



## Islamic Spirituality based Self-guidance Model for Managing Stress among Working College Students

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### Abstract

Stress among working students arises due to the dual demands of academic and professional responsibilities. This study aimed to explore the role of Islamic spirituality in managing stress among working students. The research approach used a qualitative phenomenological method involving in-depth interviews with five working college student participants. Data were analysed using thematic analysis to identify patterns in their experiences. The results showed that Islamic spiritual practices such as prayer, supplication, remembering Allah Swt (*dhikr*), and understanding concepts such as *tawakal* and *qadar* play an important role in reducing stress, increasing inner peace, mental resilience and optimism in the face of academic and professional pressures. In addition, support from the Muslim community also contributes to lowering anxiety and motivating them to overcome challenges. This study concludes that Islamic spirituality is an effective coping strategy for working university students in managing stress. The findings enrich the existing literature on the relationship between spirituality and stress management and offer practical implications for educational institutions to design holistic support programs that help students maintain academic, professional, and mental well-being.

### How to Cite this Article

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## INTRODUCTION

Stress among working college students has become increasingly relevant as the number of college students balancing academic demands with job responsibilities rises. Working college students often face difficulties managing their time, coping with academic pressure, and meeting job expectations. Various factors, such as lack of rest time, inflexible work demands, and anxiety about the future, often lead to significant stress (Pamidimukkala & Kermanshachi, 2021). Stress can be defined as the body's response to demands that exceed an individual's capacity to cope, which, in the context of college students, refers to the overlapping burdens of academic and work responsibilities. Poorly managed stress can diminish a college student's quality of life regarding academic, social, and mental health (Rahmah & Khoirunnisa, 2023).

In addition, work-related stress is also a major contributor to the pressure felt by working college students. Work stress can be defined as stress that arises from job demands exceeding an individual's ability to cope, which can trigger various physiological, psychological, and behavioral reactions (Rhamdani & Wartono, 2019). Work-induced fatigue can result from several factors, including heavy mental work, monotonous tasks, static work positions, psychological pressure, unmet caloric needs, unsupportive work environments, and inadequate rest time (Dewi, 2018). Research on the role of spirituality in education aims to enrich education with deep values, encouraging individuals to become more religious and spiritually aware and uphold ethics in their daily lives (Isa & Utomo, 2024). Conversely, when a person loses their life's spiritual dimension, college students may struggle to differentiate right from wrong, leading them to violate ethical principles.

Various approaches have been introduced to manage stress, both psychologically and physiologically. However, one approach that has not been widely explored in stress management is spirituality's role in overcoming stress (Perera et al., 2018). In the Islamic tradition, spirituality offers several principles to help individuals face life's challenges, including stress (Idris & Setiawan, 2022). Spiritual practices in Islam, such as prayer, supplication, dhikr (remembrance of Allah Swt.), and self-awareness of Allah Swt., are believed to provide inner peace and mental strength to cope with pressure. This spirituality can enhance self-awareness and improve resilience by changing an individual's perception of stress and how they respond to life's challenges (Chakradhar et al., 2023). Spirituality is a belief that reflects a person's relationship with themselves, others, the environment, and especially with Allah Swt. It manifests through deep inner experiences, such as feelings of peace, strength in facing trials, and confidence in Allah Swt's help and guidance. Spiritual activities like prayer, dhikr, and self-reflection often bring calm, gratitude, and awe for His creation. Spirituality fosters empathy, compassion for others, and a broader sense of connection to life (Utomo, 2022). For many people, closeness to Allah Swt. It provides the strength to endure pressure, making life more meaningful and helping maintain mental and emotional balance (Sinurat et al., 2022).

In this context, spirituality is not merely a temporary escape from pressure. Still, it functions as a foundation that strengthens the meaning of life, helps individuals reframe

stressful experiences as a process of maturation, and deepens the inner connection with Allah Swt. When life's pressures feel overwhelming, spirituality provides a space of calm and security, rooted in the belief that every trial has purpose and meaning. Therefore, the role of spirituality in stress management among working college students becomes an intriguing topic for further research (Wisuda & Suraya, 2024). A review of existing literature shows that while spirituality has long been considered an important element in managing stress, there is still a lack of research exploring Islamic spirituality's specific impact on working college students. Most previous studies have focused on stress experienced by professionals or adults, with few addressing working college students who face unique challenges balancing academic and work responsibilities (Lucchetti et al., 2021). While spiritual practices can reduce stress, these studies do not specifically discuss how Islamic spirituality affects working college students. Furthermore, research on the role of Islamic spirituality as a coping mechanism for individuals experiencing stress remains limited in the academic context (Naim, 2017).

The main issue underlying this research is the lack of understanding of how Islamic spirituality can serve as a means to manage stress in working college students. Islamic spiritual mindfulness can be an effective adaptive coping strategy to reduce negative psychological reactions to stress and foster self-awareness that all challenges are part of Allah Swt's will (Fikri et al., 2024). This study explores how Islamic spiritual practices, such as prayer, dhikr (remembrance of Allah Swt.), salah (ritual prayer), and faith in Allah Swt., can help working college student manage their stress. Therefore, this research is expected to provide new insights into Islamic spirituality as an effective alternative for addressing the academic and work-related stress that often burdens working college students.

The benefit of this research is that it contributes to developing faith-based approaches to support college students in coping with stress. This is highly relevant to educational institutions and companies that employ college student workers. Nurfajrin et al. (2023) found that spiritual intelligence developed through religious practices helps college students manage academic stress, showing that spiritual approaches can effectively cope with academic pressure. By understanding the role of Islamic spirituality in stress management, it is hoped that educational institutions and companies can design more holistic programs to support the well-being of working college students academically and professionally. Additionally, the findings of this study can help college students discover healthier and more effective ways to manage stress through spiritual practices, which strengthen their relationship with Allah Swt. but also enhance their mental and emotional well-being.

The main issue addressed in this research is the lack of understanding of how Islamic spirituality can manage stress in working college students. Islamic spiritual mindfulness can be an effective adaptive coping strategy to reduce negative psychological reactions to stress and promote self-awareness that all challenges are part of Allah Swt's will (Fikri et al., 2024). This study explores how Islamic spiritual practices, such as prayer, dhikr (remembrance of Allah Swt.), salah (ritual prayer), and faith in Allah Swt.,

can help working college student manage their stress. As such, this research is expected to provide new insights into using Islamic spirituality as an effective alternative to address the academic and work-related stress that often burdens working college students.

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## METHOD

This study uses a qualitative approach with a phenomenological design to explore the role of Islamic spirituality in managing stress among working college students. This approach was chosen for its focus on gaining an in-depth understanding of participants' subjective experiences in dealing with stress and how Islamic spiritual practices can serve as effective coping mechanisms.

The study was conducted in 2024. The study subjects consisted of eight working college students from Fatmawati Sukarno State Islamic University in Bengkulu, selected through purposive sampling. The selection criteria included college students who had part-time or side jobs, which affected the balance between their studies and work. By selecting the appropriate subjects, the study aimed to gain relevant and in-depth insights into how working college students utilize Islamic spirituality to cope with their challenges (Balakrishnan & Forsyth, 2019).

Data was collected through semi-structured, in-depth interviews designed to explore the participants' experiences of stress in balancing their roles as college students and workers. The interviews also aimed to understand how Islamic spiritual practices, such as prayer, supplication, and dhikr, help them manage stress. Each interview lasted between 45 and 60 minutes and was conducted face-to-face or via online platforms, depending on the participants' availability. All interviews were recorded with the participant's consent, and transcripts were generated for further analysis.

Data analysis was conducted using thematic analysis, which involved several key steps. First, interview transcripts were obtained to create the complete text. The analysis was based on themes, and data coding was performed to identify the main topics related to stress and Islamic spirituality. Subsequently, themes and subthemes were organized according to patterns from the coded data. To ensure the validity of the findings, data

triangulation was performed through confirmation from the participants and comparison with relevant literature.

## RESULTS AND DISCUSSION

### Forms of Stress Experienced by Working College Student

Most participants reported that the dual burden of balancing studies and work was the primary source of their stress. Noventri Suci Anggraeni shared that she often feels overwhelmed managing her time between class schedules and work hours, especially when they overlap. This issue is further exacerbated by a lack of rest, leading to physical and mental fatigue. A similar sentiment was expressed by DDC (Informant 5), who feels stressed thinking about tuition fees, mounting assignments, and the lack of time to relax. DK (Informant 1) and ZL (Informant 2) added that academic pressure, physical and mental exhaustion, and financial demands are the main causes of stress in their daily lives. MD (Informant 4) even described the stress she experiences as complex, coming home from work tired but still needing to wake up early for class, on top of the assignments and work schedules that frequently clash.

This finding aligns with research conducted by Indriyani & Handayani (2019), which revealed that the stress experienced by working college students includes time pressure, physical exhaustion, and role conflicts between academic tasks and work responsibilities. Another study by Musikhah & Nastiti (2022) also showed that working college student is vulnerable to stress in the form of physical fatigue, anxiety due to assignment deadlines, and financial pressures that affect their ability to focus on their studies (Musikhah & Nastiti, 2022). Thus, the types of stress identified by the participants in this study are supported by previous studies, which also highlight the significant impact of dual demands in the lives of working students in college.

### The Role of Islamic Spirituality in Managing Stress

All participants emphasized the importance of Islamic spirituality as a source of calm and strength in facing life's pressures. Noventri described spirituality as the most effective way to cope with stress, allowing her to "communicate directly" with Allah Swt, through prayer and dhikr. ZL (Informant 2) also highlighted that Islamic spirituality helps him balance his worldly and spiritual life by practicing *tawakkal*, praying, and regularly performing salat. DDC (Informant 5) and NA (Informant 6) view prayer as a time for relaxation and an opportunity to express their anxieties to Allah Swt., which helps ease their hearts. MY (Informant 8) even added that wudu (ablution) is a form of physical and mental refreshment that she practices when stressed. MD (Informant 4) referred to spirituality as a reminder that their struggles are not in vain, as everything holds value as an act of worship. He feels strengthened by the belief that Allah Swt. He always sees and appreciates His servant's efforts.

Religious beliefs can positively impact mental health and reduce stress levels. Participants also revealed that a strong Islamic identity is linked to lower stress levels, and active religious practices such as reading the Qur'an and performing worship can help enhance psychological well-being. This aligns closely with the informants' experiences

in this study, who felt calm and mental strength through prayer and dhikr. Moreover, the teachings of Islam, as a whole, offer a holistic approach that involves spiritual, psychological, and material dimensions, all of which contribute to inner peace and life satisfaction.

Additionally, this study highlights the importance of integrating Islamic teachings in managing anxiety and stress. Methods such as praying, dhikr (remembrance of Allah Swt.), and developing a positive mindset effectively alleviated stress. This was also reflected in the experiences of ZL (Informant 2) and MD (Informant 4), who felt calmer and more confident that they could overcome any life challenges by placing their trust in Allah Swt. and praying. As found in this study, involvement in daily religious practices plays a crucial role in enhancing happiness and well-being and helping individuals reduce anxiety and stress in their lives (Nasallah & Gasim, 2024).

### **Forms of Worship and Practices Performed to Reduce Stress**

Various forms of worship became the spiritual routines that the informants practiced to reduce stress. NN (Informant 7) often recited Surah Al-Ikhlas and raised part of his income for charity. DDC (Informant 5) consistently performed Sunnah prayers such as *Tahajud* and *Dhuha*, and recited Surah Al-Insyirah and Ar-Rahman. ZL (Informant 2) practiced a prayer for peace of heart, which includes supplications for protection from anxiety, sadness, laziness, and debt. DK (Informant 1) frequently engaged in dhikr with phrases of tasbih and recited the Qur'an after prayer. MD (Informant 4) relied on *Istighfar* (seeking forgiveness) and sending blessings on the Prophet (*shalawat*) as a way to calm his mind during busy moments.

This finding is supported by research conducted by Kurniawan & Utami (2024), which used a phenomenological approach to explore the role of prayer and Al-Qur'an recitation in reducing stress. The in-depth interviews they conducted revealed that both of these worship practices have a significant calming effect. With its rhythmic movements and supplications, prayer helps lower stress hormones such as cortisol and fosters inner peace. Al-Qur'an recitation, through its rhythm and intonation, provides a relaxing effect, reduces anxiety, and enhances tranquility (Nazir, 2023). Combining these two practices offers physiological benefits and strengthens social and spiritual support, ultimately improving overall mental well-being.

### **Effectiveness of Prayer and Other Worship Practices in Providing Peace**

The informants consistently expressed that prayer and other acts of worship are highly effective in calming their minds. DK (Informant 1) feels that worship reduces his focus on worldly issues, and he experiences greater peace after praying. MY (Informant 8) stated that prayer is not only an obligation but also a way to refresh the body and the mind. NA (Informant 6) described worship as a form of personal communication with Allah Swt. that brings relief after confiding all their problems to Him. MD (Informant 4) mentioned that the moments of prostration are the most intimate times to surrender all burdens to Allah Swt. This feeling makes life feel lighter.

This is consistent with research conducted by Zin (2022), which revealed that college students experiencing academic and personal stress use a spiritual approach to

cope, such as prayer, *dhikr*, and *tawakkal*. These practices help them alleviate anxiety and provide a sense of peace and inner calm. By practicing Islamic teachings, college students can more easily manage the pressures in their lives (Chen et al., 2019). This spiritual engagement is crucial in strengthening mental resilience and helping them become more confident in facing their challenges.

### **The Application of Islamic Values such as Patience (*Sabr*) and Trust (*Tawakkal*)**

Patience (*sabr*) and trust in Allah Swt. (*tawakkal*) are two key pillars in dealing with pressure, as stated by all the participants in this study. Another informant believes that difficulties can be overcome because of Allah Swt.—promise to those who are patient. DK (Informant 1) emphasizes that every trial is faced with patience and the belief that sustenance comes from Allah Swt. MY (Informant 8) also strives to remain calm and patient, even as pressure continues to mount. ZL (Informant 2) highlights the importance of not rushing to make decisions and maintaining patience and *tawakkal* when facing challenges. NA (Informant 6) mentions that she always reminds herself to have a positive outlook toward Allah Swt. (*husnuzan*) and believes that every event carries wisdom.

This finding is supported by research conducted by Dilla & Susanti (2022), which found a significant negative relationship between the level of patience and academic stress experienced by college students. In other words, college students with higher levels of patience tend to experience lower levels of academic stress (Bergmann et al., 2019). Patience is an effective coping strategy in dealing with academic pressure, including for college students who also work (Abouammoh et al., 2020). Patience is not only a moral value in Islam but also plays an important role in helping college students manage the stress arising from the demands of academic work and their jobs by integrating patience and trust in Allah Swt. (*tawakkal*), working college students can more effectively manage stress from the challenges of balancing academics and work while also strengthening their mental resilience in facing life's difficulties.

### **The Effect of Prayer and Dhikr in Reducing Stress**

Dhikr is closely linked to mental health as it fosters spiritual closeness to Allah, cultivating a sense of tranquillity and inner peace. Scientifically, dhikr is known to trigger alpha brainwaves associated with a relaxed and meditative state. This not only helps calm the soul but also has positive effects on physical and spiritual health. This practice can stimulate the endocrine glands to produce hormones that support the immune system and help the body adapt to various stresses, such as stress, trauma, and fatigue (Zefferino et al., 2021). Regular breathing techniques during dhikr have also been shown to reduce tension and enhance concentration, empathy, tolerance, and self-control (Amelia & Pratiwi, 2023).

In addition, dhikr serves as a form of mental diversion, shifting focus from daily burdens to a calming spiritual focus, which has the potential to reduce symptoms of anxiety and depression. The findings from the participants in this study support this idea. All participants agreed that prayer and dhikr positively impacted their inner peace. DK (Informant 1) felt his heart became lighter after engaging in dhikr, while ZL (Informant 2) and DDC (Informant 5) experienced peace and relief after praying. MD (Informant 4)

described dhikr as a reminder that he was never alone, and NA (Informant 6) even likened it to a form of therapy that helped shift his focus away from problems, significantly reducing the stress he felt. This demonstrates that the practice of dhikr has spiritual effects and provides tangible psychological benefits in managing stress.

### **The Importance of Maintaining a Balance between Studies, Work, and Worship**

In life, work and worship are two inseparable aspects. Both are equally important, as they reflect a balance between a person's physical and spiritual needs. Allah has decreed that both must be pursued in harmony. Therefore, maintaining a balance between the two is crucial to prevent an individual from becoming overly focused on one aspect, which can lead to negative consequences in daily life (Gea et al., 2023).

Maintaining a balance between academic achievement, involvement in organizations, and religious practices is essential for college students (Horwitz, 2021). In Islam, this concept of balance is known as *at-Tawāzūn*. The renowned scholar Yūsuf al-Qarḍāwī explained this balance through the term *al-wasṭiyyah*, which refers to a moderate attitude. This term, or its equivalent, *at-Tawāzūn*, carries the important meaning of placing oneself in a balanced position between two seemingly opposing or conflicting aspects, whether in goals or life choices (Khairunnisa et al., 2024).

The awareness of the importance of balance also emerges from the informants' experiences. They realize that balancing studies, work, and religious practices is key to successfully fulfilling all their roles. Noventri emphasizes that success in this world is meaningless without sufficient religious practices. DDC (Informant 5) views worship as a source of blessings accompanying academic and work activities. DK (Informant 1) describes worship as a spiritual energy that must be maintained, especially amid life's pressures. Meanwhile, ZL (Informant 2) and NA (Informant 6) highlight the importance of time management so that no aspect of life interferes with another, as this could lead to greater stress. MY (Informant 8) Aya and MD (Informant 4) also emphasize balancing time and energy to ensure that all responsibilities run harmoniously.

### **Understanding Divine Destiny in Islam as a Source of Peace**

Divine destiny, or destiny, is one of the pillars of faith in Islam and forms the foundation of belief. This concept reassures every Muslim that everything that happens, whether large or small, in the past, present, or future, has already been decreed by Allah Swt. Everything is arranged according to His will, from the creation of the universe to the arrival of the Day of Judgment. This belief emphasizes that everything that happens is part of Allah's inevitable, eternal plan and cannot be changed by anyone (Nuraini et al., 2024).

In Islam, all forms of creation, both at the beginning and at the end of life's journey, are part of Allah Swt divine destiny. This destiny encompasses His knowledge, will, decree, and creation. Not a single event, not even the smallest atom, occurs outside of Allah's control and knowledge. Every movement, stillness, action, and decision of a human being ultimately depends entirely on His will and power. There is no power and strength except from Allah Swt. However, modern life often distances people from this awareness (Settersten et al., 2020). The rapid advancement of science and technology has



fostered a lifestyle that tends to be materialistic and pragmatic. People become more focused on worldly achievements and momentary pleasures, unconsciously forgetting that Allah Swt has already decreed everything. When this understanding of divine destiny is forgotten, individuals drift further away from the core values of Islam, which are meant to serve as a guiding principle for life (Mahmudulhassan, 2024).

Amid life's challenges, understanding destiny becomes a source of peace for some individuals. This is evident in the perspectives of the study participants. For example, DK (Informant 1) believes that every effort he makes is still under Allah Swt control, so he does not need to dwell in disappointment when the outcome does not meet his expectations. ZL (Informant 2) feels that his belief in destiny makes him more grateful and patient when facing various life trials. AN (Informant 3) adds that, although part of destiny can still be shaped through effort, he is ready to accept the outcome with an open heart once all possible actions have been taken. Meanwhile, MD (Informant 4) finds comfort in the belief that if something hasn't aligned with his desires yet, it may be that Allah Swt is preparing something better for him.

### **The Role of the Muslim Community in Coping with Stress**

Almost all of the participants reported benefiting from the Muslim community around them. Noventri feels emotionally supported when surrounded by fellow believers. DDC (Informant 5) and NA (Informant 6) added that the community serves as a space to share stories, offer advice, and remind one another to do well. ZL (Informant 2) and MD (Informant 4) also mentioned that positive social interactions within the Islamic community foster a sense of acceptance and understanding, which greatly helps alleviate mental burdens.

This finding aligns with research by Fatimah et al. (2023), which revealed that women relied on religious coping mechanisms such as self-reflection, positive thinking, and engaging in religious rituals to cope with life's pressures. Interestingly, none of the participants doubted Allah Swt's power and love, demonstrating a strong belief that Allah Swt. Continually supports them in facing life's challenges. Additionally, research by Izah et al. (2023) highlighted that a supportive *pesantren* environment and consistent religious practices helped college students manage academic and social stress. The structured community life and daily application of Islamic values played a significant role in college students' mental resilience (Izah et al., 2023).

### **Strategies to Optimize Islamic Spirituality for Stress Management**

From all the interviews, it is clear that Islamic spirituality serves as the primary and natural strategy working college students use to cope with life's pressures. From maintaining timely prayers, practicing dhikr and do'a (prayer), attending study sessions, and giving charity, these actions are performed to draw closer to Allah Swt and remain strong amidst their busy days. This aligns with research conducted by Wahyuni (2023), which states that Islamic spiritual practices such as dhikr, prayer, and reading the Qur'an have significant effectiveness in stress management. These practices help cultivate inner peace, self-awareness, and a sense of *tawakkal*, which have been scientifically proven to reduce stress levels and improve mental well-being (Rasool et al., 2024). This approach

is considered a holistic complementary strategy for stress management, especially for religious individuals.

Working college students tend to experience stress due to academic demands, the imbalance between work and study roles, and limited time for rest. Another study by William also shows that, although stress can serve as a motivator to improve performance, unmanaged stress in the long term can lead to psychological disturbances and decreased productivity. In coping with stress, all respondents agreed that Islamic spirituality plays an important role as a coping mechanism. They believe that worship, prayer, and dhikr are the primary means to achieve inner peace and face life's pressures with greater patience.

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Meaning: “(Those are) the ones who believe and whose hearts find peace in the remembrance of Allah Swt. Indeed, in the remembrance of Allah Swt do hearts find peace.” (QS. Ar-Ra’d: 28)

The verse above emphasizes that true peace of heart can only be attained through the remembrance of Allah SWT. In this life, people often face various trials and pressures that can shake their hearts and minds. However, for those with faith, dhikr (remembrance of Allah Swt) becomes a source of true tranquillity. This highlights the importance of a spiritual connection with Allah Swt in maintaining emotional and psychological stability. The verse also teaches that the main solution to dealing with anxiety is not merely seeking worldly entertainment but drawing closer to Allah Swt through worship and remembrance.

College students who work often face high levels of pressure, both from academics and their jobs, which can trigger stress and anxiety. In this context, the verse from QS. Ar-Ra’d: 28 teaches that tranquillity of the heart can be achieved through a spiritual approach, such as prayer, dhikr, and supplication. By remembering Allah Swt, college students can find inner peace that helps them face various demands and challenges with more patience and calmness. Additionally, Islamic spirituality provides moral and ethical guidance in both work and study, allowing working college students to manage their time wisely and not be easily overwhelmed by worldly pressures. The awareness that all matters are within Allah Swt decree also helps them minimize excessive anxiety and focus more on making good efforts. Thus, remembering Allah Swt not only serves as an act of worship but also as an effective daily stress management strategy.

Both obligatory and voluntary prayers, such as *Tahajjud* and *Dhuha*, are practices they often perform. In addition to worship, the college student believes that *tawakkal* (trust in Allah Swt) and *qadar* (divine destiny) play a role in managing stress. They believe that the trials they face are part of Allah Swt plan and that every problem has wisdom behind it. Another informant (NSA) mentioned that this belief helps him stay more optimistic and face challenges with an open heart. Likewise, DK (Informant 1) believes that the trust in the provision already determined by Allah Swt makes him calmer

when facing financial pressures. This understanding helps them avoid dwelling too much on worries and instead focus on their efforts and prayers.

Recent research shows that belief in *tawakkal* (trust in Allah Swt) and *qadar* (divine destiny) in Islam is crucial in helping individuals cope with stress. A study by Maghfiroh (2020) found that college students with a strong belief in Allah Swt plan tend to experience lower levels of anxiety and have better mental resilience. This study emphasizes that individuals actively engaged in spiritual practices and strongly believe in Allah Swt destiny can better face the pressures and challenges in their lives.

Support from the Muslim community also has a significant impact on stress management. Several respondents reported that interactions with fellow Muslims, whether through congregational prayers, religious study groups, or sharing stories with like-minded friends, provided comfort and reduced feelings of loneliness. Another informant experienced significant benefits from religious studies and congregational prayers, which she believes offer emotional support. The same sentiment was expressed by DDC (Informant 5), who often shares stories with friends to lighten the mental load. Sulhan also added that the support from the Muslim community made him feel less alone in facing academic and work-related pressures. Research by Napoleoni et al. (2019) supports these findings, stating that involvement in the Muslim community helps individuals reduce stress and anxiety through social support and the reinforcement of religious values.

In addition, the balance between worldly life and spirituality is also a key concern for the respondents. They recognize that stress can negatively impact their mental health and productivity without this balance. ZL (Informant 2), Another informant (DS) stated that maintaining a balance between life's worldly and spiritual aspects is essential for a well-functioning life. The college student tries to organize their schedules so they can still allocate time for worship, rest, and socializing with those around them.

The findings of this study suggest that Islamic spirituality plays a significant role in helping working college students manage stress. They can better handle life's pressures through regular worship, understanding the concept of *tawakkal*, and receiving support from the Muslim community. Spirituality serves as a source of inner peace and provides positive energy that helps them navigate academic and professional life with more balance and optimism.

## CONCLUSION

This study reveals that Islamic spirituality is crucial in helping working college students manage academic and professional stress. Practices such as prayer, supplication, and dhikr have provided inner peace and enhanced mental resilience in the face of life's pressures. Belief in the concepts of *tawakkal* and destiny also helps college students approach life's challenges with greater acceptance and optimism, reducing anxiety caused by uncertainty about the future. Furthermore, the presence of a Muslim community serves as a supporting factor in creating a social environment that offers emotional and spiritual comfort.

These findings have implications for educational institutions and workplaces to consider a spirituality-based approach to support the well-being of working students in college. By understanding the role of spirituality in stress management, more holistic strategies can be developed to help college students navigate their academic and professional lives in a balanced manner.

**Suggestions for Future Research:** Future research could benefit from expanding the sample size to include college students from diverse academic disciplines and work environments. This would help determine whether the findings about Islamic spirituality and stress management are applicable across different fields and settings. Future research could explore the impact of family and peer support and community engagement. Understanding how the broader social environment (outside formal religious communities) contributes to stress management could further refine holistic strategies.

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