

ABSTRACT

M. Agus Nurcahyo, 2010. The role of Dzikir as Stress Organizing medium (study on the University's Islamic Boarding School Center Students, Ibnu Kholdun Dormitory, Maulana Malik Ibrahim State Islamic University of Malang)

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Dzikir seems very consistent to be held in the University's Islamic Boarding School Center. *Dzikir* to (recalling) Allah constitutes the highest level of prayers, containing many benefits and advantages for life either in the world and in the hereafter. *Dzikir* which is conducted in the University's Islamic Boarding School Center has a typical characteristic. That is after salat fardhu it is led by an older student. Besides, there particular *dzikir* routinely and consistently conducted after salat subuh which is called *wird al-latif* and once a week after salat maghrib which is called *wird ratibul al haddad*. Both are excerpted from some aya in Al-qur'an and Hadith. The reason why all students must have *dzikir* is as a form of reflection on the whole crowded activities that make bored, tired, confused, dizzy, and even stressed. From this, Islam guides us in order to remember the power, gifts, and assistance from Allah through the medium of *dzikir*.

Eventually, the formulation of the problems how the indications of stress appear, and what kind of *dzikir* should be implemented by students, whether *dzikir* which is implemented can control their stress. Here is the goal of this research, to know the contribution of *dzikir* after salat fardhu as the stress organizing medium of male students in the University's Islamic Boarding School Center of Malang.

This research applied qualitative descriptive approach, through study of natural situation by seeing the phenomena and the focus of research leans to the *finite* population with *Non-Random Sampling* which is specified with *purposeful sampling* technique, due to the research focuses on the purpose and the characteristics of the participants. In optimizing this research, researcher applies maximal variation sampling. Meanwhile the data collection method which is used in this research is in depth interview, and participation observation.

The conception of the result of the research reveals that in the existence of students who conduct either *dzikir* verbally and with heart by uttering *kalam-kalam* Allah after salat fardhu or particular *dzikir* such as *wird al latif* and *wird ratibul al haddad* will be able to give mental calmness, humility, and also assist them to commute psychosomatic problems, stress. The contribution of *dzikir* point out an implication of its existence itself, including aspect of Auto-suggestion (hypnosis), muscle relaxation, consciousness relaxation, catharsis, medium to form characterization, togetherness, environment therapy, and aspect of shifting attention and problem solving.