

Islamic of Psychology: A Literature Review Understanding the Concept of Religious Moderation Among Students at University

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ABSTRACT

This research aims to examine the important role of the Islamic psychology approach in strengthening religious moderation in university students. The method used in this research is a literature study that involves analysis of various scientific references that discuss the topic of religious moderation and Islamic psychological approaches. The main references used come from journals and books that have been published by experts in this field. Data was collected through searches in various academic databases using certain keywords. Journal standards and year of publication are also taken into consideration in selecting references. From the literature review, the author identifies that the Islamic psychology approach can make a positive contribution to strengthening religious moderation in students. Students can overcome stress and increase self-resilience through the application of Islamic psychology principles. They can also develop themselves holistically by understanding the role of Islamic-based education in forming moderate character and personality. These findings indicate that the Islamic psychology approach has great potential to help college students strengthen religious moderation. The implication of these findings for education is the need to integrate Islamic psychology approaches into the university curriculum. This article concludes that by applying the principles of Islamic psychology, students can form a balanced character and personality and be able to face various life challenges with strong resilience. The implication is that this approach should be integrated into the higher education climate to form students who are moderate, competitive, and able to have a positive impact on society.

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1. INTRODUCTION

In this era of globalization, the issue of religious moderation is one of them a very relevant topic to discuss (Rahman, 2019). The more complex social problems and differences in religious views in society demand There is a wise approach to religion. Islamic psychology as a field of study that integrates Islamic teachings with psychology makes an important contribution to overcoming this phenomenon (Arafa & Masoud, 2020). This article aims to review the importance of the Islamic psychological approach in strengthening religious moderation in students, considering students as

future change agent has a strategic role in building harmony and tolerance between religious communities (Alghamdi et al., 2021).

In the campus environment, various dynamics affect patterns of students' thinking and attitudes toward religion (Al-Dhaheeri & Al-Najjar, 2018). Students often face challenges in understanding their religion itself and other religions, especially in the face of differences. views. This can lead to bigotry, exclusivity, or even intolerance toward adherents of other religions (Hossain & Karim, 2020). Besides that, globalization and information technology have also had a major influence on students' views and attitudes toward religion (Iqbal et al., 2019).

In dealing with the various dynamics above, we need to find the right approach to strengthening religious moderation in students. Islamic psychology exists as an alternative approach that is based on Islamic teachings and psychology so that it can help students develop a religious attitude that is moderate, inclusive, and full of tolerance (Ahmad & Shah, 2017). Psychology is one area of knowledge that serves as a focal point and passes on different subjects. Such a position led to the rapid development of the science of psychology and created many fields of study. Until now, under the American Society of Psychology (2022), 54 divisions have been developed based on sub-disciplines and research. Meanwhile, under the auspices of the Indonesian Psychological Association (HIMPSSI), so far twenty associations of scientific interest and practical expertise in the field of psychology have been formed (HIMPSSI, 2022). Several fields of psychology research are developing, especially in Indonesia, for example, clinical psychology, development, society, education, and industry and organizations.

In Indonesia, the field of national psychology research is one of the areas of psychological research that has experienced significant progress in recent years. This topic has attracted the attention of many researchers and is gaining popularity in scientific discussions. Nevertheless, the documenting and mapping of research findings in this sector remain insufficient. This indicates a deficiency in comprehending the progress, accomplishments, and difficulties encountered in the advancement of national psychological research. Hence, it is imperative to conduct an extensive literature review in order to provide a more thorough description of this subject and address any current gaps in knowledge. This article seeks to offer a more profound understanding of the significance of employing an Islamic psychology approach to address this situation.

Some previous researchers examined religious moderation in life. The study by Hossain et al. (2021) highlights the importance of Islamic religiosity in promoting religious moderation in college students. This study found that students with a high level of religiosity tend to have a more moderate view of religion, and are better able to balance the diversity of religious understanding. Hussin & Ghazali (2020). This study examines the relationship between religious coping strategies and religious commitment in moderating religious extremism among university students in Malaysia. The results show that students who use more positive religious coping strategies tend to have higher religious commitment and are better able to prevent religious extremism. Karim & Shamsudi (2019) study examines the effect of religiosity on psychological well-being and mental toughness in Muslim students in Malaysia. The results show that students who have a higher level of religiosity tend to have better psychological well-being and are more resilient in dealing with life's pressures. Mohamad & Ariffin (2017) discuss the relevance and practice of moderation in Islam among students in Malaysia. This study highlights the importance of understanding and applying the concept of moderation in religion as the basis for religious life that is balanced and directed towards the benefit of oneself and the surrounding environment. Yaqin & Widodo (2018) study proposes a special Islamic counseling model for students in Indonesia. This article provides practical guidance for counselors and academic advisers to help students face the challenges of maintaining religious moderation and managing academic stress.

Research by Rahman & Othman (2017) examines the role of spiritual intelligence in promoting religious moderation among Muslim students. The results show that students who have a high level of

spiritual intelligence tend to have a more moderate view of religion. Khalid et al., (2016) examines the relationship between spiritual well-being and religious practices in Muslim students. The results show that students who are active in worship tend to have higher spiritual well-being. Next, Ramadhan & Lestari (2016). This article examines the relationship between religious commitment and tolerance among Muslim students in Indonesia. The results show that students who have high religious commitment tend to be more tolerant of differences in religion and views.

Furthermore, Ismail et al. (2015) measured the impact of spiritual intelligence on religious commitment among Muslim students. The results show that students who have high spiritual intelligence tend to have a stronger religious commitment. Mokhtar et al. (2015) examine the relationship between spiritual intelligence and religious coping strategies in Muslim students. The results show that students who have high spiritual intelligence tend to use religious coping strategies that are more positive in facing life's challenges. Qamar, M. (2014) studied the religious coping strategies used by Indonesian Muslim students in dealing with mental health problems. The results show that this religious coping strategy plays an important role in helping students deal with pressure and stress in academic life.

Saifuddin et al. (2014) analysed how religiosity increases Muslim students' religious tolerance. This study found that religious students are more tolerant of other religions and beliefs. Daud, Ngadiman (2013) study Malaysian university Muslim students' Islamic spirituality is the subject of this case study. This essay illustrates how knowing Islamic mysticism helps college students develop religious moderation. "The relationship between Islamic religiosity and psychological well-being among Muslim university students" by Yaacob & Mohamed (2013). Islamic religiosity and psychological well-being in Muslim students are examined in this study. The data reveal that religious pupils are happier psychologically. Next, Ahmed & Kanwal (2012) concern Muslim students psychological adjustment and Islamic devotion. Religious coping mechanisms assist students in overcoming academic hurdles, according to this study. Alzahrani (2021) found that in Saudi Arabia, religious identity promotes religious moderation among university students. This study indicated that students with strong religious identities are more religiously moderate. Khan & Akhtar (2021) explained that Pakistani college students' religious coping and psychological adjustment are examined in this study. This study indicated that good religious coping techniques improved psychological adjustment among pupils. Hassan & Ali (2020) found that Malaysian Muslim students' religion and life satisfaction are examined in this study. A study found that religious students are happier in life. 2019 Rahman, Mohd Salleh. This study examines how religious involvement affects Malaysian university Muslim students' well-being. Student welfare is improved for religiously involved pupils. Sami & Rahman (2018) studied about Muslim students' religion and academic achievement are examined in this study. This study indicated that religious students perform better academically.

Different from previous studies, the literature review article examines several articles that focus on the influence of the Islamic psychological approach in strengthening religious moderation in college students. This literature review aims to provide a comprehensive view of how Islamic psychology can be a solution to dealing with the phenomena of religious polarization and radicalization and managing stress in academics for students.

2. METHODS

The research method is a series of steps or strategies used to obtain relevant data and information to answer research questions or achieve research objectives (Williams, 2018). The aim of this literature review-based research is to identify and understand religious moderation in students through an Islamic psychology approach. In research on religious moderation in students using an Islamic

psychology approach. The research method used is Document Analysis which is a source of research journals published on the Internet using PubMed, Research Gate, SagePub, Scholar, and ProQuest with the keywords: Psychology of Islam, Religious Moderation, Students, the role of students, and education. The data collected in this research will be analyzed qualitatively. Qualitative analysis is carried out to understand students' experiences, views, and attitudes regarding religious moderation through interviews, observations, or document analysis. The data analysis technique is carried out in several steps, namely reducing data where the researcher selects which data is needed and which data is not needed. Then, the next step is to present data that has gone through a data reduction process. After that, the data that has been presented will then be interpreted through a data analysis process.

3. FINDING AND DISCUSSION

Based on the analysis of the data that the author has traced, several keywords can be concluded in general consisting of: 1) Islamic Psychology, 2) Religious Moderation, 3) Students, 4) Well-being, and 5) Islamic Education. In this aspect, there are similarities, differences, and conclusions according to the topic of this article. In detail it is explained as follows;

Table 1. Research data

No	Theme	Similarities	Differences	Generic Results
	Islamic Psychology	The author focuses on a psychological approach based on Islamic teachings.	The difference is, that this article has a unique and distinctive Islamic-based approach	The conclusion is that Islamic psychology provides a different perspective on understanding human behavior by integrating Islamic values into psychological principles. This can help strengthen religious moderation in students through a deeper understanding of religious values and their application in everyday life.
2	Religious Moderation	the similarity is that it aims to create a moderate attitude toward religion	The difference is that it has a specific focus on understanding and tackling religious extremism.	As a result, this article considers that religious moderation is important in dealing with the phenomenon of religious extremism among students. The Islamic psychology approach can help students understand the values of moderation in religion and avoid extremism that can harm themselves and their surroundings.
3	Student	This article focuses on student groups as research subjects.	Having differences in the social and cultural environment that affect the religious attitudes and behavior of students.	Then, the study of religious moderation in college students is important to understand how their understanding of religion can shape attitudes and behavior toward religion. Islamic psychology can contribute to understanding this dynamic and guide in strengthening religious moderation among university students.

4	Well-being	This paper aims to investigate the relationship between religious moderation and well-being	As for the differences with other articles, this research has a focus on the impact of physical, emotional, and spiritual well-being from religious moderation. In this article, the author conveys that religious moderation can contribute to improving student welfare in various aspects of life.	Islamic psychology can help identify the relationship between religious moderation and student welfare to create a healthy and efficient academic environment.
5	Islamic Education	The similarities in this article are studying Islamic-based educational approaches and their relationship with religious moderation.	The difference is that there are differences in the system and curriculum of Islamic education in various countries.	In conclusion, the authors state that Islamic education based on religious moderation is important in teaching the values of tolerance and respect for religious differences. Islamic psychology can provide a deeper understanding of how Islamic education can strengthen religious moderation in students.

As aforementioned the keyword above, the author correlates together with the Islamic psychological approach. To answer the aim of this study, the author summarizes some aspects related to the Islamic psychological approach that helps students understand religious moderation among students in the university.

1. Self-awareness and Reflection

Islamic psychology emphasizes the importance of self-awareness and self-reflection (muhasabah). The author recommends that students regularly engage in introspection to assess their beliefs, behaviors, and attitudes. This practice helps individuals identify and rectify any extremist tendencies or biases they may hold.

2. Emotional Intelligence

Islamic psychologists highlight the significance of emotional intelligence (EQ) in maintaining religious moderation. Students are encouraged to understand and manage their emotions effectively, as unchecked emotions can lead to extremist behavior. EQ skills like empathy, self-control, and interpersonal skills are vital in promoting tolerance and moderation.

3. Cognitive Restructuring

Experts in Islamic psychology suggest the use of cognitive restructuring techniques to challenge and modify extremist or intolerant beliefs. Students can be taught to critically

evaluate their thoughts and replace irrational or biased thinking with more balanced and moderate perspectives.

4. Group Dynamics

Understanding how group dynamics can influence beliefs and behaviors is crucial. Experts emphasize the need for students to be aware of peer pressure and the potential for groupthink. Encourage critical thinking within group settings to prevent the reinforcement of extremist views.

5. Religious Education

Islamic psychologists stress the importance of a balanced religious education that includes teachings on tolerance, diversity, and respect for other faiths. The curriculum should be designed to promote religious literacy while discouraging rigid or extremist interpretations of religious texts.

6. Conflict Resolution Skills

Teaching students conflict resolution skills based on Islamic principles is essential. Experts advocate for the use of peaceful dialogue and negotiation to address religious differences and disputes within the Muslim community and with individuals of other faiths.

7. Spiritual Growth

Encourage students to focus on their spiritual growth and connection with God. Islamic psychology experts emphasize the role of spirituality in promoting moderation, as a strong spiritual connection can provide a sense of inner peace and guidance.

8. Role Models and Mentorship

Experts often recommend that students seek out positive role models and mentors who exemplify religious moderation. These mentors can provide guidance, support, and practical examples of how to practice moderation in various aspects of life.

9. Community Engagement

Engaging in community activities and service projects is seen as a means to reinforce moderation. Experts suggest that active involvement in the community can promote a sense of belonging and a commitment to the well-being of society.

10. Mental Health Awareness

Islamic psychologists recognize the importance of mental health in maintaining religious moderation. Encourage students to seek professional help if they are experiencing psychological distress or doubts related to their faith. Mental health support can play a crucial role in preventing extremism.

It's essential to note that Islamic psychology is a diverse field with various perspectives and approaches. Therefore, it's valuable to consult multiple experts and scholars to gain a comprehensive understanding of how to promote religious moderation among students from a psychological standpoint. Additionally, integrating these approaches into educational programs and counseling services can effectively achieve this goal. Then, those aspects of the Islamic psychological approach may help the students become more competent, especially the students who have drawn closer to Allah in any situation or condition; master extensive knowledge; are intelligent, honest, safe in carrying out tasks, patient and sincere in guiding students, creative in selecting learning methods, capable of being a role model, open to criticism, authoritative, fair, non-discriminatory, pleasant, and speaks politely. In Islamic psychology, this is known as the *muma'innah* personality, which is defined as a personality that is bound by a firm belief in Allah by following religious teachings (Warsah & Uyun, 2019).

Furthermore, the discussion here is about the influence of Religious Education on student religious moderation. Religious education in tertiary institutions has an important role in shaping the attitudes and religious values of students. Several studies show that students who get a good religious education tend to have a higher level of religious moderation. Religious education that teaches tolerance, a deep understanding of religion, and respect for diversity can help students become more moderate in religion (Dhofier, 2017; Ghufron, 2019; Hidayatullah, 2018; Wibowo, 2020). Environmental Role of Campus in Strengthening Religious Moderation. The Campus environment also plays an important role in shaping the religious attitudes and behavior of students. A study shows that students who are in a campus environment that is conducive to interfaith dialogue and mutual respect diversity have a higher level of religious moderation (Djafar, 2019; Halima, 2018; Maksum, 2017; Zulfikar, 2020). Therefore, it is important for universities to create an inclusive and supportive environment for strengthening student religious moderation.

The influence of the family in moderating the religion of the student's family too has a significant role in shaping religious moderation in students. Research shows that students who come from families that support dialogue and a deep understanding of religion tend to have a higher level of religious moderation (Alfian, 2016; Huda, 2018; Nursyamsi, 2019; Wahid, 2020). Therefore, the role of the family in shaping the character and religious attitudes of students cannot be ignored. The Role of Islamic Psychology in Moderating Religion Students can also approach Islamic psychology plays a role in strengthening religious moderation in students. Islamic Psychology encourages students to develop a deep understanding of religion, tolerance for differences, and respect for the beliefs of others (Asrori, 2017; Hidayat, 2019; Malik, 2020; Siregar, 2018). This approach can help students become more moderate in dealing with religious differences and outlook on life.

Challenges in increasing student religious moderation Though the importance of strengthening religious moderation in students, there are several challenges that need to be overcome. One of them is political and social polarization can influence students' religious attitudes and views (Hasanah, 2019; Iqbal, 2017; Munir, 2018; Joseph, 2020). In addition, there is an understanding of radicalism and Religious extremism is also a serious challenge in developing moderation religion among students (Nugraha, 2018; Rahim, 2019; Saputra, 2020; Syahputra, 2017). The importance of a multidisciplinary approach in strengthening moderation Religion in dealing with the complexity of the issue of religious moderation is important adopt a multidisciplinary approach. Islamic psychology, religious education, sociology religion, and other social sciences need to work together to develop a holistic understanding of religious moderation in students (Adnan, 2019; Anwar, 2020; Muttaqin, 2018; Rifai, 2020).

Implications of higher education policy in strengthening religious moderation Higher education has an important role in shaping character and attitudes. The influence of religious education on religious moderation of education Students Religion in higher education has an important role in shaping attitudes and student religious values. Several studies show that students who get a good religious education tend to have a higher level of religious moderation. Religious education that teaches tolerance, a deep understanding of religion, and respect for diversity can help students become more moderate in religion (Dhofier, 2017; Ghufron, 2019; Hidayatullah, 2018; Wibowo, 2020). The environmental role campus in strengthening religious moderation in the campus environment also plays an important role in shaping the religious attitudes and behavior of students. A study shows that students who are in a campus environment that is conducive to interfaith dialogue and mutual respect diversity have a higher level of religious moderation (Djafar, 2019; Halima, 2018; Maksum, 2017; Zulfikar, 2020). Therefore, it is important for universities to create an inclusive and supportive environment for strengthening student religious moderation.

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Development of University Life Skills Training Programs Higher education institutions can develop life skills training programs for students as part of an effort to strengthen religious moderation. This program can cover a wide range of skills, such as communication skills, problem-solving, emotional management, and social skills (Rahman, 2019; Sartika, 2020; Wulandari, 2018; Yuniar, 2021). By mastering life skills, students will be better able to deal with various life situations with wise and maintain moderation in religion. Role Strengthening Family in Religious Education The role of the family in religious education is very important in forming religious moderation in students. College can collaborate with student families in organizing activities for religious education, such as family discussion groups, reading together, and visits to religious places (Fitri, 2019; Iswari, 2020; Mahmudah, 2018; Shamsuddin, 2021). With family involvement, students will get strong support in building a moderate attitude in religion.

Provision of Space for Reflection and Discussion of Higher Education Religion can provide space for reflection and religious discussion for students as a place to share views, thoughts, and experiences about religion (Nashrullah, 2021; Primary, 2019; Saada, 2017; Yuniarti, 2020). Through discussion and reflection, students can develop a deeper understanding of religion and strengthen their attitude toward religious moderation. Implementation of mentoring programs and mentoring program role models and role models can be a means for students to learn from seniors or lecturers who have succeeded in establishing moderation religion (Fadhilah, 2018; Halimah, 2020; Nasution, 2019; Ramadani, 2021). In this program, students can get guidance and inspiration in facing various religious challenges and leading a religious life moderate.

Evaluation and monitoring of the process of strengthening university religious moderation needs to periodically evaluate and monitor the strengthening process of religious moderation in students. By doing an evaluation, the college can assess the effectiveness of the programs that have been implemented and evaluate their impact on students (Aminah, 2018; Hamzah, 2020; Nurhayati, 2019; Wirastuti, 2021). Ongoing monitoring will also help universities to stay adaptable to developments and the need for students to strengthen religious moderation.

4. CONCLUSION

In this research, an Islamic psychology approach is used to understand and strengthen religious moderation in students. The findings from this research reveal several main themes, including Islamic Psychology, Religious Moderation, Students, Well-being, and Islamic Education. This research highlights the similarities and differences in psychological approaches based on Islamic teachings, as well as the urgency of religious moderation in dealing with the phenomenon of religious extremism among students. Islamic psychology provides new insights into understanding human behavior by integrating Islamic values into psychological principles, contributing to the understanding of religious moderation, and improving the well-being of students. Islamic education based on religious moderation is also recognized as an important means of teaching tolerance and respect for religious differences.

This study offers numerous key recommendations. First, more Islamic Psychology study is needed to understand student religious moderation. Second, Islamic psychological approaches to religious extremism must be prioritised. Third, the Islamic Psychology method must be integrated into the Islamic education curriculum to promote tolerance and moderation. However, this study has drawbacks. Data analysis is only based on literature research, thus student surveys or interviews may provide a more complete picture. Most of the study cited is from Malaysia, therefore generalising conclusions to other cultures and religions is risky. Future studies should examine how social and cultural factors affect college students' religious moderation. To understand how Islamic educational practices affect religious moderation, research might compare countries. To help students understand religious moderation, concrete methods to integrate Islamic Psychology within the Islamic education curriculum must be clarified. This study helps explain how Islamic Psychology promotes religious moderation in pupils. University students can benefit from a healthier, more tolerant, more inclusive academic atmosphere.

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