

THE EFFECT OF THE SPIRITUAL *MUHASABAH* APPROACH ON REDUCING ANXIETY LEVELS IN MIDDLE-AGED ADULTS WITH MEDICAL DISORDERS

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The logo of Universitas Darul Ulum Jombang is a large, light green shield-shaped emblem. It features a central circular motif with a stylized white hand or flower-like shape. Above this central motif is a grey banner with the text 'UNIVERSITAS DARUL ULUM' in white capital letters. The shield is bordered by a yellow and green pattern. Two yellow stars are positioned on either side of the central circular motif.

ABSTRACT

This study aims to examine the effect of muhasabah therapy on reducing anxiety levels among middle-aged adults with medical disorders. The proposed hypothesis states that muhasabah therapy has a significant effect on lowering anxiety levels in this group. The research subjects consisted of middle-aged adult respondents with medical conditions selected through purposive sampling. A quantitative method with a one-group pretest-posttest design was employed. The instrument used was an anxiety scale, and data were analyzed using the Paired Sample T-Test with SPSS software. The results showed a t-value of 7.617 with a significance level of $p = 0.000$ ($p < 0.05$), indicating a significant effect of muhasabah therapy on reducing anxiety levels among respondents. These findings demonstrate that muhasabah, as a spiritual approach, is effective in lowering anxiety among middle-aged adults with medical disorders, thus supporting the proposed hypothesis.

Keywords: Anxiety; Muhasabah; Spiritual Approach; Middle Adulthood; Medical Disorders

