

PATIENCE AS A RELIGIOUS COPING MECHANISM IN THE LEARNING PROCESS AMONG MUSLIM STUDENTS IN HIGHER EDUCATION

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Abstract

A few studies have identified patience as an important part of facing problems in the learning process among Muslim students. This research aims to acquire a comprehensive understanding of the position of patience as part of a person's religious coping mechanism in promoting the academic resilience of Muslim students during the learning process in higher education in Indonesia. This study employs a systematic literature study method used in this research involving a set of reference databases such as Google Scholar, Science Direct, Sage Publications, and Research Gate, using the Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) as a tool of analysis. It finds that patience is identified as part of a positive religious coping mechanism. Some factors influencing such coping mechanisms include religious rules, a person's spiritual level, a positive external environment and existing religious education. This study underscores the critical role of patience in empowering students to withstand various academic pressures in higher education.

Keywords: higher education; muslim students; patience; religious coping mechanism

Abstrak

Sedikit penelitian yang mengidentifikasi kesabaran sebagai bagian penting dalam menghadapi permasalahan dalam proses pembelajaran di kalangan pelajar muslim. Penelitian ini bertujuan untuk memperoleh pemahaman komprehensif tentang posisi kesabaran sebagai bagian dari mekanisme coping keagamaan seseorang dalam meningkatkan ketahanan akademik mahasiswa Muslim selama proses pembelajaran di perguruan tinggi di Indonesia. Penelitian ini menggunakan metode studi literatur sistematis yang digunakan dalam penelitian ini yang melibatkan sekumpulan database referensi seperti Google Scholar, Science Direct, Sage Publications, dan Research Gate, dengan menggunakan Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) sebagai acuannya, alat analisis. Penelitian ini menemukan bahwa kesabaran diidentifikasi sebagai bagian dari mekanisme penanggulangan agama yang positif. Beberapa faktor yang mempengaruhi mekanisme coping tersebut diantaranya adalah aturan agama, tingkat spiritual seseorang, lingkungan eksternal yang positif dan pendidikan agama yang ada. Studi ini menggarisbawahi peran penting kesabaran dalam memberdayakan siswa untuk menghadapi berbagai tekanan akademik di pendidikan tinggi.

Kata Kunci: kesabaran; coping religious; mahasiswa muslim; pendidikan tinggi

A Learning Process For Religious Education

Donald K. Sharpes



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