



## The Role of Religious Psychology in Shaping The Character of a Religious in a Teenager

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**Receive: 17/01/2023**

**Accepted: 17/02/2023**

**Published: 01/03/2023**

### Abstrak

Masa remaja merupakan masa dimana seseorang akan mencari tahu jati dirinya sendiri. Saat remaja mencari jati diri sendiri maka perlu adanya pembentukan karakter yang religius agar remaja tersebut tidak salah dalam membentuk jati dirinya. Bahkan pada masa remaja ini seseorang akan cenderung ikut-ikutan, sering bimbang dalam keagamaan, dan lainnya. Penelitian ini dibuat karena banyaknya permasalahan kaum remaja yang sering muncul karena adanya perkembangan budaya, serta kurangnya sistem pendidikan yang memperhatikan psikologi dan sosial remaja. Penelitian ini menggunakan metode library research dan semua data yang dikumpulkan dari referensi buku, jurnal, atau dokumen yang masih relevan dengan judul penelitian ini. Seorang remaja yang memiliki permasalahan dalam hal enggan untuk beragama dapat melakukan beberapa upaya yaitu mengisi waktu luang dengan hal-hal yang positif, seperti mengikuti pengajian, belajar lebih dalam lagi tentang agama atau bisa juga mengikuti organisasi islam. Untuk memecahkan permasalahan-permasalahan remaja bukan hanya dilakukan oleh dirinya saja tapi juga memerlukan peran orang tua di dalamnya.

**Kata Kunci:** Psikologi Agama, Karakter, Remaja

### Abstract

Adolescence is a time when a person will find out his own identity. When adolescents look for their own identity, it is necessary to build a legitimate character so that the teenager is not wrong in forming his identity. Even in adolescence a person will tend to follow along, often indecisive in religion, and others. This research was made because of the many problems of adolescents that often arise due to cultural development, as well as the lack of an education system that pays attention to adolescent psychology and social. This research uses library research methods and all data collected from references to books, journals, or documents that are still relevant to the title of this study. A teenager who has problems in terms of reluctance to be religious can make several efforts, namely filling free time with positive things, such as attending recitations, learning more deeply about religion or can also join Islamic organizations. To solve adolescent problems is not only done by him but also requires the role of parents in it.

**Keywords:** Religious Psychology, Character, Teenager

## Introduction

Psychology of religion in general can be interpreted as a science that studies the symptoms of the human soul that have a relationship with human thoughts, feelings, and also will. The characteristics of these symptoms are generally almost the same between adults, normal, and also civilized. Therefore, this main symptom can certainly be observed with human attitudes and behavior. But sometimes there are also visible activities that are mixed symptoms, some experts then add nebjadi enpat the main symptoms studied by psychology, including thoughts, feelings, will and also mixed symptoms. (Arifin 2008:15)

Psychology of this science is a branch of science that is autonomous, some experts have the view that religious psychology is related to a problem related to the deepest inner life of humans, such as religion. Some psychologists have also begun to explore case studies on the relationship between religious consciousness and religious behavior. (Yuhani'ah 2022:7)

The phase that analyzes the psychology of religion, the psychology of religion consists of two words namely "psychology" and "religion". These two words have various meanings. In the use of the word psychology in general, yaudah in order to know about human behavior. The word religion means more to the thing whose controversy is greater than the problem. From this definition, it can be meaningful as a way of behaving. Religiously, psychology is centered on understanding a religious behavior which is then combined with psychological principles and taken from the study of behavior itself, not about religion. (Arifin 2008:25)

The fact of the Holy Prophetsa, Islam is a perfect religion. Harun Nasution, revealed that Islam is a belief and action based on an unreal science. Another argument says the religion of Islam according to Al-Shahratani is obedience that must be possessed by a person which can sometimes be interpreted as proof and calculation or charity deeds in the hereafter.

De certaines des descriptions ci-dessus, on peut interpréter que les scientifiques sont des experts dans la compréhension de la psychologie de la religion. En général, cette psychologie peut être mentionnée comme une science qui étudie les symptômes de la psyché humaine liés à la croissance à chaque âge, en d'autres termes, elle peut être dite comme un effort pour découvrir les comportements qui ont une relation avec les croyances. (Lubis 2019:23)

In Islam the breath of the spirit is recognized to exist within people, which has the purpose that they have a spiritual relationship with their creator, Allah

Almighty. Therefore, religious psychology itself has four dimensions that exist in humans, including: physical (physical, biological), psychological dimension (psychology), environmental dimension (socio-cultural), and spiritual dimension (spiritual). (Arifin 2008:27)

Psychology of religion itself has a scope that has its own different discussion from other religious disciplines. The psychology of religion is centered on the study of religious life on the culture in a community . The study of religious psychology is centered on understanding religious behavior using a psychological approach. **Bambang Syamsul Arifin, p. 30.**

According to Zakiyah Darajat who said that field research on the psychology of religion includes religious processes, feelings and also one's religious awareness that has an impact and also the consequences felt as a result of belief (someone who adheres to a religion). The scope that will be the field of study of religious psychology which includes the study of:

A variety of emotions that have spread beyond the consciousness that participates in the religious life of a person (the general public).

- a. About one's individual feelings and experiences of God.
- b. Analyze the influence of beliefs about the existence of life after death.
- c. Investigate the impact of the influence of belief on the existence of life after death.
- d. Studying one's feelings and awareness of beliefs related to heaven / hell and reward / sin that give an influence on attitudes and behaviors in life.

As we know that according to Zakiyah Darajat who discusses religious awareness and also religious experience, the meaning of religious consciousness here is that the part of religion that is present and in the mind is a mental aspect of religious activities or activities. While what is meant by religious experience is related to feelings in religious awareness about feelings that lead to beliefs derived from action (amaliyah). Therefore, the psychology of religion is not related in the form of problems related to the main beliefs of a religion. If discussed in detail, the psychology of religion only studies the functions of the soul that concern itself with behavior related to human religious experience. It also includes elements that believe in abstract or occult things such as God, heaven and hell, the truth of the Qur'anic scriptures and so on that are impossible to test empirically. (Jalaluddin 2003:17)

Therefore, religious psychology is a science that studies religious awareness of a person that affects one's religious behavior in everyday life. The main problem in the field of religious psychology is the study of religious consciousness and also human behavior.

## Method

This research is entirely based on literature or literature studies, so it is a library research. All data collected and analyzed come from literature and other documentation materials, such as journals and media that are relevant and still relevant for review. There are two types of data collected in this study, namely primary data and secondary data.

The author uses literature study data collection techniques by searching for data related to the topic studied. Relevant data is collected through literature study, literature study, and internet searches.

In data analysis, researchers use qualitative analysis techniques in deductive and inductive ways. Deductive means drawing specific conclusions from things or theories of a general nature. While inductive means drawing conclusions from the facts of specific and concrete events to draw conclusions of a general nature.

There are several main objectives of the literature review, namely: (1) providing information about related research that has been done before, (2) linking the research being conducted with existing literature, and (3) filling the gaps in previous research. In addition, a literature review can provide a clear framework and standards to demonstrate the importance of the research discussed as well as compare the results with other findings. (Cresswell 2016:36)

There are several forms of literature review, such as literature reviews that (a) bring together ideas and research from others, (b) critique previous research, (c) relate related topics, and (d) identify key issues in the field. (Cresswell 2016:37)

## Results and Discussion

### A. The Religious Spirit of a Teenager

In the period of growth and also human development created by Allah SWT, which varies in various forms and types both in the form of skin color and nature, especially in adolescence. Psychologists argue that in giving limits to adolescence, among others, namely:

In Indonesian commonly referred to as puberty or adolescence. In etymology or origin the word is referred to as puberty (English) or puberteit (Dutch) whose Latin is puberty. Adolescentia which comes from the Latin adulescentia which means the development of a person into someone mature. (Panuju 1999:2)

As found in the Qur'an and also the asunnah which does not explain in detail about the explanation of this teenager. However, if it is associated with the law of the Prophet which says that a person who has carried out a job that must be carried out with Islamic law then he has reached puberty and then marked with ihtilam which means ijma' and accompanied by comfort for a man and menstruation for a woman. The hadith from the Messenger of Allah is about relating to what are the opinions of experts in the field of psychology related to the sign of early adolescence coming.

At the age of children to adults is referred to as the puberty phase, in the age of children of course already have complete awareness, so that when he goes to the adult phase he is given responsibility, and the responsibility that is given is starting from social responsibility. The Brotherhood of al-Shafa said that at that time it was referred to as the second period in which humans were required to make agreements that had been agreed upon in the first realm, namely the realm of spirits. (Mudzakir 2002:106)

Psychology says that if we look at two aspects of development, it can be said that the first development is psychic and physical development. Where this physical development we can see that if it enters that phase then it comes to the maturity of the genitals and body in general, at that time everything has been formed perfectly and functionally is good enough and functions perfectly.

The development of a teenager's own religious life certainly develops in accordance with a whole psyche with observation, will and also memory or lust. A development will run as quickly as possible and may also be slow according to the extent to which the education factor is carried out as well as possible. The religious life of a teenager is an ongoing process starting from the influence of education received from childhood to adolescence which is usually referred to as puberty and certainly wants to get more attention. (Arifin 1998:215)

Adolescence is what is referred to as the progressive stage, in the unraveled division that includes the periods: Juvenility, puberty and nubility. Along with physical and spiritual development, this period has a relationship with changes in development, meaning the appreciation in adolescence about ahama and also religious behavior seen from these developments..(Jalaluddin 1998:41)

As we already know that many of us are aware that religion has existed since birth, and we as humans do need that religion from the moment we were born into this world. What happens today is that the needs of adolescents cannot be juxtaposed with religious life, for example about social life and there are also habits today, the most basic of which is the social needs that dominate their thinking, religion that always conflicts with life or the desires they want to do today, this causes confusion that occurs in these adolescents who do not have a strong religious and religious basis. Because actually that is the important thing in its implementation in instilling moral values and also religion as well as social values and morals in humans, especially for adolescents from an early age.

Adolescents themselves, of course, in their developmental age will encounter various kinds of things that are certainly prohibited in the teachings of the religion they have adopted. This becomes a conflict between knowledge and beliefs that have been held with application in the community and the surrounding environment.(Panuju 1999:30)

The development that occurs very quickly in a teenager which then causes concern in the adolescent age, causing emotional shock. Not because of religious beliefs that have grown at their previous age so that there is doubt or shock in their hearts, but because they are disappointed in themselves.teenagers' belief in their God may be very strong, but sometimes they become doubtful because of their worship factors that can sometimes be diligent can also become lazy. Teenagers' feelings for God depend on those who only sometimes need God, for example when they have problems or calamities, at that time they remember their God. On the contrary, when they feel happy and happy, they forget their God. (Darajat 1976:137)

## B. Religious Nature in Adolescence

Teenagers' views of religion, especially of God, can change. Sometimes they love and believe in God very much, but often their attitude becomes indifferent and even opposed. Teenagers' religious motivations are diverse and many personal, such as the need for God as an emotional controller, fear of feelings of guilt, and peer influence.

There are 4 attitudes experienced by adolescents, namely, easily influenced, easily involved in bad associations, more curiosity about something, and not easily advised if yes already want to do it even though it is not good for him. Impressionability usually occurs in early adolescents aged 13-16 years and only follows the atmosphere of the environment without changing their religious ways. However, this attitude does not last long and many adolescents then develop critically and consciously.

Religious indecision in adolescents varies and occurs due to the influence of the state of society full of suffering, moral decline, chaos and confusion, as well as the reflection of freedom of thought that causes religion to be targeted and currents of secularism.

Disbelief occurs when teenagers deny the existence of God and replace it with another belief. The root of this attitude sometimes comes from the experience of being depressed by parental power or tyranny or power over anyone, including God's power.(Rijal n.d.:8)

## C. The Role of Islamic Psychology in the Character Building of Islamic

Islamic psychology is not arbitrary or do as we want, but rather Islamic psychology must be with ethical values because it has a concrete goal to cultivate self-awareness and make one's own good character, both outwardly and spiritually, in order to achieve success in life in this world and in the hereafter. Islamic psychology helps to know one's true identity, actualization, realization, and abilities. In case of bad behavior towards a person, Islamic psychology suggests the concept of divine so that a person can achieve happiness in this world as well as in the Hereafter. Studying Islamic psychology must be aimed at happiness in oneself and in others, not causing complicated problems such as, feeling

alone in life, very deep worries, and isolating yourself from social life.(Darajat 2016:86)

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Before Western psychologists analyze the problems of adolescence, Islam has given examples of how adolescence in the time of the Prophet (peace be upon him) and Prophet Abraham (AS) should be lived as concrete guidelines and worth studying and researching. Adolescence is considered a very important period, because it determines how well a person deals with problems and these abilities will affect adulthood later. Children who have been prepared for problems and have been given roles that will face them in the future, are usually more successful than children who are always protected or pampered.(Rochmah 2017:195)

In developmental task theory, the story of the adolescent Prophet Abraham and Prophet Muhammad has carried out a developmental task that is very advanced compared to their time. Prophet Ibrahim and Prophet Muhammad have been emotionally and economically independent since childhood due to living separately from their parents, while Prophet Muhammad still has his grandfather and uncle even though he is an orphan. In the task of development, the Prophet had carried out his role as a social being with high social sensitivity when going to Sham. Prophet Abraham's courageous ability in facing Namrud and his army to establish the religion of Allah, is an example of the development of intellectual, moral, and religious skills carried out in his adolescence.(Rochmah 2017:198)

In the context of adolescent character building, Islamic Psychology can also contribute by teaching moral and ethical values that are in accordance with Islamic religious teachings. This is important because today's teenagers are often exposed to the influence of social media and popular culture that is not always in accordance with religious values. By strengthening religious and moral values in adolescents, it is expected to form a better character, so that they are able to face various challenges and temptations in daily life.

In addition, Islamic psychology can also help adolescents in dealing with various problems and stressors related to their psychological development. For example, self-identity problems, interpersonal relationship problems, academic stress, and so on. By understanding the principles of Islamic psychology and applying them in daily activities, adolescents can learn to deal with problems that occur with effective and healthy solutions.(Muhaimin 2017:35)

In order to form a healthy and quality adolescent character, the role of Islamic Psychology is very important. Islamic psychology is able to assist adolescents in understanding themselves, overcoming psychological problems related to their development, and strengthening religious and moral values in daily life. Thus, it is hoped that adolescents can grow and develop into individuals who have good character, so as to be able to make a positive contribution to society and the nation.(Muhaimin 2017:37)

#### **D. Problem Solving in Adolescents for Religion**

Every teenager certainly has different traits and characters depending on the environment and life of each teenager. Therefore, in this journal the author also discusses solutions in overcoming adolescents who are reluctant to obey the rules of religion and belief in bergama. There are several things that need to be done, namely holding religious guidance for teenagers today. However, there are still many teenagers who lack interest in the guidance, therefore the author will also find solutions or ways to overcome the lack of interest of adolescents in religious guidance.(Gia Sugiantoro Fauzan 2019:406)

The method used in overcoming this is to conduct a religious guidance for adolescent children who are gathered together with the nuclear family, namely both parents, plan an association of adolescent children to provide learning related to activities that must be done by adolescents and need to be given consequences and appreciation if it has or not been done so that adolescents are more enthusiastic in religion. And it is necessary to reactivate mosque youth activities and youth recitation.

According to Willis, there are several efforts to overcome the problem of adolescents who are reluctant to be religious, namely by filling teenagers' free time with positive things such as increasing worship, reciting and learning more deeply about religion and filling free time with positive activities such as participating in independent youth organizations and other Islamic organizations. (Willis S. Sofyan 2017:139)

Parents are the most important role in overcoming juvenile delinquency who are reluctant to be religious. The role of parents in solving these problems is:

1. Parents as educators: Parents must understand and monitor physical and psychological changes in children, parents must also instill religious values and manners in their children from childhood.
2. Parents as Encouragement: parents are friends for their children, namely by giving full attention and responsibility to children, and being able to communicate warmly and responsively when children express their problems, parents can find the best solution for their children.
3. Parents as Counselors: the task is to provide honest information and consider positive and negative aspects, so that the teenager can learn how to make the most appropriate decisions. Parent counselors should not judge adolescents, but should support them in overcoming the problems faced.

Sometimes parents have punished their children when they make mistakes, such as not giving pocket money, not talking or locking the door of the house, but still within reasonable limits and does not involve violence or torture, this aims to help children realize the mistakes they have committed.

4. Parents as role models: that is by setting a good example in the house such as inviting children to pray in congregation and reciting together, and parents must also show good qualities in front of children.
5. Parents as Supervisors: in addition to setting a good example, parents also need to supervise all activities of the child, parents are obliged to monitor the psychological development of their children as well as the school environment and the surrounding environment. (Pratiwi 2017:5)

In the perspective of Islamic religious psychology, solutions in religion can be achieved by integrating psychological and religious aspects. As human beings, we have psychological as well as spiritual needs that must be met. Therefore, maintaining a balance between psychological and spiritual needs is essential in obtaining a balanced solution in religion. (Abu-Raiya 2015)

Here are some solutions in religion that can be applied in the perspective of Islamic religious psychology:

1. Maintain a balance between the needs of the world and the Hereafter: In Islam, the life of the world and the Hereafter have an equally important role. Therefore, we must maintain a balance between the needs of the world and the hereafter. We should earn a lawful income and meet the needs of daily life, while also focusing on worship and charity that will bring benefits in the Hereafter. (N 2015:55–76)
2. Improve the quality of social relationships: We are social beings and need good relationships with others. In Islam, improving the quality of social relations can be done by respecting and helping

fellow human beings, as well as avoiding behavior that harms others.

3. Maintain physical and mental health: Physical and mental health is an important factor in practicing religion well. Therefore, we must maintain physical and mental health by consuming a healthy diet, exercising regularly, and getting enough rest. In addition, we must also pay attention to mental health by avoiding stress, improving sleep patterns, and obtaining adequate social support. (Sirajuddin 2017:338–56)

### Conclusion

Psychology of religion is a science that studies psychology, the behavior of a person accompanied by religious teachings that must be obeyed. While adolescence is a phase where at this stage adolescent children cause deep concern for parents, this is because at this time adolescents experience puberty, have a high emotional level, and have a deeper level of curiosity about something, so that it impacts adolescents easily involved with unnatural associations, against parents, and does not want to listen to any advice from any party. One of the goals of religious psychology is to help adolescents to the right path, be it from solving existing problems, or even from helping to strengthen religious values in everyday life. And all of that needs support from parents, the surrounding environment and several other factors, so that teenagers are not wrong in choosing something.

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