

FORMING THE MEANING OF STUDENTS' LIFE: A DEVELOPMENTAL PSYCHOLOGY APPROACH ISLAM IN FACE VIOLENCE ENVIRONMENT

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ABSTRACT:

Islamic boarding schools (Islamic boarding schools), as Islamic institutions, play a strategic role in shaping the character, morals, and spirituality of students. However, modern challenges, such as cases of sexual violence in educational settings, pose a serious problem that undermines the institution's integrity and negatively impacts victims, both physically and psychologically. Sexual violence, especially when the perpetrator is someone close to the student, such as a teacher or religious figure, causes profound trauma and a crisis of trust. In this context, Islamic developmental psychology offers a comprehensive approach to help students shape the meaning of life and restore their mental health through strengthening spiritual values, Islamic counseling, and character development. Islamic propagation psychology serves as an integrative tool between psychological and religious aspects, enabling Islamic boarding schools to become safe environments, support mental development, and foster just and caring communities.

Keywords: *Islamic developmental psychology, Islamic boarding schools, sexual violence, the meaning of life, Islamic propagation psychology.*

INTRODUCTION

Phenomenon violence in the environment social, good at school and society has become increasingly concerning in recent years. Students often become victims or perpetrators of violence due to a lack of understanding of life values and the meaning of life. In fact, the meaning of life is one of the psychological needs that must be met. can help individual understand objective life, manage emotion, And survive in difficult situations (Rahmawati, 2020).

This condition is exacerbated by the identity crisis experienced by teenagers, especially in educational environment Islam like Islamic boarding school, Which No escape from threat violence, including sexual violence (Sa'diyah, 2021). Research shows that violence in educational institutions,

particularly Islamic boarding schools, is not only caused by weak structural oversight but also by a lack of strengthening of students' spiritual and psychological aspects (Wulandari & Yunita, 2025). This is where the urgency of an Islamic developmental psychology approach becomes increasingly apparent.

From an Islamic educational perspective, the formation of the meaning of life is not only related to the search for self-identity, but also instilling spiritual, moral, and social values in accordance with the teachings of the Qur'an and Sunnah (Aziz, 2019). Islamic developmental psychology views student development as encompassing physical, reason, heart, And spiritual Which each other sustainable. By Because That, educational interventions No only focus on skills cognitive, but Also moral cultivation And awareness meaning life. Approach This can become Wrong One solution to minimize violent behavior that arises due to identity crises, environmental pressures, or weak moral development (Mansur, 2021; Warsah, 2022).

A violent environment can damage students' psychological development, cause trauma, and reduce their motivation to learn. To address this, an educational approach is needed that focuses on developing the meaning of life, emphasizing the values of patience, gratitude, and trust in God as fundamental principles of strengthening the spirit. mental spiritual. According to study Sari (2020), participant educate Those who have a clear meaning in life tend to have higher resilience in facing social pressure.

This is reinforced by the study by Suntoro et al. (2023), which confirms that mentoring psychological based values Islam contribute big in trauma recovery, strengthening self-confidence, and reducing the tendency towards destructive behavior. Thus, the formation of meaning in life is not just a psychological process, but Also is process spiritual Which play a role important in maintaining students' mental health amidst the challenges of the times.

Based on this description, this article aims to analyze the importance of developing students' meaning of life through an Islamic developmental psychology approach as a strategy for addressing environmental violence. This analysis is expected to contribute insights to the world of education in developing a comprehensive model for character and spiritual development.

METHODS

This study chose a descriptive qualitative approach because it allows for extensive exploration of the subjective meanings students construct in understanding their lived experiences and the reality of violence they face (Moleong, 2021). The research focuses not solely on statistical measurements,

but on a deeper understanding of the psychological and spiritual dynamics that accompany the process of constructing meaning in life within the context of Islamic education.

Library research is the main method because it allows researchers For browse concepts theoretical from various source scientific, including books, journals, and research results relevant to Islamic developmental psychology, meaning life, And phenomenon violence in environment Islamic boarding school. According to Bungin (2020), the library method is effective in building a solid theoretical framework and highlighting gaps or contextual needs in Islamic education practices.

Furthermore, this approach facilitates the integration of psychological and spiritual aspects, which have often been separated in educational studies. As Warsah (2022) emphasized, in Islamic developmental psychology, the educational process must accommodate spiritual aspects as a crucial element in shaping students' character and mental resilience.

1. Source Data

Source data study This includes:

1. Primary data, namely books, scientific journals, and articles that discuss the theory of the meaning of life, Islamic developmental psychology, and studies on environmental violence in students.
2. Secondary data, in the form of educational documents, previous research reports, and supporting literature from relevant online media.

Source selection was carried out by considering recency (last 5–10 years) and the credibility of academic publications (Sugiyono, 2019).

2. Technique Collection Data

Data collected through technique documentation with stages:

1. Identify literature that is appropriate to the research topic using national journal databases (SINTA, Garuda) and Islamic developmental psychology reference books.
2. Recording systematic from draft important, findings study, as well as thematic analysis of each literature.
3. Classification data based on theme main, that is meaning life, psychology the development of Islam, and environmental violence.

3. Technique Analysis Data

Analysis data done use method content analysis with the following steps:

1. Reduction data with choose information Which relevant from literature.
2. Presentation data in form description narrative And table summary theme.
3. Drawing conclusions by connecting the concept of the meaning of life,

Islamic values, and efforts to form the character of students in facing environmental violence (Bungin, 2020).

4. Validity Data

Data validity was maintained through source triangulation, which involved comparing findings from various reference books, journals, and previous research. Furthermore, data reliability was checked through rereading and discussions with Islamic education experts (Moleong, 2021).

RESULTS AND DISCUSSION

Violence : Understanding, Type And Characteristics

1. Understanding Violence

In a social and psychological context, violence is defined as any act that harms, damages, or threatens a person's physical or psychological integrity, either directly or indirectly. Violence can occur in interpersonal relationships, social systems, and even within state power structures. According to Kurniawan (2021), violence manifests not only in physical forms but can also take the form of psychological, economic, and symbolic pressure.

Meanwhile, Soetjiningsih (2012) emphasizes that violence is a form of aggression carried out consciously by an individual or group of individuals to harm another party, either physically or psychologically. Violence is often systemic and ongoing, and can occur in various social settings such as homes, schools, workplaces, and the wider community.

2. Types Violence

According to Alexander (2015), type violence shared become five form main, that is:

- a. Physical violence: actions that cause pain, injury, or physical damage, such as hitting, slapping, or burning.
- b. Violence psychological/emotional abuse: in the form of insults, threat, exclusion, intimidation, or humiliation that causes mental suffering to the victim.
- c. Violence sexual : action coercion sexual to victim without consent or in a manipulative manner[^].
- d. Violence economy: control access victim to source Power economic, such as prohibition of work or taking of the victim's income.
- e. Violence social: restrictions victim in interact or socializing, including exclusion from the community environment.

Violence isn't always individual. In many cases, violence can be institutionalized through systems, such as structural violence perpetrated by institutions or governments that inflict suffering on specific groups.

3. Characteristics Violence

- a. There is relation power between perpetrator And victim (for example, perpetrator own position higher).
- b. Characteristic repetitive And systematic, although sometimes appears in One incident big.
- c. Cause loss physique, psychic, social, economy, even spiritual.
- d. Often considered normal or left alone, especially in culture patriarchy.

Abuse: Understanding, Variety, And Characteristics General**1. Understanding Abuse**

Abuse is form behavior deviate Which done to humiliate, embarrassing, or hurt victim in a way No direct Both explicit and explicit. Harassment can be verbal, physical, or even symbolic. Sugihastuti and Suharto (2010) state that harassment is part of power inequality and usually occurs in unequal relationships, for example between superiors and subordinates, teachers and students, or men and women.

Law Number 12 of 2022 concerning Criminal Acts of Sexual Violence explicitly explains that sexual harassment is a non-consensual act that targets a person's body or sexuality and causes feelings of humiliation, fear, or trauma.

2. Forms Abuse

Abuse No only limited on activity sexual, but Also can It occurs in other forms. According to Rahmawati (2021), common forms of harassment include:

- a. Verbal abuse: remarks nuanced sexual, lewd comments, or ridicule of someone's gender or sexual orientation.
- b. Physical abuse: the act of touching, groping, or physically approaching someone with sexual intent without consent.
- c. Visual harassment: showing indecent images/videos or body gestures that depict sexual desires to the victim.
- d. Cyber harassment: using social media or the internet to humiliate, blackmail, or intimidate a victim, including spreading private photos.

3. Characteristic features Abuse

- a. Done in a way No desired by victim.
- b. Cause feeling Embarrassed, Afraid, No comfortable on victim.
- c. Sometimes No considered Serious by environment around (especially If done by close people).
- d. There is repetition behavior or effort dominate in a way psychic.

Connection Violence And Abuse

Violence and harassment are two interrelated concepts. Both involve elements of domination and power imbalance between the perpetrator and the victim. Harassment can be a form of violence, especially if it is repeated and

causes lasting trauma. In patriarchal societies, harassment is often perpetuated through norms social injustice towards women and children.

Furthermore, violence and abuse have multidimensional impacts, including psychological, social, and economic ones. Many victims of abuse experience mental health disorders such as depression, PTSD (Post-Traumatic Stress Disorder), and anxiety. social. By Because That, understanding Which intact And comprehensive to second draft This very important in effort prevention and its handling.

Type Type Violence

Violence Physique

Physical violence is any act that directly attacks the victim's body and causes pain, injury, or even death. Examples include hitting, slapping, kicking, burning with cigarettes, and the use of sharp objects or weapons. Physical violence is often visible to the naked eye, but its impact can extend to psychological abuse. In many cases of domestic violence, physical violence is the most dominant and repeated form.

"Violence physique very easy identified Because leave wound physical, but the psychological effects are often deeper and difficult to heal." Soetjningsih (2012)

Violence Psychological (Emotional)

Psychological or emotional abuse is a form of violence that doesn't leave physical scars, but its impact can be profound and long-lasting on the victim's mental state. This form of abuse is often difficult to recognize, both by the victim and those around them, because it is usually disguised through connection Which looks harmonious or dependence emotional And financial.

Examples of psychological abuse include insults, self-depreciation, threats, verbal pressure, gaslighting (manipulating reality to make the victim doubt their sanity), isolating the victim from their social circle, and controlling the victim's personal decisions and life choices. For example, a partner who constantly blames the victim for marital problems, forbids the victim from working, limits interaction with family or friends, or creates excessive guilt if the victim does not comply with the perpetrator's wishes.

According to Nurhayati (2020), emotional violence in the household is actually more frequent No realized victim Because wrapped relation Love, dependence emotional, or economic factors. This phenomenon is exacerbated by a social construct that positions women as the ones who must submit, obey, and maintain the integrity of the household, so victims prefer to remain silent despite experiencing severe psychological suffering .

Furthermore, the impact of emotional abuse can trigger psychological

disorders such as depression, anxiety, sleep disturbances, low self-esteem, and even long-term trauma that interferes with the victim's social functioning and productivity. In the long term, victims can develop emotional dependence, making it difficult to leave a toxic relationship, especially when the perpetrator uses emotional manipulation and promises of change as a means of maintaining power.

Furthermore, psychological violence also occurs in educational and work environments, for example through verbal bullying, mental pressure from superiors, or emotional injustice. In these contexts, victims not only feel unsafe but also powerless to defend themselves due to power imbalances or fear of social sanctions.

Violence Sexual

Violence sexual covers all form behavior or action Which nature Sexual violence is committed without the victim's consent. This can occur through physical coercion, psychological pressure, threats, or the use of a position of power. Forms of sexual violence vary widely, including rape, verbal and nonverbal sexual harassment, forced marriage, forced contraception, sexual exploitation of children, forced abortion, and even sexual slavery.

In a legal context, Law of the Republic of Indonesia No. 12 of 2022 concerning Criminal Acts of Sexual Violence is a significant milestone because it explicitly recognizes various forms of sexual violence that have previously been excluded from criminal law. This law also emphasizes the importance of protecting, rehabilitating, and respecting victims' rights, as well as eliminating stigma and discrimination in the legal process.

Sadly, Lots victim violence sexual choose For silent or No report the incident Which experienced. Reason main Which often appear between other is flavor Shame, fear of being stigmatized by society, fear of not being believed by law enforcement officers, and fear of retaliation from the perpetrator. Sugihastuti & Suharto (2010) stated that patriarchal social construction also reinforces the narrative of blaming the victim, so that women who are victims often feel guilty for the violence that befell them.

Victims of sexual violence also face severe psychological stress, such as trauma, disturbance stress post-traumatic (PTSD), depression, And isolation social. A number of even experienced disturbance identity, low price self, until emergence desire to self-harm or commit suicide. In cases of child sexual abuse, the impact can be very complex, affecting the child's long-term psychological and social development and potentially creating an intergenerational cycle of violence.

Acts of sexual violence can also occur in various contexts, both domestic

and public. education, work, even digital. Development technology participate giving birth to forms new violence sexual based digital, like distribution content non-consensual intimacy, doxing, and online sexual extortion (sextortion), all of which add to the mental burden on victims.

Violence Economy

Economic violence is a form of violence that is often hidden and under-recognized, yet it has a significant impact on the victim's life. This violence occurs when the perpetrator intentionally limits or controls the victim's access to economic or financial resources, with the goal of creating dependency, strengthening dominance, and thwarting their independence.

The forms of economic violence vary widely, including: not providing for a partner or children, forcibly taking the victim's income, controlling all household expenses without involving the victim in decision-making, forbid victim Work, force victim in debt on Name personal, or using the victim's property without permission. In many cases, victims lose not only control over their money, but also over their life choices, including education, employment, and even household decision-making.

Economic violence is most often found in domestic relationships, particularly in households with unequal power relations. Women in marriages are often the primary victims because they are perceived as not having equal "economic rights" to their husbands. This is reinforced by a patriarchal culture that positions men as the primary breadwinners and managers of family resources, while women are perceived as financially dependent .

According to Rachmawati (2020), economic violence is difficult to identify because it is often framed as "the husband's responsibility" or "family matters," so victims themselves are often unaware that they are experiencing this form of violence. High economic dependence makes victims afraid to speak up. get out of an abusive relationship, even when they experience physical or sexual violence

The impact of economic violence is far-reaching. Victims can experience depression, anxiety, as well as lost trust self Because feel No own control over his life. Besides That, violence economy Also hinder victim For take legal action or access support services, due to lack of funds or financial support. In the long term, this condition reinforces the cycle of violence because the perpetrator has complete control over the most fundamental aspect of the victim's life: livelihood.

Violence Social

Social violence refers to actions that cause individuals to be ostracized,



ignored, or excluded from their social environment. This violence can occur through discrimination, stigma, or rejection of a person's identity based on ethnicity, religion, race, ethnicity, gender, social status, or sexual orientation. Unlike physical violence, social violence is often invisible to the naked eye, yet it leaves deep wounds that affect the victim's self-esteem and psychological well-being.

Violence This difficult tracked Because often ongoing in a way systemic in norm social has considered "normal" or "reasonable". For example, practice bullying to minority students, restrictions on the rights of certain groups in the workplace, or the exclusion of citizens with non-mainstream religious or gender backgrounds. In patriarchal societies, women are often victims of social violence through stereotypes, labeling negative, And prohibition to participation active in room public

Besides impacting victims' mental health, social violence can also reinforce structural inequalities in society. Victims who are consistently excluded or denied access to education, employment, or public services will be further marginalized and struggle to defend their rights.

Violence Structural

According to Galtung (1990), structural violence is a form of violence embedded in the systems or structures of society, which prevents certain groups from receiving their rights fairly. Examples include educational discrimination against poor or minority groups.

Type Abuse

Abuse Verbal

Verbal harassment includes inappropriate remarks, comments, or words that are sexually suggestive, demeaning, or belittling. Examples include catcalling on the street, sexual jokes in the workplace, or body language.

Abuse Physique

Occurs when someone touch or get closer self physically without The victim's consent. This can include poking, hugging, or touching sensitive body parts, even if disguised as "joking."

Abuse Visual

This form of harassment involves showing the victim sexually suggestive material or gestures, either directly or through the media. Examples include showing pornographic images, making offensive body movements, or exposing genitals.

Abuse Online (On line Harassment)

It occurs in digital spaces, such as social media, chat, or email. It can take various forms, including sending indecent images, doxing (spreading personal

data), cyberstalking, or vulgar comments on the victim's posts. Rahmawati (2021) found that many students are victims of online harassment but do not report it for fear of being blamed.

Abuse Psychological (Emotional)

This abuse damages the victim's self-esteem and mental stability through constant teasing, manipulation, or threats. Even if there is no physical contact, the effects can be long-lasting and mentally devastating.

Psychological Impact

Psychological impacts are the most prevalent form of impact experienced by victims of violence and harassment. Victims often experience mental distress, anxiety disorders, severe stress, and even depression.

According to Nurhayati (2020), victims of emotional abuse experience feelings of low self-esteem, insecurity, and even social withdrawal due to trauma. The psychological trauma experienced can develop into PTSD (Post-Traumatic Stress Disorder) if not properly treated.

"Sexual harassment not only destroys the victim's body, but also destroys their mental structure and identity." Wahyuni (2022)

Besides That, victim often time covered flavor guilty And Embarrassed. Feeling This aggravated if society tends to blame the victim (victim blaming), especially in cases of sexual violence.

Physical Impact

Physical impacts primarily affect victims of physical or sexual violence. Bruises, broken bones, burns, and reproductive health problems are common forms of physical impacts. Not only that, in the long term, violence can cause sleep disorders, chronic pain, a lowered immune system, and even the risk of suicide. Children who experience violence since early tend experience disturbance growth physique and a general decline in health quality.

Social Impact

Victim violence And abuse often time experience isolation social, Good Which intentional or No. In case violence in House ladder, victim often kept away from family and friends by the perpetrator to control and weaken them. On the other hand, society often gives negative stigma to victims, which actually makes things worse. suffering social victim. As a result, victim tend close self and don't dare to report it. This situation reinforces a culture of silence in society.

" The social stigma against victims causes them to experience multiple layers of violence: from the perpetrator, from the system, and from society."

Sugihastuti & Suharto (2010)

Economic Impact

Violence, especially in economic forms, greatly affects the well-being of victims. Woman Which become victim violence in House ladder often prohibited from working, losing their jobs due to trauma, or experiencing total economic dependence on the perpetrator.

According to Lestari (2020), economic violence against women impacts structural poverty and prolongs the cycle of dependency in patriarchal households . In addition, the medical and psychological costs that must be incurred for recovery also become a heavy economic burden, especially if the victim does not have support from family or the state.

Impact of Education

Children and adolescents who are victims of violence at home or school show a decrease concentration Study, afraid moment go to school, And improvement risk Dropping out of school. Child victims of sexual abuse are also at risk of experiencing behavioral disorders and deviant moral development if not addressed with appropriate psychological intervention.

Impact Law And Right Human Rights

Violence and harassment are violations of human rights. Victims often fail to receive justice due to a patriarchal legal system that is slow to respond, and is rife with stigma against reporting sexual violence. Many victims ultimately withdraw their reports due to fear or social pressure.

Role Counseling And Islamic View

Sexual violence is a violation of human rights that has serious consequences for victims, both physically, emotionally, and psychologically. This act encompasses various forms of deviant behavior, such as forced sexual intercourse, harassment, exploitation, and other degrading actions. dignity man. In context handling victim, Islam offers a comprehensive approach through the integration of spiritual and psychological values.

The Social Services Department, in handling cases of child victims of sexual violence, adopts an Islamic-based counseling approach. This counseling aims to help victims recover from deviant behavior resulting from the trauma of the violence they experienced. Counseling is conducted by strengthening religious values, rebuilding faith, and aligning aspect spiritual And psychological through therapy based mark religion.

The closer a person is to religion, the greater his ability to anticipate and

overcome various life problems. The initial step in the counseling process is carried out through an emotional approach to the victim, Then to be continued with giving motivation, guidance, education, and referrals according to individual needs. The duration of counseling varies between 30 minutes to One O'clock per Sunday, depends condition psychological victim. Therapy This focused on restoring the social function of children who are included in the category requiring protection special. Wrong One form intervention Which implemented is therapy mental-spiritual, namely efforts to build mental resilience and spiritual life in children by instilling moral, spiritual and religious values that can harmonize mind, body and soul.

In general, the counseling process consists of three main stages. The first stage involves building a rapport between the counselor and client and clarifying the problem. Once a positive relationship has been established, the second stage focuses on reviewing the client's stated issues to find new perspectives or solutions. The final stage is characterized by decreased anxiety levels, healthier and more positive behavioral changes, and the client's ability to self-reflect, stop blaming external factors, and begin planning for the future with a clear and focused program.

From an Islamic perspective, peace is a noble value that is highly valued and must be realized in daily life. The Qur'an and Sunnah teach the spirit of building justice and peace, not only through direct commands, but also through... Also through example historical. Wrong One form real from teachings This there is in

QS Ar-Rum paragraph 21, Which explain that connection between man And women are built on the basis of Love, love Darling, And calm, No solely physical needs. This shows that sexuality in Islam is not viewed solely as a biological act, but rather as a means of building harmony in interpersonal relationships.

Furthermore, Surah An-Nur verse 33 explicitly rejects the practice of sexual exploitation. This verse was revealed in response to the case of the forced enslavement of a female slave named Musaikah. by his master For prostitution self for the sake of profit worldly. Allah This kind of coercion is strictly prohibited, and the verse emphasizes the protection of women who wish to maintain their chastity. In it, Allah states that those who force them will still be held accountable, while the victims will receive His forgiveness and mercy.

In face reality social Which complex, psychology preaching become A highly relevant approach. Islamic psychology is a discipline that combines psychological principles with Islamic values to understand and address

human behavior. This approach bridges the spiritual and psychological needs of victims. violence sexual through Islamic counseling, strengthening faith, And religious value-based therapy.

The psychology of da'wah can be applied in victim rehabilitation programs with three stages: healing (psychological recovery), guiding (spiritual guidance), and empowering (mental strengthening). This approach also focuses on building a pesantren community that is aware and active in preventing sexual violence through da'wah bil hal, namely da'wah with concrete actions.

Furthermore, Islamic psychology explain that harassment sexual may appear This is due to low levels of religiosity and an immature understanding of religion. Even if someone acknowledges the existence of God, without a deep understanding, they will not be able to restrain the urge to engage in deviant behavior. Therefore, increasing religiosity is an important preventative measure.

There are several dimensions of religiosity that play an important role: the ritual dimension reflects an individual's closeness to worship, which can protect them from bad deeds; the emotional dimension fosters a sense of God's presence, which makes a person feel watched over; and the social or community dimension encourages a person to be active in religious activities, which can channel energy and encouragement. psychological to direction Which positive. When somebody active in worship And feel close with Lord, He will feel supervised And avoided from action No moral. On the other hand, involvement in a religious community also helps channel the urge to direction constructive. With thus, somebody Which pious in a way ritual will show the same piety in his social interactions.

CONCLUSION

Violence And abuse, Good in form physique, psychological, sexual, and structural, is phenomenon serious that threaten growth And development students, particularly in Islamic educational settings such as Islamic boarding schools. The impact of violence is not only physical, but also profoundly and long-term damage to the mental, social, and spiritual health of victims. In this context, developing meaning in life becomes an essential psychological need for students to be able to cope. pressure And trauma, at a time find direction life Which more meaningful and productive.

Islamic developmental psychology presents a comprehensive approach to addressing this challenge. This approach emphasizes not only cognitive and affective aspects but also integrates spiritual, moral, and social values into the educational process. And coaching character. Through strengthening meaning



life based mark In Islam, students are not only guided to understand their identity and purpose in life, but are also guided to develop strong mental resilience in facing violence and harassment that may occur in their environment.

In addition, the psychology of da'wah is an important complement that bridges psychological and spiritual needs through an Islamic counseling approach, faith-based therapy, and da'wah. bill matter. Effort This No only focused on recovery individual victim, but also directed on formation community Which justice And care, with encouraging the Islamic boarding school environment to become a safe, supportive space with a strong Islamic character.

Islam, through its universal values such as love, compassion, justice, and the prohibition of all forms of violence, provides a strong ethical and spiritual framework for preventing and handle violence sexual. Verses Al-Qur'an, as in QS Ar-Rum verse 21 and QS An-Nur verse 33, it clearly shows that human relations in Islam must be built on the basis of love, purity, and respect for human dignity.

Thus, the integration of Islamic developmental psychology and Islamic values serves as a strategic foundation for developing resilient, meaningful students who are able to resist and overcome various forms of violence. Developing students' meaning in life is not only a solution to environmental violence but also a foundation for developing a generation of Muslims who are physically healthy, mentally strong, spiritually mature, and socially active.

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