

RESEARCH ARTICLES

The Relationship between the Intensity of Tahajud Prayer and the Stress Level of Grade IX Students of Istiqomah Sambas Sambas *Boarding School* Purbalingga

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Abstract: Stress can affect mental states in adolescents, especially students. Stress in Purbalingga Regency has a prevalence of 62.5%. This condition can be affected by a variety of factors. Islam provides one of the solutions to relieve stress, namely by getting closer to Allah, one of which is by performing tahajud prayers. Most studies have looked more at stress in college students than in college students. This study aims to analyze the relationship between the intensity of tahajud prayer and the stress level of grade IX students of Istiqomah Sambas *Boarding School* Purbalingga. The method used was observational analytics with a *cross-sectional* approach. The technique in the study was a total sampling with a total of 118 respondents and 92 respondents were included in the inclusion and exclusion criteria. The intensity of tahajud prayer was measured by a questionnaire on the intensity of tahajud prayer and the level of stress with a DASS scale of 42. Relationship analysis using *the Spearman rank* test. The intensity of tahajud prayer was mostly included in the good category, which was 36 students (39.1%) and the stress level of the majority of students was included in the normal category, which was 30 students (32.6%). The Spearman rank test showed a *p-value* of 0.000 and a correlation coefficient value of -0.743. There is a significant relationship between the intensity of tahajud prayer and the level of stress with the direction of a negative correlation, which means that the higher the intensity of tahajud prayer, the lower the student's stress level.

Keywords: Tahajud Prayer, Stress, Students, Teenagers

INTRODUCTION

Adolescence is a time when every individual transitions from childhood to adulthood. This stage is a time full of

pressure because there is a physical, intellectual, and emotional transformation which often causes feelings of unhappiness

due to conflicts with the environment it can cause stress.¹

Stress can interfere with the learning process of teenagers in junior high school, where they have to undergo academic and non-academic activities that cause them to feel lazy and tired quickly. Heavy activities, including late study, make them sleepy at school, making it difficult to understand lessons.²

The prevalence rate of mental-emotional disorders in Central Java Province is 7.71%, while the incidence of stress in Purbalingga Regency is 62.5%.³ Stress events in Indonesia have increased in groups of people who are often exposed to psychosocial pressure, one of which is teenagers.³

The students of Istiqomah Sambas Boarding School Purbalingga faced great challenges because they lived far from their parents which required them to be independent and adapt to life in the dormitory. The heavy academic and non-academic demands often lead to stress, moodiness, and a lack of desire to socialize, especially for class IX preparing for final exams. They also feel pressured by the obligation to study effectively, memorize the Qur'an, pass the Tahfidz exam, and long for family.⁴

In the teachings of Islam, when people feel restless and stressed, it is recommended to get closer to Allah SWT, one of which is

by performing the tahajud prayer so that the heart feels calm.⁵

The purpose of the study was to analyze the relationship between the intensity of tahajud prayer and the stress level of grade IX students of SMP Istiqomah Sambas Boarding School Purbalingga.

METHOD

This study was carried out at Istiqomah Sambas Boarding School Purbalingga in November 2024, using a quantitative approach and analytical observational methods with a *cross-sectional design*. The target population is grade IX students of Istiqomah Sambas Boarding School Purbalingga. Sampling used a *total sampling* of 92 students from a total population of 118 students, according to inclusion and exclusion criteria. The variables of this study include the intensity of tahajud prayer and the level of stress.

This study utilizes Dian Nurussa'adah's tahajud prayer intensity questionnaire with a reliability value of 0.775⁶ and the DASS-42 questionnaire.⁷

In this study, data was analyzed using univariate and bivariate analysis with the Spearman *rank test*. The researcher obtained an *Ethical Clearance* before conducting research from the KEPK Faculty of Nursing and Health Sciences published on November 13, 2024, with the number 758/KE/10/2023.

RESULT

Table 1. Frequency Distribution of Research Variables

No.	Variable	Category	Frequency (n)	Presented (%)
1.	The Intensity of Tahajud Prayer	Less	25	27,2
		Enough	31	33,7
		Good	36	39,1
		Excellent	0	0
2.	Stress Level	Normal	30	32,6
		Mild	17	18,5
		Moderate	19	20,7
		Severe	22	23,9
		Very Severe	4	4,3

Based on Table 1, the results of the univariate test showed that out of 92 respondents, the majority of 36 respondents (39.1%) were included in the category of good tahajud prayer intensity while the other respondents had a low tahajud prayer intensity of 25 respondents (27.2%) and a sufficient tahajud prayer intensity of 31 respondents (33.7%).

Meanwhile, the stress level based on the majority table showed the category of normal stress in 30 respondents (32.6%), mild stress in 17 respondents (18.5%), moderate stress in 19 respondents (20.7%), severe stress in 22 respondents (23.9%), and very severe stress 4 respondents (4.3%).

Tabel 2. Hasil Uji Rank Spearman

		Stress Level										P-value	r
		Normal		Mild		Moderate		Severe		Very Severe			
		n	%	n	%	n	%	n	%	n	%		
The Intensity of Tahajud Prayer	Good	23	76,7	11	64,7	1	5,3	0	0,0	1	25	0,000	-0,743
	Enough	7	23,3	6	35,3	12	63,2	5	22,7	1	25		
	Less	0	0,0	0	0,0	6	31,6	17	77,3	2	50		
Total		30	100	17	100	19	100	22	100	4	100		

Based on Table 2, the results of the analysis of the relationship between the intensity of tahajud prayer and the level of

stress in grade IX students of Istiqomah Sambas Boarding School Purbalingga were obtained. Of the 92 respondents, the majority

had the intensity of tahajud prayer well with normal stress levels (76.7%).

The results of the analysis with *the spearman rank test* showed the relationship between the intensity of tahajud prayer and the level of stress, the p-value result of $0.000 < 0.1$ means that there is a significant relationship between the tahajud prayer and the level of stress. The strength of the relationship between variables, the result of *the Spearman rank test* is -0.743 which means that there is a strong relationship between the intensity of tahajud prayer and the level of stress, with the direction of negative correlation, meaning that the higher the intensity of tahajud prayer, the lower the stress level in students.

DISCUSSION

Based on the results of the study, out of 92 respondents, it was found that the majority of respondents had a good intensity of tahajud prayer and normal stress levels. This relationship shows a significant link between the intensity of tahajud prayer and the level of stress, with a strong correlation and the direction of the relationship.

This is in line with previous research conducted by Arsyadana, Prijambodo, and Anas in 2024 which stated that tahajud prayer has a positive effect on a person's mental health because it has high spiritual value. Tahajud prayer, if performed with a consistent frequency and number of rak'ahs, will become a *coping mechanism* for anyone who performs it.⁸

Performing the tahajud prayer will make a person feel that there is a place to leave all matters of life to Allah SWT. Religion, especially Islam, plays an important role in maintaining mental health through spiritual practices that encourage closeness to God. Research conducted by Khotimah, Hasan, and Tarlam in 2024 states that people who are diligent in worship and follow religious teachings tend to have lower levels of stress, and are better able to face life challenges with peace of mind.⁹

According to Primary research in 2020, carrying out worship, such as tahajud prayers, is one way to increase a person's level of religiosity. Meanwhile, the results of Darwati's research in 2022 stated that praying regularly can help students reduce stress or depression. These statements that prayer can reduce stress levels.^{10,11} If by performing tahajud prayers and stress does not decrease or tends to fall into the heavy category, it means that stress management in the individual is not following him or her.²

Research conducted by Fauziah, Khoirunnisa, Zulfa, Sari, and Oktavia in 2024 states that Tahajud Prayer has various benefits that will be felt by those who perform it. These benefits include strengthening a relationship with God, purifying the soul, and elevating a person to a more noble position. Selain itu, sholat tahajud juga mendorong seseorang untuk lebih gemar beribadah dan menjauhi perbuatan dosa, menenangkan hati yang sedang diliputi kegundahan dan kecemasan, serta memperoleh Ridha Allah Swt. Overall,

prayer brings great benefits, namely creating calm and peace in the soul, eliminating guilt, and overcoming feelings of fear and anxiety. In addition, prayer provides spiritual strength that supports both physical and psychological healing, awakens the spirit and ability to do great things, and enlightens the heart to be ready to receive knowledge from Allah.¹²

CONCLUSION

It was found that there was a relationship between the intensity of tahajud prayer and the stress level of grade IX students of SMP Istiqomah Sambas Boarding School Purbalingga which showed a strong correlation with the direction of negative relationships (inverse) which means that the higher the intensity of tahajud prayer, the lower the stress level of students.

SUGGESTION

Future researchers, it is expected to conduct research not only quantitatively but also qualitatively and be able to measure stress levels not only using scales but based on laboratory tests.

For educational institutions, it is hoped to increase the motivation of students, both in grade IX and not yet to carry out tahajud prayers regularly and avoid stress both by carrying out worship and other activities.

Respondents are expected to know the benefits of tahajud prayer and apply it in daily life and be able to find stress management that suits each other

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