

The Role of Prayer as Therapy and Advice to Grow Mindfulness During The Quarter Life Crisis of Psychology Students

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ABSTRACT

Quarter-life-crisis is a feeling of worry experienced by individuals around the age of 20 regarding the uncertainty of their future life regarding relationships, careers and social life. One way to reduce feelings of worry during the quarter-life-crisis requires the individual's ability to gain peace of mind through psychological therapy in the form of spiritual therapy, namely prayer. Prayer is a condition that can provide a feeling of security and peace, when a person's entire body and soul is focused on one thing, namely Allah SWT. This research uses measuring instruments and methods which are qualitative research, using observation and interview data collection methods using 23 interview question items and using the prayer therapy approach method.

Introduction

In human life there are stages of development that occur in each individual, one of which is the adult development stage. Early adulthood is a skill phase from adolescence to adulthood, which is the longest phase that occurs in human development. Erikson (in Monks, et al., 2001) stated that early adulthood occurs in an individual between the ages of 20 and 30 years, at this stage humans begin to accept and assume heavier responsibilities, adulthood is an important period for an individual. At this time, an individual begins to explore themselves, live independently from their parents, develop a value system, and form relationships (Papalia & Feldman, 2014). According to Buhler, the age of 25 to 50 years is the top or peak period of a person's life. (Zwagery, et al 2020).

A period of crisis in an individual's life when they experience the transition from adolescence to early adulthood or what is usually called the Quarter Life Crisis. QLC according to Atwood and Scholts (2008) is a feeling of anxiety that makes life full of stress and loses meaning in life. The term Quarter life crisis was first coined by Alexandra Robbins and Abby Wilner in 2001 based on the results of research on young people in America entering the 20th century who were given the nickname "twentysomethings", namely

individuals who had just left the comfort of teenage life and were starting to enter real life. Robbins and Wilner (2001), stated that the quarter life crisis is a transition period for individuals who experience major changes in life such as identity confusion, anxiety, emotional crises, panic about losing themselves, starting to doubt about the future, and feeling trapped by future life choices. carried out.

At this time, many teenagers who have entered adulthood experience problems such as not being able to control themselves to solve life problems and being unsure about their path in life. So, this condition makes a person feel anxious and worried about their life, left behind, feeling trapped in a situation that is difficult to change. Therefore, there are several reminders for an individual who is facing the Quarter Life Crisis well, namely getting to know themselves more deeply, determining goals and achievements, making a priority scale, being patient in their process, doing things that make themselves more comfortable, distancing themselves from environment that has a negative impact, not comparing yourself with others, communicating with parents, looking for mentors and meeting professionals such as psychologists, being grateful for your own achievements, living in the present, sharing and being a benefit to others, finding motivation, and always pray and surrender to God Almighty.

Mindfulness according to [Germer, Siegel, and Fulton] mentions a condition of consciousness that exists in the individual now with full acceptance. Mindfulness emphasizes awareness, being fully aware of what is happening in the moment by diverting other experiences, accepting them completely without judgment (Mace, 2008). Mindfulness can help teenagers in New York be free from unhealthy thoughts, habits and behaviors (Ryan & Deci, 2008). Therefore, by having mindfulness, teenagers will be able to have physical and mental health. Mindfulness is a skill in paying attention by focusing on a current goal. Simply put, mindfulness is a condition where our thoughts, feelings and body are in the present moment, not wandering into the past or future. Mindfulness is very much oriented towards living in the moment. The concept of living in the present develops behavior based on self-control and achieving goals more effectively (Brown, Ryan, & Creswell, 2007).

Method

The measuring tools and methods in this research use qualitative research methods by collecting observation and interview data with a total of 22 interview question items and using the prayer therapy approach method which is used to intervene in the problems experienced by the subject. Psychotherapy Approach psychological therapy in the form of spiritual therapy, namely through praying, this is very easy to do in everyday life, you just need to train yourself to be fully present when praying, which can provide a sense of security and peace, when a person's whole body and soul is focused on one thing, namely Allah SWT, the condition where an individual can focus on one thing with full meaning is called

mindfulness. Through prayer, trained individuals have an attitude of mindfulness that internalizes the essence of prayer starting from prayer movements, solemnity and reading in prayer. When individuals can reach a state of mindfulness, it makes it easier for individuals to gain peace of mind because they always remember Him (Ahmad, 2019).

Prayer can help individuals form a perception of belief that by praying meaningfully and performing worship well it can make individuals closer to the Creator. It can also make individuals calmer and more confident that Allah is always with them and can control themselves more, their emotions when they are experiencing anxiety. direction of life. The subjects in this study used 2 subjects who were students at the Raden Fatah State Islamic University, Palembang, with a research period of 2 weeks or more than 14 days with 2-4 meetings, during which time we used for interviews, observation and therapy.

Results and Discussion

After we have prepared the stages in the research, we then conduct interviews and direct observations with the subjects to be researched to obtain some in-depth and concrete facts about the problems the subjects are experiencing in order to provide interventions in dealing with the Quarter Life Crisis. The therapy that we will use later is expected to be able to give individuals peace regarding feelings of worry about the future, through optimizing self-strength by having the confidence to be able to take actions that help oneself gain peace in living one's life and be able to build the future. Based on interview results:

1. Indecision in Making Choice Decisions

In life, individuals always feel there is confusion in the direction of life which makes it difficult for the subject to make a decision, then after receiving therapy, it makes the subject more able to think positively that there is no need to rush into making a choice, the most important thing is that the choice is the right one by asking for help. God.

2. Feeling Hopeless

Feeling Hopeless, this feeling makes the individual feel something that means he will not be able to achieve that goal, because negative thoughts and the efforts accumulated within him are hampered because he feels that he cannot pass the challenge and feels like giving up at the start, and there is no support from other people makes him despair about himself. After receiving therapy, the subject was always optimistic about himself and felt that he would not give up at first but would continue to be enthusiastic about his life.

3. Negative Self-Evaluation

Negative Self-Evaluation, Individuals always question themselves who always feel bad about themselves and don't believe in themselves. Always feels that he is not worthy of getting closer to other people and those around him. After receiving therapy, the subject feels that he is not alone because God will continue to be with him, and the subject feels that he deserves more attention from other people and makes himself confident in something he has within himself.

4. Stuck in a Difficult Situation

Trapped in a difficult situation, the subject feels that he is trapped in a difficult situation where he is confused about how to get out of the situation, which makes him experience stress and does not know which way to go to find a way out of the situation he is in now. After receiving this therapy, the subject felt that he had found a way to walk out and find a zone that suited him and made him believe that he could get out of the zone that was making him depressed and believe that Allah would help him in his difficulties.

5. Feeling Anxiety

Feeling Anxiety, the life they experience makes the individual feel excessive anxiety, considering that failure is a destruction that will make him unable to rise in the individual life he is living. Because expectations do not match what the individual wants. After receiving prayer therapy, the subject felt that anxiety could be eliminated by believing in himself, and always prayed to Allah that anxiety would disappear with good intentions for the individual himself.

6. Feel depressed

Feeling depressed, individuals feel that the problems they face are getting worse day by day, resulting in their activities being disrupted and not running well. Individuals have the belief that problems will come wherever they are. Individuals feel that failure makes their lives difficult. After prayer therapy, individuals feel a sense of calm, where there is something that makes their heart open and accept good thoughts, and makes this pressure a motivation for the future.

7. Concerns about Relationships

Things that make individuals feel worried are relationships with the opposite sex, this is because individuals are required to marry at the age of 25 because individuals are worried about having a relationship with the opposite sex at an age that is still easy for them. It makes individuals feel the pressure on themselves and the worries that individuals feel, because individuals still want to pursue their dreams first. After being given prayer therapy, the subject felt an encouragement to him not to be afraid of something because the subject prayed to Allah that he was adhering to the principles that the individual held in his heart and thoughts.

Based on the description above, it can be concluded that there are seven internal dimensions quarter life crisis, namely: uncertainty in making decisions, feeling hopeless, negative self-judgment, being trapped in a difficult situation, feeling anxious, feeling depressed and worrying about relationships.

According to Robbins and Wilner (Hestari, 2020), there are several efforts or strategies to deal with the quarter life crisis, namely:

- a. Knowing Yourself, the process of self-discovery is carried out since the individual begins to grow up, namely when the individual is 20 years old and begins to enter the real world. This becomes difficult for him because the individual goes through it alone, and everything about his life feels so complicated. The following are several things that individuals can do when facing a quarter life crisis.
- b. Trying Therapy. Not everyone who experiences a quarter life crisis wants to consult an expert such as a psychologist, therapist or counselor. Things like that are still considered taboo by some people who are experiencing a quarter life crisis. Although in reality consulting and doing therapy with competent people helps us to strengthen ourselves even more when we are experiencing a quarter life crisis.

Conclusion

This research uses qualitative methods and a psychotherapy approach that is used by prayer therapy to intervene in the problems experienced by the subject. Prayer therapy is an effort to get closer to Allah SWT, prayer helps individuals to always believe that whatever they face will be overcome well. Because Allah is always there for him and will protect and make an individual's sense of self-confidence better.

Based on the results of data analysis and discussion of the results of the research that has been carried out, the researcher concluded that there was an influence of prayer in the subject on the feelings he experienced, after performing the prayer the subject experienced significant changes in himself, these changes made his thought patterns and feelings become more open and calm, which makes the subject someone who is never someone who easily loses at something he faces. Because the subject believes that Allah SWT is always there for him, this makes the subject confident in himself and opens his mind to the world that something can be achieved with the subject's own efforts, the subject will always use this prayer as therapy to eliminate things that bad for himself and makes prayer mandatory for Muslims, not for therapy but to remember that Allah is always there for his people who have lost their way in the world. So this prayer therapy is very effective in cultivating mindfulness in quarter life crises in psychology students.

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