

EXPLORING THE RELATIONSHIP BETWEEN RELIGIOSITY AND MENTAL HEALTH: TOWARDS PSYCHOLOGICAL WELL-BEING - A LITERATURE REVIEW

Diki Herdiansyah¹, Iqbal Yusril Farghobi², Shibghatallah Muhammad Azmi³, Huwaidah Salma Khoiriyah⁴, Dhini Apriliani⁵

¹²³⁴⁵ Universitas Ahmad Dahlan, dikiherdiansyah202@gmail.com

Submission : May 24, 2024

Revised : May 30, 2024

Accepted : June 4, 2024

Published : June 11, 2024

Abstract

In the realm of psychology, mental well-being has become a growing focus of attention, especially amid increasing awareness of the importance of mental health in individuals' lives. To understand the factors that influence mental well-being, the relationship between religiosity and mental health has been the subject of interesting research. So this study aims to determine the relationship between religiosity and mental health in achieving psychological well-being. Method The methods used in this study are literature review, data collection techniques by reviewing journals contained in Google Scholar between 2019-2024 with the keywords "religiosity, mental health, psychological well-being", and data analysis using content analysis that summarizes the in-depth discussion of the information contained in the predetermined journal. Based on the results of data analysis, 13 relevant journals were obtained that can answer the researchers' questions. The results found that religiosity, as a dimension of spirituality that focuses on individual beliefs, practices, and involvement in religious activities, has become an important factor in shaping mental health to achieve psychological well-being.

Keywords: Religiosity; mental health; psychological well-being; adolescent

1. Introduction

It's fast rate modernization and progress knowledge in contemporary times has embed optimism to progress civilization man. Progress This seen from the more it's easy and fast public in fulfil need everyday, esp in matter communication and transportation. However, nature an increasingly modern and individualistic life, added with demands rapid change, bringing implications bad for well-being personal and social (Astuti & Rps, 2018; Radiansyah, 2018). Impact bad This translated become inconvenience psychological, includes stress, anxiety, feelings isolated, and shifting moral system or mark (Affandi & Diah, 2011).

Previously, the term " mental health " became designation for someone who doesn't own mental disorders, which refer to forms failure in develop source Power psychological and social, so give rise to behavior maladaptive and problematic behavior (Peters, 1988). However, Keyes (2002) introduce draft positive mental health, which is not only covers There is or or not mental disorders, but also emotional positive and functional psychosocial (Keyes, 2006). Additionally, Keyes (2005) put forward that mental disorders and mental health are mutual dimensions relate However different. One continuum show There is or not mental health, meanwhile continuum other show There is or not mental disorders. According to Keyes (2007) part small individual without disturbance soul Still can considered Healthy soul. Absence mental disorders are not in a way inherent means mental health (CL Keyes, 2007). So that in a way theoretically, mental health can defined as capacity individual For adapt in a way effective, realizing potency they maximum possible, reach spiritual harmony, and fostering connection meaningful and satisfying personal and interpersonal experiences.

Mental illness that occurs in today's modern era part big caused by patterns think just humans put forward need physical just and ignore inner spiritual aspect life. This spiritual dimension tightly connection with life religious or religiosity. Yusuf, (2004, 2009, 2018) opinion that human in essence is creature religious (homoreligious) because ability feeling his religion and abilities understand as well as uphold tall religious values through personal rituals and communal worship, which contribute to prosperity and happiness people man. Dadang (2002) explain more carry on that failure fulfil four dimensions existence humans — biological, psychological, social, and religious— can result disturbance and imbalance functional. Disadvantages in dimensions religious, for example, can bother dimensions others, like function psychological, so result mental disorders (Dadang, 2002)

So Religiosity can interpreted as quality religiousness somebody as form totality of sense of depth personal towards God. This matter showed through level faith somebody to teachings religion, obedience to ritual obligations as form devotion religion, experience his religion, his knowledge towards the holy book his religion, and the extent of his behavior in line with please his religion (Al Eid et al., 2020; Alwi, 2014; Ancok et al., 2000; Gagahryanto, 2023). Individual with religiosity tall tend evaluate his life and enter religious teachings to in practice daily (Ahmad, 2020; El Hafiz & Aditya, 2021; Winurini, 2019). By concisely, religiosity represent depth commitment religious someone who is proven with faith, observance of rituals, experience religion, knowledge to religious teachings, and harmony behavior with religious principles.

Japar (2015) confirm that religiosity somebody influence his behavior daily in accordance with level obedience his religion. Those who have awareness or awareness religious more Ready face difficulty or danger as big as anything (Mafiroh, 2020; Widyadhari et al., 2023). This matter started from integrated internal religious values life them, like patience, resilience in face anxiety, and confidence that challenge life is part from God's trials for His faithful servants. Obedient individuals, when face disappointment, still steadfast and firm (Alwi, 2014). Confidence This contribute in guard mental well-being with reduce anxiety, depression, and stress in the middle difficulty. In context religion, Dadang (2002) confirm that the more near somebody to God through increasing worship, increasingly calm his soul, so possible they face disappointments and challenges life with more steadfast so that health his mentality can awake with Good.

Although in its history, according to Surawan & Mazrur (2020), relationship between religiosity and mental health are considered relatively bad. Three sect big psychology adhere to view pessimistic to religiosity. Genre behaviorist consider religion as behavior learning that is influenced by the environment and traditions. School of thought famous humanist with view optimistic and anthropocentric, tends to be ignore things deity in the study. Temporary the, flow psychoanalytic view religion as experience subjective and processes of formation and transformation confidence (Rusydi, 2012), even sometimes consider religion as something pathological. For example, Freud characterizes religious beliefs as illusion and assume practice religious as form disturbance compulsive.

After 20th century, increasingly Lots investigative research connection between religiosity and mental health. By overall, research This has show impact profitable from involvement religious to well-being individual. Beliefs and practices religious proven help individual in overcome challenge live, offer comfort, sense of meaning, control self, and hope (R. Bonelli et al., 2012). Additionally, engagement in religion also shows correlation with enhancement mental health, in particular in matter decline desire kill self, decline symptom depression, and decline abuse substance (Bonelli & Koenig, 2013). Additionally, beliefs and practices religious has linked

with satisfaction more life big, influence positive and enthusiastic more work tall (Abu-Raiya, 2013a, 2013c, 2013b).

Trust to the existence of God is attributed with enhancement well-being mental (Mohamad & Abdullah, 2020; Nasution, 2021). Individuals who believe to God inclined experience level more anxiety low and symptomatic more depression A little (Koohsar & Bonab, 2011). Likewise, belief in a good God heart linked with decline level worry social issues, paranoia, obsessions, and compulsions (Silton et al., 2014). In addition, religious individuals proven show better mental health good, more prosperity good, quality more life good, and level depression, anxiety, and suicide more self low (Weber & Pargament, 2014). So that in perspective mental health, religion offers valuable guide, helpful individual in map road life them and make it possible they For navigate stress, tension, and uncertainty in life with more resilience big.

The studies above about connection between religiosity and mental health have show various significant results. By general, beliefs and practices religious proven own impact positive to mental health. For example, individuals who are more religious show decline symptom depression, anxiety, and craving kill self as well as experience enhancement in satisfaction life, influence positive, and more moral tall (Abu-Raiya, 2013b; R. Bonelli et al., 2012; R. M. Bonelli & Koenig, 2013). Belief in God especially relate with maintenance more psychiatric good and decline worry as well as symptom depression (Koohsar & Bonab, 2011; Silton et al., 2014). This matter show that religiosity can give protection addition to various problem mental health.

However, although Lots study has disclose benefit religiosity to mental health, there is a number of necessary gap noticed. First, as explained by Rusydi (2012), religiosity it's not the only one factor affecting mental health. There are many other contributing factors to optimal mental health, such as pattern life healthy, support social, and ways look to stress. Additionally, research Bonelli et al. (2012) show that in a number of cases, religious beliefs can increasing feelings of guilt or despair when individual feel fail life in accordance with standard their religious traditions. It highlights that effect religiosity on mental health is not always positive and that impact negative potential is also necessary explored more carry on.

So as has been explained that in realm psychology, mental well-being has become focus increasing attention increases, especially in the middle increasing awareness will importance inner mental health life individual. In an attempt understand influencing factors mental wellbeing, relationships between religiosity and mental health have become subject interesting research. Religiosity, as dimensions spirituality that focuses on belief, practice, and engagement individual in activity religious, has become factor important in life Lots individuals around the world. On the other hand, mental health includes aspects like balance emotional, cognitive, and behavioral creation quality good life. so that objective from study This is For know the extent of the relationship between religiosity and mental health, and how matter the can influence well-being psychological individual.

2. Method

Research methods used in study This covers approach qualitative with focus on review References. *The* literature review process involves series activity related methods with library data collection, reading, note-taking, and synthesis material study. Data collection techniques were carried out with method do study comprehensive to related books, literature, notes, and reports with the issues discussed, or with summarize research The main thing that presents existing data and facts in a way comprehensive. In research this, technique collection the data involve source information from various media such as notes, books, papers, articles, and journals. Variables

studied is religiosity, mental health, and well-being psychological, and data collected through method study published quantitative data between 2019 to 2024, obtained from machine Google Scholar search, which yielded 6, 810 articles with using the specified keywords. Data analysis method used is analysis content, which involves filtering article For choose the most relevant articles For answer question research : " the extent of the relationship between religiosity and mental health, and how matter This can influence well-being psychological someone ". Three mercy article related chosen For answer question research, and results search reviewed and integrated to in discussion next.

3. Results and Discussion

3.1. Results

Based on the review conducted researchers, identified three mercy article related. Findings from review three mercy article detailed in Table 1.

Table 1. Review Results

N O	WRITER	TITLE	METHOD	FINDINGS
1.	Winurini (2019)	Connection Religiosity and Mental Health in Adolescents Islamic boarding school in Tabanan	Quantitative correlational with subject Teenager boarding school aged 12-17 years totaling 109	Research result show exists connection positive and significant between score religiosity with score mental health and dimensions well-being social in adolescents boarding school. Correlation between religiosity and mental health have r value = 0.31, with 9.61% of the variance mental health can explained by religiosity. This shows that the more tall level religiosity felt by adolescents boarding school, then will the more tall their mental health. Something similar is also seen in connection between religiosity with dimensions well-being social, where value the correlation is $r = 0.3$, and 9% of the variance well-being social can explained by religiosity. Therefore that, increasingly tall level religiosity, increasingly well-being is high social experience felt by teenagers boarding school. Although so, no found connection significant between religiosity with dimensions well-being emotional and psychological. By overall, research This emphasize role important dimensions well-being social in explain connection between Mental health and religiosity in adolescents boarding school.
2.	Hardianti et al. (2021)	Connection between gratitude to Mental health of adolescents at SMA Negeri 8 Pekanbaru.	Quantitative correlational with subject Student class X at SMAN 8 Pekanbaru totaling 81 students	There is connection between gratitude with mental health in adolescents. at SMAN 8 Pekanbaru. ($0.011 < 0.05$).
3.	Dianah & Santoo (2022)	Connection Religiosity With Adolescent Mental Health at SMAN 15 Tangerang City in	Quantitative correlational with subject Students of SMAN 15	There is connection positive and significant between religiosity and mental health in adolescents at SMAN 15 Tangerang City. The more tall level religiosity felt by teenagers at SMAN 15 Tangerang City, then will the more high level too their mental

	2021.	Tengerang City	health have, and vice versa. On research this, contribution religiosity to mental health is amounted to 9.7%, the remainder, i.e of 90.3%, explained by factors other.
4.	Atikasri (2021)	Religiosity and well-being psychological mediated by happiness student.	Quantitative correlational with subject MA students in Malang City, aged 15-18 years totaling 235 students
5.	Kosasih et al. (2022)	Religiosity and Well-Being Psychological.	Quantitative correlational with subject 156 people.
6.	Pratiwi & Mulawarna (2022)	Influence Emotional Intelligence and Religiosity To Well-being Psychology in Adolescents in High School Negeri 12 Semarang.	Quantitative Correlational with subject teenagers at SMA Negeri 12 Semarang, with the number of 279 students
7.	Michael Housen & Agoes Dariyo (2024)	Connection Religiosity with Psychological Well-Being in Adults.	Quantitative Correlational with subjects 110 adults
8.	Hariyani & Sulaiman (2023)	Connection Religiosity With Psychological Well-Being in Students.	Quantitative correlational with Subject 65 students of Pertiwi 1 Padang High School
9.	Gustine & Nurhadianti (2021)	The Relationship Between Gratitude and Social Support Well-being Psychology in Students Class Xii Ipa Sman 113 East Jakarta	Quantitative correlational with subject student class XII at SMAN 113 East Jakarta with total 95
10.	Laili et al., (2023)	Relationship between levels of religiosity with Students' Stress Coping Ability at	Quantitative correlational with subjek 60 students of X and XI MIPA

		SMAN Payakumbuh.	2	SMAN Payakumbuh.	2	above, 22.9% variance level religiosity associate with variance students' stress coping abilities at SMAN2 Payakumbuh.
11.	Maulan & Mardhiati (2024)	Frequency Worship Activities Support the Mental Health of Muslim Adolescents.		Study This is study quantitative with approach Cross Sectional design with Subjects 49 teenagers		The results show teenager with good mental health, having frequency activity read the Koran, frequency activity Sunnah prayers, frequency activity dhikr, and frequency activity alms.
12.	Empress (2019)	Connection Religiosity with Worry Before Face National Examination for Ix SMP Muhammadiyah Plus Batam Students in 2018		Types of research This nature quantitative with approach analytic descriptive and use village cross sectional research with subject 53 students class IX Muhammadiyah Middle School Batam.		On research This found who has religiosity both 60.4% and religiosity bad 39.6% whereas level his anxiety obtained worry mild 49.1%, anxiety moderate 24.5%, anxiety weight 26.4 %. At pearson chi square is obtained mark probability p – value= 0.034. Study This conclude that exists connection religiosity with worry before facing the UN for students class IX Muhammadiyah Plus Middle School in 2018.
13.	Cahnia et al. (2023)	Religious Level with Worry Face Final Semester Examination (UAS) Class 8 SMPN 12 Bekasi City.		Study designed with use method quantitative with approach correlational with subject 65 students consisting from class 8A, class 8B, and class 8C at SMPN 12 Bekasi City		Conclusions of results study This is There is connection level religious with worry face exam end emester 8th grade at SMPN 12 Bekasi City. This matter means If No There is changes to variables level religiosity, then level worry student will still amounting to 53, 078. However, if variable level religiosity (X) experienced enhancement by 1%, then level worry student will increased from value 53, 078. Equality regression This own a negative value, which indicates that there is connection negative between variable level religiosity (X) and anxiety student (Y)

Based on various research that has been done, there is connection positive and significant between religiosity with various aspect Mental health and well-being in adolescents. Research in the environment boarding school show that the more tall level religiosity teenagers, increasingly also high levels of mental health and well-being social them, though No There is connection significant with well-being emotional and psychological. Research at SMAN 8 Pekanbaru and SMAN 15 Tangerang City supports this findings this, with religiosity contribute positive to mental health, though Other factors also play a role role. Connection between religiosity and well-being psychological found significant, where is happiness mediate connection this and deep a number of research, religiosity donate up to 35.6% against well-being psychological. Apart from that, gratitude relate significant with mental health and wellbeing psychology in teenagers, such as at SMAN 113 East Jakarta. The level of religiosity is also related with students' stress coping abilities at SMAN 2 Payakumbuh. Frequency activity religious like reading the Koran, sunnah prayers, dhikr, and alms correlated with Good mental health in adolescents. Research at SMP Muhammadiyah Plus and SMPN 12 Bekasi City shows that religiosity relate negative with worry

student before exam. By overall, results study This emphasize role important religiosity in increase mental health and wellbeing teenagers, though effect positive This varies depending on the variety factor others, incl context social and individual, so approach holistic required For maximizing benefit religiosity to mental health and wellbeing teenager

3.2. Discussion

By general, research show that religiosity give contribution positive to mental health and wellbeing psychology in adolescents. Although contribution religiosity to mental health was found to be below 10% in research by Dianah & Santoo (2022) and Winurini (2019) , however matter This No eliminate role important religiosity in life teenager. As Religiosity interpreted as appreciation religion and depth expressed beliefs through daily practice of worship, prayer, and reading of holy scriptures. In research Hardianti et al., (2021) , found that gratitude relate with good mental health. Gustine & Nurhadianti (2021) also emphasize this connection positive between gratitude with well-being psychological. Study Maulan & Mardhiati (2024) show that teenager with good mental health own high frequency in activity read the Qur'an, pray sunnah prayers, dhikr, and give alms. Forms activity religious in practice daily such as worship, prayer, giving thanks and reading the holy book can give base For develop calm, and connectedness with spiritual values, all of which show connection tightly between Religiosity and adolescent mental health.

One of problem mental health is common among teenager is worry. According to INAMHAS, one from three Indonesian teenagers have problem temporary mental health One of twenty Indonesian teenagers experience mental disorders within 12 months final. Disturbance worry become most common mental problems with prevalence 3.7%. Study Prameswari (2019) and Cahnia et al. (2023) find that level religiosity student own connection negative with level worry students, esp moment face exam. Apart from that, religiosity also has connection positive with students' stress coping abilities. Laili et al., (2023) show that religiosity can help student overcome stress. High anxiety can impact on levels high stress, and religiosity can role in increase ability student in overcome stress so capable reach well-being psychological.

Related with well-being psychological, research show that level more religiosity tall tend correlated with well-being more psychological tall. Study Kosasih et al., (2022) show that religiosity own influence positive significant to well-being psychological with donation amounting to 35.6%. Study This in line with results study Pratiwi & Mulawarman (2022) , Michael Housen & Agoes Dariyo (2024) , and Hariyani & Sulaiman (2023) , all of which conclude that the more tall level religiosity teenagers, increasingly high level too well-being psychological they. However, research Atikasri (2021) offer perspective different with show that religiosity No always impact on welfare psychological individual If religiosity the No produce happiness in individuals. In terms of this, happiness be a relationship mediator between religiosity and well-being psychological.

Psychological Well-Being (PWB) theory introduced by Ryff in 1989 is rooted in the concept psychology development and mental health. This theory aim For explain individual mental health in context psychological, where PWB occurs when somebody can accept himself yourself and others in all condition. According to Ryff, one individual undergo good life when He own a number conditions that make it possible works optimally as man (CL Keyes et al., 2002) . Apart from that Ryff conceptualizes well-being psychological through six dimensions namely : (1) Acceptance self : ie view positive to self itself and price concerned self aspect positive and negative. Draft This refers to an honest assessment to self myself, realized limitations yourself,

however still accept self as personal ; (2) Relationships positive with others: covering feeling happy experience when intertwine connection near with other people; (3) Autonomy : refers to ability individual For determine and pursue what he believes, though contradictory with dogma or existing rules ; (4) Mastery environment : refers to challenges successful environment controlled by individuals ; (5) Life goals : refers to abilities individual For find meaning and direction in experience personal and decisive objective life ; and (6) Growth personal : refers to ability individual For realize potential and talent as well as develop source Power new (Ryff, 1989a) .

Ryff also explained characteristic features individual who owns well-being psychological, referring to Rogers' views on someone who works full (*fully-functioning person*), Maslow's view of actualization self (*self-actualization*), Jung's view of individuation, concept Allport's maturity, as well draft Erikson's description in describe individuals who achieve integration compared separated hope. individuals who achieve integration than separated hope (Aulia et al., 2021) . Well-being psychological can be marked with achieved happiness, satisfaction alive, and not exists symptom depression (Ryff, 1989) . A number of study find that well-being psychological impact positive to development teenager. Study has show exists connection inter a welfare psychology and behavior positive in teenagers, good in condition teenager moment This nor after they mature (Fitri et al., 2017) . Healthy teenager in a way psychological capable grow emotion positive in yourself, feel satisfaction and happiness life with do activity positive, reducing depression and behavior negative (Akhtar & Bilour, 2020; Akhtar & Boniwell, 2010) , maintaining mental and physical health, avoid internet and drug abuse (Saha et al., 2014) , reach more many in the field academic, have more intrapersonal and interpersonal competence well, and show Skills overcome more Good when face challenge life (Shek & Lin, 2014) . Healthy teenager in a way psychological moment This will become healthy adults in a way psychology in adulthood (*well-becoming*) (Ben-Arieh et al., 2014) .

Mental health and wellbeing psychological teenager is problem important that is needed attention Serious moment This. With pressure academic, demanding social, and change environment around like that Hurry, teenager prone to experience stress, anxiety, and problems other mental health. Therefore that, fertilize religiosity, school can help student develop connection near with God, grow strength mind, and discover meaning in experience they. This matter can produce better mental health good and prosperity more psychological Good. More Far again, improvement religiosity in school can also be contribute to development character positive like empathy, love affection, and kindness, that can be increase ability social and emotional student. With fertilize traits positive here, students can develop more relationship strong with others, improve Skills communication them, and become more tough in face difficulty. By overall, development religiosity at school can give strong and positive foundation for mental health and wellbeing psychological, as well development social and emotional they.

Through religion, individuals can find the meaning behind challenges it faces and strengthens self with build connection inner with his belief. Religion can too works as place protection and resources encouragement For build strength inner and deeper relationships near with God. Own confidence that all something happen in accordance God's will can provide a sense of comfort and acceptance, which can help individual overcome difficulties and develop resilience in face full state challenge. Therefore that, religiosity have role important in increase students' mental resilience and achievement well-being psychological.

Future research should take more approach holistic with consider various factor besides religiosity, like support social, environmental family, and aspects psychological others who can

contribute to mental health and well-being psychological teenager. Future research can also study in a way more deep form practice specific religion and how practices the influence adolescent mental health. This can help identify the most useful aspects from religiosity.

4. Conclusion

Based on findings The research discussed is available interesting and positive correlation between religiosity and various aspect mental health and wellbeing teenager. Findings from diverse environment education show that enhancement level religiosity among teenager relate with enhancement mental health and wellbeing social. Although Thus, research certain show that correlation This No always significant in connection with well-being emotional and psychological. Happiness appears frequently as factor mediation important in connection this, which implies that religiosity without accompanied happiness Possible No give expected impact on well- being psychological. In various institution education such as SMAN 8 Pekanbaru, SMAN 15 Kota Tangerang, SMP Muhammadiyah Plus, and SMPN 12 Kota Bekasi, practice religious like recitation, sunnah prayers, dhikr, and charity has identified contribute to mental improvement. health and reduce anxiety among student. Apart from that, gratitude proven own significant relationship with mental health and wellbeing psychological teenagers, as proven by research conducted at SMAN 113 East Jakarta and SMAN 2 Payakumbuh. Findings study This underline role important religiosity in increase mental health and wellbeing teenager. Institution education can contribute in a way significant to planting religiosity, so help student in develop resilience mind, discover meaning in experience them, and grow traits character positive like empathy, love affection, and benevolence.

Based on findings study this, suggestions or possible recommendations submitted as following 1) Future research should use more approach comprehensive, encompassing various outside factors religiosity, like support social, environmental family, and aspects psychological other related things with psychology teenager, for more understand contribution they to mental health and wellbeing. 2) Investigation detailed to forms practice religious particulars and their impacts to adolescent mental health must done. This matter will makes it easier identification aspects the most beneficial religiosity. 3) School should consider implementation of encouraging programs development religiosity students, among other activities routine religious, group discussion religion, and giving spiritual support.

Next 4) Remembering that happiness it often works as a mediator between religiosity and well-being psychologically, school programs must also emphasize purposeful activities For increase happiness and satisfaction life student. Lastly 5) Religious programs in schools should designed No only For increase religiosity but also for grow character positive like empathy, love affection, and endurance, go hand in hand with principles psychology positive.

References

- Abu-Raiya, H. (2013a). On the links between religion, mental health and inter-religious conflict: A brief summary of empirical research. *Isr J Psychiatry Relat Sci*, 50(2), 130–139.
- Abu-Raiya, H. (2013c). The psychology of Islam: Current empirically based knowledge, potential challenges, and directions for future research. <https://psycnet.apa.org/record/2012-22251-038>

- Affandi, GR, & Diah, DR (2011). Religiosity As Predictor Against Mental Health Study Against Followers of the Islamic Religion. *Journal Psychology Tabularasa*, 6 (1). <http://jurnal.unmer.ac.id/index.php/jpt/article/view/187>
- Ahmad, J. (2020). Religiosity, Reflection and Subjectivity Religious. DEEPUBLISH.
- Akhtar, M., & Bilour, N. (2020). State of mental health among transgender individuals in Pakistan: Psychological resilience and self-esteem. *Community Mental Health Journal*, 56, 626–634.
- Akhtar, M., & Boniwell, I. (2010). Applying positive psychology to alcohol-misusing adolescents. *Groupwork*, 20(3), 6–31.
- Al Eid, N. A., Alqahtani, M. M., Marwa, K., Arnout, B. A., Alswailem, H. S., & Al Toaimi, A. A. (2020). Religiosity, Psychological Resilience, and Mental Health Among Breast Cancer Patients in Kingdom of Saudi Arabia. *Breast Cancer: Basic and Clinical Research*, 14, 117822342090305. <https://doi.org/10.1177/1178223420903054>
- Alwi, S. (2014). Perkembangan Religiusitas Remaja. Kaukaba Dipantara.
- Ancok, D., Suroso, FN, & Ardani, MS (2000). Psychology Islamic : Islamic solutions on psychological problems. Student Library.
- Astuti, AP, & Rps, A. Nu. (2018). Technology communication and behavior teenager. *Journal of Sociological Analysis*, 3 (1), 91–111.
- Atikasri, F. (2021). Religiosity and Well-Being Psychological Mediated By Happiness Student. *Journal Scientific Psychoyouth Connectedness*, 1 (1).
- Aulia, MF, Wahyu, AM, Anugrah, PG, Chusniyah, T., & Hakim, GRU (2021). Purpose of life as predictor well-being psychology in generation Z. National Seminar on Psychology and Science Humanities (SENAPIH), 1 (1), 413–423. <http://conference.um.ac.id/index.php/psi/article/view/1164>
- Ben-Arieh, A., Casas, F., Frønes, I., & Korbin, J. E. (2014). Multifaceted concept of child well-being. *Handbook of Child Well-Being*, 1, 1–27.
- Bonelli, R. M., & Koenig, H. G. (2013). Mental disorders, religion and spirituality 1990 to 2010: A systematic evidence-based review. *Journal of Religion and Health*, 52, 657–673.
- Bonelli, R., Dew, R. E., Koenig, H. G., Rosmarin, D. H., & Vasegh, S. (2012). Religious and spiritual factors in depression: Review and integration of the research. *Depression Research and Treatment*, 2012.
- Cahnia, I., Raihana, FN, Halimah, IN, Rochman, RW, & Suharyat, Y. (2023). Religious Level with Worry Face Final Semester Examination (UAS) Class 8 SMPN 12 Bekasi City. BIBLIOGRAPHY: *Journal of Language and Education*, 3 (4), 81–95.
- Dadang, H. (2002). Dimensions Religion in Practice Psychiatry and Psychology. Jakarta: Faculty Publishing House University of Indonesia Medicine.
- Dianah, & Santoo, A. (2022). Connection Religiosity With the Mental Health of Adolescents at Sman 15 Tangerang City in 2022. *Nusantara Hasana Journal*, 2 (7), 107–110.
- El Hafiz, S., & Aditya, Y. (2021). Literature review systematic study religiosity in Indonesia: Terms, definitions, measurements, results studies, as well recommendation. *Indonesian Journal for The Psychology of Religion*, 1 (1), 1–22.
- Fitri, S., Luawo, MIR, & Noor, R. (2017). Well-being picture psychology in adolescents boys in public high schools throughout DKI Jakarta. *Insight: Journal Guidance Counseling*, 6 (1), 50–59.
- Gagahriyanto, M.A. (2023). Literature Review: Concept Religiosity and Spirituality in Research Psychology in Indonesia. *Madani: Journal Scientific Multidisciplinary*, 1 (4).

- Gustine, E., & Nurhadianti, R. D. D. (2021). The Relationship Between Gratitude And Social Support With Psychological Well-Being Of Class Xii Science Students At Sman 113 East Jakarta. *Jurnal Psikologi Kreatif Inovatif*, 1(1).
- Hardianti, R., Erika, E., & Nauli, F.A. (2021). The Relationship Between Gratitude and Mental Health of Adolescents at Public High School 8 Pekanbaru. *Indonesian Nursing Journal*, 11 (2), 215. <https://doi.org/10.31258/jni.11.2.215-227>
- Hariyani, A., & Sulaiman, S. (2023). Connection Religiosity With Psychological Well-Being in Students. *An-Nuha*, 3 (3), 292–303. <https://doi.org/10.24036/annuha.v3i3.401>
- Japar, M. (2015). Development Religiosity As a basis for Formation Character. *Journal Faculty Teacher Training and Education*, 9.
- Keyes, C. L. (2002). The mental health continuum: From speaking to thriving in life. *Journal of Health and Social Behavior*, 207–222.
- Keyes, C. L. (2005). Mental illness and/or mental health? Investigating axioms of the complete state model of health. *Journal of Consulting and Clinical Psychology*, 73(3), 539.
- Keyes, C. L. (2007). Promoting and protecting mental health as flourishing: A complementary strategy for improving national mental health. *American Psychologist*, 62(2), 95.
- Keyes, C. L. M. (2006). Mental health in adolescence: Is America's youth flourishing? *American Journal of Orthopsychiatry*, 76(3), 395–402. <https://doi.org/10.1037/0002-9432.76.3.395>
- Keyes, C. L., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*, 82(6), 1007.
- Koohsar, A. A. H., & Bonab, B. G. (2011). Relation between quality of image of God with anxiety and depression in college students. *Procedia-Social and Behavioral Sciences*, 29, 252–256.
- Kosasih, I., Kosasih, E., & Zakariyya, F. (2022). Religiosity and Well-Being Psychological. *JOURNAL OF INSIGHT PSYCHOLOGY*, 6 (2), 127–134. <https://doi.org/10.17509/insight.v6i2.64746>
- Laili, AN, Santosa, B., & Yusri, F. (2023). Relationship between levels of religiosity with Students' Stress Coping Ability at SMAN 2 Payakumbuh. *Concept: Journal of Social Humanities and Education*, 2 (4), 1–17.
- LN, SY (2018). Mental health: Perspectives psychology and religion. Teen PT Rosdakarya.
- Magfiroh, K.N. (2020). Religiosity and Mental Health in Adolescents [PhD Thesis]. Muhammadiyah University of Malang.
- Maulan, R., & Mardhiati, R. (2024). Frequency Worship Activities Support the Mental Health of Muslim Adolescents. *IKRA-ITH HUMANIORA: Journal of Social and Humanities*, 8 (2), 160–164. <https://doi.org/10.37817/ikraith-humaniora.v8i2.3111>
- Michael Housen & Agoes Dariyo. (2024). THE RELATIONSHIP OF RELIGIOUS AND PSYCHOLOGICAL WELL-BEING IN ADULTS. *Journal of Social and Economics Research*, 5 (2), 1404–1414. <https://doi.org/10.54783/jser.v5i2.232>
- Mohamad, MA, & Abdullah, MFIL (2020). Melancholy : Therapy from Corner Psychiatry and Spirituality (USM Publishing). USM Publishers.
- Nasution, L.R. (2021). Islam and Mental Health: What We Know and Don't Know So Far. *Darul Ilmi: Journal Knowledge Education and Islam*, 9 (1), 84–99.
- Peters, R.D. (1988). Mental health promotion in children and adolescents: An emerging role for psychology. *Canadian Journal of Behavioral Science/Revue Canadienne Des Sciences Du Comportement*, 20 (4), 389.

- Prameswari, Y. (2019). Connection Religiosity With Worry Before Face National Examination for IX Students of SMP Muhammadiyah Plus Batam in 2018. *Concept: Journal of Social Humanities and Education*, 1 (2), 10–17.
- Pratiwi, T^T, & Mulawarman. (2022). Influence Emotional Intelligence and Religiosity To Well-being Psychology in Adolescents at SMA Negeri 12 Semarang. *Al- Taujih Journal : Frame Islamic Guidance and Counseling*, 8 (1), 15–24.
- Radiansyah, D. (2018). Influence development technology to teenager Islam (Case study in Citeureup village village like it). *JAQFI: Journal of Islamic Aqidah and Philosophy*, 3 (2), 76–103.
- Rusydi, A. (2012). Religiosity and Mental Health. *Young Progressive Muslims*.
- Ryff, C. D. (1989a). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069.
- Ryff, C. D. (1989b). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069.
- Saha, R., Huebner, E. S., Hills, K. J., Malone, P. S., & Valois, R. F. (2014). Social coping and life satisfaction in adolescents. *Social Indicators Research*, 115, 241–252.
- Shek, D. T., & Lin, L. (2014). Personal well-being and family quality of life of early adolescents in Hong Kong: Do economic disadvantage and time matter? *Social Indicators Research*, 117, 795–809.
- Silton, N. R., Flannelly, K. J., Galek, K., & Ellison, C. G. (2014). Beliefs about God and mental health among American adults. *Journal of Religion and Health*, 53, 1285–1296.
- Weber, S. R., & Pargament, K. I. (2014). The role of religion and spirituality in mental health. *Current Opinion in Psychiatry*, 27(5), 358–363.
- Widyadhari, DN, Tandri, FF, & Fazrina, R. (2023). Influence Religiosity Against Student Mental Health. *Islamic Education*, 1 (3), 655–666.
- Winurini, S. (2019). Connection Religiosity and Mental Health in Adolescents Islamic boarding school in Tabanan. *Aspiration : Journal Social Problems*, 10 (2), 139–153.
- Yusuf, S. (2004). *Mental hygiene*. Bandung: Library of the Quraysh.
- Yusuf, S. (2009). *Mental hygiene: Terapi psikopiritual untuk hidup sehat berkualitas*. Bandung: Maestro.