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# KESEJAHTERAAN PSIKOLOGIS PADA REMAJA SANTRI PENGHAFAAL AL-QUR'AN

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## **Abstract**

*Psychological Well-Being is a condition where individual able to receive himself just the way he is, creating warm relationship with others, having independence to social pressure, able to control external environment, having meaning in life also make his potential into reality continuously. For adolescents who are able to pass and conclude the problems faced and compete setting the environment, there would be directed into positive psychological condition and form a good Psychological Well-Being within himself. The research was a qualitative research with phenomenology study approach. Subject used in this research were Al-Qur'an Memorizer Islamic Students of "Kampung Tilawah" Islamic School (Pesantren). The amount of subjects were five. Data collection method used in this research was interview. Data analysis used in this research was qualitative descriptive. Data reliability checking was done using triangulation technique. The research, found that psychological wealth Al-Qur'an Memorizer Islamic student at Islamic School of Kampung Tilawah was variances, where subject ZN and AY are able to accept themselves just the way they are, controlling warm relations with other to fit it with their needs, having purpose, and clear meaning of life, also aware and use their potential in continuous way. While subject IM and AZ are able to control warm relations with other people, able overcome the problems in independent way, able to control environment as they needed, having clear purpose and meaning of life, realizing and accept themselves just the way they are and never felt increasing knowledge. Subject AK is able to create warm relation with other people, live independently in overcoming the problem, controlling environment as he needed, aware and able to use his potential continuously, but still cannot accept himself just the way he is, and still has not found his meaning of life.*

**Keywords:** *Psychological Well-Being, Al-Qur'an memorizer Islamic student*

Kebahagiaan adalah idaman semua orang. Ia berangkat dari sebuah kehidupan yang normal dan sehat. Oleh karena itu, setiap manusia berupaya menciptakan kehidupan yang sejahtera baik kondisi fisik, sosial, dan psikologisnya. Hal ini dilakukan dalam rangka meningkatkan kualitas hidupnya, yaitu dengan memenuhi kebutuhan-kebutuhan yang meliputi fisik, sosial, dan psikologi. Dalam pemenuhan kebutuhan-kebutuhan tersebut banyak permasalahan-permasalahan yang muncul sehingga menyebabkan terganggunya perkembangan psikologi seseorang.

Setiap tahap perkembangan manusia biasanya disertai dengan berbagai tuntutan

psikologis yang harus dipenuhi. Demikian pula pada masa remaja, tuntutan tersebut di antaranya adalah dapat menerima kondisi fisiknya dan dapat memanfaatkannya secara efektif, dapat memperoleh kebebasan emosional dari orang tua, remaja mampu bergaul lebih matang dengan kedua jenis kelamin, mengetahui dan menerima kemampuan sendiri, memperkuat penguasaan diri atas dasar skala nilai dan norma, dan sebagainya.

Masa remaja adalah masa pergolakan yang penuh dengan konflik dan buaian suasana hati (Hall dalam Santrock, 2002). Oleh karena itu, pada masa ini akan ditemukan banyak permasalahan.