

SPIRITUALITY AND PSYCHOLOGICAL WELL-BEING OF STUDENTS AFFECTED BY PANDEMIC COVID-19 IN BANDA ACEH

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ABSTRACT

Spirituality is an attitude that reflects the spirit of religiosity and religion. Spirituality includes many special things such as admiration, gratitude, feelings of love, compassion, and the desire to be close to God. One of the factors that influence spirituality is psychological well-being. This study aims to determine the relationship between spirituality and psychological well-being of UIN Ar-Raniry students. This study uses a quantitative approach with the correlational method. The Sampling was carried out using a proportionate stratified random sampling technique of 342 students at UIN Arraniry, Banda Aceh. Data was collected using two questionnaires, (1) Spirituality Scale which was made based on aspects of Underwood (2006) with a reliability result of $\alpha = 0.929$, and (2) Psychological Well-Being Scale which was made based on aspects of Ryff (1989)) with a reliability result of $\alpha = 0.927$. The data analysis used in this study is the Spearman Rank correlation which shows that there is a relationship between spirituality and psychological well-being, with an r^2 value of 0.577, with $p = 0.000 (<0.05)$, which indicates that there is a very significant positive relationship between spirituality with psychological well-being in UIN Ar-Raniry Banda Aceh students affected by Covid-19

Keywords: Spirituality, Psychological Well-Being.

ABSTRAK

Spiritualitas adalah sikap yang mencerminkan jiwa religiusitas dan keagamaan. Spiritualitas mencakup banyak hal khusus seperti rasa kagum, rasa syukur, perasaan cinta kasih, belas kasihan, dan keinginan untuk dekat dengan Tuhan. Salah satu faktor yang mempengaruhi spiritualitas adalah *psychological well-being*. Penelitian ini bertujuan untuk mengetahui hubungan antara spiritualitas dengan *psychological well-being* mahasiswa UIN Ar-Raniry. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Pengambilan sampel dilakukan dengan menggunakan teknik *proportionate stratified random sampling* sebanyak 432 mahasiswa. Data penelitian ini diambil dengan menggunakan skala *likert*. Terdapat dua skala pada penelitian ini yaitu Skala Spiritualitas yang dibuat berdasarkan aspek milik Underwood (2006) dengan hasil reliabilitas sebesar $\alpha = 0,929$, dan Skala *Psychological Well-Being* yang dibuat berdasarkan aspek milik Ryff (1989) dengan hasil reliabilitas sebesar $\alpha = 0,927$. Analisis data yang digunakan pada penelitian ini adalah korelasi Rank Spearman yang menunjukkan terdapat hubungan antara spiritualitas dengan *psychological well-being*, dengan nilai r_s sebesar 0,577, dengan $p = 0,000 (<0,05)$, yang menunjukkan bahwa ada hubungan positif yang sangat signifikan antara spiritualitas dengan *psychological well-being* pada mahasiswa UIN Ar-Raniry Banda Aceh yang terkena dampak Covid-19

Kata Kunci: Spiritualitas, Psychological Well-Being.miring.

INTRODUCTION

The Covid-19 has had a huge impact on every line of human life in the world. One of the major effects of the pandemic has greatly impacted the education sector. The central to regional governments have issued policies to close all educational institutions in Indonesia. However, the government also issued a new policy, namely organizing online learning as a solution to the Covid-19 pandemic (Firdaus, 2021). All education sectors carry out online learning, including students studying at tertiary institutions. All students are required to study using electronic media such as laptops or cellphones. In practice, online learning requires e-learning applications that can be used as learning tools, such as: Google Classroom, Whatsapp, Quiper, Microsoft Teams, Google Meets, and Moodle (Erni, Vebrianto, Miski, & Thahir, 2020).

Nurcahyo and Valentina (2020) in their research stated that the Covid-19 pandemic had a major impact on the education sector. In particular, the pandemic has affected the psychological well-being of students affected by Covid-19. All students who have been affected by the pandemic have found it difficult to carry out their assignments properly, including daily assignments and even their thesis. Students have difficulty dividing their time well because of the difficulty of adapting to new learning methods, namely online learning. Not only that, students also experience a decrease in their enthusiasm for learning which causes a decrease in their grade point average on campus. This in turn triggers the emergence of psychological

problems in students, such as: severe stress, anxiety, and self-isolation.

Furthermore, to examine more deeply the psychological well-being of students during the online learning process amid the Covid-19 pandemic, the researchers then conducted interviews with several sources who were affected by the Covid-19 pandemic. Researchers conducted observations and interviews with students at Ar-Raniry State Islamic University Banda Aceh, which is one of the universities that implements an online learning system for its students. Based on the results of observations that have been made, it was found that many students feel physically and mentally exhausted, as seen from their behavior which is easily anxious when they get a lot of assignments, prolonged fatigue while doing assignments, and easily get sick, and have difficulty sleeping. Furthermore, the researchers also conducted interviews with several students, where the results of the interviews concluded that students received negative impacts of online learning, one of which was a decrease in psychological well-being.

One of the factors that greatly influences human psychological well-being is spirituality (Muttaqin, 2022). Hamid (in Wisnusakti & Sriati, 2021) states that spirituality is a feeling related to God, oneself, others, and the environment. Meanwhile, Dyer (in Wisnusakti & Sriati, 2021) states that spiritual beliefs have a beneficial impact on physical health, and are associated with low mortality rates, for example spiritual and health.

Muttaqin (2022) mentions that a healthy mental means a mental

relationship between humans and God. Someone who is mentally healthy will feel happiness in his life and feel his life is useful and beneficial to others. In addition, humans can adapt to various circumstances so as to avoid bad behavior or disgraceful behavior, namely behavior that is not in accordance with the teachings contained in Islamic religious values. In this case, it is known that the Covid-19 pandemic can cause pressure on individuals who feel anxious and afraid of uncertainty in all uncertain situations. Zohar and Marshall (in Asteria, 2014) in this case mention that individuals who are close to their God will be more able to feel peace in their souls. The higher a person's spiritual level, the easier it will be for him to reduce the pressure from any problems faced in his environment, so that this has an impact on increasing the individual's mental well-being. Based on the theoretical description and previous research, the next researcher is interested in conducting further research on the relationship between spirituality and psychological well-being of students during the Covid-19 pandemic, especially among students of UIN Ar-Raniry Banda Aceh.

The purpose of this study was to determine the relationship between spirituality and psychological well-being in Ar-Raniry Banda Aceh State Islamic University students who were affected by Covid-19. The benefit of this research is that theoretically this research is expected to add insight in the field of positive psychology, especially in the field of positive psychology related to spirituality and psychological well-being in

students, and can be used as input for developing similar research and can provide benefits for further research. This research is also expected to be useful for other researchers to provide input, especially those who will do further research on spirituality and psychological well-being.

METHOD

This research is a field research with a correlational quantitative approach. The Sampling was carried out using a proportionate stratified random sampling technique of 342 students at UIN Arraniry, Banda Aceh. Data was collected using two questionnaires, (1) Spirituality Scale which was made based on aspects of Underwood (2006) with a reliability result of $\alpha = 0.929$, and (2) Psychological Well-Being Scale which was made based on aspects of Ryff (1989)) with a reliability result of $\alpha = 0.927$. The data analysis technique uses the Spearman Rank statistical method. The Rank Spearman statistical method is used to see the correlation or relationship between the independent variable and the dependent variable with non-normally distributed research data.

RESULT AND DISCUSSION

Descriptive Analysis

The description data of the research can be used as a limitation in categorizing the research sample which consists of three categories, namely low, medium and high.

Spirituality Scale

Tabel 1 Frequency of the Spirituality Scale

Category	Frequency	Percentage
Low	53	15,5
Middle	232	67,8
High	57	16,7
Total	342	100%

The results of the categorization of the spirituality scale in table 1 above show that on average UIN Ar-Raniry Banda Aceh students have a moderate level of spirituality, namely 232 people (67.8%), a high level of 57 people (16.7%) , and a low level of 53 people (15.5%)

Psychological Well-Being Scale

Table.2 Categorization of the Psychological Well-Being Scale

Category	Frequency	Percentage
Low	49	14,3
Middle	249	72,8
High	44	12,9
Total	342	100%

The results of the categorization of the psychological well-being scale in table 4.18 above show that the average student of UIN Ar-Raniry Banda Aceh has a moderate level of psychological well-being, namely 249 people (72.8%), a low level of 49 people (14.3%), and a high level of 44 people (12.9%).

Prerequisite Test Analysis

The prerequisite tests carried out in this study are as follows:

Distribution Normality Test.

Table 3 Test for Normality of Research Data Distribution.

Variabel	Koefisien K-S-Z	P
Spirituality	2,095	0,000
Psychological Well-Being	3,060	0,000

The results of the normality test for the distribution of data from the two variables of this study (spirituality and psychological well-being) can be seen in table 3.

Based on the data table3 above, it shows that the spirituality variable has a K-S-Z coefficient = 2.095 with a p value = 0.000. While the distribution of data on the psychological well-being variable has a K-S-Z coefficient = 3.060 with a p value = 0.000. From the results of the analysis of the normality assumption test for the data distribution of the two variables above, it is stated that the two variables are not normally distributed.

a. Relationship Linearity Test

The results of the relationship linearity test conducted on the two research variables obtained the data as shown in table 4.20 below.

Measure of Association	r^2
Spirituality with Psychological Well-Being	0,411

Tabel 5 Relationship Linearity Test

Variabel	Linearity	P
Spirituality with Psychological Well-Being	326,059	0,000

Based on the data table.5 above, we obtained the Linearity of the two variables, namely F = 326.059 with p = 0.000. It can be concluded that there is a linear relationship between the variables

of spirituality and psychological well-being.

1. Analysis of Hypothesis Testing

The prerequisite test results are met, so the next step that must be taken is to test the hypothesis using Spearman's analysis, because the two variables in this study are not normally distributed. This method is used to analyze the relationship between spirituality and psychological well-being in students of UIN Ar-Raniry Banda Aceh. The results of the hypothesis analysis in this study are accepted, can be seen in table.6 below.

Table 6 Research Data Hypothesis Test

Variabel	rs	P
Spirituality with Psychological Well-Being	0,577	0,000

Based on table.6 it is known that the results of the analysis yield a correlation coefficient of $rs = 0.577$, with $p = 0.000$, which indicates that there is a very significant positive relationship between spirituality and psychological well-being in UIN Ar-Raniry Banda Aceh students. This means that the higher the spirituality, the higher the psychological well-being of UIN Ar-Raniry Banda Aceh students. Conversely, the lower the spirituality, the lower the psychological well-being of UIN Ar-Raniry Banda Aceh students.

Table 7 Relative Contribution

Based on the data table.7 Measure of Association above, the results obtained are r^2 or a relative contribution of 0.411, which means that there is 41.1% relative influence of spirituality on psychological

well-being, while the remaining 58.9% is influenced by other factors.

Discussion

This study aims to determine the relationship between spirituality and psychological well-being in students of UIN Ar-Raniry Banda Aceh. Based on the hypothesis analysis of the data, the results obtained a correlation coefficient of $rs = 0.577$, with $p = 0.000$, which indicates that there is a very significant positive relationship between spirituality and psychological well-being in students of UIN Ar-Raniry Banda Aceh. This means that the higher the spirituality, the higher the psychological well-being of UIN Ar-Raniry Banda Aceh students. Conversely, the lower the spirituality, the lower the psychological well-being of UIN Ar-Raniry Banda Aceh students. In this study, the results obtained were the results of r^2 or a relative contribution of 0.411, which means that there is 41.1% relative influence of spirituality on psychological well-being, while the remaining 58.9% is influenced by other factors including age, gender, socioeconomic status, social support, and personality.

Based on empirical descriptive analysis of the spirituality scale, it shows that on average UIN Ar-Raniry Banda Aceh students have a moderate level of spirituality, namely 232 people (67.8%), a high level of 57 people (16.7%), and a high level of low as many as 53 people (15.5%). Meanwhile, based on empirical descriptive analysis of the psychological well-being scale, it shows that the average student of UIN Ar-Raniry Banda Aceh has a moderate level of

psychological well-being, namely 249 people (72.8%), a low level of 49 people (14.3%), and a high level of 44 people (12.9%).

One of the factors that greatly influences human psychological well-being is spirituality (Muttaqin, 2022). Hamid (in Wisnusakti & Sriati, 2021) states that spirituality is a feeling related to God, oneself, others, and the environment. Meanwhile, Dyer (in Wisnusakti & Sriati, 2021) states that spiritual beliefs have a beneficial impact on physical health, and are associated with low mortality rates, for example health. The higher the spiritual value that exists in an individual, the easier it is for the individual to reduce all pressures that can weaken his psychological well-being. This makes the individual able to manage emotions well, even though he is in a problem or task demands.

In addition to this opinion, there is previous research conducted by Munthe, Maslihah and Chotidjah (2017) with the title "Relationship of Spirituality with Psychological Well-Being in Class IIA Tangerang Male Correctional Students". The results of this study also show that there is a positive and significant relationship between spirituality and psychological well-being. There are opinions and previous research to support this research which also shows that there is a positive and very significant relationship between the two variables.

Furthermore, in the implementation of this research, there are several limitations, namely a quantitative research approach which is only interpreted in terms of numbers and percentages which are then described

based on the results obtained, so that they are unable to see more broadly the psychological dynamics that occur in the process. In addition, this research is included in retrospective research that examines the Covid-19 Pandemic, where this phenomenon is a cause that has occurred in the past when cases of the Covid-19 Pandemic have decreased. This also made it difficult for researchers to collect important data related to this research, because the research samples affected by Covid-19 were no longer experiencing their true condition at the time of data collection. Therefore, the sample in this study could only mention the general impacts of Covid-19 that they experienced during the past Covid-19 period. With the limitations mentioned above, it can be used as a consideration for further research.

dan pembahasan disesuaikan dengan pendekatan penelitian. Jika pendekatan penelitian kuantitatif terdiri dari statistika deskriptif, hasil uji asumsi dan hasil uji hipotesis kemudian dianalisis secara kritis. Jika pendekatan kualitatif berupa tema-tema hasil analisis kualitatif yang dilakukan. Jika gagasan konseptual dan studi pustaka, berupa pernyataan naratif. Pada bagian ini disarankan adanya pembahasan hasil dengan perspektif dan nilai keislaman serta kearifan lokal sesuai dengan variabel penelitian yang dibahas.

CONCLUSION

Based on the hypothesis analysis of the data, the results obtained a correlation coefficient of $r_s = 0.577$, with $p = 0.000$, which indicates that there is a very significant positive relationship between spirituality and psychological well-being in

students of UIN Ar-Raniry Banda Aceh. This means that the higher the spirituality, the higher the psychological well-being of UIN Ar-Raniry Banda Aceh students. Conversely, the lower the spirituality, the lower the psychological well-being of UIN Ar-Raniry Banda Aceh students.

Based on the results of this study, the researcher can suggest For UIN Ar-Raniry Students are able to improve their spirituality by participating in many religious activities such as Islamic lectures and seminars. It can enrich knowledge and add insight into spirituality, so that it can make the heart peaceful. The existence of peace in the soul will greatly affect the level of one's psychological well-being. For students, especially UIN Ar-Raniry students who are adapting to a new learning system and quite a lot of assignments and have the potential to experience a decrease in psychological well-being, it is advisable to deepen their religious knowledge so that they are not easily pressured in facing new situations. For future researchers, the researcher suggests linking the psychological well-being variable with other variables so that the research can be studied in more depth. In addition, future researchers are advised to examine the latest phenomena that are happening at this time, making it easier for researchers to collect specific data to support the authenticity of this research. The existence of prospective research, where research is carried out in line with the place and time of occurrence will make it easier for researchers to find accurate data. Thus, future researchers can provide new opinions and ideas that are useful for the development of further

research. Other variables that can be suggested for future researchers are age, gender, social status, and social support, personality.

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