MENTAL HEALTH FOR STUDENT IN FACING ADAPTING NEW HABITS WITH COUNSELING QUR'AN SURAH AR-RAD VERSE 28

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Abstract: This research aims to describe mental health and the effect of counseling Qur'an Surah Ar-Rad verse 28 on mental health in facing adapting new habits. This research method is a quantitative research with descriptive statistical methods. The research subjects were student who experienced mental health problems in facing adaptating new habits. Data were obtained through a questionnaire on the implementation of counseling Qur'an Surah Ar-Rad verse 28 and Self-Reporting Questionnaire (SRQ) 20. Data analysis used a simple regression coefficient test (t-test). The results showed that the general description of the mental health of students was in the category indicated to have mental health problems by 58.3%, and 41.7% were not indicated to have mental health problems. Meanwhile, the student response to the counseling of the Qur'an in the letter ar-rad verse 28 shows that 67% are very satisfied, 33% are quite satisfied and 0% are very dissatisfied. The results also show that the influence of counseling Qur'an Surah Ar-Rad verse 28 on mental health in facing adapting new habits can be seen with a pv value of 0.000 with a percentage of 58.7%. The practice of counseling Qur'an Surah Ar-Rad verse 28 can be said to be quite effective making mental health in facing adapting new habits.

Keywords: counseling qur'an surah ar-rad verse 28, mental health, adapting new habits

Abstrak: Penelitian ini bertujuan untuk gambaran sehat mental dan pengaruh konseling qur'an surat ar-rad ayat 28 terhadap kesehatan mental dalam menghadapi adaptasi kebiasaan baru. Metode penelitian ini adalah penelitian kuantitatif dengan metode statistika deskriptif. Subjek penelitian adalah mahasiswa yang mengalami masalah kesehatan mental dalam menghadapi adaptasi kebiasaan baru. Data diperoleh melalui angket pelaksanaan konseling qur'an surat ar-rad ayat 28 dan Self-Reporting Questionnaire (SRQ) 20. Analisis data menggunakan uji koefisien regresi sederhana (Uji-t). Hasil penelitian menunjukkan bahwa gambaran umum kesehatan mental mahasiswa berada pada kategori terindikasi mengalami masalah kesehatan mental sebesar 58,3%, dan 41,7% tidak terindikasi mengalami masalah

kesehatan mental. Sedangkan respon mahasiswa terhadap konseling qur'an surat ar-rad ayat 28 menunjukkan hasil bahwa 67% sangat puas, 33% cukup puas dan 0% sangat tidak puas. Hasil penelitian juga menunjukkan bahwa pengaruh antara konseling qur'an surat ar-rad ayat 28 terhadap kesehatan mental dalam menghadapi adaptasi kebiasaan baru dapat dilihat dengan nilai pv 0,000 dengan presentase sebesar 58,7%. Pengamalan konseling qur'an surat ar-rad ayat 28 dapat dikatakan cukup efektif membuat sehat mental dalam menghadapi adaptasi kebiasaan baru.

Kata Kunci: Konseling qur'an surat ar-rad ayat 28, Sehat mental, Adaptasi kebiasaan baru

A. Introduction

COVID-19 pandemic in Indonesia has not yet disappeared and still increasing. COVID-19 is a disease caused by the Corona Virus, a very small creature measuring about 125 nanometers and can cause death. COVID-19 is spread through small droplets (droplets) or splashes of coughing or sneezing from the nose or mouth that are spread when a person coughs or exhales. The droplets then fall onto objects touched by others. The person then touches the eyes, nose, or mouth so that the virus enters the body and attacks the immune system. The symptoms of COVID-19 in each person can be different and vary greatly depending on the immune condition of the person infected with the corona virus. Symptoms of COVID-19 are usually marked by the appearance of fever, fatigue and dry cough, stuffy nose, runny nose, sore throat or diarrhea, respiratory problems, some even do not show any symptoms. These symptoms are mild and occur gradually.[1] In severe conditions it can cause respiratory failure and end in death. During COVID-19 pandemic, Indonesian people are required to live with a new life order or adaptation new habits to be able to coexist and make peace with COVID-19.[2]

Adapting New Habits (ANH) or new normal is a new way of life to maintain productivity during the COVID-19 pandemic by implementing COVID-19 prevention behaviors. The adapting new habits implemented in stages according to specific regional conditions.[3] Adapting new habits in question includes frequent hand washing with soap and when traveling, always carry a hand sanitizer, wear a mask, keep a distance or avoid crowds, get enough rest and be diligent in exercising, eat balanced nutritious food, if you say hello there is no need to shake hands and kiss the right and left cheeks, now replaced with "salam namaste" or greetings with both hands clenched in front of the chest, use electronic money and reduce paying with cash, when you get home immediately clean yourself / take a shower, if there is no urgent need it is better to stay at home. The aim of ANH is for people to be able to work, study and do activities safely and productively during the COVID-19 pandemic.

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[1] Fitriyatul Maulidah and Sufi Aisyatus Nazila. "Membentuk Pribadi Yang Sehat Mental di Tengah Pandemi Covid-19 dalam Perspektif Psikologis." Al-Isydof: Jurnal Bimbingan Konseling Islam 3, no. 1 (2021): 48-55.

[2] Hanifah, et al. "Adaptasi Kebiasaan Baru pada Masa Pandemi Covid-19: Studi Cross-Sectional di Provinsi DKI Jakarta." Vol. 24, no. 2 (2021): 148-158.

[3] Ibid.

New habits for a healthier life must be continuously carried out by the community and every individual, so that it becomes a new social norm and individual norm in everyday life wherever located such as at home, office, school, place of worship, and also in public places (terminals, markets, and malls).

Adaptation New Habits during COVID-19 pandemic has had a major impact on various aspects of life. It is not only a matter of physical health, social and economic life, but also affects mental health. Everyone responds differently to the presence of the corona virus, various psychological problems that arise and have a serious impact on mental health, including depression, stress, anxiety disorders, panic attacks, fear to the most extreme the emergence of thoughts and actions to end life.[4]

Mental health problems in Indonesia during adaptation new habits still very high, especially among students because they still have unstable emotions and do not yet have a good ability to solve existing problems. Teenagers or students are considered as vulnerable groups to experience mental disorders. Therefore, students need to get more attention because students are state assets and the nation's next generation. If a person's mental health is disturbed, he will experience mood disorders, thinking abilities, and emotional control that can lead to bad behavior. So, mental health has a very important role for students to adapt to the new learning environment. Since COVID-19 pandemic, lectures that were previously offline have changed to online. Therefore, indirectly students are required to be able to adapt to these new habits.

Mental health is as important as physical health, both have involvement with each other, if a person is physically disturbed, it is possible for him to be mentally or psychologically disturbed, and vice versa. Health and illness are biopsychosocial conditions that are integrated in human life. According to the World Health Organization (WHO)[5], mental health is a person's ability to adapt to himself and the environment in general, so that he feels happy, happy, lives freely, behaves normally socially, and is able to face and accept the realities of life. According to Bukhori's study, the cause of various mental health problems is changes in various aspects of life that are unacceptable to individuals. In addition, the meaning of life and the level of individual religiosity also affect the mental health conditions experienced by the individual.[6]

Mental health is born from a steady personality. All of these solid personality indicators are in the personality of Rasulullah SAW. He is a figure who is able to balance between the existing dimensions of life, so that Allah praises him as a person who has great morals. Allah said: "And indeed you (Muhammad) are truly virtuous and noble." (QS. Al-Qolam: 4).[7] Rasulullah is an ideal prototype for annafsu al muthmainnah who has high level mental health indicators. Maintaining mental health in the perspective of the Qur'an and As-Sunnah is based on the principle of wasathiyah (moderation) in fulfilling the needs between material

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[4] E. AM. et al. "Implementation of human resource management in the adaptation period for new habits." International Journal of Educational Administration, Management, and Leadership (2020): 19-26.

[5] Yuli Asmi Rozali. et al "Meningkatkan kesehatan mental di masa pandemic." Jurnal Pengabdian Masyarakat AbdiMas 7, no. 2 (2021): 109-113.

[6] Baidi Bukhori. "Hubungan kebermaknaan hidup dan dukungan sosial keluarga dengan kesehatan mental narapidana." Jurnal ad-din 4, no. 1 (2012): 1-19.

[7] M. Quraish Shihab. *al-Quran dan Maknanya*. (Lentera Hati, 2020).

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and spiritual things. Al-Qur'an and Al Hadith methods in realizing mental health include strengthening the spiritual dimension, controlling biological motivation and learning methods that are urgent for mental health. The achievement of this method can be seen from the life of the prophet and his companions in terms of their relationship with God, with himself, his relationship with other people, and the universe.[8]

There are three main characteristics of a healthy mentality, namely (a) A person adapts to the environment or makes an effort to master and control his environment, so that he does not passively accept his social conditions for granted; (b) A person demonstrates the integrity of his personality, maintains the stable integration of personality acquired as a result of an active arrangement; and (c) A person perceives the "world" and himself correctly, independent in terms of personal needs.[9] Meanwhile, that mental health includes three components, namely: mind, emotional and spiritual.[10] The indicators of mental health include cognitive symptoms, anxiety symptoms, depressive symptoms, somatic symptoms and symptoms of decreased energy.[11]

One of the methods in psychology as a very effective system and able to create mental health improvements in the face of adaptation to new habits during COVID-19 pandemic is the counseling method. In this study, the counseling method used to overcome psychological problems during the COVID-19 pandemic and create mental health in dealing with ANH is Counseling Qur'an letter Ar-Rad verse 28. The counseling of Qur'an is one of the Islamic counseling models that is the solution best in problem solving.[12] Counseling Qur'an is an activity of providing guidance, lessons, and guidelines to individuals who ask for guidance (counselees) in terms of how a counselee should be able to develop the potential of mind, psyche, faith and belief and can overcome the problems of living and living properly and correctly independently which are sourced from the Qur'an.[13]

Counseling Qur'an in this study is counseling Qur'an with a Sufi psychology approach. In this context, the subject (counselee) first purifies the soul, optimizing the ability of intuition (dzauq) in interacting (reading, studying and understanding) the verses of the Qur'an that have been opened randomly to find the verses of the Qur'an as a guide. on the problems experienced. The verses of the Qur'an that are read are verses that can provide peace of mind so as to improve mental health as in verse 28 in Surat Ar-Rad.

Al-Qur'an Surah Ar-Rad verse 28 is part of one of the letters in the Qur'an which occupies the 13th chapter including the Makiyah Surah which contains an appeal to increase

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[8] Ikhwan Fuad. "Menjaga kesehatan mental perspektif Al-Qur'an dan hadits." *Journal An-Nafs: Kajian Penelitian Psikologi* Vol. 1, no. 1 (2016): 31-50.

[9] Yuli Asmi Rozali. et al "Meningkatkan kesehatan mental di masa pandemic." Jurnal Pengabdian Masyarakat AbdiMas 7, no. 2 (2021): 109-113.

[10] Dwi Puti Sari Hapsari and Pradono Julianty. Pengaruh lingkungan sehat, dan perilaku hidup sehat terhadap status kesehatan. National Institute of Health Research and Development, Indonesian Ministry of Health, 2009.

[11] Sri Kristanto AY Suhardi Idaiani and Kristanto, A. Y.. "Analisis gejala gangguan mental emosional penduduk Indonesia." *Majalah Kedokteran Indonesia*" Vol. 59, no. 10 (2009): 473-479.

[12] Ahmad Ahmad and Yasser Mansyur Ahmad. "PROBLEM SOLVING BERBASIS KONSELING AL-QUR'AN." *Konseling Religi" Jurnal Bimbingan Koneseling Islam*" 8, no. 1 (2017): 45-64.

[13] Zakiah Darajat. "*Ilmu Jiwa Beragama*." (Jakarta: Gunung Agung, 2003).

dhikr to Allah so that the heart becomes calm.[14] The word of Allah SWT in Surah Ar-Rad verse 28 clearly states that: *"(namely) those who believe and their hearts find peace in the remembrance of Allah. Remember, only by remembering Allah does the heart find peace*." (Surah Ar-Rad: 28). In Sufi psychology that remembering or mentioning (name) Allah is called dhikr. Dhikr has a very important purpose in the journey of spiritual enlightenment. Dhikr, apart from being used as a medium for building vertical communication of divinity to Allah SWT, is also a medium for building conditions of peace of mind and mental health for the perpetrators and practitioners of the dhikr. Argues that the loss of inner peace is caused by the inability to adjust, conditions of failure, emotional pressure, both in the household, workplace or in the community. So as a solution, Daradjat quotes the Word of God verse 28 in Surah Ar-Rad and states that Dhikr can shape the human heart to achieve peace.[15]

The COVID-19 pandemic situation has prompted a more serious discussion regarding the massiveization of mental health services, as one of the most important issues in the world. Mental health disorders that are often hidden from view actually have a broad spectrum.[16] WHO has identified mental health as an integral component of the response to COVID19. Seeing mental health problems in the context of the COVID-19 pandemic situation. The purpose of this study is to find out the description of mental health in facing adapting new habits during COVID-19 pandemic and the effect of counseling Qur'an Surah Ar-Rad verse 28 on mental health in facing adapting new habits during COVID-19 pandemic.

B. Methods

The research approach used is quantitative research with descriptive statistical methods, by analyzing the results of data collection through the questionnaire of counseling Qur'an Surah Ar-Rad verse 28 and the Self-Reporting Questionnaire (SRQ) 20. The subjects in the study were students of the Department of Sufism and Psychotherapy IAIN Pekalongan who experienced mental health problems during adaptation to new habits and were willing to follow counseling Qur'an Surah Ar-Rad verse 28 as many as 12 students. The sampling technique used is convenience sampling. Convenience sampling is a non-probability sampling technique. Convenience sampling is sampling based on the availability of elements and the ease of obtaining them. The sample was taken/chosen because the sample was at the right place and time.[17] The sample in this study were students of the Department of Sufism and Psychotherapy experiencing mental health problems during the adaptation of new habits, totaling 12 students. Counseling Qur'an Surah Ar-Rad verse 28 was carried out by a psychologist at IAIN Pekalongan for 1 month (May 24 - June 24, 2021).

Interventions for mental health for students during the adaptation of new habits through counseling Qur'an Surah Ar-Rad verse 28. There are four stages in Al-Qur'an counseling in solving problems, namely: the first stage is the introduction and development of good relations between counselor and counselee; the second stage is the counselee reveals the

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[14] Kementerian Agama RI. Al-Qur'an dan Terjemahnya. (Bandung: Syamil Qur'an, 2012).

[15] Ibid.

[16] Mawarpury, et al. "The Covid-19 pandemic impact on community mental health." In E3S Web of Conferences, vol. 340, p. 05006. EDP Sciences, 2022.

[17] Dr Sugiyono. "*Metode penelitian kuantitatif dan R&D*." (Bandung: Alfabeta, 2010): 26-33.

problems faced and the impact of these problems; The third stage is directing the counselee to carry out Qur'an counseling activities including ablution, intending and praying for guidance to Allah SWT through the Qur'an in accordance with the problems experienced, opening the Qur'an (in this study the focus is on Surah Ar-Rad verse 28), embellishing the Qur'an, namely reading and paying attention to the translation of verses on the pages of the Qur'an that have been opened, activating intuition, namely revealing the meaning of the truth implied behind the verses of the Qur'an as a guide. and a way out of the problems that are being experienced, and obtain guidance (guidance); the fourth stage is that the counselee shares opinions with the counselor regarding the spiritual experiences experienced during interacting with the Qur'an (Surah Ar-Rad verse 28), the counselor in this case plays a role in strengthening and directing the experiences and understandings obtained by the counselee.[18]

The data collection technique uses Self-Reporting Questionnaire (SRQ) 20 instrument developed by the World Health Organization.[19] Researchers use Google Form media in collecting data from samples. The instrument that has been adapted is used in the research which is then distributed to students who follow counseling Qur'an Surah Ar-Rad verse 28 to get a response.

The data analysis technique used is the simple regression coefficient test (t-test) with the aim of knowing whether the independent variable (X) namely counseling Qur'an surah Ar-Rad verse 28 has a significant effect on the variable (Y) namely mental health. Next is the coefficient of determination test (R2). This test was conducted to find out how big the percentage of the influence of counseling Qur'an surah Ar-Rad verse 28 in improving the mental health of students in facing adapting new habits during COVID-19 pandemic. Data analysis was carried out in this study using the SPSS version 20 software for Windows.

C. Results

The results showed the mental health picture of the students of the Sufism and Psychotherapy Department of IAIN Pekalongan, the student's response to the counseling Qur'an surah Ar-Rad verse 28 conducted by psychologists, and the influence of counseling Qur'an surah Ar-Rad verse 28 on improving the mental health of the students of the Sufism and Psychotherapy Department of IAIN Pekalongan. The following is demographical information regarding the research subject:

Table 1 Demographical Information of Subject Research

Subject	Age	Gender	Profession	Subject	Age	Gender	Profession
1	18	Woman	Student	7	19	Man	Student
2	18	Woman	Student	8	19	Woman	Student

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[18] Ahmad Ahmad and Yasser Mansyur Ahmad. "PROBLEM SOLVING BERBASIS KONSELING AL-QUR'AN." *Konseling Religi" Jurnal Bimbingan Koneseling Islam*" 8, no. 1 (2017): 45-64.

[19] Kementerian Kesehatan RI. *Buku Panduan Adaptasi Kebiasaan Baru*. di akses melalui https://infeksiemerging.kemkes.go.id/document/buku-panduan-adaptasi-kebiasaan-baru/view tanggal 15 Mei 2021.

3	20	Man	Student	9	18	Woman	Student
4	20	Woman	Student	10	18	Man	Student
5	18	Man	Student	11	18	Man	Student
6	19	Woman	Student	12	19	Woman	Student

Overview of **Mental Health on Research Subject**

Measurements were made using Self-Reporting Questionnaire (SRQ) 20 developed by the World Health Organization (WHO). SRQ 20 is a measuring tool used to assess mental status or mental health problems in a person. The Self-Reporting Questionnaire (SRQ) 20 consists of 20 questions. The Self-Reporting Questionnaire (SRQ) 20 measuring instrument uses an ordinal scale with closed questions, easy to use because it only requires a "yes" or "no" answer. The sample in the study was indicated to have mental health problems if they answered "yes" to at least 6 questions.[20]

Self-Reporting Questionnaire (SRQ) 20 has five indications including the following:[21]

a. Cognitive symptoms, problems related to concentration and memory such as lack of attention, slowness in thinking, and lack of understanding of something. Cognitive symptoms on the Self-Reporting Questionnaire (SRQ) 20 are found in questions 8 and 12.

b. Anxiety symptoms, a response to a threat whose source is unknown, internal, vague, or conflicting accompanied by a feeling of threatening danger. Symptoms of anxiety on the Self-Reporting Questionnaire (SRQ) 20 are found in questions 3, 4 and 5.

c. Depression Symptoms, in a depressed state a person shows a loss of energy and loss of interest, great feelings of guilt, difficulty concentrating, and has thoughts of ending life. Symptoms of depression on the Self-Reporting Questionnaire (SRQ) 20 are found in questions 6, 9, 10, 14, 15, 16, and 17.

d. Somatic Symptoms, somatic symptoms are physical symptoms, namely symptoms that can occur and can be in the form of motor or sensory symptoms. Motor somatic symptoms include muscle aches and pains, while sensory somatic symptoms include blurred vision, red and pale eyes, and feeling weak. Somatic symptoms on the Self-Reporting Questionnaire (SRQ) 20 are found in questions 1, 2, 7 and 19.

e. Decreased Energy Symptoms, a decrease energy in the body can cause a person difficulty in completing tasks and functions in the living environment. Reduced energy can lead to a state of fatigue and a decrease in a person's ability to carry out activities. Symptoms of a decrease in the Self-Reporting Questionnaire (SRQ) 20 are found in questions 11, 13, 18 and 20.

In this research questionnaire, validity and reliability tests were not carried out because the questionnaire used by the researcher was a standardized Self-Reporting Questionnaire (SRQ) 20 that was sourced from the Ministry of Health of the Republic of Indonesia (Kemenkes RI) and has been used by Riskesdas 2013 and Riskesdas 2016. the results of the recapitulation of the mental health values of the research subjects:

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[20] Sri Kristanto AY Suhardi Idaiani and Kristanto, A. Y.. "Analisis gejala gangguan mental emosional penduduk Indonesia." *Majalah Kedokteran Indonesia*" Vol. 59, no. 10 (2009): 473-479.

[21] Ibid.

Table 2 Recapitulation of Value Mental Health Questionnaire

Subject	Score	SRQ-20 Category	Subject	Score	SRQ-20 Category
1	10	Indicated	**7**	7	Indicated
2	2	Not Indicated	**8**	2	Not Indicated
3	7	Indicated	**9**	3	Not Indicated
4	4	Not Indicated	**10**	8	Indicated
5	6	Indicated	**11**	1	Not Indicated
6	9	Indicated	**12**	7	Indicated

Based on these calculations, the results showed that the mental health of the students of the Department of Sufism and Psychotherapy IAIN Pekalongan from 12 people were in the category indicated to have mental health problems as many as 7 people (58.3%), and in the category not indicated mental health problems as many as 5 people. (41.7%). From this description, it can be concluded that students majoring in Sufism and Psychotherapy are indicated to have mental health problems by 58.3% (7 people).

In addition, to determine which indicators have the most influence on the level of mental health variables, it is determined by comparing the empirical mean of each indicator. The mean results were obtained through descriptive statistical calculations on each mental health indicator. The mean of each aspect can be seen in table 2 below:

Table 3 Comparison of the Empirical Means of Each Mental Health Indicator

Indicator	Mean Empiris
Cognitive Symptoms	50
Anxiety Symptoms	75
Depression Symptoms	33
Somatic Symptoms	66
Decreased Energy Symptoms	66

Based on table 2, it is known that aspects or indicators of anxiety symptoms get the largest empirical mean, which is 75, which means that this indicator has the greatest influence in determining the level of mental health.

Overview of Counseling Qur'an Surah Ar-Rad verse 28

The questionnaire on counseling Qur'an surah Ar-Rad verse 28 was compiled based on two stages of counseling according to Konseng (1996), namely the preparation stage and the assistance stage. Each stage consists of several steps. The first step is the step of presenting yourself fully (attending). The second step is the responding step. The third step is personalization and the fourth step is initiating. The last three steps are included in the second stage, namely help or assistance stage. The four steps as an indicator of the implementation of counseling consist of favorable and unfavorable statements which consist of 20 statement items and have previously been tested for validity and reliability with Cronbach alpha of 0,845.

There are two kinds of statements in the questionnaire, namely statements that support the attitude object (favorable) and statements that do not support (unfavorable). Statements on the scale have four alternative answers, namely: Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). Determination of the score on the favorable statement of answer choices SS is worth 4, S is worth 3, TS is worth 2, and STS is worth 1. Meanwhile, the score on the unfavorable statement of answer choices is SS is worth 1, S is worth 2, TS is worth 3, and STS is worth 4.

To find out the general description of counseling Qur'an surah Ar-Rad verse 28, it can be seen from the results of the recapitulation of the answers to the questionnaire. The following is a recapitulation of the assessment of each research subject:

Table 4 The Value Questionnaire of Counseling Qur'an Surah Ar-Rad verse 28

Subject	Score	Subject	Score
1	78	7	85
2	87	8	90
3	88	9	93
4	82	10	89
5	92	11	87
6	83	12	84

Furthermore, categorization is carried out using level categories (Azwar, 2008). In the questionnaire of counseling qur'an, the classification of subjects is divided into three standard categories, namely: low, medium, and high. So, the categorization obtained on the counseling qur'an of scale is as follows:

Table 5 The Questionnaire of Counseling Qur'an Surah Ar-Rad verse 28 Classification

Score	Category	Frequency	Persentage
X < 60	Very Dissatisfied	0	0%
$60 \leq X < 84$	Quite Satisfied	4	33%
$84 \leq X$	Very Satisfied	8	67%
Jumlah		12	100%

Based on the table above, it can be seen that the responses of the research subjects who took part in the activities of counseling Qur'an surah Ar-Rad verse 28 carried out by Psychologists IAIN Pekalongan seen from the implementation through the approach of counseling Qur'an surah Ar-Rad verse 28, were in the very satisfied category. with a total of 8 people with a percentage of 67%, and in the category of quite satisfied with the cactivities of ounseling Qur'an surah Ar-Rad verse 28 as many as 4 people with a percentage of 33%. From this explanation, it can be seen that the response of the research subjects was very satisfied with counseling Qur'an surah Ar-Rad verse 28 conducted by psychologists with a percentage of 67%.

The Effect of Counseling Quran Surah Ar-Rad Verse 28 on Mental Health in Facing Adapting New Habits

To find out the effect of counseling Qur'an surah Ar-Rad verse 28 on mental health in facing adapting new habits, it was carried out using statistical analysis methods, namely hypothesis testing. Hypothesis testing in this study will be analyzed using the normality test, linearity test, Simple Regression Coefficient Test (t test), and finally the coefficient of determination test.

First, the normality test used in this study is the statistical method One Sample Kolmogrov-Smirov Test. The data requirements are said to be normally distributed if the significance value or pv> (0.05) in the normality test by Kolmogorov Smirnov. The researcher used the SPSS version 20 software program for Windows. The results of the data normality test using SPSS can be seen in table 5 below:

Hypothesis:

Ho = Residuals are normally distributed

H1 = Residuals are not normally distributed

Table 6 Normality Test of Counseling Quran Surah Ar-Rad Verse 28 and Mental Health

	Kolmogorov-Smirnov Z	Sig 2-tailed	Criteria
Counseling Qur'an Surah Ar-Rad verse 28	0.862	0.733	Pv > 0,05 = Ho accepted Pv ≤ 0,05 = Ho rejected

Analysis using the One-Sample Kolmogorov-Smirnov Test showed a result of 0.862 and a sig. (2-tailed) of 0.733 or Pv (0.733) > (0.05), then Ho is accepted. In other words, the residual value is normally distributed and the normality test for this research data has been fulfilled.

Second, the linearity test is used to determine the form of the relationship between the independent variable and the dependent variable. To determine the linearity or not, a linear test with regression analysis was used. The researcher used the SPSS version 20 software program for Windows. The results of the linearity test using SPSS can be seen in table 6:

Hypothesis:

Ho= Non-linear regression model

H1 = Linear regression model

Significant level $\alpha = 0,05$

Table 7 Linearity Test of Counseling Qur'an and Mental Health Variable

Variable Dependent	Variable Independent	Sig.*Linearity*	Test Criteria
Mental Health	Counseling Qur'an Surah Ar-Rad verse 28	0.000	Pv > α → Ho accepted Pv ≤ α → Ho rejected

The analysis using the linearity test with SPSS shows the results of sig.Linearity of Sig 0.000, because Pv (0.000) < 0.005, then Ho is rejected so that the variable between counseling Qur'an surah Ar-Rad verse 28 and mental health there is a linear relationship.

Third, the simple regression coefficient test (t test) is used to determine whether the independent variable (X) which in this study is counseling Qur'an surah Ar-Rad verse 28 has a significant effect on the dependent variable (Y) or mental health. After that, it can be seen how much influence the independent variables have on the dependent variable as seen from the Standardized Coefficients Beta.

Hypothesis:

Ho = There is no influence between counseling Qur'an surah Ar-Rad verse 28 on mental health

H1 = There is an influence between counseling Qur'an surah Ar-Rad verse 28 on mental health

The results of the t-test data using the SPSS version 20 software program for Windows can be seen in table 7:

Table 8 Simple Regression Coefficient Result

Dependent Variable	Independent Variable	B	Sig	Criteria
Mental Health	Counseling Qur'an Surah Ar-Rad verse 28	0.660	0.000	Pv > α = Ho accepted Pv ≤ α = Ho rejectted

Based on the results of the coefficient test analysis that Pv in the sig. shows a value of (0.000), meaning that Pv (0.000) < (0.05), then Ho is rejected, this means that the proposed hypothesis shows that there is an influence between counseling Qur'an surah Ar-Rad verse 28 on mental health in facing adapting new habits in students of the Department of Sufism and Psychotherapy IAIN Pekalongan.

After it was known that there was an effect of counseling Qur'an Surah Ar-Rad verse 28 on mental health, then proceeded to test how much influence it had. The regression coefficient test was also carried out using the SPSS version 20 software program for Windows. Regression coefficient test is known from its magnitude. Based on the table above, it can be seen that the regression coefficient for counseling Qur'an surah Ar-Rad verse 28 is 0.660, meaning that with the counseling Qur'an surah Ar-Rad verse 28, mental health will increase by 0.660 units.

Fourth, the coefficient of determination is used to determine the magnitude of the influence between the X variable and the Y variable, or the magnitude of the influence of counseling Qur'an surah Ar-Rad verse 28 on mental health. These results can be seen from the calculations in the Model Summary table, here are the results of the calculations using the SPSS version 20 software program for Windows:

Table 9 Coefficient of Determination Test Results

	R Square
Counseling Qur'an Surah Ar-Rad verse 28	0.587

From table 8 it can be seen that the magnitude of the effect on the column R Square or r2 = 0.587, or KD in this study when converted into a percentage is 58.7%. This shows that the percentage obtained from the influence of counseling Qur'an surah Ar-Rad verse 28 on mental health in facing adaptation new habits is 58.7% or rounded up to 59%, and the remaining 100% - 59% = 41% in influenced by other variables besides the counseling Qur'an ar-rad verse 28, other variables can be internal or external factors from the individual himself.

D. Discussion

The discussion in this study based on the results of data analysis, it was found that there was an influence between counseling Qur'an surah Ar-Rad verse 28 on mental health in facing adaptation new habits and the effect was quite significant. The results of the study show that there is a positive relationship between counseling Qur'an surah Ar-Rad verse 28 and mental health.

The results of the data analysis also prove that the hypothesis proposed by the researcher is accepted, namely the effect of counseling Qur'an surah Ar-Rad verse 28 on mental health in facing adaptation new habits during COVID-19 pandemic in students of the Sufism and Psychotherapy Department of IAIN Pekalongan. The influence of the counseling Qur'an surah Ar-Rad verse 28 on mental health in facing adaptation new habits has a significant value because it is due to the high relationship between the two variables, this is evidenced by a significant number of 0.000 which means that it is in the high category. Counseling Qu'an surah Ar-Rad verse 28 is only one of the factors that affect mental health of students.

With the activities of counseling Qur'an surah Ar-Rad verse 28 carried out by psychologists, it is hoped that the mental health of students in facing adaptation new habits can be formed and minimize other psychological problems. Counseling has an important role in efforts to create mental health conditions for individuals and communities.[22] Its roles are as follows: First, helping individuals to know, understand, recognize and see themselves according to their nature or nature so that individuals can develop their potential and nature optimally. Second, accept the situation as it is, so that individuals understand their mental health conditions which can help in facing adaptation new habits during COVID-19 pandemic. Third, armed with good mental health, individuals are able to understand the circumstances or situations and conditions they are currently facing so that it will be easy to feel the difficulties they are experiencing and can help the factors that cause these problems so that if one day they experience problems again they can overcome them themselves.

The results showed that the effect of the implementation of counseling Qur'an surah Ar-Rad verse 28 was 58.7%. This proves that there are other influences that can affect the mental health of students, including a supportive social environment, family economic conditions

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[22] Bahril Hidayat. "*Konseling dan Kesehatan Mental.*" on: https://www. researchgate. net/publication/319978276_Konseling_dan_Kesehatan_Mental_Studi_dan_ Analisis_Kasus (2002) di akses tanggal 12 Juli 2021.

and a good immune system. These results are in line with the opinion of Replita (2018) which explains that a good family's socioeconomic conditions and social support can provide and create a healthy mentality in a person.[23] Self-healing mentally can strengthen the body's immune system which will have an impact on mental health during COVID-19 pandemic.[24] In addition, that social support also has a significant influence on formed mental health.[25] The support of parents and the environment will be a strengthening material for someone to create a healthy mentality in facing adapting new habits during COVID-19 pandemic.[26]

Students college who take part in the implementation of counseling Qur'an surah Ar-Rad verse 28 conducted by psychologists at IAIN Pekalongan seen from their counseling activities, are in the very satisfied category with the number of students as many as 8 people with a percentage of 67%, 4 people with a percentage of 33% in the category quite satisfied with counseling Qur'an surah Ar-Rad verse 28, and no students who fall into the category of being very dissatisfied. From these results it can be seen that Psychologists IAIN Pekalongan are very good in doing out counseling activities, as evidenced by 12 students there are no students who fall into the very dissatisfied category.

The results of mental health categorization showed that as many as 7 people (58.3%) indicated having mental health problems, and 5 people (41.7%) were not indicated to have mental health problems. The results of this study showed that 58.3% of the 12 students of the Department of Sufism and Psychotherapy IAIN Pekalongan experienced mental health problems. Students who are indicated to have mental health problems stated that during the COVID-19 pandemic they had to adapt to new habits. Before the COVID-19 pandemic, we were used to interacting directly with other people, but during the COVID-19 pandemic, it caused many changes, starting with wearing masks, washing hands and limiting direct interactions. This situation is not something that is easy to do, especially in the midst of an atmosphere filled with uncertainty that creates feelings of anxiety, worry, fear, stress[27], to depression. In other words, mental conditions become more vulnerable or unstable during COVID-19 pandemic.

Mental health in this study has five indicators, namely cognitive symptoms, anxiety symptoms, depression symptoms, somatic symptoms and decreased energy symptoms. Each of these indicators has an influence on the level of mental health. Based on the comparison of the empirical mean of five mental health indicators, the aspect or indicator of anxiety symptoms has the largest empirical mean. Indicators of anxiety symptoms experienced by

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[23] Replita, Replita. "Pengaruh lingkungan sosial dan keadaan ekonomi keluarga terhadap kesehatan mental remaja di Kelurahan Aek Tampang." *Jurnal Kajian Gender dan Anak*. Vol. 2, no. 2 (2018): 147-170.

[24] Cintami Farmawati, Miftahul Ula, and Qomariyah Qomariyah. "Prevention of COVID-19 by strengthening body's immune system through self-healing." *Jurnal Populasi* Vol. 28, no. 2 (2020): 70-81. DOI: https://doi.org/10.22146/jp.63430.

[25] Ni Made Dian Sulistiowati, Budi Anna Keliat, Besral Besral, and Abdul Wakhid. "Gambaran dukungan sosial terhadap kesejahteraan emosional, psikologi dan sosial pada kesehatan jiwa remaja." *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal* Vol. 8, no. 2 (2018): 116-122.

[26] Muhamad Azhan Azhari. "Dukungan Sosial bagi Penderita Disfungsional untuk Penguatan Kesehatan Mental: Studi Syarah Hadis dengan Pendekatan Psikologi Islam." *Jurnal Riset Agama* Vol. 1, no. 2 (2021): 308-322.

[27] Rahmaditta Kurniawati, Zulkipli Lessy, and Arif Widodo. "MENGATASI STRESS DENGAN HIPNOTERAPI BAGI KORBAN PERSELINGKUHAN." *Al-Tazkiah: Jurnal Bimbingan dan Konseling Islam* Vol. 11, no. 1 (2022): 39-56.

research subjects include: difficulty sleeping, easily afraid of the presence of COVID-19, worrying about contracting COVID-19 from other people, and feeling excessively tense. The results of this study are the same as research which states that the more symptoms experienced such as depression, anxiety, cognitive, somatic and decreased energy symptoms, the higher the tendency to experience mental emotional disorders.[28] According to the results of the 2013 Basic Health Research (in Dhea Nur Arifah) symptoms of mental disorders are more towards neurotic disorders, such as:[29] (1) Depression: Depression has psychological characteristics such as feeling sad, depressed, feeling useless, having no hope, and having a pathological sense of regret[30]. (2) Anxiety: Anxiety is a person's feeling of fear accompanied by feelings of uncertainty, helplessness, isolation and insecurity. Anxiety can make individuals feel trapped. Anxiety levels include mild anxiety, moderate anxiety and severe anxiety[31]. (3) Decreased Energy: A decrease in energy is characterized by not being passionate about someone in living life, feeling weak and having difficulty thinking. (4) Cognitive: Cognitive development is an aspect that focuses on thinking skills, including learning and problem solving. (5) Somative: Somatic symptoms are characterized by a person feeling weak, muscle tension, feeling hot and cold, and tremors.

Counseling Qur'an Surah Ar-Rad verse 28 not only helps create a healthy mentality but also as a guide to the best path for the happiness of human life in this world and the hereafter as well as answers to problems faced by society. In counseling Qur'an, the problems that humans face in their lives are trials and tests from Allah to His servants, to test the extent of human faith and patience[32], as contained in Al-Qur'an Surah Al-Baqarah verse 155: "*And indeed We will give trials to you, with little fear, hunger, lack of wealth, souls and fruits. And give glad tidings to those who are patient*".[33] The Qur'an counselor will direct the counselee to seek peace of mind by drawing closer to Allah as a source of peace of mind, a source of strength and problem solving and a source of healing for all mental illnesses. Furthermore, the counselor or psychologist directs, guides the counselee to get closer and always remembers Allah SWT by realizing it through consistent acts of worship.

E. Conclusion

Based on the results of the research that has been carried out, it can be concluded that there is an effect of counseling Qur'an surah Ar-Rad verse 28 on mental health of students college in facing adaptation new habits during COVID-19 pandemic, which is 58.7% with a Pv value of 0.000. In addition, the results of the study showed that the mental health picture

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[28] Endang R Surjaningrum. "Gambaran mental health literacy kader kesehatan." *Insan* Vol. 14, no. 3 (2012): 194-202.

[29] Arifah, Dhea Nur. "*Hubungan Kekerasan Psikis dengan Kesehatan Mental pada Remaja Sekolah Menengah Pertama Selama Pandemi Covid-19 di Kecamatan Sungai Kunjang Samarinda*." (2021).

[30] Donsu, J. D., and Rida Amini. "Perbedaan Teknik Relaksasi Dan Terapi Musik Terhadap Kecemasan Pasien Operasi Sectio Caesaria." *Jurnal Vokasi Kesehatan*. https://doi. org/10.30602/jvk. v3i2 113 (2017).

[31] Ibid.

[32] Dedi Sahputra Napitupulu. "Dasar-Dasar Konseling dalam Al-Qur'an." *Al-Irsyad: Jurnal Pendidikan Dan Konseling* Vol. 7, no. 2 (2019).

[33] M. Quraish Shihab. *al-Quran dan Maknanya*. (Lentera Hati, 2020).

experienced by students college before attending the activities of counseling Qur'an surah Ar-Rad verse 28 was 58.3% (7 students) indicated that they had mental health problems, and 41.7% (5 students) did not indicated to have mental health problems. The mental health problems experienced by research subjects are different, the highest symptom is anxiety symptoms. The responses of research subject who took part in the activities of counseling Qur'an surah Ar-Rad verse 28 conducted by psychologists at IAIN Pekalongan were in quite satisfied category with the number of students as many as 4 people (33%), and in very satisfied category with the activities of counseling Qur'an surah Ar-Rad verse 28 as many as 8 people (67%).

Based on the conclusions above, suggestions for research subjects are to maintain mental health with always getting closer and remembering Allah SWT so that the soul becomes calm in facing adapting new habits during COVID-19 pandemic. For further researchers, it is possible to conduct research on solutions to overcome anxiety and other mental health problems with a spiritual approach and the effectiveness of counseling implementation by increasing the number of research subjects.

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