

ADOLESCENT RESILIENCE IN THE DIGITAL ERA: THE PERSPECTIVE OF PATIENCE, GRATITUDE, AND TAWAKAL IN THE QURAN

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ABSTRACT

The digital era has brought significant changes to the lives of adolescents, both in social, psychological, and spiritual aspects. Ease of access to information and the development of social media on the one hand provide opportunities for self-development, but on the other hand also present various challenges, such as digital addiction, social pressure, identity crises, cyberbullying, and mental health disorders. These conditions require strengthening resilience as an individual's ability to survive, adapt, and recover from various pressures faced. This article aims to examine the concept of adolescent resilience from the perspective of the Qur'an through the values of patience, gratitude, and trust in Allah (Tawakal) as the foundation of psychological and spiritual resilience in the digital era. This study uses a qualitative method with a library research approach sourced from Qur'anic verses, tafsir books, and relevant scientific literature on resilience and adolescent psychology. Data were analyzed using the thematic interpretation method (maudhu'i) to identify the relationship between Qur'anic values and the concept of contemporary resilience. The study results show that patience functions as a mechanism for self-control and resilience in the face of stress, gratitude plays a role in building positive emotions and psychological well-being, while trust in God provides inner peace through faith in God's help after optimal effort. These three values form an integrative framework for Quranic resilience, encompassing cognitive, emotional, social, and spiritual dimensions. Therefore, internalizing the values of patience, gratitude, and trust in God can be an effective strategy for strengthening adolescent resilience, enabling them to face the challenges of the digital era adaptively, productively, and based on Islamic values.

Keywords: *Adolescent Resilience, Digital Era, Patience, Gratitude, Trust in God, Quran.*

ABSTRAK

Era digital telah membawa perubahan signifikan dalam kehidupan remaja, baik dalam aspek sosial, psikologis, maupun spiritual. Kemudahan akses informasi dan perkembangan media sosial di satu sisi memberikan peluang bagi pengembangan diri, namun di sisi lain juga menghadirkan berbagai tantangan, seperti kecanduan digital, tekanan sosial, krisis identitas, *cyberbullying*, serta gangguan kesehatan mental. Kondisi tersebut menuntut adanya penguatan resiliensi sebagai kemampuan individu untuk bertahan, beradaptasi, dan bangkit dari berbagai tekanan yang dihadapi. Artikel ini bertujuan untuk mengkaji konsep resiliensi remaja dalam perspektif Al-Qur'an melalui nilai-nilai sabar, syukur, dan tawakal sebagai fondasi ketahanan psikologis dan spiritual di era digital. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kepustakaan (*library research*) yang bersumber dari ayat-ayat Al-Qur'an, kitab-kitab tafsir, serta literatur ilmiah yang relevan mengenai resiliensi dan psikologi remaja. Data dianalisis menggunakan metode tafsir tematik (maudhu'i) untuk mengidentifikasi keterkaitan nilai-nilai Qur'ani dengan konsep resiliensi kontemporer. Hasil kajian menunjukkan bahwa sabar berfungsi sebagai mekanisme pengendalian diri dan keteguhan dalam menghadapi tekanan, syukur berperan dalam membangun emosi positif dan kesejahteraan psikologis, sedangkan tawakal memberikan ketenangan batin melalui keyakinan terhadap pertolongan Allah setelah melakukan ikhtiar secara optimal. Ketiga nilai tersebut membentuk kerangka resiliensi Qur'ani yang bersifat integratif, mencakup dimensi kognitif, emosional, sosial, dan spiritual. Dengan demikian, internalisasi nilai sabar, syukur, dan tawakal dapat menjadi strategi efektif dalam memperkuat resiliensi remaja sehingga mampu menghadapi tantangan era digital secara adaptif, produktif, dan berlandaskan nilai-nilai keislaman.

Kata Kunci: *Resiliensi Remaja, Era Digital, Sabar, Syukur, Tawakal, Al-Qur'an.*



INTRODUCTION

The digital era has brought about massive transformations in every aspect of human life, including adolescents. Today's teenagers grow up alongside social media algorithms, an unstoppable flow of information, and limitless connectivity (Twenge, 2019). The presence of the internet, social media, artificial intelligence, and various digital communication platforms has created a broader and more limitless space for interaction. On the one hand, these advances provide opportunities for adolescents to access information, develop creativity, and expand social networks. However, on the other hand, the digital era also presents various psychological challenges, such as social media addiction, cyberbullying, identity crises, social pressure, mental health disorders, and increased feelings of anxiety and loneliness among adolescents (Oggers & Jensen, 2020).

On the one hand, this reality offers easy access to knowledge and a broad space for expression. However, on the other hand, the digital landscape has also become a psychological minefield prone to triggering stress, anxiety, the Fear of Missing Out (FOMO) phenomenon, and even identity crises due to exposure to unrealistic living standards online (Przybylski & Weinstein, 2017). These conditions require strong adaptability so that adolescents can face various pressures and rapid changes. An individual's ability to survive, adapt, and bounce back from various difficulties is known as resilience.

Resilience is a crucial factor in adolescent psychological development because it serves as a protective mechanism against various risks that can disrupt their mental health and well-being (Masten, 2021). Adolescents with high levels of resilience tend to be better able to manage stress, maintain optimism, and develop constructive problem-solving strategies when facing life's challenges. Conversely, low resilience can make individuals more susceptible to emotional disorders, depression, and maladaptive behavior.

Resilience is essentially an individual's capacity to recover, survive, and continue to function positively in stressful or traumatic situations (Masten, 2018). In the context of digital-age youth, resilience is not merely the ability to recover from cyberbullying or social rejection on online media, but also the ability to maintain mental sanity and moral integrity from rampant value distortions (Subrahmanyam & Smahel, 2011). Unfortunately, the Western secular psychological approach that dominates the current discourse on resilience often relies solely on cognitive-behavioral aspects, such as self-efficacy, self-control, and emotional self-regulation (Rutter, 2012). This approach often neglects the transcendental or spiritual dimension, yet for Muslim youth, the spiritual dimension is a key anchor in interpreting every life crisis.

The Quran, as a guide to life, offers a comprehensive spiritual psychology concept for building mental resilience, manifested through a trilogy of concepts: patience, gratitude, and trust in God. Patience, from the perspective of the Quran, is not passive resignation, but rather active self-control, fortitude, and emotional stability when facing negative stimuli (Shihab, 2020). Meanwhile, gratitude serves as a positive lens that trains adolescents to focus on existing blessings and serves as an instant antidote to the acute social comparison syndrome on social media (Emmons & McCullough, 2003). Ultimately, tawakkul (religious trust) provides a profound sense of psychological security, encouraging adolescents to let go of anxiety about the future after making maximum efforts and then surrendering the results to the will of Allah SWT (An-Najar, 2018). These values foster a positive mindset, self-control, and a strong belief in Allah SWT's help in facing various difficulties (Al-Ghazālī, 2019).

Although various studies have examined adolescent resilience from psychological and educational perspectives, studies integrating the concept of resilience with Quranic values, particularly patience, gratitude, and tawakkul (religious trust), are relatively limited. Most research focuses on psychosocial and environmental factors, while the spiritual dimension of Islam has not been explored in depth as a source of strengthening adolescent resilience. Yet, for Muslim communities, religious values play a significant role in shaping perspectives, behaviors, and strategies for dealing with life's various challenges.

Based on this background, this article aims to elaborate and analyze the concept of adolescent resilience in the digital era through the perspectives of patience, gratitude, and trust in God in the Quran. This study is expected to provide theoretical contributions to the



development of Islamic psychology studies and enrich Islamic guidance and counseling approaches based on Quranic values. Furthermore, the results of this study are also expected to provide alternative solutions to strengthen the mental and spiritual resilience of adolescents so they can face the various challenges of the digital era more wisely, adaptively, and oriented towards Islamic values.

RESEARCH METHODS

This research employed a qualitative approach using library research. This method was chosen based on the nature of the research, which seeks to explore, examine, and construct in-depth thinking regarding the concept of resilience from an Islamic perspective. Therefore, it requires in-depth textual analysis and descriptive-analytical data interpretation (Zed, 2014). The data used in this study are secondary data derived from primary and secondary literature. Primary data sources include the Quran and major commentaries, such as M. Quraish Shihab's Tafsir Al-Misbah, as well as classical and contemporary Islamic psychology literature relevant to the concepts of patience, gratitude, and trust (taqwal). Secondary data sources consist of textbooks, reputable scientific journals, and other supporting documents discussing the phenomenon of adolescent psychology in the digital age (Snyder, 2019).

Data collection was conducted through documentation techniques, namely by identifying, classifying, and inventorying literature relevant to the research topic. This procedure follows the systematic steps in a systematic literature review (SLR): 1). Keyword Identification: Determining the main keywords, namely resilience, digital era, patience, gratitude, and tawakkul. 2). Literature Selection: Filtering literature based on the relevance of the content to adolescent psychology and Islamic values. 3). Data Extraction: Taking the essence of the selected literature to be connected with the theoretical framework of the study (Creswell & Creswell, 2018).

Data analysis was conducted using the content analysis method. The analytical steps applied were as follows: 1). Data Reduction: Sorting relevant information and discarding data unrelated to the research focus. 2). Interpretation: Interpreting the concepts of patience, gratitude, and trust in the Quran contextually, connecting them to the psychological challenges of adolescents in the real-time and hyper-connected digital era. 3). Synthesis: Developing critical thinking that integrates spiritual concepts into adolescent resilience mechanisms. This process uses an interpretive phenomenological analysis approach to understand how these values can be internalized by subjects in difficult situations (Smith et al., 2009).

To maintain the objectivity and validity of the analysis results, this study conducted source triangulation. Triangulation was carried out by comparing interpretations from various tafsir books and the views of Islamic psychology experts, thereby minimizing the author's personal interpretation bias in drawing conclusions (Lincoln & Guba, 1985).

STUDY RESULTS AND DISCUSSION

Psychological Challenges for Adolescents in the Digital Era

Adolescents, in their social and psychological stages, develop a sense of social responsibility (Brown, 2004). Today's adolescents are growing up in a digital ecosystem that never sleeps. While technology offers unlimited access to information, it also creates a psychological landscape rife with pressures (digital stressors). The development of digital technology has fundamentally changed adolescent lifestyles. Today's adolescents are growing up in a highly connected environment with the internet, social media, and various digital platforms that enable fast and unlimited access to information. This technology offers numerous benefits, such as ease of learning, communication, and the development of creativity. However, the increasing intensity of digital media use also presents various psychological challenges that impact adolescents' emotional, social, and mental development. Adolescence, a period of self-identity exploration, makes this age group more vulnerable to the influence of the digital environment than other age groups (Odgers & Jensen, 2020). Therefore, understanding the psychological impact of the digital era is crucial for identifying the various risks that can hinder optimal adolescent development.



One of the most prominent psychological challenges is increased anxiety and emotional distress resulting from social media use. Various digital platforms allow adolescents to constantly compare themselves to others through posts that showcase achievements, lifestyles, and perceived ideal physical appearances. This phenomenon encourages excessive social comparison, which can lower self-esteem and increase feelings of dissatisfaction with oneself. Research shows that intense social media exposure is associated with increased symptoms of anxiety, depression, and body image dissatisfaction in adolescents (Valkenburg et al., 2022). This condition is further exacerbated by a culture of social validation that causes adolescents to base their sense of self-worth on the number of likes, comments, or recognition from other users. Social media often becomes a platform for other people's "best looks" (highlight reels). Adolescents constantly engage in upward social comparison, comparing their challenging realities with the ideal lives of others on social media. This phenomenon creates a cognitive distortion where adolescents feel their lives are meaningless or not good enough. This results in body dissatisfaction and chronic feelings of low self-esteem, which directly erode adolescents' emotional resilience (Twenge, 2019).

The next challenge is the emergence of the fear of missing out (FoMO) phenomenon, a social anxiety that arises from a deep-seated fear that others are having enjoyable experiences or receiving important information while we are not involved (Przybylski et al., 2013). FoMO drives adolescents to constantly monitor social media excessively, creating a dependency on digital devices. As a result, many adolescents experience impaired concentration, decreased sleep quality, and difficulty managing time and daily activities. Recent studies have shown that FoMO is positively correlated with problematic social media use and various mental health disorders, including persistent stress and anxiety (Beyens et al., 2021). This dependency can ultimately reduce adolescents' ability to build healthy social relationships in the real world and hinder the development of their interpersonal skills.

In the digital age, constant social media notifications compel adolescents to always be "connected." This fear often leads to compulsive checking, where adolescents constantly monitor their timelines. As a result, they lose their ability to be fully present in real life and experience mental exhaustion due to the constant need to stay updated with the rapid flow of information.

Furthermore, adolescents in the digital age also face the risk of cyberbullying and exposure to negative content that can disrupt their psychological well-being. Unlike conventional bullying, cyberbullying can occur at any time and reach victims without limitations of space or time. Victims of cyberbullying often experience serious psychological impacts, such as low self-esteem, feelings of isolation, depression, and even a tendency to self-harm. Furthermore, exposure to information overload and content inappropriate for adolescents' developmental stages can lead to confusion, stress, and distortions in the formation of self-identity. Research shows that an unhealthy digital environment contributes to an increased risk of mental health disorders in adolescents, so efforts are needed to strengthen protective factors, including resilience, to help them cope adaptively with these pressures (George et al., 2024).

Unlike traditional bullying, which is limited to physical spaces, cyberbullying is permanent, anonymous, and widely accessible. Malicious messages, the spread of rumors, and even online social exclusion can occur anytime and anywhere. For adolescents, whose identity relies heavily on peer acceptance, being the target of cyberbullying can have a devastating impact on their self-esteem (Hinduja & Patchin, 2019). Psychological effects often include depression, self-isolation, and even thoughts of self-harm due to the perceived lack of a "safe place" to seek refuge.

Psychological Impact of Teenagers in the Digital Era

Constant exposure to curated idealized lives on social media creates a phenomenon known as reality distortion. Teenagers often fail to distinguish between "curated lives" and "authentic lives." As a result, a perception gap arises that seriously impacts their mental health, including:

1. Chronic Anxiety as a Response to Uncertainty



Reality distortion creates the illusion that others' lives are always successful, happy, and problem-free. When teens compare their internal reality, which may be filled with academic uncertainty, family conflict, or the search for identity, with the visual projections of perfection presented by others, profound anxiety arises. Teenagers feel they are in an unfair "race." This anxiety is exacerbated by the pressure to always appear perfect, which triggers a prolonged stress response and intense social anxiety (Twenge, 2019).

2. Decreased Self-Esteem

Adolescents' self-esteem is highly susceptible to external validation. Social media provides quantitative metrics such as likes, views, and followers, which indirectly serve as benchmarks for self-worth. When adolescents feel unable to meet the aesthetic or lifestyle standards commonly found on social media, they tend to internalize feelings of inadequacy. This decline in self-esteem is not merely a fleeting feeling of sadness, but rather a form of identity erosion in which adolescents begin to define themselves based on the perceptions of others in the digital space, rather than on their own potential and intrinsic worth (Vogel et al., 2014).

3. The Phenomenon of Dissociation and Loss of Focus on the Self

Overexposure to distorted narratives of others' lives can cause adolescents to experience dissociation from their own emotional needs. They become overly obsessed with "who they are online" rather than "who they are in the real world." This inability to integrate these two worlds often results in feelings of emptiness, loneliness amidst the digital crowd, and a loss of confidence in interacting authentically without the aid of digital filters or the validation of an online audience.

Patience as a Force of Self-Control (Active Self-Restraint)

In the Islamic intellectual tradition, patience (al-shabr) is often misunderstood as a passive attitude synonymous with fatalistic resignation or "surrendering to circumstances." However, the Quran describes patience as a dynamic and active force, particularly as emphasized in Surah Al-Baqarah/2: 153:

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ ١٥٣

"O you who believe! Ask for help (from Allah) with patience and prayer. Indeed, Allah is with those who are patient." (QS. Al-Baqarah/2: 153)

This verse firmly invites believers to use prayer and patience as helpers to face life's trials. The word ash-shabr/patience in question covers many things; patient in facing ridicule and seduction, patient in carrying out orders and avoiding prohibitions, patient in disasters and difficulties, and patient in fighting to uphold truth and justice (Shihab, 2002). According to Hamka, the trials of life that befall him make the soul anxious, but if he is able to fortify himself with patience and prayer, then gradually the dawn of hope will appear in his life, he will feel at peace because he is with His God (Hamka, 2003).

Patience, in a theological and psychological perspective, is the ability to maintain control over impulses, emotions and desires, especially when facing stressful stimuli. The verse above positions patience as a "tool" or means to ask for help. This suggests that patience is a mental activity that requires significant energy to restrain impulsive behavior, such as explosive anger, resentment, or despair when faced with difficulties (Shihab, 2020). In the context of adolescents, it is active self-restraint, the conscious act of choosing a constructive response amidst a storm of digital provocation.

The Relevance of Patience to Impulsivity in the Digital Age

The fast-paced digital world often triggers an immature "fight or flight" response in teens, such as responding to cyberbullying with back-bullying or responding to negative comments with anger. Patience acts as a "psychological brake," creating space between the stimulus (digital provocation) and the response (the teen's actions). With this space, teens are no longer slaves to their own emotions but become sovereign subjects of their online behavior.



Synchronizing with Prayer Maintains Emotional Stability

The pairing of the words "patience" and "prayer" in Surah Al-Baqarah/2:153 emphasizes that mental resilience cannot stand alone without a transcendental connection. Prayer, in this case, functions as a re-centering mechanism. If patience is the ability to restrain oneself from external pressures, then prayer is a means of calming the soul internally through reminders of God's greatness. The integration of the two helps adolescents maintain emotional stability, preventing them from being easily shaken by the fluctuations of an uncertain digital life (An-Najar, 2018).

Gratitude in the Qur'an as the Foundation of Mental Balance

In the perspective of the Qur'an, gratitude (syukr) is not just a verbal expression of thanks, but rather a comprehensive cognitive orientation and inner attitude. Allah SWT confirms in QS. Ibrahim/14: 7:

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِن كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ ﴿٧﴾

"And (remember) when your Lord announced, 'Indeed, if you are grateful, I will surely increase (favours) to you, but if you deny (My favours), then My punishment will certainly be very severe.'" (QS. Ibrahim/14: 7)

The verse above clearly states that if we are grateful, Allah will surely increase our blessings. The meaning of gratitude is, among other things, revealing and revealing, while its opposite is kufr, which is covering and hiding. The essence of gratitude is revealing blessings, including using them appropriately and according to the will of the giver, and also speaking well of the giver. This means that every blessing bestowed by Allah requires reflection on its purpose and then using it according to its purpose (Shihab, 2002).

Gratitude as a Mindset Transformation from Lack to Abundance

This verse embodies the fundamental psychological principle that a person's focus determines their mental reality. In the digital age, teenagers often fall into a scarcity mindset, where they constantly focus on what they don't have or what others have (Twenge, 2019). Gratitude in the Quran serves as a cognitive mechanism to break this cycle. By acknowledging and appreciating existing blessings, teenagers train their brains to detect the positive aspects of their lives, thereby creating emotional balance amidst the pressures of digital competition.

Gratitude as an "Increase" Mechanism for Mental Resilience

God's promise in Surah Ibrahim/14:7 regarding the "increase" of blessings can be interpreted psychologically as an increase in subjective well-being. Research in positive psychology shows that the practice of gratitude is consistently linked to increased happiness, improved sleep quality, and decreased symptoms of depression (Emmons & McCullough, 2003). When adolescents are grateful, they not only feel calmer but also have greater mental resilience because they have an internal anchor in their appreciation of their own values and the blessings they have received.

Gratitude as an Antidote to Social Comparison Syndrome

One of the biggest challenges to adolescent mental health today is social comparison syndrome, exacerbated by the curation of others' lives on social media. Gratitude, as expressed in the Quran (QS. Ibrahim/14:7), teaches individuals to shift their focus from a scarcity mindset (feeling inadequate) to an abundance mindset (awareness of blessings). Adolescents' mental balance is often disrupted by upward social comparison, which involves comparing themselves to those perceived as superior on social media. Gratitude serves as an antidote that stabilizes self-esteem. By appreciating their uniqueness and specific blessings, adolescents no longer feel the need to "match" others' standards. Gratitude shifts the center of



gravity of adolescents' self-esteem from external validation (such as the number of likes or virtual recognition) to an authentic appreciation of themselves before God.

Psychologically, the consistent practice of gratitude can improve subjective well-being and reduce anxiety levels (Emmons & McCullough, 2003). In the digital ecosystem, adolescents who maintain a "grateful mindset" tend to be more appreciative of themselves and minimize feelings of being left behind or inferior when they see others' accomplishments on their timelines. Gratitude serves as a cognitive defense mechanism that mitigates the negative impact of upward social comparison, a common trigger for depression in adolescents (Twenge, 2019).

Tawakal as a Spirituality-Based Coping Strategy

In the Quran, tawakkal does not mean apathy or simply letting things happen without effort. Rather, tawakkal is a synthesis of hard work and spiritual surrender. This principle is enshrined in Surah 3:159:

فَبِمَا رَحْمَةٍ مِّنَ اللَّهِ لِنْتَ لَهُمْ ۗ وَلَوْ كُنْتَ فَظًّا غَلِيظَ الْقَلْبِ لَانفَضُّوا مِن حَوْلِكَ فَاعْفُ عَنْهُمْ
وَاسْتَغْفِرْ لَهُمْ وَشَاوِرْهُمْ فِي الْأَمْرِ فَإِذَا عَزَمْتَ فَتَوَكَّلْ عَلَى اللَّهِ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ ﴿١٥٩﴾

"So, thanks to Allah's grace, you (Prophet Muhammad) acted gently towards them. If you were hard and harsh-hearted, they would certainly stay away from those around you. Therefore, forgive them, ask for forgiveness for them, and consult with them in all (important) matters. Then, when you have made up your mind, put your trust in Allah. Indeed, Allah loves those who put their trust." (QS. Āli Imrān/3: 159)

According to Quraish Shihab, this verse explicitly links tawakal with the process of "making up one's determination" ('azam), namely with an expression which means, "When you have made up your mind, [carry it out] and surrender to Allah" (Shihab, 2002). Through this verse, the Messenger of Allah was ordered to make a decision when his heart and 'azam were complete and to strengthen his heart, he should put his trust in Allah. This means that human calculations are sufficient and above human strength and knowledge there is the highest and absolute power of God (Hamka, 2003).

In contemporary psychology, tawakal refers to the stage of careful planning and decision making after making maximum effort or effort. Tawakal is not the first step, but the final step after the individual has mobilized all his abilities, intelligence and effort to complete a challenge. For teenagers, this means teaching that achieving or adapting in the digital era still requires hard work, literacy and responsibility for every online action taken.

Tawakal as a Coping Strategy for Future Anxiety

One of the greatest mental challenges faced by adolescents in the digital age is future anxiety, such as fear of failure, loss of popularity, or career uncertainty. Trust in God serves as a highly effective coping mechanism. When adolescents have given their best effort, they then "let go" of their attachment to the outcome by surrendering it to God's will. This process of letting go psychologically reduces cognitive burden and prevents adolescents from spiraling into excessive anxiety over matters beyond their control (locus of control).

Trust in God provides a profound sense of psychological safety because adolescents believe that whatever outcome they achieve, whether success or failure, is part of destiny with a hidden purpose. This belief protects adolescents from the traumatic impact of failure. With trust in God, adolescents can view failure not as the end of their self-esteem, but as a learning process. This strengthens their mental resilience, enabling them to remain resilient even when the digital reality does not always meet their expectations (Pargament, 2011).

Trust in God is the pinnacle of adolescent resilience. In the Quran, tawakkul (religious trust) is explicitly emphasized after maximum effort (Quran 3:159). For teenagers, tawakkal is the antithesis of excessive anxiety about the future or the fear of failure in pursuing digital standards of success (such as followers, likes, or presence).



Synthesis: Integrating Trilogies in Building Resilience

The integration of patience, gratitude, and trust in God forms a comprehensive defense system. Patience provides emotional stability, gratitude provides clarity of perspective, and trust in God provides existential peace. These three synergize to create teenagers who are not only able to survive the disruptions of the digital era but also thrive by maintaining a God-centered life orientation, transcending mere popularity online.

CONCLUSION

The digital era presents both opportunities and challenges for the psychological and spiritual development of adolescents. Advances in information technology, the intensity of social media use, and the rapid flow of information can impact the mental health, behavioral patterns, and character development of the younger generation. In this context, resilience is a crucial skill for adolescents to adapt positively to pressure, change, and the various challenges of digital life without losing sight of their values and life goals.

This research shows that the Quran offers a strong conceptual foundation for building adolescent resilience through three core values: patience, gratitude, and trust (relief). Patience functions as a self-control skill that helps adolescents cope with pressure, failure, and the various temptations that arise in the digital space. Gratitude plays a role in fostering positive mindsets, improving psychological well-being, and reducing the tendency to compare oneself with others, which often arises from exposure to social media. Meanwhile, trust (relief) provides inner peace and the belief that every endeavor must be accompanied by submission to Allah SWT, thus preventing adolescents from experiencing excessive anxiety about outcomes beyond their control.

These three values have a complementary relationship in developing holistic resilience. Patience strengthens resilience in the face of adversity, gratitude fosters optimism and life satisfaction, while trust in God (Tawakal) provides spiritual stability, a source of internal strength. The integration of these three produces a resilience model based on Quranic values that focuses not only on survival but also on personal growth and spiritual maturity.

Therefore, strengthening the values of patience, gratitude, and trust in God needs to be systematically implemented through family education, educational institutions, and the social environment as an effort to build a resilient, character-driven, and integrated young generation amidst the dynamics of the digital era. By making the values of the Quran the foundation for building resilience, adolescents are expected to be able to face the various challenges of the times wisely, maintain mental health, and optimally develop their potential within the framework of devotion to Allah SWT and the welfare of society.

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