



## **FORMATION OF MENTAL HEALTH AND CHARACTER: THROUGH THE HABIT OF READING RATIB SYAICHONA CHOLIL FOR STUDENTS OF ISLAMIC HIGHER EDUCATION**

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### **ABSTRACT**

Character building is very important for students as agents of change in the millennial era, where the younger generation has experienced a decline in morals due to the impact of globalization. Islamic religious institutes as Islamic educational institutions have an important role in character building because this is in line with Islamic Higher Education vision of becoming an Islamic religious university based on pesantren values that is integrity, competitive, and globally minded. The main issue in this study is how the habit of reading Rotib Syaichona Muhammad Cholil can contribute to character building among students. The objectives of this study are, first, to determine character building among students through reading Rotib Syaichona Cholil. The research method used is qualitative research with a phenomenological approach. Data collection techniques include in-depth interviews, observation, and documentation. Data analysis includes data reduction, data display, and conclusions. Data validity is checked using triangulation. The results of the study show that the regular and consistent recitation of Rotib Syaichona Cholil by students can be a means of improving mental health: strengthening faith, bringing peace and tranquillity to the heart, and enhancing emotional and spiritual intelligence. It also improves character, including: religious character, family, friendship (communicative), discipline, and responsibility.

**Keywords:** Character, Rotib Syaichona Cholil, IAI Syaichona Mohammad. Cholil

### **ABSTRAK**

*Pembentukan mental Health karakter sangat penting bagi mahasiswa sebagai agen perubahan di era milenial, dimana generasi muda banyak mengalami kemerosotan moral karena dampak arus globalisasi. Institut Agama Islam sebagai lembaga pendidikan Islam memiliki peran penting dalam membentuk karakter karena hal ini selaras dengan visi Menjadi perguruan tinggi keagamaan Islam berbasis nilai-nilai pesantren yang berintegritas, kompetitif, dan berwawasan global pada tahun 2035. Oleh karena permasalahan utama dalam penelitian ini adalah bagaimana pembiasaan pembacaan Rotib Syaichona Muhammad Cholil mampu berkontribusi dalam pembentukan karakter mahasiswa. Tujuan penelitian ini adalah pertama, untuk mengetahui pembentukan karakter mahasiswa melalui pembacaan Rotib Syaichona Cholil. Metode penelitian ini adalah penelitian kualitatif, dengan pendekatan fenomenologi. Teknik pengambilan data menggunakan wawancara mendalam, observasi, dan dokumentasi. Analisis data meliputi: reduksi data, display data, dan kesimpulan. Sedangkan untuk pengecekan keabsahan data dengan menggunakan triangulasi. Hasil penelitian adalah pembacaan Rotib Syaichona Cholil oleh Mahasiswa yang dilakukan secara rutin dan istiqomah dapat menjadi sarana untuk meningkatkan kesehatan mental: memperkuat keimanan, hati tenang dan tentram, dan meningkatkan kecerdasan emosional dan kecerdasan spiritual. Juga meningkatkan karakter, antara lain: karakter religiusitas, kekeluargaan/ bersahabat (komunikatif), Kedisiplinan, dan tanggung jawab*

*Key words:* Karakter, Rotib Syaichona Cholil, LAI Syaichona Mohammad. Cholil



## INTRODUCTION

In the global era, there are many problems due to the existence of internal conflicts within individuals, such as: disharmony between individuals, lack of sympathy and empathy, sympathy, lack of tolerance, and so on. As for external conflicts, such as: climate change, family conditions, political, economic, social, and cultural atmosphere. So that this causes symptoms of psychological disorders such as: fear, anxiety, frustration, depression, stress, up to the level of suicide.

Each individual in managing psychological symptoms is different to different levels, so this requires providing education about mental health to overcome conflicts, so that individuals are able to improve their character and live a happy and meaningful life. Normal individuals will try to adjust to take care of mental health, with good character and self-adjustment because without making self-adjustment, they will experience mental disorders, so it requires appropriate handling with approaches and interventions to overcome mental disorders so that individuals are mentally healthy again. According to Dumilah Ayuningtyas (2018), et al, there is a need for a community-based mental health approach intervention with comprehensive countermeasures, namely programs that will get long-term results to reduce psychological disorders called *cost-effective*.

Mental health is how an individual is able to adjust all the potentials in him, both intellectual, emotional, and spiritual intelligence as a whole, which are well integrated, so as to become a harmonious individual. Mental health is therefore a special phase of the entire pattern of adjustment to the individual's character, psychological and future qualities. Individuals who have mental health are individuals who have positive behavior, have good ethics and aesthetics in interacting with their environment personally and interpersonally.

To improve mental health and character in the university environment, especially at Institut Agama Islam Syaichona Moh. Cholil (INSYA), the Ratib Syaichona Mohammad Cholil reading routine, is one of the popular Ratib among Muslims. This ratib is the work of Syaikhona Mohammad Cholil bin Abdul Lathif who is a great scholar of Bangkalan Madura, which is the successor of the relay of the spread and development of Sufism that has been taught and pioneered by the wali songo who are also the main pioneers of Islamic da'wah in the archipelago. Therefore, the development of Sufism characterized by *Ahlussunnah wal jamaah* is increasingly coloring people's lives. (Muhaimin, et al: 2022)

Ratib Syaikhona Kholil, is a book that includes prayers, dhikr, which was printed in the form of leaflets on 28/9/1404 H by KH. Kholil bin KH. Moh Yasin Kepang on 28/9/1404 H. Then it was printed again in tahun 2019 & 2020 by Lajnah Tuross Imy Syaikhona Muhammad Kholil. The practice of reading Ratib is part of the Sufistic teachings that are in accordance with the teachings of *Ahlussunnah wal jamaah*, which is the Sufistic practice of Sufism which makes the Qur'an and al-hadith as the main guidelines in carrying out the practice of *ahwal wa manamat*. This sufistic practice is in accordance with the Sunni Tasawuf or Nusantara Sufism which is characterized by maintaining the Islamic tradition of the archipelago, and is also a guideline in avoiding reprehensible acts. Therefore, beginners (*salik*) must do *riyadob* and do spiritual practices to become a barrier (*satire*) in controlling lust continuously which is a characteristic of Sunni Sufism and morality. (Musyrifah Susanto, 2010)



The reading of Ratib Syaichona Cholil at INSYA is an effort to improve *mental health* for students because in this activity it is a cleansing of the soul (*tazkia an-nufus*) by doing activities to be closer to Allah swt. Reading Ratib Syaichona is also able to bring out a strong mentality and positive character, so that there will be peace of mind and psychological health in individuals that will increase love, love saying, gratitude, patience, humor, justice, honesty, optimism, confidence, self-esteem, and so on. So this will improve the quality of individuals related to individual righteousness and social righteousness. And to achieve it, it requires mental health both thinking, behaving, and behaving positively, so that individuals will be protected from mental disorders such as anxiety, fear, depression, chronic stress and so on. Ratib Syaichona's reading is also able to bring out a strong mentality and positive character, so that there will be peace of mind and psychological health in individuals that will increase love, affection, gratitude, patience, humor, justice, honesty, optimism, confidence, self-esteem, and so on. So this will improve the quality of individuals related to individual righteousness and social righteousness. And to achieve it requires mental health in terms of thinking, attitude, and positive behavior, so that individuals will try to improve superior character values.

## METHOD

This research is a *field research* with a type of qualitative research, namely research that is rooted in the natural setting as a need, which is the object of research that is researched are social problems faced by humans in reality and reviewed from all perspectives. The use of qualitative research because basically this research aims to reveal empirical truth, according to the inductive thinking framework through the interpretation of symptoms and phenomena in a contextual holistic manner. Research with a qualitative approach is suitable for developing theories that are built on data obtained through the field. Based on the focus of the problem in this study, this study uses a case study approach using a descriptive method. Case studies are a descriptive approach that is carried out about situations or events in a certain area at Institut Agama Islam Syaichona Moh. Cholil (INSYA) Bangkalan, Indonesia

This study uses a qualitative descriptive method with a case study approach. This research is a qualitative research, with a case study approach. The data sources in this study are primary data and secondary data. The primary data collection technique was carried out through *in-depth interviews* and observations, while secondary data was through documentation studies. (Yusuf, Muri. 2017) The technique of determining informants in this study uses *purposive sampling* and *snowball sampling*. (Denzin, Norman K., and Yvonna S. Lincoln. 1994)

Data analysis uses qualitative analysis, including: 1) *data reduction*, 2) data display, and 3) *conclusion/verification* of the data obtained. (Huberman and Miles, 1994). The validity of the data uses triangulation. (Huberman and Miles, 1994)

## RESULTS AND DISCUSSION

### **Ratib Syaichona Mohammad Cholil's Reading in Improving *Students' Mental Health***

Ratib comes from Arabic which means "orderly". The word ratib is also used in Sufism by the tarikat teacher or ulama, for routine recitation at a certain time with rules by the ratib compiler himself to be done. (Ilham Maulana, 2020).



Ratib in Indonesia is a dhikr arrangement, one of which is Ratib Syaichona Mohammad Cholil Bangkalan. Ratib Syaichona Cholil is read by Muslims, students in Islamic boarding schools and dhikr assemblies, especially students at INSYA. In fact, this dhikr has been widely spread and is commonly practiced by most Muslims. Because with the dhikr that is read, it will make peace of mind and character.

Ratib Syaichona Cholil reading, prayer and reflection activities with the entire Academic Community of the Syaichona Mohammad Cholil Islamic Institute (INSYA). This activity is carried out routinely every Friday at 13.00 and is also carried out when there is a moment of public lecture, when there is a laying of the first stone during the construction of a building on campus, or other incidental moments such as during joint prayer when there is a case of violence against women such as the case of Een Jumiati, a student who was killed by being beaten and burned.

Mental health is the competence possessed by individuals to adapt to themselves, others and society and the environment. According to M. Bahri Ghazali (2014), this adjustment is due to self-awareness that develops the individual's ability to recognize the existence of *ma'rifatun nafs* (self-strength), *ma'rifatun nas* (other people and society), as well as *ma'rifatul kaun* (environment), and *ma'rifatul Allah* (self-recognition of the existence of Allah).

*Mental health* from the perspective of applied psychology is a psychiatric aspect related to mental health. Meanwhile, other aspects that are also used to understand and study the meaning of *mental health* can also be seen from the aspects of religion, philosophy, and culture.

The research was conducted by Pajri Rezi, with the title "Analysis of the Concept of Mental Health in Character Development of Adolescents from the Perspective of Zakiah Dardjat, in 2020". Juvenile delinquency shows a decline in the morals and character of adolescents, to deal with this, it is necessary to make efforts by parents, educators, and the community so that adolescents become mentally healthy individuals. This research has the purpose of observing and analyzing the concept of adolescent mental health and adolescent character education according to Zakiah Daradjat. This research method is a type of *library research*, while to collect data, the data collection technique is through documentation, primary and secondary books about Zakiah Daradjat's thoughts.

The results of this study show that according to Zakiah Daradjat, mental health is how individuals optimize all potentials, interests, and talents by improving both intellectual and emotional competencies to achieve the goal of the happiness of the individual himself and those in the surrounding environment. Meanwhile, individuals adjust to themselves, others, and society, as well as the surrounding environment as an effort to overcome mental disorders (*neurosis*) and symptoms of mental illness (*psychosis*). When everything is properly integrated, happiness is realized because mental health makes the functions of the soul run in harmony. According to Zakiah, the character of adolescents can be improved when through two ways, including: *First*, through education in the family, school and community. *Second*, fostering increasing religious awareness, it is important to increase faith, worship, and morals or character, social welfare in the community, so families, teachers and the community nurture adolescents together so that children become children with noble character.

According to Nurul Amalia Fadilah (2024) with the title Analysis of Mental Health and Mental Resilience of Pharmacy Students at Several Public and Private Universities in Indonesia.



One-third of the population of pharmacy students from 14 countries showed low mental health, but this is not only the case in Indonesia because similar findings occurred in the United States, France, and several other Asian countries. This study analyzes the mental health and mental resilience of pharmacy students in various campuses in Indonesia, namely public and private universities and what are the influencing factors. This study aims to evaluate the mental health and mental resilience of pharmacy students in public and private universities in Indonesia and identify the *mental health* and mental resilience of students and several influencing factors.

This research method is a *cross sectional* method involving Indonesian students from three Western, Central and Eastern regions. The instruments of this study are the DASS-21 *Depression Anxiety Stress and Scale* (DASS-21) and the *Brief Resilience Scale* (BRS). The results of the study show that the high prevalence of mental health problems in pharmacy students in Indonesia, especially depression and low mental resilience. The association between depression, anxiety, and stress with mental resilience is confirmed, where the more severe the mental problem, the lower the mental resilience. Meanwhile, Pajri Rezi (2020) argues that there needs to be efforts made by parents, educators, and the community so that adolescents become mentally healthy individuals. The reading of Ratib Syaichona Cholil which contains prayers (sholawat ibrahimi, sholawat munjiat, and sholawat ilmi), dhikr, and prayer to sweep the universe which are part of efforts to maintain mental health while still holding the values of Islamic teachings and the social cultures of the academic community, one of which is students.

The readings of Ratib Syaichona Cholil in improving *mental health* include: *first*, strengthening faith and piety to Allah SWT. One of the factors that can affect spirituality, namely strengthening one's faith and devotion, is the (internal) factor. Every human being has a nature to be religious. Man has a belief in something beyond his power that has the power to regulate the life of the universe. Looking at the above reality, it is undeniable that humans who are born into the world have a belief in a substance that has the power to bring good. Fitrah towards religion is because humans as creatures of Allah are endowed with the fitrah to monotheism that there is a higher substance that created man and the universe, namely Allah Almighty. Religious instinct is an undeniable human nature in the heart, this is related to religious instinct and individual religious experience is a picture of the heart that will be implemented through behavior in daily life. In line with this, Jalaluddin Rahmat (2012) argues that religious awareness is a manifestation of religion and religious experience in individuals, which then emerges religious attitudes in the lives of individuals that have the function of implementing them in behavior in accordance with the norms and values of religion adhered to.

*Second*, the heart is calm and peaceful. Reading Ratib Syaichona felt that her heart was calmer and more peaceful, especially when it was done continuously and istiqomah, there were many benefits and spiritual experiences that she felt, one of which was that her heart was calmer and more peaceful. And to increase calm and peace of mind, it is recommended to read Ratib Syaichona in which there are many dhikr and istigfar readings. The goal is also to be patient when hit by disasters or trials, also to be able to restrain lust, so as not to get angry and emotional. Because peace or anxiety, joys and sorrows experienced by individuals as servants all occur by the will of Allah SWT. Because mental health is disturbed when individuals experience anxiety, excessive anxiety, fear, lack of confidence, insomnia, anger, depression, and stress because of attitudes in facing life's challenges.



To overcome the problems of human life, individuals always strive to be grateful and patient to expect the pleasure and inayah (help) of Allah SWT by trying to always get closer to Him, by reading such as dhikr, prayer, and prayer. One of them is reading ratib. (Alif Kemal Pratama, et al. 2022). As Allah says in the Qur'an Surah An-Nisa verse 103:

فَإِذَا قَضَيْتُمُ الصَّلَاةَ فَادْكُرُوا اللَّهَ قِيَامًا وَفُجُودًا وَعَلَىٰ جُنُوبِكُمْ فَإِذَا اطْمَأْنَنْتُمْ فَأَقِيمُوا الصَّلَاةَ إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا

“When you have finished the prayer, dhikr to Allah (remember and call upon Him), whether you are standing, sitting, or lying down. When you feel safe, perform the prayer (perfectly). Indeed, prayer is an obligation that has been determined for the believers’.

The Qur'an surah An-Nisa verse 103 commands a servant to get closer to Allah through dhikr wherever he is and in any circumstances so that he feels calm, peaceful, and safe. So that INSYA students avoid anxiety, anxiety, depression, stress, and also avoid acts that are prohibited by religious law, such as promiscuity, adultery, violence, and so on that are not in accordance with Islamic teachings.

*Third*, it reminds emotional intelligence and spiritual intelligence. The reading of Syaichona's ratib was able to improve *mental health* because it was able to increase the emotional intelligence and spiritual intelligence of students. Zakiah Daradjat (1984) argues that mental health is how individuals optimize all potentials, interests, and talents by improving both intellectual and emotional competencies to achieve the goal of the happiness of individuals and people in the surrounding environment. Meanwhile, individuals adjust to themselves, others, and society, as well as the surrounding environment as an effort to overcome mental disorders (*neurosis*) and symptoms of mental illness (*psychosis*). When everything is properly integrated, happiness is realized because mental health makes the functions of the soul run in harmony.

Ratib Syaichona, which contains prayers, dhikr, and sweeping prayers as a way to get closer to Allah, has many benefits for mental health, namely individuals can feel calm and peace in their hearts, which is difficult to find, especially in modern life because of busyness and work. Therefore, it is very important for individuals to istiqomah in reading the ratib of Syaichona as a tool to achieve *better mental health* and emotional intelligence. This shows that the reading of Ratib Syaichona is not only a worship practice but much more profound related to the increase of spiritual intelligence, as this reading can be an important part of a comprehensive mental health strategy. So that with the increase of spiritual intelligence it is an ability/intelligence through closeness to Allah, because it is able to face life's problems through having high motivation to survive in life and being able to find solutions in solving problems, and taking meaningful wisdom, as well as life values.

### **Ratib Syaichona Mohammad Cholil 's Reading in Improving Student Character**

Character is a sentence that refers to human virtue with an exclusive personality. meanwhile, growing a personality does it by moving to get used to one of them, namely the habit of reading Rotib Syaichona (Qosim, 2020). Character refers to the character of an individual who is directly influenced by the mind. The Great Dictionary of the Indonesian Language (KBBI) shows that, the meaning of character is the traits in the psychology of Muthmainah, Formation of Mental Health and Character... .



individuals, which also means character, morals or ethics, while to distinguish individuals from other individuals is disposition.

For character formation in the university environment, especially at the Syaikhona Mohammad Cholil Islamic Religious Institute (INSYA), the routine reading of Ratib Syaikhona Mohammad Cholil, is one of the popular Ratib among Muslims. This ratib is the work of Syaikhona Mohammad Cholil bin Abdul Lathif who is a great scholar of Bangkalan Madura, which is the successor of the relay of the spread and development of Sufism that has been taught and pioneered by the wali songo who are also the main pioneers of Islamic da'wah in the archipelago. Therefore, the development of Sufism characterized by *Ahlussunnah wal jamaah* is increasingly coloring people's lives. (Muhaimin, et al: 2022)

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Ratib Syaikhona Cholil reading, prayer and reflection activities with the entire Academic Community of the Syaikhona Mohammad Cholil Islamic Institute (INSYA). This activity is carried out regularly and carried out by all students and lecturers every Friday at 13.00, and will also be carried out during public lectures, meeting events, when there is a first foundation during the construction of buildings on campus, or other incidental moments such as during joint prayer during disasters and so on.

Ratib Syaikhona Cholil has many influences and effects, one of which is that it can improve the character of the individual who reads it. All prayers, dhikr, and prayers for the universe in the Bacaab ratib have virtues and will benefit the reader, this also depends on the istiqomahan in reading dhikr. Ratib Syaikhona Mohammad Cholil Reading in Improving the Character of Students of the Syaikhona Mohammad Cholil Islamic Religious Institute (INSYA), because the reading of ratib is also able to increase spiritual intelligence. Spiritual intelligence is intelligence that is directly related to an inner quality of the individual. Individuals who have spiritual intelligence will always behave well and be more human, so that individuals will behave in accordance with noble and noble character values. (Akhirin 2013)

Ratib Syaikhona Kholil, is a book that includes prayers, dhikr, which was printed in the form of leaflets on 28/9/1404 H by KH. Kholil bin KH. Moh Yasin Kepang on 28/9/1404 H. Then it was printed again in tahun 2019 & 2020 by Lajnah Turots Ilmy Syaikhona Muhammad Kholil. The practice of reading Ratib is part of the Sufistic teachings that are in accordance with the teachings of *Ahlussunnah wal jamaah*, which is the Sufistic practice of Sufism which makes the Qur'an and al-hadith as the main guidelines in carrying out the practice of *ahwal wa mawamat*. This sufistic practice is in accordance with the Sunni Tasawuf or Nusantara Sufism which is characterized by maintaining the Islamic tradition of the archipelago, and is also a guideline in avoiding reprehensible acts. Therefore, beginners (*salik*) must do *riyadob* and do spiritual practices to become a barrier (*satire*) in controlling lust continuously which is a characteristic of



Sunni Sufism and morality. (Musyrifah Susanto, 2010) The reading of Ratib Syaichona Cholil at INSYA is an effort to improve the character of students.

According to Musrifah, (2016), that character is also interpreted as personality or morals. Personality is a characteristic, characteristic, or characteristic and uniqueness possessed by an individual. Character grows and develops through education in the environment, that is, *first*, the family environment, as the first and main environment. *Second*, the school environment, and *the third* is the community environment.

This research is in line with the research of Pajri Rezi (2020) entitled "Analysis of Mental Health Concepts in Adolescent Character Development From the Perspective of Zakiah Dardjat, the results of the study show that to deal with the moral and character deterioration of adolescents, it is necessary to make efforts by parents, educators, and the community so that adolescents become mentally healthy individuals. According to Zakiah Daradjat, the character of adolescents can be improved when through two ways, including: *First*, through education in the family, school and community. *Second*, fostering increasing religious awareness, it is important to increase faith, worship, and morals or character, social welfare in the community, so families, teachers and the community nurture adolescents together so that children become children with noble character

Regular and istiqomah reading of Ratib Syaichona Cholil can improve good character and personality. This can be seen through these changes in character/personality such as individuals being more patient, diligent, grateful, obedient, motivated in worship, giving alms, being kind to others. Individuals also try to stay away from wickedness, and avoid deeds that are displeasing to Allah. These changes require a process, one of which is an effort to improve character, which is the Rabib reading routine. Ratib reading can increase superior character, such as: gratitude, patience, diligence, courage, responsibility, fairness, wisdom and so on. Character is a trait or behavior possessed by every INSYA student who is a student who has an ethics that understands religious science so that students can serve the community according to the needs of the environment where they live. As the results of research conducted by Neneng Intan Bulgis Humairoh, et al. (2022) the habit of reading Rotib affects the character of students so that by reading Ratib regularly it will be able to improve the character of students.

Ratib Syaichona's reading is able to improve superior characters, including: *First*, improving character. According to Agus Wibowo, religious character is defined as an attitude or behavior that is obedient in carrying out the religious teachings that are followed, tolerant in the implementation of worship, and living in harmony with other humans. (Agus Wibowo, 2012). This religious character grows and develops in behaving and behaving in accordance with what is taught in Islam, namely patience, tawakal, and gratitude because the reading of Ratib Syaichona can help develop patience and tawakal in facing life challenges and all problems experienced in daily life. And the reading of Ratib Syaichona is able to grow and increase gratitude in students, because the reading of Ratib Syaichona can help increase gratitude for the blessings and gifts of Allah SWT by praying to Him

*Second*, family/friendship (Communicative): an act that shows a sense of pleasure in talking, getting along and cooperating with others, which is one of the 18 characters formulated by the government. This character will increase because of the reading of ratib, because the reading is carried out together with other students, so as to strengthen the *family ukhunnwab* with



togetherness when reading Rotib Syaichona is able to instill the nature of mutual need and establish emotional closeness of students to each other. Suyadi (2013) argues that communicative nature will have an impact on the existence of an individual kalaboasi, because it is a friendly and proactive attitude.

*Third*, discipline, with the reading of Ratib Syaichona which is carried out regularly and istiqomah is also able to improve student discipline. over and over again until it becomes a habit that a person has (Astriana, Aziz, & Hayati, 2023). This habit can be inherent in students if it is done continuously (Malindo & Nurdini, 2023). Discipline in Ratib's reading activity is the awareness in a person to follow rules, values, and laws that exist and apply around his environment that can regulate the order of a person's or individual's life (Khotijah and Halili, 2023). Discipline is an action that shows orderly and obedient behavior. Where will it lead to obedience, character values that increase when students want to obey the rules, one of which is to do rabib readings, the values of Islamic boarding schools, which will grow the character of students' obedience to the caregiver is (*murobbi bin rubihi*) or people who cultivate the goodness of their soul in the reading of Rotib Syaichona.

*The fourth* is responsibility, is the attitude and behavior of students to carry out their duties and obligations, as individual beings, social beings, and divine beings who have responsibilities, including: *First*, individual responsibility to become individuals with good character, *second*, social responsibility to others, so as to benefit fellow human beings, and third, total responsibility to God Almighty. From these three responsibilities, students will have good or superior character who strive to become human beings who have responsibilities to God Almighty, themselves, fellow humans, the socio-cultural environment, the nation and state and the international world. Flanagan and Faison in Laura E. Berk, (2012) argue that responsibility is the integration of individual cognition, emotions, and behavior.

## CONCLUSION

Based on the discussion above, it shows that the reading of *Ratib Syaichona Mohammad Cholil* contributes significantly to the character formation of students at Institut Agama Islam Syaichona Moh. Cholil (INSYA). The ratib contains prayers (*sholawat Ibrohimiyah, sholawat Munjiyat, and sholawat 'Ilmi*), dhikr (remembrance of Allah), and universal supplications, which are practiced regularly and consistently (*istiqomah*) as part of the institution's effort to nurture student character. Through this habitual practice, several superior character traits emerge, including: religiousness (*religiusitas*), family-like friendliness or communicativeness (*kekeluargaan/komunikatif*), discipline (*kedisiplinan*), and responsibility (*tanggung jawab*).

Furthermore, the routine recitation of *Ratib Syaichona Cholil* not only fosters character but also serves as an effective non-pharmacological intervention for improving students' mental health. It strengthens faith, brings calmness and peace to the heart, and enhances both emotional and spiritual intelligence. In the context of modern life, where students face increasing psychological pressures and moral challenges due to globalization and digitalization, this Sufi-based practice offers a holistic, culturally rooted solution that integrates spiritual devotion with psychological well-being.

Therefore, it is recommended that Islamic higher education institutions, particularly those with a pesantren-based vision, adopt or maintain similar habitual dhikr and *ratib* activities



as part of their co-curricular programs. Future research should explore the quantitative impact of such practices on measurable mental health outcomes and character development, as well as their adaptability across different cultural and educational settings. By doing so, Islamic education can effectively bridge the gap between spiritual knowledge and daily practice, producing graduates who are not only intellectually competent but also morally resilient and spiritually grounded.

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