

## THE INFLUENCE OF RELIGIOUS DEVOTION AND MENTAL HEALTH OF ISLAMIC EDUCATION STUDENTS AT UNIVERSITAS AHMAD DAHLAN

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### Abstract

Students often forget their duties as servants, which has the potential to negatively impact their behavior patterns and trigger a lifestyle that disrupts mental health, whereas mental health arises from a personality capable of balancing the dimensions of life. This study aims to measure the extent of the influence of religious observance on the mental health of UAD students. The population of this study is PAI students at UAD. The data collection technique used was random sampling. The data collection technique uses a questionnaire. The data analysis technique used is simple regression analysis. This study shows a significant influence of religious observance on mental health, with regression results indicating a significance value of 0.00. Furthermore, the percentage of the influence of religious observance on mental health, obtained as an R Square value of 0.531, can be interpreted as religious observance contributing 53.1%. It also shows a correlation value of 0.728, indicating a strong relationship between religious adherence and mental health.

**Keywords:** obedience in worship, mental health, students

### INTRODUCTION

A life that is always focused on meeting biological or material needs, so that humans often forget their duties as servants, which has the potential to have a negative impact on their own behavior patterns. In such a state, it can lead to various problems, both personal and within the social environment, which can be described through an uncomfortable psychological atmosphere, such as excessive anxiety, stress, physical and mental tension, a life that feels very complicated, concern or anxiety about the future, poor relationships among individuals, a sense of alienation between the family environment and the social environment, the breakdown of family relationships, moral violations, and even the loss of self-identity. This condition can become a source of triggers for a life that is concerned with mental health. (Syamsu 2018)

Deradjat in Nur mentions that mental health is a state where an individual is enveloped by a sense of calm, safety, and tranquility that originates from within or from one's feelings, to achieve this state, one must fully adapt oneself to the will of God. And factors affecting mental health include an individual's weakness in adapting, being overly fixated on failure, and experiencing emotional stress, whether it occurs within the family, community, or friendship circles, especially in an academic environment (Heni 2017).