THE URGENCY OF ISLAMIC RELIGIOUS EDUCATION IN REALIZING ADOLESCENT MENTAL HEALTH IN THE ERA OF SOCIAL MEDIA

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Abstract:

The main purpose of the study is to provide a comprehensive explanation of how Islamic religious education can significantly improve the mental health of adolescents in the digital era. The researcher collected data for this study from various written sources using a literature approach. Descriptive analysis is the method used to analyze the data in the study, while documentation is a data collection method. The findings of this study show that Islamic religious education can have a great impact by helping adolescents develop strong faith values, habits of worship, gratitude, and a good attitude towards learning.

Keywords: *Islamic Religious Education, Mental Health, Adolescents, Social Media*

INTRODUCTION

Social media has succeeded in penetrating almost all levels of society, especially teenagers. The use of digital platforms such as WhatsApp, YouTube, and Tiktok has become an integral element of modern lifestyles. Almost everyone, especially teenagers, is now heavily dependent on social media. These platforms are not just trends, but have become a necessity in their daily lives. The phenomenon of massive social media use, especially among teenagers, shows how much influence digital platforms have in shaping social and cultural interactions today.

Based on research by Eijnden et al., adolescence today is characterized by a high vulnerability to the negative impact of technology. This is due to the tendency of teenagers to quickly adopt the latest technologies. The use of social media by adolescents is greatly influenced by individual factors such as experience, motivation, attitude, and personality type. Aside from being a communication tool, social media also serves as a source of information, entertainment, and even lifestyle. However, if not managed properly, the use of social media can hinder the growth and development of adolescents. From this reason, the optimal use of social media is very important to achieve achievements and explore one's potential. In fact, the use of social media by adolescents also

has an impact on their mental health.

A person who has optimal emotional and psychological health is able to meet the demands of daily life, interact with others effectively, and realize his or her full potential. When a person has good mental health, they can think clearly, interact with others, and live a productive life. According to research by Gao et al., excessive use of social media can lead to a number of mental health conditions, including melancholy, anxiety, tension, fatigue, and feelings of loneliness.

In dealing with the social environment, one's psychological and spiritual parts must be balanced, according to the Islamic perspective on mental health. There are comprehensive instructions for achieving the best mental health in the Qur'an serya Sunnah. Islam defines mental health as the capacity to live in harmony through oneself, other individuals, and the environment. Islamic teachings offer a clear structure for achieving emotional and spiritual balance, allowing people to make constructive contributions to society. A person's mental health can be significantly maintained by incorporating Islamic principles into daily life.

Through moral and spiritual growth, Islamic educational institutions play a crucial role in shaping students' personalities. Islamic religious education can be the basis for creating programs that are successful in improving students' mental health. In addition to providing religious information, Islamic education shapes the overall character of students, including their mental health. By integrating religious values into the learning process, schools can create areas that are conducive to student development. Islamic education is desired to be able to maximize the potential of students, both intellectually and spiritually, so that individuals who are mentally healthy and ready to face the complexities of life are realized. The goals of Islamic education are not only cognitive, but also comprehensive, including character building, spiritual strengthening, and preparation to live a meaningful life in this world and the hereafter.

RESEARCH METHODS

This study uses literature review techniques to explore literature that is aligned through research topics. The technique for collecting research data is the documentation method. Data was obtained from various sources such as books, journals and articles that are linked through research topics. Meanwhile, the data analysis technique used is descriptive analysis where the data obtained is then analyzed descriptively to describe how Islamic education can participate in maintaining adolescent mental health in the midst of the development of social media.

Results and Discussion
Mental Health

Since the word "mental" comes from the Greek and has the same Latin meaning through "psyche," which means psychic, soul, or mental, the term

"mental health" comes from the idea of mental hygiene. So, mental hygiene is synonymous with mental health. Psychological medicine, neurological health, and mental health are a number of other phrases that are often used to refer to mental health. When a person has good mental health, they can take control of their thoughts and feelings, reach their full potential, engage with others in a constructive way, and move society forward. Strong resilience, balance, and enjoyment of life are all aspects of mental health. In 1948, the World Federation of Mental Health stated at the London conference that health is a state in which an individual has stable emotions and strong cognitive abilities, which allows them to adjust to the changes around them without upsetting others.

Mental health, according to Jahoda, is more than just freeing a person from mental illness and disorders. On the other hand, mentally healthy people have the following signs: 1) a positive personality attitude towards oneself, as evidenced by positive development and development, and self-realization; 3) self-integration, which includes mental stability, unity of viewpoints, and resistance to external pressure; 4) self-autonomy, which encompasses aspects that regulate internal behavior or free behavior; 5) realistic perception of the world, free from deviations in needs and social sensitivity. and 6) capacity to control the territory and integrate. People with good mental health are able to experience happiness, realize their full potential, and make a constructive contribution to their environment. Their attitude towards life is optimistic, their social bonds are healthy, and they can adjust to various situations.

People through good mental health can also adjust to life changes, stay away from excessive anxiety, and uphold their moral principles. Normal people, according to Killander, are those who have emotional maturity, the ability to accept reality, a sense of satisfaction and comfort coexist with others, and have a philosophy or outlook on life. Meanwhile, Zakiah Daradjat emphasized that those who are mentally ill will show certain symptoms, such as 1) feelings: distress, anxiety, worry, and lack of knowledge about the causes of anxiety or how to overcome them. showing extreme fear (phobia), jealousy, unwarranted feelings of distress, low self-esteem, arrogance, dependence on other individuals, reckless, and others; 2) Idea: Children become unintelligent at school, forgetful, prefer to skip school, and have difficulty concentrating. When mental problems affect adults, the results include feeling less able to carry out carefully planned tasks, being easily influenced, becoming sluggish, apathetic and others; 3) behavior, such as mischief, stubbornness, liing, deception, deviance, stealing, torture, killing, robbery, and other behaviors that may make other individuals unhappy or violate their rights; 4) Health: indicates a psycho-somatic condition, i.e. a physical illness caused by an uncomfortable spirit. Headaches, fatigue, weakness, recurrent colds, high or low blood pressure, heart palpitations, seizures, and other symptoms are some of the signs of this disease, whereas the above-mentioned physical illnesses do not have any medical basis. Emotional immaturity, unstable personality, lack of self-confidence, uncertainty, and self-understanding, as well as dissatisfaction with social relationships, are often

characteristics of mentally ill people.

Schneiders separates the fundamentals of mental health into three groups: principles based on human nature, foundations based on man and the environment, and foundations based on man and God. This idea could help prevent a number of mental illnesses and support efforts to maintain and improve mental health. The following will explain these concepts:

1. Foundations based on human nature
   a. Health and harmony are inseparable elements from the health of the body and the integrity of the organism.
   b. In order to maintain mental health and good alignment, human behavior must be in harmony through human character to become a private person who is intellectual, religious, instrumental and social.
   c. Mental health and self-alignment require integration and self-control, including control, thoughts, imagination, desire, emotions and actions.
   d. In order to achieve and maintain mental health and self-alignment is an obligation to expand one's horizons about oneself.
   e. Mental health requires a healthy foundation of self, including self-acceptance and realistic efforts on their status or self-esteem.
   f. Self-understanding and acceptance must continue to be upgraded into an effort for self-development and realization.
   g. Mental balance and good self-alignment require the continuous development of high moral goodness in the individual, such as law, wisdom, patience, determination, self-denial, humility, and morals.
   h. Improving and maintaining mental health and self-alignment depends on planting and growing positive habits.
   i. Mental balance and adjustment urge adaptation skills, skills to change circumstances and personality.
   j. Mental health and self-alignment require a long and continuous struggle for maturity in thoughts, determinations, emotions and deeds.
   k. Mental health and self-adjustment require teaching related techniques to deal with mental disputes and failures along with the tensions they arise in a good and healthy manner.

2. The foundations are based on the relationship between man through his area
   a. Mental health and alignment depend on healthy interpersonal relationships, especially in family life.
   b. Positive adjustment and peace of mind depend on the sufficiency of the pleasure of work.
   c. Mental health and its alignment require realistic actions, namely accepting reality without distortion and objectivity.

3. The foundations that are based on the relationship of man through his God
   a. Mental integrity requires the individual to increase his awareness in the greatest reality which is the location of each fundamental action.
   b. Mental health and peace of mind require a constant connection between people through their God.

To achieve good mental health, a variety of comprehensive activities are required, including developing deeper spirituality, fostering strong social relationships, adhering to relevant societal norms, and getting to know oneself through kindness. A person can have a better and more prosperous life by maintaining a balance between these four factors. It is clear from the various principles mentioned above that in order to achieve mental health, one must be aware of one's own strengths and weaknesses and act in harmony with them. However, this does not mean ignoring others; Rather, one must be willing to accept the strengths as well as shortcomings of others. In addition, a person needs to be aware of the environment in which he lives, including the laws, practices, and social norms that govern his environment. One must be able to enforce every act in such a way that it does not violate the laws and norms of the current culture. Finally, developing a closer relationship with God through the practice of the religious principles he adheres to is another way to gain mental stability.

Adolescent

From infancy to early adulthood, adolescence is a developmental stage that lasts from the age of 10 to 12 years until the age of 18 to 22 years. People undergo major physical, cognitive, and social changes during adolescence. Rapid growth, sexual development, and posture modification are physical changes. Adolescents begin to acquire the ability to think logically, abstractly, and ideally at the same time. They also aggressively pursue independence and individuality.

Contradictions abound in adolescence. While some people describe it as a time of great energy, heroism, vitality, and beauty, others describe it as a time of storms as well as hurricanes, vulnerability, and eccentricity. Because, at that time, it was on the verge of the best and worst (good and bad) eras. Adolescents have several characteristics, according to Desmita: 1) forming mature relationships through peers; 2) Able to accept and learn social roles as highly respected adult men and women; 3) accept physical condition and be able to wear it properly; 4) become emotionally independent in parents as well as other adults; 5) sorting and preparing future careers based on interests and expertise; 6) developing positive actions on marriage, family life, and having children; 7) improving the skills and intellectual concepts needed to become citizens; 8) acquire socially responsible behavior; 9) achieving a set of values and ethical systems as guidelines; 10) increasing religious knowledge and increasing religiosity.

Teenagers have a number of demands when they are adults. This demand is necessary according to the emotional development of adolescents. The following six needs of adolescents are explained by Zakiyah Daradjat in relation to their development: 1) the need for self-control; 2) the need for self-use; and 3) the need for insufficient use. 4) the need for social acceptance; 5) adaptation needs; and 6) religious and moral needs.

The Urgency of Islamic Education in Realizing Adolescent Mental Health in the Social Media Era

Kusrahmadi's idea is that education is a deliberate effort by teachers to help students undergo the process of humanizing themselves in order to develop a moral, dynamic, and mature personality. Education is a progressive and sustainable process that aims to bring something to the pinnacle of perfection, according to Imam Baidlowi. Drawing on the ideals and teachings of Islam, devout Muslim educators work methodically to assist students in achieving the best possible academic, spiritual, and social growth and development. Zakiah Daradjat views Islamic education as a process of developing students' potential to become complete Muslim personalities, with a deep understanding of Islamic teachings.

Adolescence is a crucial period in individual development, characterized by an intense search for identity. Islamic education plays a vital role in providing direction and guidance to adolescents during this transition period, so that they can overcome various challenges and form a positive self-identity based on Islamic values.

Islamic education intends to form adolescents who have a clear direction in life, based on their deep understanding of religious values. This education is expected to help adolescents optimize their potential, develop good mental health, and have the ability to encounter obstacles in life, cope with the environment, and solve problems in a way that is in accordance with Islamic teachings.

Of course, there are various variables that contribute to the internal conflicts that adolescents experience and the resulting mental health problems. These factors are as follows: 1) biological factors (genetics, body chemical imbalances, chronic diseases, and damage to the central nervous system); 2) psychological factors (aggravation, conflict, too pessimism, not getting enough affection, or not getting enough recognition from the group); and 3) environmental factors (the penetration of pornographic films, crime-themed films, and pornographic acts); 3) environmental factors, including rampant violence, easy access to illegal alcohol and contraceptives, pornographic periodicals, materialistic and hedonistic lifestyles, lack of social control, wrong friends, and many more.

Adolescent mental health is now seriously threatened by the abundance of harmful content on social media, such as pornography and hedonistic lifestyles. The moral and spiritual values taught in Islamic education provide strong protection for adolescents against these harmful influences. Islamic education is expected to help develop resilient characters in adolescents, so that they are able to filter information, make wise decisions, and live a satisfying life. Islamic education includes the development of moral and dignified character in addition to the dissemination of religious information. Planting faith, applying Islamic ideals in daily life, and joint efforts by families, schools, and communities to foster an atmosphere that fosters the spiritual development of children is part of this process. To do this, there must be a strong synergy between teaching, mentoring, and good example. In addition, all harmful influences that can hinder children's religious and moral development should be avoided. Islamic education can be

used to maintain students' mental health in a number of ways, such as teaching them religious values so that they understand their role as God's creation, teaching them to continue to worship, teaching them to be grateful, and teaching them to have a positive attitude towards learning.

Instilling Faith Values in Adolescents to Be Aware of Their Essence as God's Creation

Teaching the values of faith in God from an early age is an important step in maintaining the mental health of adolescents. Strong faith will provide a sense of peace and closeness to God, so that teenagers are able to face various problems in life more calmly and wisely. The closer a person is to God, the stronger his mental resilience. Therefore, Islamic education that emphasizes the cultivation of faith values has a very crucial role in shaping a young generation that is mentally and spiritually healthy. Allah SWT said: "(i.e.) those who believe and their hearts become peaceful by remembering Allah. Remember Allah, only by remembering Him is the heart of peace (QS. Ar-Ra'd [13]: 28)."

Dadang emphasized that every religious teaching has its own psychological component. For example, having faith in God will give a person a sense of security and protection. According to many studies, religious people usually have better mental health than non-religious people. Zakiyah Daradjat's view, which emphasizes the value of faith and piety as the basis of mental balance, is consistent with this. Having a strong religion will help a person manage their emotions, face life's obstacles, and build positive social interactions. In other words, faith can help an individual achieve a balance between himself and his environment, which is one of the indicators of good mental health.

Instilling Awareness to Always Carry Out Worship

Students' mental health is greatly influenced by the teachings of Islam in schools. Students are taught to get closer to God through worship activities such as prayer, dhikr, and reading the Qur'an, which results in inner peace and high self-awareness. Students who participate in regular and meaningful worship can develop their social intelligence, face life's obstacles, and cultivate healthy relationships with their surroundings. Additionally, if students can understand and appreciate the worship activities they are engaged in, they will be able to help them overcome any issues they may be facing, which will help them maintain excellent mental health. The mental health of children and adolescents can be improved by practicing Islamic prayers, especially in developing social intelligence with their surroundings. Implementers of the idea of Islamic worship can experience an increase in the intensity of their mental awareness when the worship they perform really meets the set standards. Therefore, worship education will help people become more connected, self-aware, methodical, solid, and awareness-based.

Instilling an attitude of gratitude to students

In terminology, the word "gratitude" has two basic meanings. Praise for the kindness received, or feeling satisfied and happy even if it is only a little, is the first meaning. Gratitude requires a bit of grass, although it is similar to a fat horse. Gratitude is the second meaning, which is the feeling that our needs have been met and that we have been strengthened. Thus, the meaning of gratitude is explained by this fundamental idea, which states that those who feel enough with less will receive more. To achieve peace of mind and good mental health, gratitude is essential. Every event in our lives is part of God's plan, and we realize this when we are grateful. This knowledge can help us avoid negative thoughts and mental illness by increasing optimism and positive outlook. In addition, gratitude deepens our spiritual awareness and enhances our relationship with God, making us feel more part of something bigger than ourselves.

Petrocchi and Couyoumdjian claim that because gratitude is strongly associated with lower levels of feelings of inadequacy and self-confidence, grateful people can protect mental health. Additionally, gratitude often indicates that a person is kind, understanding, supportive, and compassionate towards themselves when they face difficulties and disappointments in life. When it comes to improving mental health, gratitude is a much stronger mediator. Because they are able to support, care for, and comfort themselves when bad things happen in their lives, people with high levels of gratitude report that they feel less anxious and have better mental health.

Teaching appreciation from an early age has a very beneficial effect on the entire development of students. Students who practice gratitude will have excellent self-acceptance, clear life goals, and better control of emotions and behaviors. Their social skills will benefit from this, which will ultimately lead to improved mental health.

Instilling a Positive Learning Attitude

A student's attitude towards learning has a huge influence on his mental health. Students who have a positive attitude tend to enjoy the learning process more, more easily overcome challenging tasks, and have a higher motivation to continue learning. On the other hand, students who have a negative attitude often feel stressed, lazy, and have difficulty focusing on learning. A positive attitude helps students develop a healthy mindset, increase self-confidence, and ultimately contribute to their overall well-being. Until the good learning behavior wants to bring students in the development of the quality of their mental health.

CONCLUSION

People who have good mental health can control their thoughts and emotions, reach their full potential, communicate effectively with others, learn effectively, and have a positive impact on their environment. Due to the excessive use of social media or its careless use, adolescent students who are still searching for their identity are very vulnerable to experiencing mental health disorders in

this era of rapid social media development. Thus, Islamic education that includes moral principles, ethics, and a comprehensive healthy standard of living is desirable to support the maintenance of adolescent mental health. Islamic education can be used to maintain students' mental health in a number of ways, such as teaching religious values so that they understand their role as God's creation, teaching them to continue to worship, teaching them to be grateful, and teaching them to have a positive attitude towards learning.

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