

ABSTRACT

Rahmah, Queen, 2015. SHALAWAT ALBANJARI (Ethnographic Studies about *Psychological Well Being* of Shalawat Actor in Ma'had Sunan Ampel al-Aly Islamic State University of Malang). Faculty of Psychology, Islamic State University (UIN) Maulana Malik Ibrahim Malang.
Supervisor: Dr. H. M. Lutfi Mustafa, M.Ag

Kata Kunci: Shalawat Albanjari, *Psychological Well Being*

Levels of stress and mental health disorders adulthood increased five times higher than the conditions experienced in the era of the great depression in 1938 ago. The trigger came from school and popular culture in everyday life (Lubis, 2010). The symptoms of burnout are also found in some College students, it's not impossible that also occurred in Ma'had Sunan Ampel al-Aly State University of Malang. This greatly affects the *psychological well being* of individuals. The activities of segue Albanjari as tradition has certain values that can be expressed in terms of Psychological Well Being of the player.

This study is a qualitative research with ethnographic approach. Subjects in this study is a student who became an active player of Shalawat Albanjari and a caretaker at Ma'had Sunan Ampel al-Aly, and involving informant who related to the subject. The technique of collecting data using interviews, and observation (qualitative data). In this study, *Psychological Well Being* theory of Carol D. Ryff is used as a reference.

The results showed that there are some values contained in the Shalawat Albanjari, those are: behavior value, character value, psychological value, compactness value, education value, cultural values, simplicity values, creativity values, spiritual values, leadership values, responsibility values, discipline values, and social values. Moreover, *psychological well being* can be conceptualized as a state of being comfortable, heart always feels calm when faced with problems, feeling happy because of capitulate everything to God. Then, the process of achieving *psychological well being* those are, by sensing the rhythm of the Shalawat Albanjari music; doing routine music exercise; sensing tones which can affect emotions; sensing the shalawat meaning as the prayer and praise; sensing and imagining the presence of the Prophet in the heart; practicing the values which contained in the Shalawat Albanjari. Those activities can stimulate mind to retrieve Allah; rise a happiness feeling; make ourself to be closer to Allah; create the feeling of devotion to Allah; stimulate curiosity about Allah so that can recognize Him by His creature; recharge energy; reduce stress and burnout. All of those effects can rise positive *psychological well being* in the form of being comfortable, serenity, and happy feelings. So that finally, everyone can well run their activities and face the problem of life calmly.