

ABSTRAK

Skripsi dengan judul “*Hubungan Antara Religiusitas dengan Psychological well-being Mahasantri di PPTQ Lubabul Fattah Tulungagung*” ini ditulis oleh Listyowati, NIM. [126308211084], dengan pembimbing [Ibu Afinia Sandhya Rini, M.Psi].

Kata Kunci: Religiusitas, *Psychological Well-being*, Mahasantri, PPTQ Lubabul Fattah.

Penelitian ini dilatarbelakangi oleh fenomena meningkatnya tantangan psikologis yang dihadapi oleh mahasiswa di era modern, khususnya oleh mahasantri yang menjalani peran ganda sebagai mahasiswa dan santri dalam sistem pesantren yang ketat dan religius. Meskipun hidup dalam lingkungan religius, tidak semua mahasantri memiliki kesejahteraan psikologis yang optimal. Hal ini menimbulkan pertanyaan tentang sejauh mana religiusitas, khususnya yang dihayati secara intrinsik, berkontribusi terhadap *psychological well-being* para mahasantri.

Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara tingkat religiusitas dengan *psychological well-being* mahasantri di PPTQ Lubabul Fattah Tulungagung. Penelitian ini secara khusus mengukur korelasi antara dimensi-dimensi religiusitas seperti keterlibatan dalam praktik keagamaan, ketekunan dalam ibadah, kepatuhan terhadap ajaran agama, dan kepuasan spiritual dengan aspek-aspek *psychological well-being* yang dikembangkan oleh Ryff, yaitu penerimaan diri, hubungan positif dengan orang lain, pertumbuhan pribadi, tujuan hidup. Metode yang digunakan dalam penelitian ini adalah pendekatan kuantitatif dengan jenis penelitian korelasional. Teknik pengumpulan data dilakukan melalui penyebaran kuesioner berbasis skala Likert kepada 140 mahasantri PPTQ Lubabul Fattah sebagai populasi penelitian. Sampel dipilih dengan teknik total sampling.

Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara religiusitas dengan *psychological well-being* mahasantri. Mahasantri yang memiliki tingkat religiusitas tinggi, terutama pada aspek kepuasan spiritual dan ketekunan dalam ibadah, cenderung memiliki kesejahteraan

psikologis yang lebih baik. Namun demikian, beberapa aspek seperti otonomi dan penguasaan lingkungan masih menunjukkan skor rendah karena tingginya kontrol sosial dalam kehidupan pesantren.

Penelitian ini menyimpulkan bahwa internalisasi nilai-nilai religius yang mendalam berperan penting dalam membangun ketahanan psikologis mahasiswa. Dengan demikian, penguatan aspek spiritual dalam pendidikan pesantren perlu diimbangi dengan pendekatan psikologis yang lebih humanis dan adaptif terhadap tantangan zaman.

ABSTRACT

The thesis entitled “*The Relationship Between Religiosity and Psychological Well-being of Mahasantri at PPTQ Lubabul Fattah Tulungagung*” was written by Listyowati, NIM. [126308211084], under the supervision of [Ibu Afinia Sandhya Rini, M.Psi.,].

Keywords: Religiosity, *Psychological Well-being*, Mahasantri, PPTQ Lubabul Fattah

This research is motivated by the increasing psychological challenges faced by students in today’s fast-paced and competitive era, including academic pressure, social expectations, future uncertainty, and value conflicts. Mahasantri, who bear the dual role of university students and pesantren residents, experience more complex challenges due to the strict and religious environment of Islamic boarding schools. The combination of academic demands and religious discipline makes the psychological condition of mahasantri an essential issue to be studied.

Early adulthood is a critical phase of identity formation and search for life meaning. Pressures during this period can lead to psychological disorders such as anxiety and depression. A survey by the Ministry of Religious Affairs of the Republic of Indonesia (2022) revealed that 36.5% of santri and mahasantri feel anxious about their future, and only 41% have effective spiritual coping mechanisms despite being in religious environments. This indicates a gap between formal religious practices and the internalization of spiritual values as a source of mental resilience.

The purpose of this study is to examine the relationship between religiosity and psychological well-being, which includes six aspects defined by Ryff (1989): self-acceptance, positive relations, purpose in life, and personal growth. Religiosity that is deeply internalized (not merely ritualistic) is believed to improve these aspects of well-being. Previous studies support this: intrinsic religiosity is associated with greater life purpose and lower stress, while pesantren environments can serve both as support systems and sources of psychological pressure.

This research uses a quantitative approach with a correlational design to

determine the strength and direction of the relationship between religiosity (independent variable/X) and psychological well-being (dependent variable/Y). The research was conducted at PPTQ Lubabul Fattah, Tulungagung, East Java, with the subjects being mahasantri university students who live and study in the pesantren. Data was collected using a Likert-scale questionnaire.

The results show a significant positive correlation between religiosity and psychological well-being among mahasantri. This indicates that the higher the level of religiosity, the better the psychological well-being of mahasantri. Religiosity, especially when lived intrinsically, enhances spiritual satisfaction, emotional resilience, and the ability to cope with academic and social pressures. These findings underline the importance of integrating spiritual development into mental health support programs in Islamic higher education institutions.