

Religious Counseling Approach: an approach in realizing Mental Health in adolescents

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Abstract. *Adolescent are individuals who have just grown up and are learning what is right and what is wrong, for this reason they must be ready to face life and social problems, so teenagers are vulnerable to experiencing mental health problems. One way that can be done to deal with mental health disorders in teenagers is through counseling. The counseling approach used is a religious counseling approach. Religious Counseling aims to help individuals/clients understand themselves, namely knowing themselves, establishing goals and meaning in life, forming values to guide their lives and developing their potential optimally. This type of research is a literature study by collecting, analyzing, reading and understanding journals, books and research results that are relevant to religious, mental health and adolescent counseling approaches. The aim of this research is to see how religious approach counseling can achieve mental health in adolescents. The research results show that religious approach counseling can be used as an approach in realizing mental health in adolescents, using religious principles such as the Qur'an and Hadith to help clients understand themselves, set life goals, and achieve happiness in the afterlife.*

Keywords: Religious Counseling; Mental Health; Adolescent

Abstrak. Remaja merupakan individu yang baru beranjak dewasa dan sedang mempelajari mana yang benar dan mana yang salah, untuk itu mereka harus siap dalam menghadapi permasalahan kehidupan dan sosial, maka remaja rentan mengalami gangguan kesehatan mental. Salah satu cara yang dapat dilakukan dalam menangani gangguan kesehatan mental pada remaja yakni dengan konseling. Pendekatan dalam konseling yang digunakan yaitu pendekatan konseling religius. Konseling Religius bertujuan untuk membantu individu/klien memahami dirinya yaitu mengenal diri sendiri, menetapkan tujuan dan makna hidup, membentuk nilai-nilai untuk membimbing hidupnya dan mengembangkan potensi dirinya secara optimal. Jenis penelitian ini adalah studi kepustakaan dengan mengumpulkan, menganalisis, membaca, dan memahami jurnal, buku, dan hasil penelitian yang relevan dengan pendekatan konseling religius, kesehatan mental dan remaja. Tujuan penelitian ini untuk melihat bagaimana konseling pendekatan religius dapat mewujudkan Kesehatan mental pada remaja. Hasil penelitian menunjukkan bahwa konseling pendekatan religius dapat digunakan sebagai sebuah pendekatan dalam mewujudkan Kesehatan mental pada remaja, dengan menggunakan Prinsip-prinsip agama seperti Al-Quran dan Hadis digunakan untuk membantu klien memahami diri mereka sendiri, menetapkan tujuan hidup, dan mencapai kebahagiaan dunia akhirat.

Kata kunci: Konseling Religius; Kesehatan Mental; Remaja

INTRODUCTION

Today, there are 1.3 billion adolescents in the world, more than ever, constituting 16 percent of the world's population (Unicef, 2024). Adolescence is a period of transition from childhood to adulthood. Many changes occur at this time, including hormonal, physical, psychological, and social changes. In addition to these changes adolescents are also susceptible individuals to mental health disorders such as anxiety disorders, depression, eating disorders and behavioral disorders.

According to the World Health Organization (WHO) in 2019, 1 in 8 people, or 970 million people worldwide live with a mental disorder, with anxiety disorders and depression being the most common disorders. Preliminary estimates show an increase of 26% and 28% respectively for anxiety disorders and major depression in just one year despite effective prevention and treatment options, the vast majority of people with mental disorders do not have access to effective treatments. Many people also experience stigma, discrimination, and human rights violations (Prihatini, 2022).

The impact of mental health disorders is characterized by excessive fear and worry and associated behavioral disorders. Symptoms are severe enough to result in significant distress or significant impairment in function. There are several types of mental health disorders, such as: generalized anxiety disorder (characterized by excessive worry), panic disorder (characterized by panic attacks), social anxiety disorder (characterized by excessive fear and worry in social situations), separation anxiety disorder (characterized by excessive fear or anxiety about separation of people with deep emotional ties), and others (Gintari, 2023).

In 2019, 301 million people were living with an anxiety disorder, including 58 million children and adolescents. Anxiety disorders are characterized by excessive fear and worry and associated behavioral disorders. Symptoms are severe enough to result in significant distress or significant impairment in function. The number of impacts caused by mental health disorders in adolescents, this should not be left alone, one of the roles to improve mental health in adolescents is a counselor.

Counselors are professionals who obtained a specialized education in college and devote all their time to the guidance service. They work professionally with administrators, teachers, other support personnel, as well as parents to enable total student development (Tusadiah, 2024). Counselors are individuals who provide counseling services to adolescents in order to realize their mental health. One strategy that can be used is the approach of religious counseling.

According to Masmumar and Tohari (1992) the definition of religious counseling is a process of providing assistance to clients in order to be aware of their existence as a creature (creation) of Allah SWT who should live in accordance with the provisions and instructions of Allah, so that they can achieve happiness in this world and the hereafter (Nurhayani, 2024). The benefits of religious approach counseling are that it can provide emotional and spiritual support, understanding religious values, and developing good character (Situmuroang, 2020). Therefore, in order to assist adolescents in maintaining mental health, counselors need to provide religious counseling services that are considered important as one approach to realizing health in adolescents.

METHODOLOGY

The method in this article uses *Library research* by collecting data to understand and study theories related to religious counseling approaches: an approach to realizing mental health, data sources taken from *google scholar*, *researchgate*, and *scopus*. This research

was conducted by reading, reviewing, and analyzing various relevant literature in the form of journals, books and research results.

RESULTS AND DISCUSSION

Teens

Adolescence is the period in which a person passes from childhood to adulthood. At this time there are many changes, including hormonal, physical, psychological and social changes. Adolescence is a period of development between childhood and adulthood that involves biological, cognitive, and social emotional changes (Simagunsong, 2024). According to religious views, a teenager is a person between the ages of 14 and 24 (A. H. P. 2023).

This period is also referred to as a period of searching for self-identity, in which people discover who they are and where to go in life, as well as learn their roles. Adolescents begin to pay attention to various aspects of life, especially about what they will do as adults in the future (Haerani & Daulay, 2020). Adolescence is the transition from childhood to adulthood. This has its own challenges, as adolescents are considered more established than childhood, but they are also considered not yet fully responsible. This period is also referred to as a period of searching for self-identity, where a person determines who they are and where their life goals are, and learns their role. (Dewi, 2023).

Teenagers are people who are just growing up and are learning what is right and what is wrong, for that they must be ready in everything and be ready to face life and social problems (simangunsong, 2024). In time, adolescents will experience physical and mental changes in adolescents to achieve mental health. Mental health is a state in which a person is able to realize his own abilities, can cope with normal life pressures, can work productively and is able to contribute to his environment (WHO, 2022). A healthy mental condition will help a person's development towards a better future (Larissa, 2020). Adolescence is one of the most crucial periods in the development of a human life where in this stage everyone would want to be passed with peace and happiness. (Yasipin, 2020).

Thus, Adolescent mental Health is a condition in which adolescent individuals have optimal well-being, that is, they are able to realize their own potential, overcome the pressures of normal life, work productively, and contribute to their community.

Approach To Religious Counseling

In Arabic Al-Irshad is also interpreted as *Al-Huda, ad-Dalalah*, meaning guidance. Referring to the value of the Qur'an about counseling that leads to the formation of muslim personality in the aspects of faith and monotheism as well as in the aspects of Sharia and morality. counseling is essentially helping clients to make changes for the better. (Situmorang, 2020). That change includes thoughts, feelings, and behavior. Counselors help clients to look for ways in the change, but yangmelakukan change is the client himself with full awareness and sincerity. Counselors only provide help to find ways to overcome the problem. (Paratiwi, A., et al 2021).

Various Literatures explain about religious counseling the concept of religious counseling various literatures provide many definitions of counseling. Religious. Rassool (2021) added that remembering God in counseling practice will form a trusting relationship between counselors and counselors. When compared with counseling in general, in counseling practice counselors can implement the services provided with Islamic values, ethics, intervention, and therapy into the process of religious counseling as an approach to help realize adolescent mental health.

The approach of religious counseling aims to help the individual/client understand himself, namely knowing himself, setting goals and meaning of life, forming values to guide his life and developing his potential optimally (Hidayati et al., 2020). Defining religious counseling as the process of helping individuals with their problems based on the Quran and Hadith is increasing. Its purpose is to help those in need find a way out of their problems through Islamic values.

Greet the counselor by saying a greeting and asking for prayer before starting counseling. The greeting commonly used by muslim counselors is assalamualaikum. Affirm that the use of greetings in Islam means asking for salvation, to be given mercy, blessings, rewards, and congratulations for those who succeed and succeed in life. It is relevant to the purpose of counseling to provide hope, find solutions, success, and independence in life. The prayer that is commonly used by muslim counselors in starting activities is Al-fatihah. Prayer is used to gain spiritual strength that can increase self-confidence or optimism in achieving goals.

According to al-Ghazali, Tazkiyah al-Nafs is a serious attempt to purify and purify the mind from Despicable traits. Tazkiyah al-Nafs after al-Ghazali can be done in three stages: takhalli i.e. means emptying and purifying the soul from anything other than God i.e. by emptying oneself of reprehensible behavior, the client is guided by a counselor who understands this approach to have a commitment and consistently intends to be honest and make changes in behavior (Alfaiz, 2017), (Daulay et al., 2021). Tahalli is an attempt to fill and adorn themselves with attitudes, behaviors and morals that are commendable. Where the client recognizes and fulfills acts of repentance, patience, abstinence, and kindness. The combination of these aspects Awakens the client and protects them from negative tendencies. And Tajalli means revelation from the unseen Nur. This stage is an attempt to stabilize oneself in the reality of a world very different from that of a newborn baby through this process of cleansing the soul. At this stage, clients are aligned with their changes, so the more they face the reality of the world, the more personal the changes will be (Alfaiz et al., 2019).

The benefit of counseling this religious approach is that individuals can develop the nature given by Allah SWT by helping individuals. Clients can actualize their faith in their daily lives by getting closer to God, being more obedient to worship, helping in kindness and piety, obeying all orders and avoiding all prohibitions that have been set by Allah SWT to live according to God's guidance on a straight path, so that individuals / clients become better people in the world and the hereafter (Afnilaswati, 2021) (Yuliana, 2022).

Mental Health

Mental health is taken from the Greek meaning psychic, soul or psychiatric. According to Zakiah Daradjat (Fuad, 2016) there are several definitions of what is meant by mental health, namely, mental health is someone who avoids the symptoms of mental disorders and symptoms of mental illness. Mental health is also the ability to adjust to himself, others and the society and environment in which he is. Mental health can also be interpreted as the realization of real harmony and the ability to deal with common problems. So, in general, mental health is a person's maturity on an emotional level and social maturity to make adaptation efforts with himself and the surrounding nature, as well as his ability to take responsibility for life and be ready to face all its problems.

Mental health refers to the condition in which a person's physical, intellectual, and emotional growth grows, develops, and evolves throughout his or her life, accepts responsibility, finds ways to fit in, and maintains social actions and rules in his or her environment. The English "mental health" and "mental health" are derived from the latin

words "*mens*", meaning "soul, soul, spirit, and spirit," and "*hygiene*", meaning "the science of Health" (Nurhaeni et al., 2022).

Mental health is a state in which a person does not experience feelings of guilt towards himself (Florensa et al., 2023) developed and matured in his life (Nurhaeni et al., 2022), able to face ordinary problems that occur and feel positively about their happiness and abilities (Rahmawaty et al., 2022), the realization of optimal physical, intellectual and emotional development of a person and that development goes in harmony with the circumstances of others (Pratiwi & Rusinani, 2022).

Mental health refers to how individuals are able to adjust and interact well with the surrounding environment, so that individuals avoid mental disorders. There are several terms in expressing mental health, namely mental hygiene and psycho-hygiene. The two differences in terms, there is actually no fundamental difference. But the term that is often used today is mental health or *mental health* (Fakriyani, 2019)

Human mental health is influenced by 2 factors, namely internal factors and external factors. Internal factors are factors that come from within themselves such as nature, talent, and heredity. External factors are factors that come from outside a person such as, Environment, family, social, culture and religion. Good external factors can keep a person mentally healthy, but bad external factors can cause mental unhealthy. However, most of the few people are more easily affected with internal and external factors that are bad and cause the occurrence of mental unhealthy.

In the book *Mental Hygiene*, mental health is related to several things. First, how a person thinks, feels and lives daily in life; second, how a person perceives themselves and others; and Third, how a person evaluates various alternative solutions and how to make decisions about the circumstances faced (Yusuf 2011). Mental health refers to the health of all aspects of a person's development, both physical and psychological. Mental health also includes efforts to overcome stress, inability to adjust, how to relate to others, and related to decision making.

Each individual's mental health is different and dynamic in its development. Because in essence man is faced with a condition where he has to solve it with a variety of alternative solutions. Sometimes, not a few people who at certain times experience mental health problems in their lives. According to Daradjat, mental health is a harmony in life that is manifested between the functions of the soul, the ability to face the problems faced, and being able to feel happiness and his ability positively (Daradjat 1988). Furthermore, he emphasized that mental health is a condition in which individuals are protected from symptoms of mental disorders (neurose) and from symptoms of mental illness (psychose).

According To H.C. Witherington, mental health issues concerning the knowledge and principles contained in the field of psychology, medicine, psychiatry, biology, sociology, and religion. Mental health is a science that includes a system of principles, rules and procedures for improving spiritual health. A mentally healthy person is one who in his spirit or in his heart always feels calm, safe, and secure (Jalaluddin 2015). Another understanding of mental health, namely the realization of the harmony that really between psychiatric functions and the creation of self-adjustment between humans and themselves and their environment based on faith and devotion and aims to achieve a meaningful and happy life in this world and the hereafter (Hasneli 2014).

Thus, it can be concluded that mental health is a condition of a person that allows the development of all aspects of development, both physical, intellectual, and emotional optimal and in harmony with the development of others, so that subsequently able to interact with the surrounding environment. Symptoms of the soul or soul functions such as thoughts, feelings, will, attitudes, perceptions, views and beliefs of life must coordinate

with each other, so that harmony arises that avoids all feelings of doubt, anxiety, anxiety and inner conflict (opposition to the individual himself).

Implementation of religious counseling approach in realizing Mental Health in adolescents

The implementation of religious counseling or religious counseling aims to help individuals/clients understand themselves, namely knowing themselves, setting goals and meanings of life, forming values to guide their lives and developing their potential optimally (Hidayati et al., 2020). Stages of religious counseling is the same as the stage of counseling in general according to (Prayitno, 2005) divides into 5 stages, the stages of introduction (*Introduction*), the assessment stage (*Investigation*), interpretation (*Interpretation*), coaching (*Intervention*), and the assessment stage (*Evaluation*).

The first stage is Introduction, where the counselor receives the client openly and warmly, builds a good relationship to enter counseling activities, so that the client can, trust and be open in expressing what he feels. In religious counseling counselors greet and invite prayer before starting counseling, so that clients remember about the existence of Allah SWT and the creation of a warm atmosphere and intimacy between counselors and clients. According to Shah 2021 clients can feel accompanied and receive high spiritual strength because adolescence is often characterized by seeking protection and truth.

The second stage is Investigation, where the counselor tries to explore and explore all the problems that interfere with the client's thoughts, feelings, and mental health. In religious counseling the client is asked to cleanse himself of the causes of bad morals by eliminating liver diseases such as resentment, anxiety, envy, jealousy, and suudzon. In islam religiously observant teenagers are more aware of the importance of guarding the heart from all kinds of damage.

The third stage is interpretation (*Interpretation*), where the counselor explains the meaning and concludes and takes the right meaning of the data and information obtained at the assessment stage. In religious counseling, counselors interpret self-understanding with the principles of truth that exist in religious teachings, by having great endurance in facing all kinds of difficulties that befall life, danger, suffering, loss has become the path destined by Allah SWT. As a Muslim teenager can have confidence and be strong and patient in accepting the destiny of Allah SWT. According to Nuraini 2024, the destiny of Allah is one of the pillars of faith which is the belief in Islamic aqidah which is made a foundation of muslim belief that everything is the decree of Allah SWT.

Coaching stage (*Intervention*), the stage where counselors provide alternative solutions to problems experienced by clients. In this stage the counselor focuses on changing perceptions, habits, previous behavior by providing solutions so that clients can get out of problems that interfere with their mental health. In religious therapy can be done with dhikr in order to increase faith and the purpose of a happy life in the afterlife. According to Amelia 2023 Remembrance as an Islamic spiritual therapy is a treatment and treatment that aims to cure mental illness in everyone who has inner or spiritual strength, such as religious rituals, not treatment with drugs.

Evaluation stage, the last stage in the counseling process that contains an assessment of the results of counseling that has been undergone by the client. In this stage of religious counseling, counselors combine Islamic values to improve the well-being of individuals according to Islamic teachings so that clients can implement Islamic values in their daily lives. In the implementation of counseling religious approach to adolescent mental health there are several stages of the implementation process of religious counseling as for religious values that can be used, among others, first, counseling by hand (power),

authority. The counselor interprets the hand for therapy. For example, by massaging the neck and shoulders of the client, resulting in relaxation. Second, oral counseling, by giving advice, discussing, interviewing with counselors. By discussing and advising the Qur'an, the head of the prophets and apostles, the story of the auliya' and sholihin can inspire. Third, the technique of prayer. Often when we visit kyai or sepuh, it is not advice that is needed, but prayer from kiai sepuh is what is needed (Pratiwi, 2021)

CONCLUSION

Adolescents are individuals who experience a transitional phase between childhood and adulthood that involves significant biological, cognitive, and socio-emotional changes, including physical, psychological, and social changes. Dimana This is a critical time for mental health development, where optimal well-being is achieved when individuals are able to realize their potential, manage life pressures, work productively, and contribute to the community oleh karenanya remaja rentan terhadap gangguan kesehatan mental. One of the efforts that can be done to help deal with the problem of adolescent mental health disorders is to use the approach of religious counseling offers benefits in supporting adolescent development, by directing individuals to draw closer to God, increase worship obedience, and form an attitude of life according to religious teachings, such as helping in kindness, behaving piously, obeying orders, and avoid the ban. The implementation of this counseling involves certain stages that include religious values, such as the approach of religious counseling, which helps individuals develop faith in everyday life to achieve happiness in this world and the hereafter by leading a straight path according to the guidance of the Qur'an, Sunnah and Hadith. So, counseling with a religious approach can be used to help realize the mental health of adolescents.

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