

DAFTAR PUSTAKA

- Christyanto, A. Y., Rahman, I. K., & Hafidhuddin, D. (2021). Metode Self Healing dalam Kitab Minhajul 'Abidin Imam Al Ghazali. *Ristekdik : Jurnal Bimbingan dan Konseling*, 6(2), 188. <https://doi.org/10.31604/Ristekdik.2021.V6i2.188-194>
- Bachtiar, M. A., & Faletahan, A. F. (2021). Self-Healing sebagai Metode Pengendalian Emosi. *Journal An-Nafs: Kajian Penelitian Psikologi*, 6(1), 41–54. <https://doi.org/10.33367/Psi.V6i1.1327>
- Dewi, S., & Umam, R. N. (2022). Pengembangan Self-Efficacy Mahasiswa melalui Layanan Bimbingan dan Konseling pada Masa Pandemi Covid-19. *Jurnal Fokus Konseling*, 8(1), 26–37. <https://doi.org/10.52657/Jfk.V8i1.1411>
- Fadli, F., Resky, R., & Sastria, A. (2019). Pengaruh Terapi Dzikir terhadap Intensitas Nyeri pada Pasien Gastritis. *Jurnal Kesehatan*, 10(2), 169–174. <https://doi.org/10.26630/Jk.V10i2.1192>
- Fahyuni, E. F. (2018). *Bimbingan dan Konseling Islami di Sekolah*. Umsida Press.
- Fernando, F., & Rahman, I. K. (2016). Konsep Bimbingan dan Konseling Islam Solution Focused Brief Therapy (SFBT) untuk Membantu Menyembuhkan Perilaku Prokrastinasi Mahasiswa. *Jurnal Edukasi: Jurnal Bimbingan Konseling*, 2(2), 215–236.
- Fiah, R. E. (2015). *Bimbingan dan Konseling di Sekolah*. Pusat Penelitian dan Penerbitan LP2M IAIN Raden Intan Lampung.
- Kusnawan, A., Said, H. B., Agus, S., Sugandi, M., Edi, K., Mohamad, T., Mubasyroh, Jaja, S., Lilis, S., Rini, S., Ainun, D. L., Sumarto, Elfi, M., Jarnawi, Dudy, I. E., Nazirman, Afnibar, Ahmad, H., Siti, F. B. A. G., ... Anwar, S. (2022). *Kapita Selekta Bimbingan dan Konseling Islam Narasi Ragam Kompetensi*. Inteligencia Media.
- Maiseptian, F., Rosdialena, R., & Dewita, E. (2021). Self Control Mahasiswa Perempuan Pengguna Smartphone serta Implikasinya dalam Bimbingan Konseling Islam. *Kafa`Ah: Journal Of Gender Studies*, 11(1), 107–120. <https://doi.org/10.15548/Jk.V11i1.376>
- Noviariski, Y. N. (2021). Peran Komunikasi Intrapersonal sebagai Self Healing. *Nivedana : Jurnal Komunikasi dan Bahasa*, 2(2), 107–116. <https://doi.org/10.53565/Nivedana.V2i2.326>

- Rahman, M. F., Mughni, A., & Zaini, A. (2021). Konseling Islam melalui Teknik Ta'limah dan Muhasabah dalam Mengubah Perilaku PSK di Situbondo. *Maddah*, 3(2), 125–132.
- Rahmawati, A. P., Setiawan, C., & Naan, N. (2020). Nilai Sufistik dalam Prosedur Self Healing. *Syifa Al-Qulub: Jurnal Studi Psikoterapi Sufistik*, 5(1), 17–28.
- Rahmasari, D. (2020). *Self Healing Is Knowing Your Own Self*. Unesa University Press.
- Sartika, E. (2019). Bimbingan Konseling Islam dengan Pendekatan Rasa Syukur dalam Meningkatkan Motivasi Belajar. *Syi'ar: Jurnal Ilmu Komunikasi, Penyuluhan dan Bimbingan Masyarakat Islam*, 2(1), 1–13.
- Sawiji, S., Kamelia, K., & Agustin, I. M. (2022). Pengaruh Metode Self Healing dengan Teknik Touch Healing terhadap Kecemasan Mahasiswa dalam Menghadapi Skripsi. *Jurnal Keperawatan*, 14(S1), 79–86.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Alfabeta.
- Sugiyono. (2021). *Metode Penelitian Kualitatif untuk Penelitian yang Bersifat: Eksploratif, Enterpretif dan Konstruktif*. Alfabeta.
- Sugiyono, & Maryani, Y. (2008). *Kamus Bahasa Indonesia*. Pusat Bahasa Departemen Pendidikan Nasional.
- Trisliatanto, D. A. (2020). *Metodologi Penelitian Panduan Lengkap Penelitian dengan Mudah*. Andi.
- Trinurmi, S. (2019). Pendidikan Berbasis Bimbingan dan Konseling Islam dalam Psikologi Konseling. *Al-Irsyad Al-Nafs: Jurnal Bimbingan dan Penyuluhan Islam*, 6(2).
- Yusuf, A. M. (2017). *Metode Penelitian: Kuantitatif, Kualitatif, dan Penelitian Gabungan*. Kencana.
- Arvitasari, Nurul Wahyu, “Terapi Žikir Bagi Kesehatan Menurut Ustad H. Hariyono”, Semarang: Fakultas Ushuluddin UIN Walisongo, 2008.
- Kuhsari, Ishaq Husaini, *Al-Qur'an & Tekanan Jiwa*, Jakarta: Sadra Press, 2012.
- Sakandari, Al, Ibnu 'Athailah, *Terapi Makrifat (Žikir Menenteram Hati)*, Jakarta: PT Ikrar Mandiri Abadi, 2011.
- Syukur, Amin, *Sufi Healing (Terapi Literatur Tasawuf)*, Semarang: IAIN Walisongo, 2010.

- Wibowo, Siswo Ari, *Upaya Penyembuhan Stres Melalui Pendekatan Zikir Dan Mujahadah Di Pondok Pesantren Darus Salam Jepara (Tinjauan Bimbingan Dan Konseling Islam)*, Semarang: Fakultas Dakwah UIN Walisongo, 2013.
- MurtadhaMuthahhari, *Menapak Jalan Spiritual Sekilas Tentang Ajaran Tasauf dan Tokoh-tokohnya*, (Bandung: Pustaka Hidayah, 2006)
- Abdul Syukur, *Politik Tarekat(Melacak Peran dan PerjuanganTarekatDalam Misi Dakwah Islamiyah)*, Jurnal Ilmu Dakwah Fakultas Dakwah STAIN Purwokerto, Vol. 18 528 No. 1 April 2009)
- Aboe Bakar Atjeh, *Pengantar Sejarah Sufi danTasawuf*, (Solo : Ramadhani, 1985)
- Shihab, M. Q. (2000). *Tafsir al-Mishbah: Pesan, Kesan, dan Kesannya*. Lentera Hati.
- Rahman, A. (2012). *Fenomenologi dan Studi Pengalaman*. Penerbit UI Press.
- Kadir, A. S. L. (2008). *Metodologi Penelitian Kualitatif dan Fenomenologi*. Penerbit Unhas Press.
- Moh. Suryadi, “*istighfar dalam al-qur’an*”, (Undergraduate thesis, Institut PTIQ Jakarta, 2022)
- Diong Liong Akbar, Budiyanto, “*Konsep Kesehatan Dalam Al-Qur’an Dan Hadis.*” Al-Bayan: Jurnal Ilmu Al-Qur’an dan Hadist, Vol 3, No2, (2020).
May 2022Jurnal Khazanah Ulum Ekonomi Syariah (JKUES) 3(2):1-14
- Salman, M., Aslam, M., & Tariq, S. (2022). The Impact of Religious Practices on Mental Health: A Study on the Role of Istighfar and Other Rituals. *International Journal of Psychiatry and Behavioral Science*.
- Ghazi, H., Ahmed, N., & Khan, S. (2021). The Role of Spiritual Practices in Emotional Well-being: Focus on Istighfar and Forgiveness. *Journal of Spirituality in Mental Health*.
- Younis, M., Zubair, N., & Bukhari, M. (2023). The Impact of Spiritual Protection Prayers on Mental Health: An Analysis of Istiadzah and Other Protective Practices. *International Journal of Spiritual and Psychological Well-being*.
- Javed, S., & Mahmood, I. (2021). Spiritual Protection and Emotional Well-being: Exploring the Benefits of Istiadzah in Modern Contexts. *Journal of Islam and Psychology*.

- Farooq, M., & Ahmed, T. (2024). Mechanisms of Spiritual Protection: The Psychological Benefits of Istiadzah. *Journal of Contemporary Spirituality and Mental Health*.
- Karim, A., & Ali, S. (2021). Spiritual Practices and Mental Well-being: The Effect of Basmalah and Other Religious Affirmations. *Journal of Islamic Psychology and Spirituality*.
- Badran, N., & Mohamed, F. (2022). The Impact of Religious Affirmations on Workplace Stress: A Study on the Use of Basmalah. *International Journal of Workplace Well-being*.
- Farah, N., & Hussain, J. (2023). The Role of Spiritual Practices in Enhancing Emotional Well-being: The Case of Takbir. *Journal of Islamic Psychology and Mental Health*.
- Ahmed, R., & Khan, A. (2021). The Impact of Spiritual Affirmations on Mental Health: A Study on Takbir and Other Religious Expressions. *Journal of Spiritual Well-being*.
- Ahmed, R., & Noor, S. (2021). The Psychological Benefits of Tasbih: Effects on Stress and Emotional Well-being. *Journal of Islamic Spiritual Health*.
- Khan, A., & Ali, M. (2022). Tasbih and Stress Management: An Investigation into Its Impact on Anxiety and Mental Resilience. *International Journal of Religion and Psychology*.
- Saeed, M., & Farooq, S. (2023). Enhancing Emotional Well-being through Tasbih: The Psychological Impact of Repeated Praise in Islam. *Journal of Emotional and Spiritual Health*.
- Ali, M., & Noor, S. (2023). The Role of Gratitude and Praise in Stress Reduction: Effects of Tahmid on Mental Health. *International Journal of Religion and Wellness*.
- Zahra, N., & Ahmed, M. (2024). Mechanisms of Gratitude in Mental Health: The Role of Tahmid in Self-Healing. *Journal of Spiritual and Psychological Research*.
- Ahmad, R., & Khan, A. (2022). The Psychological Impact of Gratitude Expressions: A Study on Tahmid and Emotional Well-being. *Journal of Islamic Psychology and Spiritual Health*.
- Patel, R., & Singh, P. (2024). Person-Centered Counseling as an Intervention for Trauma Recovery: Current Findings and Future Directions. *Journal of Trauma and Recovery*.

Carter, A., & Evans, R. (2024). Improving Overall Well-being and Quality of Life through Person-Centered Counseling. *Journal of Counseling and Development*.

reen, J., & Davis, L. (2022). Person-Centered Therapy for Anxiety and Depression: A Meta-Analysis of Recent Evidence. *Journal of Clinical Psychology*.

