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Islamic Self Love in Handling Academic Stress of MAN IC Students

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Abstract

Islamic Self Love in Handling Academic Stress of MAN IC Students. Academic stress is a number of academic demands faced by students such as assignments, exams and so on while in the school environment. Academic stress will cause pressure and threaten individuals and then cause reactions of discomfort, worry, anxiety and restlessness that will affect their academic performance. The formulation of the problem raised in this research is 1) what causes academic stress in MAN IC students, 2) how is the Islamic Self Love Habitus applied by students as an effort to overcome academic stress. The type of research used in this research is field research. This approach is used as an effort to intensively understand and explore the experiences of individuals so that meaning can be obtained from the phenomenon. The chosen approach uses a qualitative descriptive approach with the aim of knowing the Islamic self-love habitus as an effort to overcome students' academic stress during academic activities. In the research conducted, the selected sources were dormitory assistant teachers, guidance and counseling teachers and MAN students, Pasuruan Scholars. There were four respondents that the researcher interviewed to gather information related to the research theme. The research locus taken was MAN Insan Scholar Pasuruan, East Java. In this research, efforts to collect data were carried out through interviews, observation and documentation.

The data analysis technique chosen uses inductive qualitative analysis, namely an analysis based on the data obtained and then reducing the data obtained, presenting the data, drawing conclusions and finally carrying out verification. Data analysis techniques are carried out through the stages of data reduction, data presentation and drawing conclusions. Based on the description in the discussion, the results that can be concluded are 1) The demands of the students' parents/guardians. 2) The busy schedule of activities at MAN Insan Scholar. 3) Competition for achievement between friends. 4) Demands (pressure) from students' parents. The application of the Islamic Self Love Habitus as an Effort to Overcome Students' Academic Stress is as follows; 1) Get involved in positive activities in the religious sector; Tahfidz Camp Scholar Program and Arbain Nawawi hadith memorization program. 2) Make the best use of the available time. 3) Take advantage of important moments with your creativity. 4) Stop comparing yourself to others. 5) Make friends with people who have a good influence. 6) Be thankful. 7) Be patient.

Keywords: *Islamic Self-Love, Academic Stress, MAN IC Students.*

A. Introduction

Education has a very important meaning for the lives and development of students. Education at school can meet several students' needs and determine the quality of their lives in the future. However, in the educational process at school, students often experience stress due to his inability to adapt to the program at school. The stress experienced by students in the school environment will accumulate into psychological disorders and physical illnesses. The stress that is often experienced by students is academic stress. Academic stress is a source of stress that occurs in school settings (Barseli et al., 2017).

According to Gaol (2016) academic stress is a number of academic demands faced by a pupil or student such as assignments, exams and so on while at school or college. Based on several definitions, it can be concluded that academic stress is a student's perception of demands related to academics such as assignments, exams and social relations which are stressful and threatening to the individual and then cause reactions of discomfort, worry, anxiety and restlessness

that affect their academic achievement (Tri et al., 2021). Stress needs to be overcome by increasing devotion to Alloh in order to feel close to Allah (Burhani & Fadhila, 2023).

Based on the opinions above, it can be concluded that stress is pressure that occurs due to a mismatch between the desired situation and expectations, where there is a gap between environmental demands and the individual's ability to fulfill them which is considered potentially dangerous, threatening, disturbing and uncontrollable or in other words stress is exceeding the individual's ability to cope (Barseli et al., 2017).

There are technical and non-technical challenges during learning that students experience. Among them are the many assignments given by the teacher. Academic demands and the many responsibilities of students can be a source of stress. Stress is thoughts that threaten an individual. These thoughts arise due to the individual's inability to resolve problems or environmental demands, giving rise to reactions of discomfort, anxiety, negative emotions and restlessness. Meanwhile, in the academic context, academic stress is defined as pressure that originates from an individual's perception of academic-related stimuli then it gives rise to responses in the form of negative thoughts, behavior, physical and affection as a result of academic demands (Tri et al., 2021).

Pressure and demands that originate from academic activities are called academic stress. Furthermore, Misra and Castillo (2004) stated that academic stress includes students' perceptions of the amount of knowledge they must master and their perception of insufficient time to develop it. Stress is an individual's response to circumstances or events that trigger stress (stressors), which threaten and interfere with a person's ability to handle it (coping) (Barseli et al., 2017).

Academic stress is a type of academic pressure that produces significant stress in the lives of students who are currently studying. According to Sun, Dunne, Hou, and Xu (2011), there are several aspects of stress which include (1) pressure

in studying, both pressure felt at school and at home, (2) work responsibilities in the form of assignments, training or exams (3) anxiety about the results obtained (4) hopes or desires originating from oneself or others, and (5) despair or feelings of disappointment that are felt when unable to achieve the targets that have been set (Nadyandra & Nio, 2023). Changes in learning demands from the previous period also cause stress symptoms to appear. This condition is caused, among other things, by high demands on student achievement (Ifdil & Ardi, 2013). Academic stress is an individual condition that arises due to a lot of pressure or academic demands that exceed their capacity so that the individual feels burdened (Yusuf & Yusuf, 2020). Achievement motivation is one of the factors that has an influence on academic stress (Yusuf & Yusuf, 2020).

There are several factors that cause stress in students, namely academic demands that are considered too heavy, poor exam results, piling up assignments, and the social environment. Academic stress is stress that is included in the distress category. Academic stress is a situation where students are unable to face academic demands and perceive accepted academic demands as a nuisance. Academic stress is caused by academic stressors, namely stress that stems from the learning process, one of the causes is the long time spent studying and the large number of tasks that must be done. Another factor in academic stress as mentioned by Alvin is the pressure that occurs within students caused by competition and academic demands. These expectations often do not match the students' abilities, giving rise to psychological pressure that affects learning achievement at school (Barseli et al., 2017). Due to the stress faced by students, it is likely that their mental health will also be affected.

Health is a basic need of every individual. According to the World Health Organization, or WHO, mental health is an individual's health condition which includes the ability to manage stress in everyday life. An individual with good mental health is able to adapt to themselves and their environment. In this way, individuals will have a sense of happiness, calm in life, be able to mix well and normally, and be able to face and accept everything that happens in their lives

(Afifah, 2022). In this case, students must have a positive habitus to be able to adapt to their academic environment.

Habitus is a pattern of behavior that is implanted unconsciously through socialization, which then shapes the way individuals think, feel and act in everyday life. Habitus is a habit produced by society itself (Robin & Marchella, 2024). Bourdieu formulated the equation as follows: (habitus x capital) + empire = action. That is, habitus is built by agents with their capital and fighting in an environment, which then leads to action (Muharis, 2023). Habits is a form of habit and is constructed by the individual's social environment (Pratiwi et al., 2019). As an effort to minimize the academic stress experienced by students, the habitus possessed by students must be aligned with religion.

Religion seems to be inseparable from anything in human life. Religious teachings cover all aspects of human life (Afifah, 2022). Islam also teaches about loving yourself. Loving yourself is talking about knowing, understanding, appreciating, maintaining and looking after everything that is inside and outside yourself (Qurbah, 2023). Healthy self love contributes to strengthening self confidence, minimizing stress and improving overall quality of life (Husna, 2023). Loving yourself is an attitude of appreciating yourself for all your strengths and weaknesses (Larasati, 2022).

A Muslim is obliged to practice self-love because this is also a manifestation of love for Allah. Loving yourself well is love that is based on love for Allah and His Messenger. According to Quraish Shihab, if an individual does not love himself, there is a possibility that that person will do things that can hurt or endanger him. This is as stated in the Qur'an, Surah Yunus verse 44 "Indeed, Allah does not wrong humans in the slightest, but it is humans who wrong themselves (Qurbah, 2023). Love or love is one of the emotional states of a person in the form of an outpouring of the heart or a bond of true feelings with a loved one. Every human being on earth has different types of emotions and love. Self-love is an attitude that can be

used to express gratitude for one's progress by creating a positive attitude and accepting one's own shortcomings and strengths (Larasati, 2022).

Self-respect in Islam teaches the importance of respecting and appreciating oneself as a unique creation of Allah. This involves accepting one's strengths and weaknesses and developing a healthy sense of self-confidence and all one's potential. In addition, it is also necessary to develop attitudes and behaviors that respect moral and ethical values (Saputra et al., 2023), so that respect is not merely expressed but actually applied in life (Radjah, 2025). Understanding differences aims to instill a peaceful atmosphere among people from diverse backgrounds (Maulidan et al., 2024).

However, in this era, we can see that many people face difficulties in loving and appreciating themselves, especially when they see other people's achievements. It is important for each individual to care and love themselves, so as not to constantly challenge themselves and be obsessed with perfection. The pressure placed on oneself often arises from the desire to always be superior to others and the expectation that everything must be perfect all the time. Such an attitude can trigger mental and physical health problems.

Self-love is an important foundation for maintaining mental health and optimizing one's potential. In the teachings of Islam, self-love is a form of sincere appreciation and affection for oneself as God's creation. Healthy self-love allows individuals to accept themselves as they are, but also encourages them to continually strive to improve themselves, increase their knowledge, and learn from mistakes. By referring to the al Qur'an and Hadith, Muslims are taught to love themselves without crossing the boundaries set by Allah. Self-love which is in line with Islamic teachings encourages individuals to appreciate and optimize the potential given by Allah, and avoid being arrogant or arrogant (Husna, 2023).

Each individual in the acceptance of the problem is divided into two. First, when an individual has a problem, then he will turn to God or entertain himself, such as looking for pleasure or a new hobby, interacting with new people or even

joining a community he likes. Both are aimed at individuals who have problems and feel burdened and sad all the time. They include people who are affected by their emotions and are unable to deal with them, which leads to depression and channeling them into negative activities. Self-love when implemented has a significant impact on a person's physical or mental well-being. A religious perspective in looking at the current situation among society is an important thing to use as a basis for research on how the Qur'an views self-love (Larasati, 2022).

By referring to the Koran and Hadith, Muslims are taught to love themselves without crossing the boundaries set by Allah. Self-love which is in line with Islamic teachings encourages individuals to appreciate and optimize the potential given by Allah, and avoid being arrogant or boastful (Husna, 2023). Loving yourself or self-love is understanding, accepting and appreciating everything that is within yourself, be it weaknesses or strengths, and responding to it as best as possible. According to Andrea Brandht, a psychologist from the United States, self-love is accepting and appreciating one's own imperfections, because doing so can make us be ourselves and have compassion for ourselves. By applying the concept of self-love, a person can gradually develop self-confidence, self-esteem, and care more about themselves. So one of these factors can ensure good mental health is maintained.

The World Health Organization (WHO), says the standard for having a healthy mentality and mind is that they always have satisfaction with everything that has been attempted, and feel disappointment as a lesson, and always be grateful for themselves. This is a phenomenon that needs to be discussed and understood more widely, considering the current situation (Afifah, 2022). So the object of this research is self-love as found in the Al-Qur'an as an effort to overcome the academic stress experienced by students during their education.

B. Method

The type of research used in this research is field research. The chosen approach uses a qualitative descriptive approach with the aim of knowing the

Islamic self-love habitus as an effort to overcome students' academic stress during academic activities. In the research conducted, the selected sources were dormitory assistant teachers, guidance and counseling teachers and MAN students, Pasuruan Scholars. There were four respondents that the researcher interviewed to gather information related to the research theme. The research locus taken was MAN Insan Scholar Pasuruan, East Java. In this research, efforts to collect data were carried out through interviews, observation and documentation. The data analysis technique chosen uses inductive qualitative analysis, namely an analysis based on the data obtained and then reducing the data obtained, presenting the data, drawing conclusions and finally carrying out verification. Data analysis techniques are carried out through the stages of data reduction, data presentation and drawing conclusions.

C. Discussion

The following are the factors that cause academic stress in MAN IC students:

1. Demands from students' parents/guardians

Being an outstanding child is certainly a matter of pride, both for the student himself and for the student's parents. Several parents of students give full trust to MAN insan Intellectuals so that they can educate and at the same time mold their sons and daughters to become champions/achievers. It's just that, sometimes the expectations of parents of MAN Scholar students are too high, so they require children to achieve what their parents expect.

In this situation, it is not uncommon for MAN intellectual students to feel quite deep pressure over the demands of their parents. Some students who receive such demands have an impact on students' mental health. On the one hand, students have the desire to realize what their parents hope for, but on the other hand, the students' abilities are not as high as the expectations demanded by their parents. If students force themselves to fulfill their parents' expectations, it will have an impact on the students' inner thoughts. This is one of the causes of mental health problems in students.

2. The busy schedule of activities at MAN Insan Scholar

MAN intellectuals are madrassas who have high qualifications in science and technology and must be in line with faith and devotion. This is contained in the vision of MAN Insan Scholar Pekalongan and MAN Insan Scholar Pasuruan, namely the realization of high quality human resources in faith and devotion, mastering science and technology and being able to actualize them in society. The following is a schedule of MAN Insan Scholar student activities that must be carried out in their daily lives.

Applicable Curriculum Structure

a. Active learning time

Class start from 07.30 A.M until class finished at 03.30 P.M. at 08.00 P.M – 10.00 P.M you have time to discuss with subjects Teacher about material that you don't understand in the class. make schedule with subject teacher before discuss about the material. After School you can refresh your mind and body with do some sport, discuss with your friend or just take a walk around the school.

b. Dormitory Activities

You must already SLEEP at 10.00 P.M and WAKE UP at 03.30 A.M everyday to pray tahajud. after tahajud you have free time until subuh. after jama'ah subuh all of you prepare for amazing day. At 06.00 A.M you must be on canteen for breakfast because at 06.30 A.M you must on the class. Dormitory activity begin at 06.00 P.M to pray maghrib jama'ah and continued to Qiraatul kutub, tahsin ora tahfidz.

According to the information obtained from Mr. Solikhan, MAN IC students face demands that are not easy. Namely the demands on the dormitory and the demands on the RKB. The dormitory requires students to have memorized 3 juz and to have memorized the Arbain Nawawi hadith as one of the requirements for graduation from MAN IC Pasuruan. With students' busy schedules and little free time left to rest, quite a few students feel unable to manage their time and some even feel stressed. Apart from the busy schedule in the dormitory which starts at 03:00 in the morning, the busy activities in the madrasah also trigger stress for students. Many students complain about the busy activities at MAN IC with limited time available.

Based on this, it is necessary for madrasas to maintain the mental and spiritual health of students.

3. Competition for achievement between friends

Based on information that researchers got from counseling teachers at MAN IC Pasuruan, namely Mrs. Yuliatun and MAN IC Pekalongan, Mrs. Naba, that MAN IC students have high motivation to achieve. It was explained that students who enter MAN IC are selected children. They were champions at the previous school level. MAN IC students are students who excelled at the previous level of school. However, things changed and were different when students integrated into MAN IC. Some students initially became champions or stars at the previous school level, but because competition is so tight at MAN IC, some students will be marginalized and the feeling will arise that they will no longer be class champions/stars when they become MAN IC students.

Students feel that they are no longer class champions/stars as they were at the previous school level. According to information provided by Mrs. Yuliani, this was felt by students in the first four months of their time at the Madrasah. Because of these feelings, MAN IC students feel inferior and hopeless.

4. Pressure from students' parents.

The parents' hope by sending their son to MAN IC Pasuruan is that after completing his studies at MAN IC he can qualify to enter a well-known PTN. To support this, parents dare to pay high prices so that their sons and daughters can enter prestigious universities. Based on the parents' demands, this then makes MAN IC students have high targets for well-known universities, such as UII, UI, UGM, STAN.

There are even parents who have a target for their children to enter medical school with a 30 juz tahfidz scholarship. Based on this, it will become a mental health problem for students because students are required to be superior and have more achievements than others to be able to qualify for

their target university. This ultimately creates competition between one another.

In the theory presented by Pierre Bourdieu, it is explained that the life experiences of an individual, especially their communication in a social environment, will shape the mindset, emotions and behavior of the individual concerned. The following is the application of the Islamic Self Love Habitus as an Effort to Overcome Student Academic Stress is as follows;

Get involved in positive activities in the religious sector

a. Tahfidz Camp Scholar Program

The same term to refer to the tahfidz camp program is quarantine tahfidz al-Quran. This program takes the form of an Al-Qur'an quarantine activity, namely an activity to familiarize students with a deeper love for the Al-Quran as the main guideline for Muslims. When the Al-Quran is used as a guide in living life, it will encourage students to have noble character that is in line with what is contained in the Al-Quran.

Memorizing the Koran is one of the superior programs owned by MAN Intellectuals. Tahfidzul Quran is a flagship program of MAN Human Scholars under the guidance of the deputy head of the dormitory sector in collaboration with the National Tahfidz Al-Qur'an Quarantine Foundation (YKTN). This program has an orientation to provide guidance in the religious life of students at MAN Insan Scholar. Tahfidzul Al-Quran at MAN Insan Intellectuals. Through memorizing the Koran, students are expected to have mature knowledge in the field of religious studies after completing their studies at MAN Insan Cendeki. Of course, this is also a provision to prepare students' future.

Memorizing the Koran at MAN Insan Ilmu takes place twice a week. The implementation of this activity is scheduled after the Maghrib prayer, guided by muhafidzah, religious teachers, and teachers who are given the mandate/responsibility by the boarding department to provide guidance

in memorizing the Al-Quran for students. Each level of education has different targets that are determined at the beginning.

From what has been explained above, it can be concluded that through the tahfidz camp program that has been running at MAN Insan Intellectuals it can be used as an effective forum for increasing understanding and at the same time appreciating what is contained in the Al-Qur'an. Through careful and systematic planning, the implementation of Tahfidz Qur'an Camp has great benefits for MAN Insan Scholar students. This program also makes the existing memorization program in madrasahs a success. With the implementation of this tahfidz camp program, it has indirectly fostered various characters in students, increased independence and discipline and at the same time increased love for the Koran as the main guide for Muslims in living their lives.

b. Arbain Nawawi hadith memorization program

According to the information obtained from Mr. Solikhan, MAN IC students receive demands that are not easy, both from the dormitory and from the RKB. In the dormitory, apart from requiring students to memorize 3 juz, the dormitory program also requires students to memorize the 42 Arbain Nawawi hadiths. By memorizing the hadith and knowing the meaning contained in the hadith, students try to understand the meaning contained in the hadith so that they can then practice it in everyday life. This turns out to be able to minimize stress conditions that sometimes arise due to the academic workload received by students.

c. Make the best use of the available time

As has been explained, the demands on student activities at MAN IC are very busy, while the time available is very limited. To support the smooth running of the tasks given to students, the madrasah allows them to use their laptop devices until the deadline at 22.00 WIB. However, in reality there are some children who still use their laptops beyond the

specified time until 01.00 to support the completion of the assignments they have received.

As stated by Nabila Eka, most of the assignments given by teachers are online (on the network), so a laptop is really needed to support these assignments. This shows that the habitus of enthusiasm for learning that students at MAN IC have is worth emulating.

- d. Take advantage of important moments with your creativity.

The commemoration of Islamic holidays (PHBI), such as the commemoration of the birthday of the Prophet Muhammad, is one of the important moments and is awaited by followers of the Islamic religion. To enliven this important moment, MAN IC Pasuruan students are encouraged to fill it with activities that hone creativity, namely with competitions in the form of making or decorating snacks such as snack towers. This of course requires student creativity because one of the assessment criteria is taken from their creative side. Another competition that has an Islamic nuance is the competition about sirah nabawiyah, namely about the journey of the prophet's life from his birth to his death.

- e. Stop comparing yourself to others

In socializing, people unconsciously live their lives competitively, so many people compare themselves with other people. Humans were created with all their potential, with all their advantages and disadvantages so that they can be utilized as effectively as possible. Therefore, there is no need to compare yourself with other people and focus more on your goals and aspirations. That way, life will be more enjoyable so that individuals can be encouraged to live it without any pressure.

As explained by Mrs. Yuliani, with the increasing number of children who feel inferior or hopeless because they feel they are no longer champions at MAN IC, Mrs. Yuliani as a guidance and counseling teacher reinforces that every child has their own strengths and weaknesses. It may

be that children are no longer class stars when they are at MAN IC, but in reality they have become stars themselves because their presence at MAN IC has become a source of pride in itself. So there is no need to compare your own abilities with the abilities of other people. Self-love is the ability to recognize oneself and understand and accept what one is, both positive and negative, as well as trying to develop forward by correcting what is wrong and developing what is already good.

f. Make friends with people who have a good influence

An individual in his life will not be free from environmental influences, because they are social creatures who need to socialize with other people. Therefore, it is important to look for relationships that have a positive impact, build and accept what is, so as to avoid a social environment that has a bad impact. Mrs. Yuliani, as the BK MAN IC Pasuruan teacher, always advises MAN IC Pasuruan students that when they have friends, they must have the same frequency as their situation. Like the same frequency in terms of economic conditions, and the same level in terms of intelligence. Students are not advised to decide for themselves who they will be close friends with because this will ultimately make things difficult for them. Friends who are not on the same level will actually remove themselves from the circle they want, so students should not be too idealistic in choosing a circle.

g. Be grateful.

One way that can be used to implement the principle of loving yourself is by being grateful. Gratitude is defined as a form of expression of gratitude and is related to everything that has been achieved and owned by an individual. According to Mc Cullough and Emmons, gratitude is a feeling that exists in interpersonal relationships as a form of appreciation for the goodness and benefits provided by other people to the individual. Gratitude is a positive emotion that provides several benefits, especially for oneself, because by being grateful a person can accept themselves as

they are. Those who are grateful can be calmer and happier. Apart from that, gratitude can increase one's sustenance and leave behind an attitude of ungratefulness which can be detrimental to oneself.

h. Be patient

Life in the world cannot always go according to what has been planned and expected. Individuals sometimes experience problems with difficult situations that can cause stress, anxiety, and even depression. So, in overcoming this problem, patience is needed. Patience has meaning as a form of ability to control feelings, emotions, thoughts, speech and behavior. Patience can also be described as a form of positive emotion that arises from overcoming one's own desires and acts as a mental healer when faced with unpleasant situations. To resolve any problems that arise, a person has the ability to be calm and think long and hard. Apart from that, people who are patient will not easily give up and often complain. So this can make individuals more capable in facing life in the future. (Afifah, 2022)

D. Conclusion

Education has meaning and important aspects for students' lives and development. Through education, students' needs can be met and determine the quality of their lives in the future. However, in the process, it is not uncommon for students to experience stress due to their inability to adapt to school programs. The stress experienced by students in the school environment will accumulate into psychological disorders and physical illnesses. The stress that is often experienced by students is academic stress, which is a source of stress that occurs in the school setting. In the academic context, academic stress is defined as pressure that originates from an individual's perception of academic-related stimuli which then gives rise to responses in the form of negative thoughts, behavior, physical and affection as a result of academic demands. Several factors that cause stress in

students are academic demands that are considered too heavy, poor exam results, piling up assignments, and the social environment.

Religion cannot be separated from human life. Religious teachings cover all aspects of human life, including social, political, economic and health aspects. Islam also teaches about loving yourself. A Muslim is obliged to practice self-love because this is also a manifestation of love for Allah. Loving yourself well is love that is based on love for Allah and His Messenger. According to Quraish Shihab, if an individual does not love himself, there is a possibility that that person will do things that can hurt or endanger him. Based on the habitus theory proposed by Pierre Bourdieu, it can be concluded that the Islamic educational environment has a significant role in shaping the behavior, attitudes and perceptions of students.

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