

INTEGRATION OF THE CONCEPTS OF PATIENCE AND RESILIENCE FROM THE PERSPECTIVE OF ISLAMIC PSYCHOLOGY: A SYSTEMATIC LITERATURE REVIEW

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Abstract

This study is motivated by the increasing mental health issues requiring an integrative approach between psychological and spiritual aspects. The concept of resilience in modern psychology has not fully accommodated the spiritual dimension, while the concept of sabr in Islamic psychology has the potential to serve as a foundation for individual resilience. This study aims to integrate the concepts of sabr and resilience within the perspective of Islamic psychology. The participants of this study were scientific articles obtained from academic databases that met the inclusion criteria. The method used was a systematic literature review following the PRISMA approach. The results indicate that sabr is closely related to resilience components such as emotional regulation, adaptability, and meaning-making. The integration of these concepts produces a theoretical framework positioning sabr as a spiritual foundation for resilience. These findings imply the development of Islamic-based psychological interventions.

Keywords: *Islamic Psychology, Mental Health, Resilience, Sabr*

Abstrak

Penelitian ini dilatarbelakangi oleh meningkatnya permasalahan kesehatan mental yang memerlukan pendekatan integratif antara aspek psikologis dan spiritual. Konsep resiliensi dalam psikologi modern belum sepenuhnya mengakomodasi dimensi spiritual, sementara konsep sabar dalam psikologi Islam memiliki potensi sebagai dasar ketahanan individu. Penelitian ini bertujuan untuk mengintegrasikan konsep sabar dan resiliensi dalam perspektif psikologi Islam. Partisipan dalam penelitian ini berupa artikel ilmiah yang diperoleh dari database akademik dan memenuhi kriteria inklusi. Metode yang digunakan adalah *systematic literature review* dengan pendekatan PRISMA. Hasil penelitian menunjukkan bahwa sabar memiliki keterkaitan dengan aspek resiliensi seperti regulasi emosi, adaptasi, dan pemaknaan hidup. Integrasi kedua konsep menghasilkan kerangka teoretis yang menempatkan sabar sebagai fondasi spiritual dalam membangun resiliensi. Temuan ini berimplikasi pada pengembangan intervensi psikologis berbasis nilai Islam.

Kata kunci: *Psikologi Islam, Kesehatan Mental, Resiliensi, Sabar*

INTRODUCTION

Mental health has become a global issue that has received increasing attention in recent years, particularly among adolescents and college students facing academic and social pressures, as well as the development of digital technology. These conditions often lead to stress, anxiety, and a decline in psychological well-being. In modern psychology, the concept of resilience is understood as an individual's ability to withstand, adapt, and recover from life's pressures. However, this approach is still dominated by a secular perspective that fails to accommodate the spiritual dimension as a crucial component of psychological resilience (Ryanta & Ramadhani, 2026).

From an Islamic psychological perspective, mental health is understood not only as a state of freedom from psychological disorders but also as a link to an individual's closeness to Allah SWT through spiritual values such as patience, trust in God, and dhikr (remembrance of Allah). The concept of patience in Islam encompasses not only surrender but also self-control, steadfastness, and the ability to actively and meaningfully face life's trials (Khairunnisa & Nasrulloh, 2025). Meanwhile, resilience in modern psychology encompasses the ability to adapt and regulate emotions in the face of life's stressors (Zainal, 2025).

Several recent studies have shown that integrating Islamic values with modern psychological concepts can enhance individual psychological resilience and strengthen mental well-being. For example, an approach based on Islamic spiritual values has been shown to improve coping mechanisms and reduce the impact of stress in Muslim individuals (Chasanah & Wijaya, 2023). Furthermore, other studies confirm that the value of patience, from the perspective of the Hadith, plays a significant role in developing psychological resilience in young Muslims (Khairunnisa & Nasrulloh, 2025; Gumiandari et al., 2022).

However, studies specifically integrating the concept of patience in Islamic psychology with the concept of resilience in modern psychology are still limited and tend to be separated into theological and psychological studies. Most previous research has focused on only one concept, either patience as a religious value or resilience as a contemporary psychological concept, without developing a systematic integrative framework.

Based on this gap, this study aims to examine and integrate the concepts of patience and resilience from an Islamic psychological perspective through a systematic literature review. This research is expected to produce a theoretical framework that explains the relationship between the value of patience as a spiritual foundation and resilience as a psychological ability, as well as contribute to the development of mental health intervention models based on Islamic values.

THEORETICAL FRAMEWORK

A. The Concept of Resilience in Modern Psychology

In modern psychology, resilience is understood as an individual's ability to adapt positively in the face of stress, trauma, and life's difficulties. This concept relates not only to endurance but also encompasses the process of recovery and growth after experiencing stress. Recent developments have viewed resilience as a dynamic construct influenced by personal, social, and environmental factors (Faridah et al., 2025). Positive psychology approaches also emphasize that resilience is related to the ability to regulate emotions and find meaning in difficult situations (Wahyuni & Wulandari, 2022).

Furthermore, contemporary studies indicate that resilience is not static but can be built through life experiences, social support, and an individual's value system (Zainal, 2025). This demonstrates that resilience

has complex psychological dimensions and can be developed through specific intervention approaches.

B. The Concept of Patience from an Islamic Psychological Perspective

From an Islamic psychological perspective, patience is not merely understood as a passive acceptance of circumstances, but as a form of steadfastness, self-control, and spiritual awareness in facing life's trials. Patience encompasses an individual's ability to remain consistent in obedience, refrain from negative behavior, and endure difficult circumstances by relying on faith in Allah SWT (Khairunnisa & Nasrulloh, 2025).

Recent studies have shown that patience has an active dimension related to an individual's mental and spiritual strengthening. Patience is also understood as a religious-based coping mechanism that helps individuals manage stress more adaptively (Gumiandari et al., 2022). In this context, patience becomes a psychological-spiritual concept that is not only theologically valuable but also relevant in modern mental health (Rochman et al., 2023).

C. The Relationship Between Patience and Resilience

Several studies have shown conceptual similarities between patience in Islam and resilience in modern psychology. Both emphasize an individual's ability to endure, adapt, and recover from life's pressures. However, patience is unique because it integrates a spiritual dimension that connects individuals with God as the primary source of strength (Adrian, 2024).

In Islamic psychology studies, patience is often positioned as a spiritual foundation that strengthens individual resilience. The value of

patience encourages individuals not only to endure psychologically but also to find meaning in every test they experience (Rochman et al., 2023). Therefore, the integration of patience and resilience is seen as crucial for building a more holistic model of psychological well-being.

D. Integration of Patience and Resilience in Islamic Psychology

Recent research developments indicate a trend toward integrating modern psychological concepts with Islamic values. In this context, patience can be understood as a spiritual foundation that strengthens aspects of resilience such as emotional regulation, adaptation, and the search for meaning in life (Zainal, 2025).

This integration creates a framework that suggests resilience depends not only on psychological factors but also on an individual's spiritual strength. Thus, patience can be positioned as a core element in developing resilience based on Islamic psychology, which is more comprehensive and contextual (Khairunnisa & Nasrulloh, 2025).

METHOD

A. Research Design

This study employed a Systematic Literature Review (SLR) approach, guided by PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses). This method was used to systematically identify, select, evaluate, and synthesize various previous studies to establish a conceptual integration between patience and resilience from an Islamic psychology perspective. This approach did not involve field data collection but instead focused on analyzing relevant scientific literature.

B. Data Sources and Participants

Participants in this study were scientific articles obtained from academic databases such as Google Scholar, Scopus, and Garuda. The selected articles addressed the concepts of resilience, patience, Islamic psychology, and mental health. The publication year range used was 2016–2026 to ensure relevance to the latest research developments.

C. Search Strategy and Procedure

The literature search was conducted using the keywords: resilience, sabr, Islamic psychology, mental health, and coping strategy. The research stages followed the PRISMA flow as follows:

1. **Identification:** Collection of articles from academic databases
2. **Screening:** Removal of duplicates and selection based on title and abstract
3. **Eligibility:** Evaluation of the full content of articles against the inclusion criteria
4. **Included:** Articles that meet all criteria are further analyzed

D. Inclusion and Exclusion Criteria

1. Inclusion Criteria:
 - a) Scientific journal articles 2016–2026
 - b) Discussing patience, resilience, or Islamic psychology
 - c) Full-text articles available
 - d) Primary research or reputable scientific review
 - e) Indonesian or English
2. Kriteria Eksklusi:

- a. Articles that are not relevant to the topic
- b. Books, theses, or proceedings that are not peer-reviewed
- c. Articles without a clear methodology
- d. Duplicate publications

E. Data Collection and Instruments

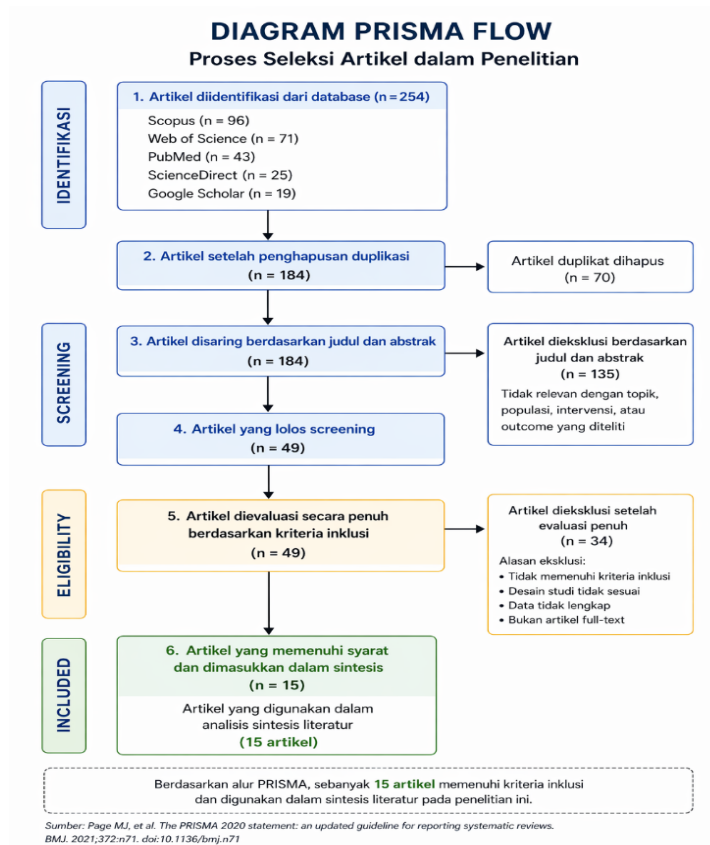
The main instruments in this study were the PRISMA checklist and data extraction table. This table was used to group important information from each article, such as author, year, research objectives, methods, and main results. No psychometric instruments were used because this study was literature-based.

F. Data Analysis

Data analysis was conducted using thematic synthesis techniques. Each article was analyzed to identify patterns, themes, and conceptual relationships between patience and resilience. The results were then synthesized to construct an integrative framework from an Islamic psychology perspective. This approach enabled researchers to combine findings from various studies into a single, coherent conceptual model.

G. Prisma Flow

The article selection process in this study followed the PRISMA process. A total of 10 articles were obtained from the initial database. After removing duplicates, articles were screened based on title and abstract. Irrelevant articles were then eliminated. Next, articles that passed the screening were fully evaluated against the inclusion criteria. In the final stage, eligible articles were included in the literature synthesis analysis.



RESULTS

A. Study Selection Results

Based on a Systematic Literature Review process using PRISMA guidelines, 15 articles met the inclusion criteria from 2016–2026. These articles comprised qualitative and quantitative research, as well as literature studies, discussing the concepts of resilience, patience (sabr), and the integration of spiritual values in Islamic psychology.

In general, the analysis results indicate that resilience is understood as an individual's ability to survive and adapt to life's stresses, while patience is a spiritually based coping mechanism that strengthens an individual's psychological resilience. Recent studies also confirm that modern psychological approaches tend not to fully integrate the spiritual dimension in building resilience (Rochman et al., 2024). Furthermore, other research indicates that religiosity and spiritual values play a significant role in strengthening individual resilience, particularly in the face of loss, stress, and social pressure (Munawwarah et al., 2024). This suggests that the

integration of the concepts of patience and resilience is relevant in the development of Islamic psychology.

Table 1. Literature Review Results

No	Author & Year	Article Title	Research Objective	Method	Main Finding	Relevance
1.	Khairunnisa & Nasrulloh (2025)	Hadith on Patience and Resilience	To analyze the relationship between sabr (patience) and psychological resilience	Library research	Patience strengthens mental resilience	Foundation of Resilience
2.	Gumiandari et al. (2022)	Islamic Resilience Coping	To examine Islamic-based coping strategies	Qualitative	Spirituality reinforces coping mechanisms	Spiritual Integration
3.	Rochman et al. (2024)	Concept of Resilience in Islamic Perspective	To explore the concept of resilience in Islam	Literature review	Resilience is linked to faith and patience	Conceptual Integration
4.	Faridah et al. (2025)	Modern Resilience	To review the concept of resilience	Review	Emotional regulation is a key component	Psychological Basis
5.	Wahyuni & Wulandari (2022)	Adolescent Resilience	Study on adolescent resilience	Descriptive	Stress adaptation capacity improved	Resilience Components
6.	Adrian (2024)	Sufism and Resilience	Sufistic perspective on resilience	Qualitative	Patience builds mental strength	Spiritual
7.	Zainal Ariff (2025)	Muslim Resilience	Integration of CBT and Islamic	Conceptual	Patience as part of therapeutic	Intervention

			values		approach	
8.	Wahyuni et al. (2023)	Islamic Coping	Islamic-based coping strategies	Review	Dhikr and patience are effective coping tools	Islamic Coping
9.	Munawwarah et al. (2024)	Religiosity and Resilience	Exploring factors of resilience	SLR	Religiosity enhances resilience	Spiritual Factor
10.	Nuha et al. (2024)	Academic Resilience	Academic resilience among students	SLR	Adaptation is a crucial factor	Modern Resilience
11.	Salleh et al. (2020)	Sabr and Resilience during COVID-19	Examining the relationship between patience and resilience	Quantitative	Patience increases psychological resilience	Integration
12.	Mahendra (2023)	Patience and Coping in the Qur'an	Qur'anic tafsir analysis	Qualitative	Patience strengthens emotional stability	Emotional Regulation
13.	Nisa & Salamah (2025)	Social Support and Resilience	Exploring social support role	Library research	Social support contributes to resilience	External Factor
14.	Huwaida & Nidzom (2026)	Resilience and Sufism	Logotherapy analysis in Islamic sufism	Qualitative	Meaning of life leads to resilience	Meaning-Making
15.	Shaleh et al. (2025)	Spirituality and Resilience	Psychological well-being study	Quantitative	Spirituality predicts well-being	Outcome

The review results show that most studies confirm a link between the Islamic value of patience and the concept of resilience in

modern psychology. Patience is not merely understood as a passive attitude, but as an active coping mechanism that strengthens an individual's psychological resilience.

DISCUSSION

The results of this study indicate a strong link between the concept of patience in Islamic psychology and resilience in modern psychology. Generally, resilience is understood as an individual's ability to endure, adapt, and bounce back from life's stresses. Meanwhile, patience from an Islamic perspective not only reflects resilience but also involves a spiritual dimension that strengthens the adaptation process. These findings indicate that patience can be positioned as a spiritual foundation that enriches the concept of resilience (Rochman et al., 2024).

In the context of emotional regulation, the results of this study align with previous findings that suggest resilience is closely related to an individual's ability to manage negative emotions (Faridah et al., 2025). However, this study demonstrates that patience has a broader role, as it functions not only as emotional control but also as a form of spiritual awareness in accepting and interpreting difficult situations. This reinforces the findings of Mahendra (2023) who stated that patience contributes to emotional stability through a religious approach.

Furthermore, regarding adaptation to stress, the results of this study support previous research that found that individuals with high levels of religiosity tend to have greater resilience (Munawwarah et al., 2024). However, this study provides an additional contribution by demonstrating that patience is not merely a supporting factor but a primary mechanism in the adaptation process. In other words, patience functions as an active coping strategy, not merely a passive one, as is often misunderstood.

Regarding the meaning-making dimension, this study found that patience helps individuals interpret negative experiences as part of God's plan, thereby enhancing psychological resilience. This finding is consistent with the study by Huwaida and Nidzom (2026), which emphasized the importance of seeking meaning in building resilience. However, unlike Western psychological approaches that emphasize individual meaning, patience in Islam links this meaning to transcendental values, thus providing deeper and more sustainable strength.

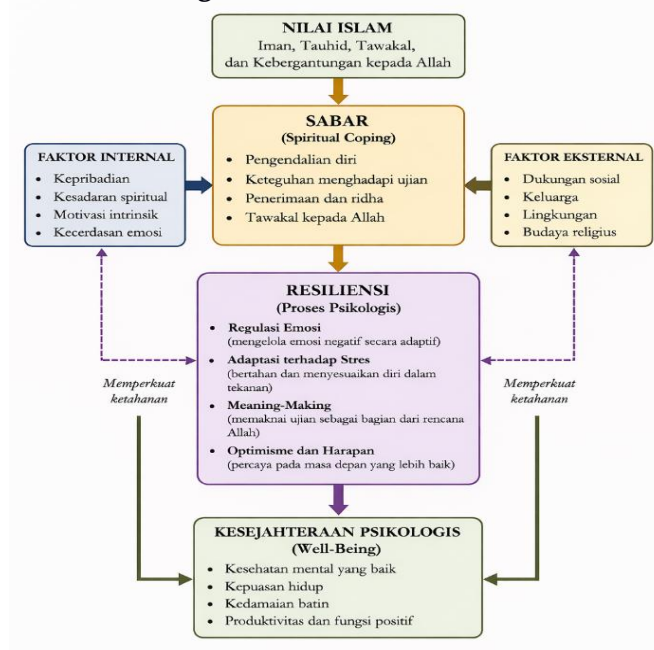
Compared with previous research, this study's primary contribution lies in its conceptual integration of patience and resilience. Most previous studies tend to discuss these two concepts separately, both within the context of modern psychology and Islamic studies (Khairunnisa & Nasrulloh, 2025; Gumiandari et al., 2022). This research offers a new perspective by combining these two concepts into a more comprehensive theoretical framework, where patience plays a role as a spiritual foundation that strengthens resilience mechanisms.

However, there are several discrepancies in the findings that require careful consideration. Some research in modern psychology positions resilience as a result of internal factors such as personality and social support (Wahyuni & Wulandari, 2022), while from an Islamic psychology perspective, spiritual factors such as patience and trust (Tawakal) play a more dominant role. This difference indicates a paradigm shift between secular and religious approaches to understanding mental health.

The implications of these findings are significant for the development of psychology, particularly Islamic psychology. The integration of patience and resilience can form the basis for developing a more holistic psychological intervention model, focusing not only on cognitive and emotional aspects but also on spiritual aspects. This approach is considered more contextual, especially for Muslim communities, as it aligns with their values.

However, this study has limitations because it only used a literature review approach, making it unable to empirically test the causal relationship between patience and resilience. Therefore, further research is recommended to test this integrated model using a quantitative or mixed-methods approach to obtain stronger empirical evidence.

Picture 1. Integration Model of Patience and Resilience



CONCLUSSION

This study concludes that the concept of patience from an Islamic psychological perspective is closely related to the concept of resilience in modern psychology. The integration of these two concepts demonstrates that patience is understood not only as a form of self-control in the face of trials, but also as a spiritual foundation that strengthens an individual's psychological resilience. The main findings of this study confirm that resilience is not solely shaped by cognitive and emotional factors but is also strongly influenced by the spiritual dimension, which in the Islamic context is represented by the value of patience. Thus, the integrative model of patience-resilience provides a novel contribution to the development of Islamic psychology, particularly in understanding mental

health more holistically, simultaneously combining psychological and religious aspects.

This study also implies that a psychological intervention approach based on Islamic values can be a relevant alternative for improving mental well-being, particularly for Muslim individuals. The integration of the concepts of patience and resilience can be used as a basis for developing Islamic counseling, spiritual therapy, and mental strengthening programs based on religious values. However, this study has limitations because it only used a literature review approach and therefore did not empirically test the model. Therefore, further research is recommended to test this integrative model using a quantitative or mixed-method approach in order to obtain stronger empirical evidence and to expand the validity of the concept in a broader context.

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