

PSYCHOLOGICAL PERSPECTIVE QUALITATIVE METHOD

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ABSTRACT:

Qualitative method studies do not only discuss the relationship between researchers and subjects, but also examine phenomenological aspects that can be analyzed from a psychological perspective. In this article, the author explores psychological elements and phenomena that can be analyzed psychologically, related to individual and social phenomena qualitatively (*descriptively*). Scientific descriptive studies can focus directly on the theoretical issues previously formulated in theoretical concepts. The descriptive concept of data expands the concept of the perspective of truth as assumptions made in theoretical concepts. Descriptive information can emphasize the methodological aspects of data collection and interpretation. The analytical method in library research is a method of collecting data by understanding and studying theories from various literature related to the research. Data collection is carried out by searching for sources and constructing them from various sources such as books, journals, and existing research. The analysis method uses content analysis and descriptive analysis. Library materials obtained from various references are analyzed critically and in-depth to support propositions and ideas. The research method used is a qualitative research method. Qualitative psychological studies provide new colors and challenges for researchers to improve their skills. Psychological studies are more focused on in-depth interpretation with the aim of qualitatively describing the subjective meaning of research participants about a psychological phenomenon. From a religious perspective, qualitative psychological studies explain the development and process of human beings in experiencing religion, which becomes a fundamental behavior for carrying out daily activities from a spiritual perspective.

Keywords : *Qualitative methods, Psychology, Problems, phenomena.*

INTRODUCTION

Humans are essentially endowed by God with all forms of potential to resolve life's problems. The problems experienced by humans make them quite dominant actors in resolving every issue in their lives. Problems provide important experiences and lessons for humans along with the dynamic presentation that drains the mind and mind to resolve them. The way of thinking



in solving problems becomes the identity of each individual in the structure of thought. The structure of thought describes the solution path and the way of thinking about problems. The way of thinking focuses on inductive and deductive, these two ways of thinking will determine an individual's response to problems and how to solve them, (Sutrisno Hadi, 2015). This way of thinking shows sensitivity to the phenomena (cases) experienced by individuals based on naturalistic inquiry, which is the characteristic of a phenomenon. In this naturalistic inquiry study, a researcher is not required to examine and consider theoretical concepts first, but how to bring out events that are arranged based on thought concepts that produce propositions.

The conceptual framework of a researcher's thinking on a phenomenon (case) is an interesting aspect, indicating that a researcher has a deep understanding of the problem. This framework is tested empirically (factually) and then confirmed theoretically (*triangulation*) to identify similarities and differences in the results of a study (*a posteriori*), (Trisno Hadi, 20215). Qualitative method studies need to be consciously understood in relation to the main elements, namely the researcher and the research subject (*informant*). These two elements, as a basic axiom of qualitative methods, are expected to work together in a harmonious and responsible relationship. The researcher and the subject are *the seekers of information*. Organizationally, the relationship between *the knower* and the *knower must operate according to methodological expectations*. Furthermore, *the relationship between researcher and subject is conducted persuasively* and in-depth in order to seek information, (Moleong, 2006). The emotional connection between researcher and subject becomes intimate and naturally involves other aspects, namely scientific, educational, cultural, and psychological.

Qualitative method studies do not only discuss the relationship between researchers and subjects, but also examine phenomenological aspects that can be analyzed from a psychological perspective. In this article, the author explores psychological elements and phenomena that can be analyzed psychologically,



related to individual and social phenomena qualitatively (*descriptively*). Scientific descriptive studies can focus directly on theoretical issues previously formulated in theoretical concepts. The descriptive concept of data expands the concept of truth perspective as assumptions made in theoretical concepts. Descriptive information can emphasize the methodological aspects of data collection and interpretation, (James Black, 1996). The description of phenomena from a psychological perspective provides a different perspective for interpretation and the main characteristics of research elements. Psychologically, qualitative studies tend to study the psychological meaning of cases.

METHODS

This article uses library research, a method of data collection that involves understanding and studying theories from various literature related to the research. According to Zed, there are four stages of library research: preparing the necessary equipment, preparing a working bibliography, organizing time, and reading and recording research materials. Data collection involves searching for and constructing sources from various sources, such as books, journals, and existing research. The analysis method uses content analysis and descriptive analysis. Library materials obtained from various references are analyzed critically and in-depth to support propositions and ideas. The research method used is a qualitative research method, (Sholihin, 2003). The descriptive analysis approach is intended here to examine qualitative methods from a psychological perspective.

RESULTS AND DISCUSSION

The basic concept of qualitative research is related to an observation based on the rational and intellectual considerations of a researcher on a particular phenomenon. The researcher's sharpness is the main provision in qualitative research that guarantees the validity of the data and keeps it away from subjectivity. Furthermore, by definition, qualitative methods are procedural research steps that produce descriptive data in the form of written or spoken



words from the observed behavior, (Lexy Moleong, 2006). There are several terms used in qualitative research, namely; naturalistic inquiry, ethnography, symbolic interactionism, ethnomethodology, phenomenology, ecology and interpretative. The description of the basic characteristics of qualitative research is related to naturalistic inquiry which is divided into several parts, namely; a) naturalistic inquiry is always one level, b) the degree to which the level of study is naturalistic is a function of something done by the researcher, c) what the researcher does is related to the independent variable stimulus or antecedent conditions which are important dimensions, d) important dimensions are what the researcher does to limit the range of responses from the subject's output, e) naturalistic inquiry does not require the researcher to think about theoretical concepts, f) the term naturalistic is a term that modifies research or methods, but does not modify the symptoms. Naturalistic inquiry is a major characteristic of qualitative method studies which indicates that the level of naturalness of the data is important.

Qualitative research in psychology is a research approach that aims to qualitatively describe the subjective meanings of research participants regarding a psychological phenomenon. The main models or approaches in qualitative interpretive research are phenomenology, case studies, ethnomethodology, and field research. Data collection tools in qualitative interpretive psychological research include participant observation, in-depth interviews, documents, and open-ended questionnaires. Data analysis techniques in qualitative interpretive psychological research are based on the discovery of meaning through category creation and coding (thematic analysis, content analysis, and phenomenological analysis), (Hanurawan, 2022).

Problems in qualitative research

Every qualitative and quantitative research begins with a problem. A problem in a qualitative perspective can be dynamic and evolving. In contrast, a problem in a quantitative perspective must be specific and clear, not vague. Problems in qualitative research have several possibilities, namely: a) first, the problem can remain the same; b) second, the problem after being brought to the



research site can develop, meaning it deepens and broadens the scope of the research; c) third, the problem after arriving at the research site changes completely (is replaced), (Sugiyono, 2012). Research proposals designed in qualitative research can change or remain the same, adjusted to field conditions.

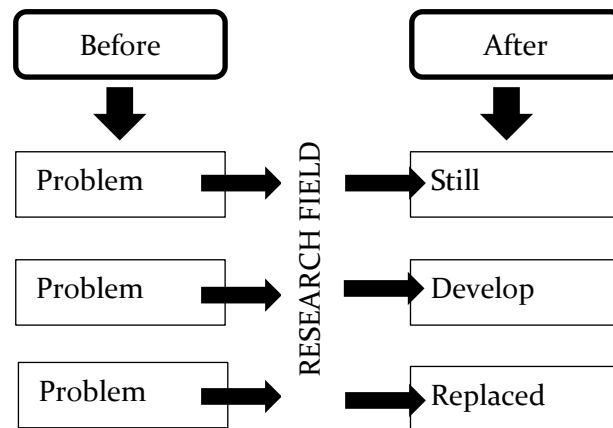


Figure 1, Qualitative Research Problem

There is a difference between a problem and a problem statement. A problem is a deviation from what should be expected and what actually occurs. Meanwhile, a problem statement is a research question formulated based on a problem that must be answered. The formulation of a problem in research should be accompanied by factual (empirical) data. Research problems in the context of psychology can be case studies or ethnomethodology. Examples of variables that can be studied include, (Abdurrahman, 2012): *spiritual well-being*, *moral identity*, *anxiety disorder*, *grief response*, *trauma*, and *ethnic identity*. In determining the focus of the problem, the following problem limitation analysis can be used:

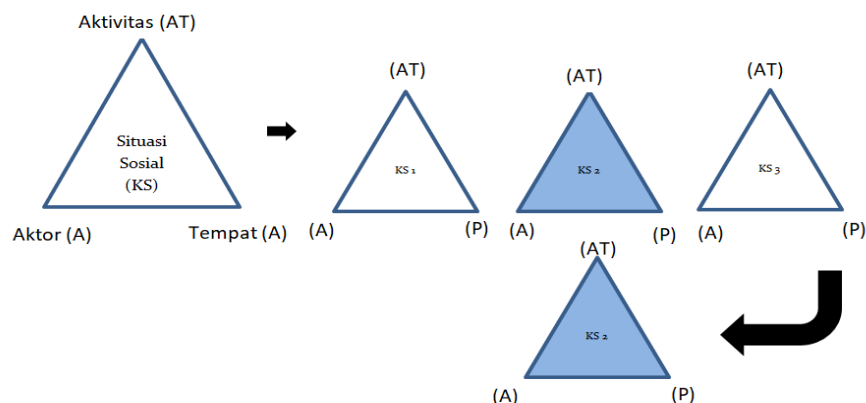


Figure 2; Determining the Focus of the Problem

Determining the focus of the problem relates to a single domain or several related domains of a social situation. The focus of the research will help in finding novelty in the research. The novelty of information can be an effort to understand broadly and deeply related to the social situation, but there is a desire to find new findings in the research. According to Spradley, there are four alternatives in determining the focus of the research, namely, (Norman, 2017): a) determining the focus on suggestions obtained from informants, b) determining the focus based on certain organized domains, c) determining the focus that has the value of findings for the development of science and technology, d) determining the focus based on problems linked to existing theories.

Qualitative Research Axioms

The theoretical paradigm adopted by a researcher will determine the direction, methods, and results of the research. Qualitative research uses a naturalistic paradigm based on a phenomenological perspective. The qualitative research paradigms used are, (Lexy Moleong, 2006): a) *axioms about the Nature of Reality* (something whole, real and singular), Observing behind the visible, b) *axioms about the Relationship between "Knower and "Knower"* according to the scientific paradigm, the knower and knower are active together and cannot be separated. In qualitative research, the researcher is the knower and the knower is the informant. While quantitatively, the knower and the knower are free, c) *axioms about the possibility of generalization* , according to the natural paradigm only time and context that bind the working hypothesis are possible. However, basically qualitative research does not generalize. Even so, the results of qualitative research can still be applied to other places as long as the conditions are not much different (*transferability*), d) *axioms about the possibility of causal relationships* , according to the natural paradigm, circumstances influence the cause-effect situation. Then according to Sugiyono, qualitative research is holistic and emphasizes the process, e) *axioms about the role of values* , in qualitative research, researchers and objects have close (in-depth) interactions so that their roles have values. The role of these values is background, views, values, interests,



and different perceptions so that data collection, analysis and reporting are bound by values, (Sugiyono, 2007).

The axioms of qualitative research illustrate that this method emphasizes aspects of the process that must be of concern to researchers. The relationship between the researcher and the subject is the primary focus in exploring the problem in depth and holistically. One of the assumptions of phenomena in qualitative research is that the symptoms of the subject are singular and partial. Under certain conditions, a researcher must be able to define variables comprehensively based on an analysis of place, actor, and activity.

Characteristics of Qualitative Research

Understanding and recognizing the characteristics of qualitative research will make it easier for researchers to navigate the right path, including selecting a research topic, developing a proposal, conducting data collection, analysis, and developing a study report. As qualitative research evolves, its forms and strategies become increasingly diverse. The creativity of qualitative thinkers and researchers in various fields, relatively new to them, allows for the formulation of its characteristics to be non-definitive. The diverse forms and strategies developed over time demonstrate a growing emphasis on core characteristics, allowing for clearer formulation. Throughout the development of qualitative research, these characteristics, while not inherent to every type of qualitative study, are inherent in qualitative research methodology as a whole.

Some of the above characteristics can be identified as follows, (Lawerence, 2014);

Table. 1 Characteristics Qualitative

Naturalistic inquiry	Qualitative research is natural, non-manipulative, and truly reflects what actually happens in the field. Qualitative research seeks to understand naturally occurring phenomena.
Inductive Analysis	Inductive analysis involves using specific data to develop general patterns. Qualitative researchers initially understand the relationships between variables in the data they find without first developing hypotheses.
Comprehensive perspective	Qualitative research methods view social phenomena as a whole and a complex system, so a comprehensive understanding of these social phenomena is necessary.

Qualitative Data	The data collected is more qualitative in nature, describing the research setting, research conditions and the condition of the informant.
Personal contact	Qualitative methods require personal contact between the researcher and the object.
Dynamic system	Research is dynamic, meaning that researchers can describe various dynamics that occur.
Typical case oriented	The depth of qualitative research begins with typical cases in accordance with the research objectives.
Context sensitive	Qualitative research findings are placed within their context, whether social, historical, or temporal. These various contexts provide deeper meaning when viewed individually.
Empathetic neutralist	Perfect objectivity is impossible, subjectivity is neutral but empathy (personal contact)
Flexible design	Research designs are not rigid and adapt to changes in the field. Therefore, partial research designs may emerge as the research progresses.
Purposive sampling	In qualitative studies, samples cannot be taken randomly, but rather based on the research objectives and carefully selected informants. Samples are snowball-like, growing larger over time as the research interests dictate.

Challenges of Qualitative Analysis

The challenge for qualitative research data analysis is how to give meaning to the large amount of data. Data can be analyzed using the following steps: (1) Reading the data obtained repeatedly and paying attention to reducing repetitive information. (2) Seeing the significance/importance of the data obtained, for example, the question is What is important from the information conveyed? (3) Classifying/coding data that has similarities/matches with other data. (4) Looking for patterns/themes that bind one thought to another. (5) Constructing a *framework* to get the essence of what is conveyed by the data obtained. These steps, none of which are good or bad, but use the intellect, expertise, and abilities of the researcher which are very decisive in obtaining good results, (Raco, 2010).

Bogdan likens the qualitative research process and qualitative research design, (Sarosa, 2012) to a picnic, meaning he or she knows where to go but is not yet certain of what is there. He or she will find out after entering the object by reading information from various sources, both written and illustrated. Therefore, he or she does not yet know what to expect, but will find out after seeing the phenomenon through serious observation, observation, and analysis.



Based on this illustration, it can be stated that although qualitative researchers do not yet have a clear problem or desire, they can immediately enter the object or field. After entering the object, they feel unfamiliar with it. At this stage, orientation/description occurs with a grand tour of purpose. At this stage, the researcher describes what they see, hear, feel, and ask. He or she only has a cursory understanding of the information obtained. Qualitative research capabilities must look at various aspects of the researcher's skills, starting from problem exploration and appreciation of social and psychological situations.

Qualitative Studies in Psychology

Qualitative methods are relatively new compared to quantitative methods. Qualitative methods in the context of psychology can be seen to have emerged in the 1980s along with the development of modern psychology in the 19th century. The development of qualitative psychology has a philosophical foundation, namely the existence of a close relationship in data collection procedures. The characteristics that distinguish qualitative research include its preference for data rich in descriptions, the belief that reality is socially constructed, and that reality is about interpretation rather than hypothesis testing, for example. Psychology has historically constructed itself as a science, but subsequently, largely identified the characteristics of science in terms of numbers and quantification, which are not essential features of science. Positivism is often blamed for distorting psychology's conception of science. However, this tends to ignore that both Comte's positivism and logical positivism are more conducive to qualitative methods than mainstream psychology practitioners allow. The dominant psychology since the 'birth' of psychology in the psychology laboratory in the 1870s has been introspection, behaviorism, and cognitive psychology, (Dennis, 2010).

Psychological research continues to grow exponentially, and the sophistication of researchers is increasing along with new demands on the discipline. Qualitative methods are clearly part of the future of psychology and will likely be more integrated into the mainstream than ever before. Therefore, it



is undeniable that qualitative psychology will become a feature of every psychologist's training. Qualitative research in psychology is like breaking free from the shackles of numbers (statistics). While many quantitative reports clearly contain numbers, there are also qualitative research reports that contain quantitative information. Essentially, these two methods are not meant to be confronted but rather collaborated according to the needs of the research context and the data required.

The following are five characteristics listed by Denzin and Lincoln as key features of qualitative research, (Denis, 2010): a) Concern for richness of description. Quantitative researchers value data rich in descriptive attributes. Therefore, they tend to choose data collection methods that obtain detailed, descriptive data, such as those obtained through in-depth interviews, focus groups, and detailed field notes. In contrast, perhaps somewhat stereotypically, quantitative researchers obtain much more limited and structured information from their research participants. This is especially true when simple rating scales or multiple-choice questionnaires are used. b) Qualitative methods emphasize the individual's perspective and individuality. The use of rich data collection methods such as in-depth interviews and focus groups encourages an emphasis on the individual's perspective. Quantitative researchers, insofar as they deal with individuals, will tend to focus on comparing people on some abstract dimension, such as personality. c) Rejection of positivism and the use of a postmodern perspective. Qualitative researchers tend to reject positivist approaches (those based on conventional views of what science or scientism is, even though both qualitative and quantitative researchers rely on the collection of empirical evidence, which is an important aspect of positivism. d) Adherence to postmodern sensibility Postmodern sensibility, for example, is evident in the fact that qualitative researchers are more likely to use methods that bring them closer to real-life experiences (e.g., in-depth interviews) than quantitative methods. Researchers who are often satisfied with a degree of artificiality such as that arising from the use of laboratory research.



Through qualitative research, Basrowi&Suwandi (2008) stated that researchers can identify subjects and experience what subjects experience in everyday life. Qualitative research involves researchers so that they will understand the context, situation, and setting of the natural phenomenon being studied. Each phenomenon is unique, different from the others because of its different context. The purpose of qualitative research is to understand the conditions of a context by directing a detailed and in-depth description of the portrait of conditions in a natural context (*natural setting*), about what actually happens according to what is in the field of study, (Baxter, 2008).

Studies in a psychological context can be conducted by analyzing the psychological impact on earthquake victims. Qualitative researchers must spend a lot of time visiting places where their activities are to conduct observations, provide assistance, interact, and integrate their activities with interviews with family members. Zakiyah Darajat explained more clearly that in qualitative psychological research, a researcher can observe outward behavior related to the beliefs they hold. Through psychological studies, it is possible to determine the level of religious understanding which is then classified by age level, (Zakiyah, 1997). Qualitative studies on the religious side can be applied, for example, to the level of worship that has implications for positive (pious) behavior; this can be studied within a psychological context, (Abudin, 2016).

Sulistianingsih argues that a qualitative approach within a psychological context can be applied to research on the psychology of religion, focusing on religious feelings (emotions). Psychological meaning can be explained descriptively regarding the phenomenon of an individual's religious life in their religious experience. Psychologically, research can be conducted by observing: a) the definition of religious feelings (inner feeling), b) indicators of religious feelings (internal mental conditions), (Amin, 2009). These two elements form a religious identity, a characteristic inherent in an individual derived from their religious group. Then, values are identified, which are then internalized within themselves, so that religion becomes part of their identity and behavior.



The various studies above show that qualitative research has the flexibility of its scope, adapting to the existing event setting, encompassing both psychological and other scientific disciplines. These studies highlight the complex and challenging research axioms involved in analyzing data and research subjects. Studies within the context of psychology require scientific authority, which must be maintained, (Abdul, 1998): a) the material object is human, and the perspective is empirical science; b) the research findings are systematically compiled to form a coherent, interconnected scientific structure. Research findings are recorded in the form of propositions and theories, allowing them to be used as guidelines or as material for answering research questions.

Qualitative Psychological Studies in Religion

Qualitative studies in psychology can also be linked to an individual's situation when facing various challenges in their life. These issues are then linked to faith or religion. Observational methods in psychology are often used to uncover the initial underlying issues through in-depth observation by the researcher, (Bodgan, 1992). Psychological studies of religion can be conducted on belief systems, worship, and prayer. Spiritual or inner experiences can be viewed from the perspective of belief in God, steadfastness, and the expression of religious beliefs through behavior.

The dimensions of religion can be analyzed qualitatively in the aspects of religious feeling, namely, (Amin, 1998): a) *religious belief* (ideology or doctrine) this dimension is the meaning of a person's belief in the teachings of his religion that controls morals, norms and attitudes in his life. b) *religious practice* (ritualistic commitment) the responsibility of a servant, namely carrying out all forms of God's commands and the beliefs he adheres to, for example the implementation of the pillars of Islam and worship. c) *religious feeling* (emotional commitment) intensively measures dependence on God or closeness. d) *religious knowledge* (intellectual knowledge) How much understanding or religious knowledge an individual has about his/her beliefs. e) *Religious effects* (ethical commitment) measures how much influence religion has on individual



behavior. f) *Community* (social) measures how far religious adherents contribute to their social community.

The study of religion from a psychological perspective can be conducted using qualitative methods such as *afidah* (the essence of the soul), *nafs* (the soul), and spirit. The Qur'anic conception encompasses physical, psychological, and spiritual aspects, differing from the Western conception, which examines humans from an empirical perspective. Verses 7-10 of the Quran (Surah Asy-Syam) explain that the *nafs* is the soul.

وَنَفْسٍ وَمَا سَوَّيْنَاهَا فَأَلْهَمَهَا فُجُورَهَا وَتَقْوَاهَا قَدْ أَفْلَحَ مَنْ زَكَّاهَا وَقَدْ خَابَ مَنْ دَسَّاهَا

"And for the sake of the soul and its perfection (creation), then He inspires in it (the path of) evil and piety, it is truly fortunate for the one who purifies it (the soul) and truly the loss of the one who pollutes it, (Ash-Syams, 7-10.)

وَالْأَفْئِدَةُ قَلِيلًا مَا تَشْكُرُونَ

It is He who has created for you hearing, sight and conscience, but you are very little grateful, (QS Al-Mu'minun, 78)

تَشْكُرُونَ

Then, He perfected him and breathed His spirit (creation) into his (body). He made hearing, sight and conscience for you. You are very grateful, As-Sajadah, 9). (Kemenag, RI)

Humans are described in the Qur'an physically with a development process starting from the essence of the soil (*sulaalah minthin*), *nutfah* , *alaqoh* , *mudghah* , bones which are then covered with flesh. The formation and development process of human psychological life is described starting from not knowing anything, the functioning of hearing, sight, being made into *afidah* , reason and *nafs*, (Abdul Aziz, 2012). The process of human spiritual development is described starting from the blowing of the spirit (creation) of Allah, the acceptance of the Prophet Adam of the words of his Lord, the fainting of the Prophet Moses because he saw the greatness and power of Allah (the light of Allah), the perfect acceptance of the Divine Word by the Prophet Moses and the Prophet Jesus until the face of the Prophet Muhammad "*wajhan-biwajhin*" at the time of Mi'raj. Physical, psychological and spiritual life always presents challenges

for researchers to see these conditions. Important characteristics that can be studied in the development of the spirit or nafs in the Qur'an can be seen in the aspects of aqeedah, purpose of life, worship, thoughts, natural life, feelings and attitudes, (Nevzat, 2019).

Another advantage of using qualitative research methods is when you want to understand something in greater depth. This applies when the symptoms are poorly understood and unclear, when they cannot be measured, and when the research cannot be conducted through laboratory experiments. This qualitative method truly places humans in their proper place. Because humans are highly sublime beings, humans not only exist but also understand their existence, can speak, think, and determine their future. Humans are truly necessary as subjects. Humans cannot be treated as objects or reduced to numbers. Humans are truly creatures rich in meaning, so this richness can be studied and understood. Therefore, the key to qualitative research lies in the role of the researcher himself, so that the research conducted is much better, becoming new findings/new theories to address problems faced and to address the challenges of modern development. Qualitative research, when used in the field of psychology, has a specific purpose: to understand and explore in depth and with empathy spiritual images and emotional states that lead to the meaning of an experience of something abstract.

CONCLUSION

Qualitative methods in psychology have become a new treasure in the history of research in Indonesia. Beginning in the 19th century, there have been many adjustments and developments in the fields of education, social sciences, economics, culture, psychology, and others. The explanation above explains that qualitative research is characterized by naturalism (naturalistic inquiry), which emphasizes the uniqueness and naturalness of a phenomenon (event). Qualitative psychological studies offer new insights and challenges for researchers to improve their skills. Psychological studies focus on in-depth interpretation, aiming to qualitatively describe the subjective meanings of



research participants regarding a psychological phenomenon. From a religious perspective, qualitative psychological studies explain the development and processes of human religious understanding, which become fundamental behaviors for carrying out daily activities from a spiritual perspective.

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