

Stress Management of *Jamaah* in the Digital Era: Integrating Qur'anic Psychology and Contemporary Da'wah Strategies

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ABSTRACT: The rapid development of digital technology has intensified social interaction through digital media, but it has also led to the emergence of digital stress affecting the psychological and spiritual conditions of *mad'u*. This study examines how stress in the digital era can be managed through Qur'anic psychology and how contemporary da'wah strategies can be integrated to address this issue. This research employs a qualitative approach using library research by analyzing relevant scholarly literature. The findings indicate that digital stress is influenced by factors such as information overload, social media pressure, and social comparison. Qur'anic psychological concepts such as *sabr* (patience), *tawakkal* (trust in God), and *dhikr* (remembrance of God) are proven to be effective as spiritual coping strategies in managing stress. The study concludes that integrating Qur'anic psychology with contemporary da'wah strategies provides a holistic approach to developing mentally resilient and spiritually grounded *mad'u* in the digital era.

Key words: digital stress, Qur'anic psychology, stress management, contemporary da'wah, *mad'u*;

INTRODUCTION

The development of digital technology over the past few decades has brought fundamental changes to various aspects of human life, including patterns of social interaction, ways of accessing information, and the psychological dynamics of individuals. Digitalization, marked by the increasing use of social media, online communication platforms, and unlimited access to information, has created a new reality that is complex and dynamic (Pahruraji et al., 2023; Arif et al., 2024). On the one hand, this advancement facilitates communication and the dissemination of information, including in Islamic da'wah activities. On the other hand, the high intensity of digital exposure also generates various psychological pressures that may disrupt individuals' mental health, including *jamaah* as the target audience of da'wah.

The phenomenon of stress in the digital era has become a critical issue that is gaining increasing attention in modern psychological studies. Stress is no longer

triggered solely by external factors such as work, economic conditions, or direct social environments, but also by pressures originating from the digital world. Factors such as information overload, the demand for online presence on social media, fear of missing out (FOMO), and social comparison culture are among the main triggers of increasing stress among digital media users (Ramadhani 2024), (Guslinda 2024). Recent studies indicate that excessive information exposure can reduce individuals' ability to regulate emotions, increase anxiety, and trigger mental exhaustion (digital fatigue) (Arief and Fathul 2021).

In the context of Muslim society, this phenomenon not only affects psychological aspects but also has implications for the spiritual quality of *jamaah*. Individuals experiencing prolonged stress tend to face decreased concentration in worship, weakened inner peace, and reduced closeness to religious values (Sa'diyah 2022). This indicates that digital stress is not merely a mental health issue but also a challenge in religious development and da'wah. In other words, stress in the digital era is multidimensional, encompassing psychological, social, and spiritual aspects.

Islam, as a comprehensive religion, has provided guidance for managing stress and maintaining mental balance. In the Qur'an and hadith, there are various concepts related to emotional regulation and inner tranquility, such as *sabr* (patience), *tawakkal* (trust in God), *dhikrullah* (remembrance of God), and *tazkiyatun nafs* (self-purification) (Af'idah 2023). These concepts form the foundation of Qur'anic Psychology, an approach that is grounded in Qur'anic values for understanding and addressing human psychological problems.

Qur'anic Psychology emphasizes that inner peace is not only achieved through the fulfillment of psychological needs but also through a strong spiritual relationship with God. Recent studies show that spiritual practices such as remembrance (*dhikr*), prayer, and religious reflection have a significant effect on reducing stress levels and improving mental well-being (Najah 2023). Therefore, the Qur'anic psychological approach has strong potential as an alternative solution for stress management, particularly for *jamaah* in the digital era.

However, the main challenge lies in how to integrate these Qur'anic psychological values into da'wah strategies that are relevant to the digital context. Contemporary da'wah can no longer rely solely on conventional methods but must adapt to technological developments and the characteristics of modern *jamaah*. Today, *jamaah* primarily access information through social media and digital platforms, making it necessary for da'wah strategies to align with these patterns of information consumption (Pahruroji 2023).

From the perspective of da'wah psychology, da'wah functions not only as the delivery of religious messages but also as a process of mental and emotional development of individuals. Da'wah plays a strategic role in helping *jamaah* manage stress by providing meaning in life, fostering inner peace, and guiding individuals toward spiritually calming values. Therefore, the integration of Qur'anic Psychology and contemporary da'wah strategies becomes essential in addressing the challenges of the digital era (setiabudi, 2024).

Several previous studies have examined stress management from various perspectives, such as positive psychology approaches, mindfulness, and cognitively based coping strategies (Guslinda 2024). In addition, there are studies discussing the effectiveness of digital da'wah in delivering religious messages to the public. However, there are still limitations in research that specifically integrates the Qur'anic psychological approach with da'wah strategies in the context of stress management among *jamaah*. Most existing studies remain partial and have not yet provided a comprehensive conceptual framework.

Based on this gap, this study is important to conduct in order to contribute to the development of da'wah psychology studies in the digital era. This research aims to analyze stress management among *jamaah* in the digital era through the integration of Qur'anic Psychology and contemporary da'wah strategies. The main focus of this study includes identifying the factors causing digital stress, analyzing Qur'anic psychological concepts in stress management, and formulating adaptive and effective da'wah strategies to help *jamaah* achieve mental and spiritual balance.

Theoretically, this study is expected to enrich the body of knowledge in the field of da'wah psychology by integrating modern psychological approaches with Islamic spiritual values. Practically, this research is expected to serve as a reference for *da'i*, educators, and da'wah practitioners in designing *jamaah* development strategies that are more relevant to the challenges of the digital era. Thus, da'wah functions not only as a medium for conveying teachings but also as a means of healing, strengthening, and transforming the mentality of *jamaah* in a holistic manner.

METHOD

This study employs a qualitative approach using a library research design, a method that utilizes scientific literature as the primary data source to be analyzed systematically and critically (Zed 2014). This approach is chosen as it is appropriate for examining the phenomenon of stress management among *jamaah* in the digital era through the integration of Qur'anic Psychology and contemporary da'wah strategies based on theoretical studies and recent empirical findings.

The research design is descriptive-analytical, involving the description of digital stress phenomena experienced by *jamaah*, followed by analysis using relevant theoretical frameworks, particularly the concepts of Qur'anic Psychology and contemporary da'wah approaches (Sugiyono 2019). The focus of the study is directed toward the relationship between the factors causing digital stress, stress management mechanisms based on Qur'anic values, and their implications for da'wah strategies (Sa'diyah 2022).

The data sources in this study consist of secondary data obtained from various scientific literature, including reputable national and international journals, academic books, and other scholarly publications relevant to the research topic (Creswell 2016). The selection of literature is conducted using purposive sampling techniques, by choosing sources based on specific criteria such as topic relevance, source credibility, and publication recency, with priority given to scientific journals published within the last five years (Sugiyono 2019).

The research instrument in this library study is the researcher themselves (human instrument), who is responsible for identifying, selecting, and interpreting data from various literature sources. To support this process, note-taking and data categorization techniques are employed based on key themes, such as digital stress, Qur'anic psychological concepts (*sabr*, *tawakkal*, *dhikr*), and contemporary da'wah strategies (Moleong 2018).

The data collection procedure is carried out through several stages: (1) literature searching through scientific databases such as Google Scholar, Scopus, and accredited journal portals; (2) selection of literature based on inclusion and exclusion criteria; (3) organization of data according to the research focus; and (4) critical review of the literature content to identify patterns, relationships, and research gaps (Zed 2014).

The data analysis technique uses content analysis with a thematic approach, which is a method used to identify, examine, and interpret meanings from textual data systematically (Krippendorff 2018). The data are analyzed by grouping findings into main themes, such as causes of digital stress, forms of stress management, and the role of da'wah in mental development of *jamaah*. Furthermore, the results are interpreted within the framework of Qur'anic Psychology to understand how spiritual values can serve as solutions for stress management.

Through this approach, the study is expected to produce a comprehensive, systematic, and theory-based analysis, as well as contribute to the development of more adaptive da'wah strategies in responding to mental health challenges in the digital era.

RESULTS AND DISCUSSION

Based on the results of the literature review, the phenomenon of stress in the digital era shows a significant upward trend and has become one of the major challenges in modern society, including *jamaah* as the target of da'wah. The high intensity of digital technology use, particularly social media, has transformed patterns of human interaction while simultaneously creating new psychological pressures that are not always consciously recognized. Digital stress emerges as a result of various factors, such as excessive information exposure (information overload), the demand to remain constantly connected (*always connected*), and the tendency to compare oneself with others' selectively presented lives on social media (Arief and Fathul 2021), (Ramadhani 2024). This condition is reinforced by research findings indicating that individuals who are excessively exposed to social media tend to experience higher levels of anxiety and stress compared to those who are able to regulate their technology use wisely (Guslinda 2024).

This phenomenon affects not only psychological aspects but also has broader implications for the spiritual life of *jamaah*. Individuals experiencing prolonged stress tend to face difficulties in concentration, a decline in the quality of worship, and a reduction in inner peace in carrying out religious activities (Nabila et al. 2023). In this context, digital stress can be understood as a multidimensional phenomenon that affects the balance between mental and spiritual aspects. *Jamaah* who are unable to manage stress effectively are at risk of experiencing value disorientation, where pressures from the digital world become more dominant than spiritual awareness.

From the perspective of Qur'anic Psychology, this condition highlights the importance of an approach that addresses the deepest dimension of human beings, namely the spiritual aspect. One of the central concepts in Qur'anic Psychology is *sabr* (patience), which is not merely understood as a passive acceptance of circumstances, but as an active capacity to manage emotions, exercise self-control, and remain consistent in facing life's challenges. In the context of digital stress, *sabr* functions as a self-regulation mechanism that helps individuals restrain impulsive reactions to negative stimuli on social media, such as negative comments, provocative content, or digital social pressure. Recent studies show that individuals with higher levels of patience tend to have better emotional regulation and lower levels of stress (Af'idah 2023). This demonstrates that *sabr* has a strong psychological dimension as a coping strategy for mental stress.

Furthermore, the concept of *tawakkal* (trust in God) also plays a crucial role in managing stress in the digital era. *Tawakkal* is not merely an attitude of passive surrender, but rather a form of complete trust in God after exerting maximum effort. In

stressful situations, individuals often experience excessive anxiety due to a perceived lack of control over their circumstances. In this context, *tawakkal* functions as a psychological mechanism that can reduce anxiety by transferring mental burdens to spiritual conviction (Rosmalina and Khaerunnisa 2021). Recent studies indicate that individuals with higher levels of religiosity who apply the principle of *tawakkal* tend to experience lower stress levels and demonstrate better adaptability to environmental changes (Nabila et al. 2023). Thus, *tawakkal* can be understood as a form of spiritual coping that fosters inner peace while strengthening individuals' mental resilience.

Moreover, *dhikr* (remembrance of God) or the act of remembering Allah is one of the most significant approaches in Qur'anic Psychology for achieving inner tranquility. In a modern context, *dhikr* can be understood as a form of spiritual mindfulness that helps individuals refocus on the present moment and release pressure stemming from negative thoughts. Recent studies show that *dhikr* and other spiritual practices can reduce stress hormone levels (cortisol), enhance emotional stability, and improve psychological well-being. For *jamaah* in the digital era, *dhikr* can function as a "mental reset" mechanism, helping individuals detach from information overload and return to a more stable psychological state.

The integration of *sabr* (patience), *tawakkal*, and *dhikr* demonstrates that Qur'anic Psychology offers a comprehensive approach to stress management. This approach not only focuses on reducing stress symptoms but also on developing stronger and more resilient character and mentality. This becomes a key advantage compared to modern psychological approaches, which tend to focus primarily on cognitive and behavioral aspects without deeply addressing the spiritual dimension (Assholekhah et al. 2023). In other words, Qur'anic Psychology not only heals but also builds a sustainable mental defense system.

In the context of contemporary da'wah, these findings carry significant implications. Da'wah in the digital era can no longer rely solely on normative, one-way approaches, but must be capable of addressing the psychological needs of *jamaah* in a concrete manner. *Jamaah* today require da'wah approaches that not only provide advice but also offer practical solutions for dealing with life's pressures. Therefore, da'wah needs to be developed as a form of psychological intervention grounded in spiritual values.

The use of digital media as a means of da'wah represents a strategic opportunity to disseminate Qur'anic psychological messages more broadly and effectively. Da'wah content focusing on stress management, inner peace, and mental health from an Islamic perspective can serve as a positive alternative amid the dominance of entertainment-driven and consumptive content. Research indicates that digital da'wah, when

presented in an engaging, relevant, and contextual manner, has a significant impact on shaping behavior and mindset among *jamaah* (Ibrahim et al. 2023). This demonstrates that the integration of technology and spiritual values can be an effective strategy for fostering healthier mentalities among *jamaah*.

Furthermore, contemporary da'wah strategies must also emphasize more humanistic and empathetic communication approaches. *Jamaah* experiencing stress require approaches that are non-judgmental and that provide space for reflection and self-understanding. In this regard, the role of the *da'i* extends beyond being a messenger to becoming a facilitator who helps *jamaah* discover meaning in life and achieve inner peace. Da'wah grounded in Qur'anic Psychology enables this process to be carried out more effectively by integrating cognitive, emotional, and spiritual dimensions simultaneously.

Thus, stress management among *jamaah* in the digital era cannot be separated from the essential role of spiritual values in human life. The concepts of *sabr*, *tawakkal*, and *dhikr* function not only as normative teachings but also as practical strategies relevant to addressing the pressures of modern life. The integration of Qur'anic Psychology and contemporary da'wah strategies provides a holistic approach to managing stress while fostering a more resilient, adaptive, and spiritually oriented *jamaah* mentality. This approach is essential in responding to the challenges of the digital era, which demand not only intellectual capacity but also mental resilience and spiritual depth.

CONCLUSION

This study affirms that stress in the digital era is a multidimensional phenomenon that not only affects psychological aspects but also influences the spiritual quality of *jamaah*. The main findings indicate that digital stress is driven by excessive information exposure, social media pressure, and the demand for online presence, all of which contribute to increased anxiety and mental fatigue. Within the framework of Qur'anic Psychology, this study provides a scientific contribution by demonstrating that the concepts of *sabr* (patience), *tawakkal* (trust in God), and *dhikr* (remembrance of God) function as effective mechanisms for both psychological and spiritual regulation, thereby offering a holistic approach to stress management in the digital era.

The implications of this study emphasize the importance of reorienting da'wah to be not only normative but also contextual and grounded in psychological-spiritual approaches. Da'wah should adaptively utilize digital media by presenting content that is relevant to mental health issues and by encouraging deeper internalization of Qur'anic values. Practically, this study opens opportunities for the development of

applicable and empirically grounded digital da'wah models based on Qur'anic Psychology, enabling da'wah to function as a strategic means of fostering mental and spiritual balance in modern society.

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