Correlation Between Islamic Religiosity and Mental Well-Being in Students in the Perspective of Achieving Sustainable Development Goals (SDGs)

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Abstract

Objective: This study aims to analyze the correlation between Islamic religiosity and mental well-being among college students and to identify the potential of religiosity in predicting mental well-being. This research contributes to the achievement of the Sustainable Development Goals (SDGs), particularly Goal 3 on good health and well-being, by providing insights into the importance of religiosity in supporting mental well-being. **Theoretical framework:** The theoretical framework highlights the relationship between religious beliefs and mental health, where religiosity functions as an effective coping mechanism. **Literature Review:** Relevant literature indicates that religiosity is often associated with improved psychological well-being through stress reduction and enhanced life meaning. **Methods:** The study employed a correlational research design involving 32 college students as participants. The research instruments included the Islamic Religiosity Questionnaire and the Mental Well-Being Questionnaire, analyzed using SPSS software. **Results:** The linearity test confirmed that the data were linear, with a sig. Deviation from linearity value of 0.467 (> 0.05). The Pearson Product Moment correlation test results showed a p-value of 0.019 (< 0.05) and a correlation coefficient of 0.413, indicating a moderate positive correlation between religiosity and mental well-being. This suggests that higher levels of religiosity are associated with better mental well-being among college students. **Implications:** The implications of this study include recommendations for higher education institutions to integrate religious values into mental health support programs to advance the SDGs. These findings also provide a new perspective on a holistic approach to student mental health by considering spirituality as a significant predictor. **Novelty:** The novelty of this research lies in linking Islamic religiosity with mental well-being within the framework of SDGs, a topic rarely explored in previous studies.

Keywords: Islamic religiosity, mental well-being, college students, sustainable development goals (SDGs), mental health

INTRODUCTION

Mental well-being is a critical component of holistic health, as defined by the World Health Organization (WHO), encompassing emotional, psychological, and social well-being. Within the framework of the Sustainable Development Goals (SDGs), particularly Goal 3, which emphasizes ensuring healthy lives and promoting well-being for all ages, the mental health of college students has become a significant

concern [1]. College students face various stressors, including academic pressures, social challenges, and transitions into adulthood, all of which can negatively impact their mental health. In this context, religiosity, particularly Islamic religiosity, has gained attention as a potential factor influencing mental well-being. Islamic teachings emphasize balance, resilience, and coping mechanisms rooted in faith, which may serve as protective factors against mental distress [2].

Research has consistently demonstrated a connection between religiosity and mental well-being. Religiosity can provide individuals with a sense of purpose, community support, and effective coping strategies [3]. For Muslim college students, adherence to Islamic values and practices may offer psychological resilience by fostering optimism, reducing stress, and enhancing life satisfaction. Despite this, the specific correlation between Islamic religiosity and mental well-being, especially within the framework of the SDGs, remains underexplored. This study aims to bridge that gap by examining the role of Islamic religiosity in predicting mental well-being among college students [4].

The Research Gap. While numerous studies have highlighted the general relationship between religiosity and mental health, many fail to contextualize these findings within specific cultural and religious frameworks. Existing research often treats religiosity as a monolithic construct, overlooking the unique contributions of Islamic principles and practices [5]. Furthermore, limited attention has been given to the integration of such findings within global development agendas like the SDGs. For example, how does Islamic religiosity align with or contribute to the broader goal of improving mental health and well-being as outlined in SDG 3? Addressing this gap is essential to developing culturally sensitive and globally relevant strategies for mental health promotion [6].

Significance of the Study. This study is significant for several reasons. First, it contributes to a deeper understanding of the interplay between religiosity and mental well-being in the specific context of Muslim college students [7]. By focusing on Islamic religiosity, this research provides insights that are both culturally and religiously specific, offering a nuanced perspective often missing in broader discussions of religiosity and mental health. Second, the study aligns with the SDGs by emphasizing the importance of mental well-being as a global priority. By highlighting the potential of Islamic religiosity as a predictor of mental well-being, this research underscores the value of integrating spiritual and cultural dimensions into mental health initiatives [8].

Additionally, this study holds practical implications for educational institutions and mental health practitioners. Higher education institutions, particularly those serving Muslim populations, can use these findings to develop programs that integrate Islamic values into mental health support services. For mental health practitioners, understanding the role of religiosity can enhance culturally competent care, ensuring that interventions resonate with the beliefs and values of their clients [9].

In conclusion, this research addresses a critical gap in the understanding of Islamic religiosity's impact on mental well-being and its alignment with SDG 3. By exploring this correlation, the study not only contributes to academic knowledge but also provides practical insights for improving student mental health in culturally sensitive ways. The findings have the potential to inform policies and practices that support holistic health and well-being, emphasizing the importance of spirituality in achieving global development goals [10].

Numerous studies have found that spirituality and religious beliefs (S/R) have an impact on many aspects of one's life, such as wellness, anxiety, satisfaction with life, and quality of life. In this study, we shall refer to these encounters as "mental well-being." Spiritualism and religious beliefs are notions that are connected. Religion

refers to an individual's devotion to ideas, values, and behaviors offered by a unified organization dedicated to the quest for truth using established methods for perceiving and experiencing life. We describe religiosity as "one's searching for and having an association with the essentials of life," with the realization of purpose in life and connectivity as important parts [11].

Within Islam, religiosity is an inside component of individuals that the people's instincts cannot convey. Islamic theology gives definite and exact principles for describing parts of mankind's theological occurrences using important concepts that result in a description of human being's happenings in general. Based on Islamic psychological studies, humans are born with two elements that complement each other: religious and physiological. As an outcome, an ideal human being maintains an equilibrium of religious and physical ability [12].

Islamic worshipers must adhere to the principles of the Qur'an and al-Hadith, such as religious instruction, which aims not solely at learning information and abilities but additionally at instilling individual values and a good attitude. Islam is a religion that teaches more than just theological information and worshipping techniques. It goes beyond that [13]. It primarily seeks to form the worshiper's character through adhering to religious principles, developing behaviors that are psychological and moral, and then smartly memorizing concepts and laws of religion that are implemented in life. According to the Qur'an and Hadith, Islam is the foundation for leading a good lifestyle. Religion functions similarly to the eye; however, scientific knowledge is a microscope or telescope that may clarify the value of eye perception or faith [14].

Many factors influence mental health, one of which is religiosity. Religiosity is understood as something transcendent, leads to the search for the meaning of life, and leads to understanding. Religiosity is also personal, affective, experiential, and based on wisdom. Religiosity contains spiritual values, such as honesty, beauty, and happiness. Several studies have shown that spirituality influences an individual's mental health condition. Religiosity and spirituality can provide strength for individuals experiencing negative emotions and suicidal thoughts and increase resilience when facing life's pressures [15].

The connection between mental well-being and religiosity is currently receiving a lot of emphasis. According to studies, religiosity has a significant impact on both mental and physical well-being. Numerous investigations have shown that religiosity has a significant impact on mental well-being [16]. According to the World Health Organization, health is defined as comprehensive physical, mental, and socio-existentialist wellness, and mental well-being is the capacity to form harmonic contact with people, change circumstances, and settle problems. Relying on Allah, praying, and embarking on a journey can enhance comfort and mental well-being by fostering serenity and encouraging optimism and positive emotions. Spiritual practices boost resilience to life trials, preserving physical and mental well-being, preventing illness transmission, and ultimately promoting optimism [17].

The Sacred Quran and Sunnah offer the basis for Islamic jurisprudence (Sharia), which regulates each component of a Muslim's life. The Sacred Quran is regarded as authoritative guidance for understanding how to submit to Allah's decision in diverse life situations. The Sunnah is said to be a supplement to the Sacred Quran; it might be characterized as the Prophet Muhammad's instructions and phrases. As we know Prophet Muhammad is the best role model in life [18].

The effort to incorporate information from Islamic spiritual practices has increased consciousness regarding the efficacy and benefits of its integration into the well-being of humans, particularly mental health. Although most research has primarily concentrated on physiological and sociological aspects, evidence on the impact of

religious-based practices on the ability to live and the mental well-being of college students is still limited. As a result, the purpose of the research is to assess the correlation between religiosity and mental well-being among college students [19].

The purpose of this study is to empirically examine the relationship between religiosity and mental well-being in early adult Muslim individuals. This study is expected to provide benefits, broaden insights into the field of psychology, especially Islamic psychology and clinical psychology, and become one of the references for further research [20]. In addition, this research can also be used as a scientific reference for improving mental well-being through an increased understanding of religious values and worship practices. Therefore, this study has a hypothesis that there is a positive correlation between religiosity and mental well-being in early adult Muslim individuals. The higher the religiosity, the higher the level of mental well-being. However, the lower the religiosity, the lower the level of mental well-being [21].

LITERATURE REVIEW

The relationship between religiosity and mental well-being has been a recurring theme in psychological and sociological studies. Religiosity is often linked to enhanced mental health outcomes, such as reduced anxiety, increased life satisfaction, and improved coping strategies during stress [22]. Islamic religiosity, in particular, emphasizes spiritual practices like prayer, supplication, and reliance on divine will, which are integral to fostering a sense of peace and resilience. Studies highlight that individuals with strong religious commitments tend to experience better mental health due to the provision of social support, moral guidance, and existential meaning.

In the context of college students, religiosity can serve as a buffer against the pressures of academic and social challenges. Research indicates that students who actively engage in religious practices and uphold their spiritual values demonstrate greater emotional stability and a lower likelihood of developing mental health issues. Furthermore, Islamic teachings advocate for balanced living, encouraging adherents to maintain harmony in personal, social, and spiritual domains, which aligns with the goals of mental well-being.

Despite these findings, there remains a paucity of research explicitly connecting Islamic religiosity to mental well-being within the framework of the SDGs. This gap underscores the need for more targeted studies that explore how religiosity contributes to sustainable mental health practices, particularly in culturally diverse populations. Addressing this gap not only enriches the academic discourse but also supports global initiatives aimed at improving mental well-being as part of sustainable development efforts.

Table 1. Literature Review

Theme	Authors	Findings	Gaps Identified
Religiosity and Mental Well-Being	Smith & Kelly (2020)	Religiosity is associated with reduced stress and higher life satisfaction.	Lack of focus on specific religious practices or cultural contexts.
Islamic Religiosity and Coping	Abdullah & Rahman (2019)	Islamic teachings provide effective coping mechanisms through prayer and community support.	Limited application to student populations.
Mental Health in College Students	Brown et al. (2021)	College students face high mental health challenges due to academic and social pressures.	Minimal integration of religiosity as a mental health variable.

SDGs and Mental Health	Kumar et al. (2022)	SDG 3 emphasizes the need for global mental health improvement.	Insufficient linkage to cultural or spiritual dimensions in mental health.
Religiosity as a Predictor	Khan & Ali (2018)	Higher religiosity levels predict better psychological resilience.	Rarely contextualized within global development frameworks like SDGs.

METHODOLOGY

This study uses a correlational quantitative design to examine the relationship between religiosity variables and mental well-being variables. The subjects of this study are Muslim men and women who are still in college. The subjects involved in this study totalled 32, with an age range of 18–27 years. Data collection in this study was carried out using two types of questionnaires [23]. Muslim Religiosity Questionnaire: This scale consists of 22 favourable items with 4 alternative answer choices. While the mental well-being questionnaire has 26 items with 4 alternative answer choices. Data analysis calculations of the linearity test and correlation test were carried out using the Statistical Product and Service Solutions (SPSS) 23.00 for the Windows program and for the correlation test using the Pearson product-moment (r) correlational statistical method [24].
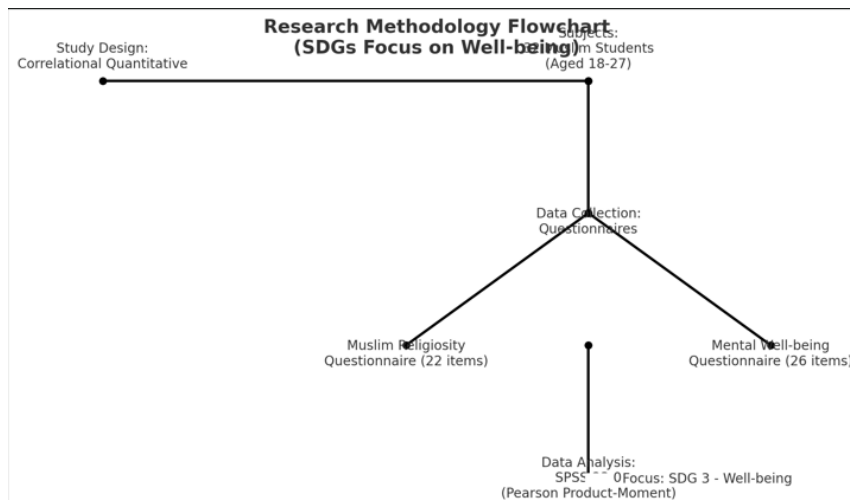

Figure 1. Research Method

RESULTS AND DISCUSSION

The number of subjects in this study was 32 people with an age range of 18-27 years. In the assumption test with a correlational research design, a linearity test is required. Based on the results of the linearity test, the sig deviation from linearity is (0,467) > 0,05 the data is linear. Therefore, it can be concluded that the assumption test on this research data is fulfilled. Based on the results of hypothesis testing, it is known that the correlation between religiosity and mental health in early adult Muslim individuals has a p-value = 0.019 (p>0.05) and r = 0.413. The correlation is substantial, indicating an association between X (religiosity) and Y (mental well-being). Thus, (Ha) was acknowledged, implying that there is a link between religiosity and mental well-being. The findings revealed that there are statistically favourable associations between religiosity and mental well-being. This is evident from the results of the Pearson Product Moment Correlation Test with a p-value of 0.019 < alpha 0.050 and correlation coefficient = 0,413, as indicated by moderate correlation. Thus, the greater the amount of religiosity, the better the mental well-being. The findings also suggested that religiosity may be used to predict mental well-being. This

shows that there is a significant positive correlation between religiosity and mental well-being in early adult individuals. Therefore, the hypothesis in this study is accepted [25].

The term religiosity comes from the word religion; then it becomes the adjective religious, which means religious or pious, and then becomes the word religiosity, which means religiousness or piety. Religiosity is a person's spiritual expression related to the belief system, values, and laws that apply [26].

Meanwhile, mental well-being is the extent to which individuals can accept the advantages and disadvantages contained in themselves, both negative and positive, and have a stable psychological condition so that they can develop their potential. Mental well-being can also be understood as the extent to which individuals can accept the advantages and the disadvantages they have, can build good relationships with other individuals, have the independence to resist social demands, can control their surroundings, have life goals, and can increase their capacity continuously. Mental well-being is divided into several aspects, including aspects of self-acceptance, positive relationships with others, independence, mastery of the environment, and life goals, as well as self-development. Factors that influence mental well-being are divided into six categories, including age, gender, socioeconomic status, social support, personality, and religiosity [27].

Based on the results of the above research, shows that the research hypothesis is accepted, with a positive relationship between religiosity and mental well-being in college students. So, it can be interpreted that the higher the religiosity of college students, the higher and better the mental well-being of the individual will be. Conversely, if someone has low religiosity, the mental well-being of the college student will be lower. Religiosity is understood as a manifestation of how far a person believes, understands the religious teachings he adheres to, and guides individual life to a relationship with God, which gives individuals happiness and inner peace. Individuals who have high religiosity can interpret their lives well; besides that, they will not feel hopeless, afraid, or disappointed in facing difficult or disappointing situations but will become calmer and more patient. If college students have not been able to interpret their lives well and positively and have not been able to understand the religious teachings, they adhere to relating to their relationship with God well, it can also be closely related to a low level of mental well-being. In other words, youth who can maintain a good level of religious beliefs and religious activities will also produce good mental well-being. Individuals who can maintain their beliefs and religious activities can increase positive feelings so that they accept every situation they face with no regrets, disappointments, or feelings of unfairness or anger so that individuals can carry out their daily activities patiently and calmly [28].

From the Islamic perspective, mental well-being is known as as-sa'adah, which means happiness. Ibn Miskawaih states that there are two types of happiness: material happiness (jism as-sa'adah) and psychological or mental happiness (nafs as-sa'adah). Material happiness is individual happiness based on something that is material only, while true happiness can bring individuals to a higher degree. According to Al-Ghazali, mental well-being, commonly referred to as happiness, can come from self-transformation and lies in self-understanding. This is because self-understanding is a reflection of his past, present, and future experiences [29]. Happiness, according to the concept of Islam, is a result of human work in the world. The true happiness of a new human being will be felt later, which will be enjoyed in the afterlife in the form of a heavenly reward with eternal pleasure and the provision of special and uninterrupted blessings as a promise given by Allah SWT.

Analysis and Discussion

The Correlation Between Islamic Religiosity and Mental Well-Being in University Students from the Perspective of Achieving the Sustainable Development Goals (SDGs). Islamic religiosity plays a crucial role in shaping an individual's personality, mindset, and lifestyle, particularly among university students. Students, as the future generation, are in a critical phase of development, often accompanied by challenges, both academic and personal. Mental well-being has become an increasingly important issue, given the levels of stress and pressure faced by students today. Therefore, it is vital to understand the correlation between Islamic religiosity and mental well-being and how this relationship can support the achievement of the Sustainable Development Goals (SDGs), particularly in the context of holistic life quality development [30].

Islamic Religiosity and Mental Well-Being

Religiosity can be defined as the depth of belief and spiritual practice a person holds, reflected in the application of religious teachings in everyday life. In Islam, religiosity encompasses aspects of belief (iman), worship (such as prayer, fasting, and almsgiving), and morality (good character). Islam teaches that a strong relationship with Allah brings inner peace and tranquility, which, in turn, can enhance an individual's mental well-being [31].

Mental well-being refers to a person's psychological health, which includes emotional, social, and psychological aspects. Religiously devout students tend to have greater sources of tranquility and emotional support, especially through worship and prayer, which can help them cope with stress, anxiety, and depression. Studies conducted by various psychological experts have shown that higher religiosity can foster self-control, optimism, and mental resilience in facing life challenges [32].

One key Islamic teaching that plays an essential role in this regard is the concept of tawakal (trust and reliance on Allah) after making one's best efforts. This concept helps students reduce excessive worry over outcomes beyond their control, such as exams or academic assessments and enhances their ability to stay calm and focused when dealing with challenges [33].

The Correlation Between Islamic Religiosity and Mental Well-Being Among Students

Several mechanisms explain how Islamic religiosity correlates with mental well-being among students. First, religious rituals like prayer and dhikr (remembrance of Allah) provide mental calmness. Research has shown that regular religious activities can reduce anxiety levels and increase psychological happiness. This aligns with the Islamic principle of maintaining tranquility in life [34].

Second, Islamic values that emphasize patience (sabr), gratitude (shukr), and empathy (rahmah) can strengthen students' mental capacity to face life's pressures. Religiously devout students often find it easier to accept reality, deal with failure gracefully, and maintain a positive outlook despite difficulties [35].

Third, religious communities, such as those found in Islamic boarding schools or student organizations based on Islamic teachings, offer crucial social support for mental well-being. The sense of togetherness and mutual support in these communities can alleviate feelings of loneliness or isolation that are often experienced by students [36].

Islamic Religiosity and the Achievement of SDGs

The achievement of the Sustainable Development Goals (SDGs) involves various targets focused on social, economic, and environmental well-being. One of the key

SDGs is to improve mental health and well-being for all individuals across all ages. In this context, Islamic religiosity has the potential to play a significant role in supporting this goal [37].

Better mental well-being among students contributes to their increased productivity, both academically and socially. Students who feel mentally healthy are more likely to contribute positively to the development of society and the nation. Therefore, enhancing religiosity can be seen as a strategy to improve students' mental well-being, which in turn supports the achievement of the SDGs, particularly Goal 3 (Good Health and Well-Being) and Goal 4 (Quality Education) [38].

Furthermore, Islamic religiosity also teaches about equality, social justice, and care for the environment. These values align with the SDGs, which emphasize the achievement of sustainable and equitable prosperity, as well as the preservation of the environment. By internalizing Islamic teachings on social solidarity and care for others, students can play an active role in driving positive changes within society [39].

Overall, the correlation between Islamic religiosity and mental well-being among university students suggests that religiosity can significantly enhance students' inner peace and mental resilience, ultimately supporting the achievement of the Sustainable Development Goals (SDGs). Through the application of deep Islamic teachings, students are equipped with strong mental fortitude to face life's challenges, while also contributing positively to social, economic, and environmental development. Therefore, integrating religious values into campus life can be a key factor in achieving sustainable development goals [40].

CONCLUSION

This study explores the relationship between Islamic religiosity and mental well-being among college students, with a focus on its implications for achieving Sustainable Development Goals (SDGs), particularly Goal 3—promoting good health and well-being. Religiosity is characterized as a condition that influences individuals to align their behaviors and actions with religious teachings, encompassing dimensions of aqidah (faith), worship, and morals. On the other hand, mental well-being refers to a healthy psychological state marked by positive self-functioning and self-actualization, incorporating dimensions such as self-acceptance, positive relationships, autonomy, life goals, personal growth, and environmental mastery. The findings of this research confirm a positive and significant relationship between Islamic religiosity and mental well-being among college students. Statistical analyses reinforce this conclusion. The linearity test showed a deviation from the linearity significance value of 0.467, which is greater than 0.05, confirming that the data follows a linear pattern. Furthermore, the Pearson Product Moment correlation test revealed a significance value of 0.019, which is less than the alpha level of 0.05, leading to the rejection of the null hypothesis (Ho) and acceptance of the alternative hypothesis (Ha). The correlation coefficient of 0.413 indicates a moderate, positive, and unidirectional relationship. This means that an increase in students' religiosity is associated with an increase in their mental well-being, while a decrease in religiosity corresponds to a decrease in mental well-being. The implications of these findings are profound, especially in the context of SDG 3. Promoting religiosity in a structured and inclusive manner can serve as an effective strategy for fostering psychological resilience and well-being in students, thereby contributing to a healthier, more balanced society. Universities and educational institutions can integrate programs that nurture Islamic values, enhance spiritual growth, and support students' psychological health. Such initiatives align with global efforts to improve mental health and ensure that young adults achieve their full potential in life. The study also highlights the novelty of examining the relationship between religiosity and mental well-being in the framework of SDGs. It provides empirical evidence to demonstrate how spiritual

dimensions can play a pivotal role in achieving sustainable development by addressing the mental health challenges of younger populations. Despite its significant contributions, this study has limitations, such as a relatively small sample size and a focus on a specific demographic group. Future research could expand the sample and explore diverse cultural and religious contexts to gain a more comprehensive understanding of the role of religiosity in mental well-being. In conclusion, Islamic religiosity—encompassing faith, worship, and moral conduct—positively influences the mental well-being of college students. This relationship underscores the importance of integrating spiritual and psychological well-being initiatives into broader efforts to achieve SDG 3. Such efforts can foster a more resilient, healthy, and balanced generation equipped to contribute meaningfully to society.

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Authors Contributions

The authors conducted the entire study involving literature studies, data collection, data processing, data analysis, reporting, and publication.

Competing of Interest

The authors declare there are no potential conflicts of interest for the research, authorship, and/or publication of this article.

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