supplication (du'a), and Qur'anic reflection, provide opportunities for spiritual connection, self-reflection, and psychological reassurance. These findings indicate that spiritual beliefs can help individuals discover meaning, maintain optimism, and develop the strength necessary to overcome adversity. Therefore, spiritual development is an important complementary dimension of psychological resilience. Theoretically, this research contributes to integrating Islamic spirituality with contemporary psychological perspectives on resilience, emotional regulation, and adaptive coping. Practically, Islamic spiritual values can be incorporated into resilience-development programs through spiritual education, counseling, and community activities. Families, Islamic educational institutions, religious leaders, and Muslim communities also have important responsibilities in promoting spiritual and psychological well-being. Nevertheless, spiritual practices should complement rather than replace professional mental health services. Future research should employ empirical methods to examine the relationship between Islamic spirituality and psychological resilience among different Muslim populations. Further studies should investigate the influence of specific spiritual practices on stress management and emotional regulation across different age groups, educational backgrounds, and social environments. Additionally, researchers should develop and evaluate Islamic spirituality-based interventions to strengthen psychological resilience and promote comprehensive well-being.

## AUTHORS' DECLARATION

### Authors' Contributions and Responsibilities

The author was responsible for the conceptualization, research design, literature collection, data analysis, interpretation, and preparation of the manuscript. The author also reviewed relevant Qur'anic verses, Hadith, academic books, and scientific journal articles to develop the discussion on the relationship between Islamic spirituality and psychological resilience. The author approved the final version of the manuscript and takes responsibility for the accuracy and integrity of the research.

### Competing Interests

The author declares that there are no competing interests related to the research, authorship, or publication of this article. This study was conducted independently and without any financial, institutional, or personal relationships that could have influenced the research findings or interpretation.

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