

Learning Tahfidz Al-Qur'an in Sufferers of Mental Disorders Anxiety Disorder

Umi Kalsum¹, Merlyan Milania Fibria²

¹Institut Agama Islam Negeri (IAIN) Ponorogo, Indonesia

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ABSTRACT

Memorizing the Qur'an is a conscious and serious effort to remember and absorb the reading of the holy book into the mind so that it always remembers using certain methods. In the tradition of memorizing the Koran, it must be heard (tasmi') in front of a teacher in reading and reciting verses from the Koran, with talaqqi and musyafahah (receiving lessons face to face) to the teacher. For sufferers of anxiety disorder, talaqqi and musyafahah in the presence of a teacher will experience difficulties. He will have palpitations, find it difficult to control himself and can't focus and can't even recite the verses he has memorized. Anxiety disorder is a mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with daily activities. Contributing factors include genetic factors, biological factors (chemical compounds in the brain), environment, and stress. This research attempts to analyze the learning of tahfidz al-Qur'an in sufferers of anxiety disorder students of Ilmu Al Quran dan Tafsir of IAIN Ponorogo. The method used in this study is a qualitative descriptive research method, namely a method to describe the reality that exists in the research location. The data collection technique is carried out by interviewing, observation, and documentation studies. The results of this study are an analysis of strategies and learning methods for tahfidz al-Qur'an that are appropriate and acceptable to students with anxiety disorders.

Corresponding Author.

Umi Kalsum

Email: Umikalsumtwin@gmail.com

INTRODUCTION

Every time the Qur'an was revealed to the Prophet Muhammad he received it, memorized it and recited it to his male and female companions. In order to make it easier for friends to hear the recitation and memorize it, the Prophet was ordered to recite and convey the Qur'an to his people slowly (tartil). (Jalil 2017)

أَوْ زِدْ عَلَيْهِ وَرَتِّلِ الْفُرْءَانَ تَرْتِيلاً

The Prophet Muhammad SAW advised his friends to pay attention and keep their memorization. In a hadith it is stated that the Koran is easier to loose than a camel whose legs are tied.¹ Allah has guaranteed that he will keep the Prophet's memorization, but he always tries to protect it by reading the Koran at any time and opportunity, for example in every fardlu and sunnah prayer and making it a wirid. (Hendrawati, Rosidi, and Sumar 2020)

إِنَّ عَلَيْنَا جَمْعَهُ وَقُرْآنَهُ

سَنُقْرُكَ فَلَا تَنْسَى

In the process of memorizing and maintaining it, a good learning method was needed and in accordance with the conditions of the memorizers. There were two ways at that time to receive and learn the Qur'an for the first time, namely al-sama>' min qira>'ah al-shaykh (listening to the teacher's reading). This is the first way in the history of learning the Qur'an, namely when the Prophet Muhammad heard the first five verses of sura al-'Alaq from the readings of the Angel Gabriel. And the entire Qur'an was received by the Prophet Muhammad in this way, which in the term 'ulum al-Qur'an is called al-wah}y al-jaly.

The second is al-qira'ah 'ala al-shaykh; This method is a mu'tabar (recognized) method and is used among the Qurra'. (al-suyuthi 2008) This method is the opposite of the first method, where a student reads and the teacher listens. By means of al-qira'ah 'ala al-shaykh or al-'ardh, a teacher can clearly find out the mistakes and shortcomings of his student's reading and justify them. The Prophet recited several times to (read: in front of) the Angel Gabriel in the Month of Ramadan every year, until in the last year (before his

¹ Al-Bukhari, Şahih al-Bukhari, Kitab al-Tauhid, Bab Qaul al-Nabi: al-Mahir bi al- Qur'an, vol. 4, No. Hadis 7546.

death), he read the Al-Qur'an in its entirety twice to (read: in the presence of) Angel Gabriel. This is called al-'ard} ah al-akhi>rah. This method is the second step after al-sama>', where a student who is going to read the Qur'an to (read: in front of) his teacher must first have heard (obtained) the verses to be read, or have obtained them from a mushaf (written Al-Qur'an).

The process of al-qira'ah 'ala al-shaykh involves two parties directly or is often termed mushafahah and hereinafter referred to as the tasmi process', namely listening to rote to a teacher or lecturer. Paying attention to each other, observing and active interaction reading, listening and justifying.

For sufferers of anxiety disorder, the learning process is heavy and difficult to follow. In a state of lack of confidence, nervous and anxious the possibility of the disease will recur.(Hadinata et al., n.d.) In this paper, we will discuss and analyze learning methods for people with anxiety disorders so that they can still follow rote memorization properly and complete memorization like the others.

RESEARCH METHOD

This study uses a qualitative approach and descriptive research method, namely a method to describe the reality that exists in the research location. The data source is called "Social Situacion" or a social situation which consists of three elements, namely place, actors and activities that interact synergistically. Data collection techniques were carried out by means of interviews, observation, and documentation studies. Researchers conducted interviews through question and answer conversations to obtain information from sources. Observation is carried out through direct and indirect observation using all five senses. Documentation studies are conducted to collect documents and supporting data related to research. Research data analysis techniques start from data analysis before going to the field, data analysis in the field, namely data reduction, data presentation, verification/conclusion, and data analysis while in the field. While the data validation techniques consist of extending observations, increasing persistence, triangulation, analyzing negative cases, using reference materials and conducting member checks. The data validation test was carried out to prove that the data received is the actual data found at the research site.

RESULT AND DISCUSSION

ANXIETY DISORDER

a. Understanding

Anxiety disorder is a mental disorder that causes excessive anxiety and fear. This makes a person not enthusiastic about carrying out daily activities, including hobbies that are usually popular. Furthermore, this feeling of anxiety will be intense in the long term. Often this fear makes the sufferer physically limp quickly.

WHO states that there are 301 million people with this mental disorder in the world, of which 58 million sufferers of anxiety disorder are children and adolescents. According to data from the Indonesian Ministry of Health, anxiety disorders are ranked 2 out of the 10 most common diseases suffered by Indonesian people from the 1990s to 2017.(Keluarga 2022)

b. Early Symptoms of Anxiety Disorder

The initial symptom of anxiety disorder that sufferers feel is a feeling of nervousness that causes the heart to beat fast. Then, it is difficult for your body and mind to control your emotions when facing an object. That fear and worry can lead you to have a panic attack.

The following are common symptoms of anxiety disorder: Anxiety that is difficult to control, restlessness and panic, fatigue, but difficulty sleeping, difficulty concentrating, irritability and emotional aches, aches and pains in the body, muscle tension, nausea, dry mouth, hands and feet tingling and sweating, thinking and contemplating incessantly.(dian permana and arif fajar 2021)

c. Factors Causing Anxiety Disorder

Mental disorders that have an impact on excessive worry are caused by various factors such as the following:

- 1) Genetically inherited from the family.
- 2) Hormones are released in the brain, thereby increasing pulse and breathing.
- 3) Environments that trigger stress and create fear, such as locations where harassment, violence, death occur.
- 4) Drug abuse. Consuming caffeine which affects the work of the heart. Unstable medical conditions, such as the heart, lungs, thyroid.

The researchers concluded that the cause of anxiety disorders stems from

the brain forming a fear response through memories and memories of objects that have been felt.

To detect this mental disorder, you need to have more than one consultation with a psychologist or psychiatrist (psychiatrist). During the counseling session several psychological tests were carried out in the form of questionnaires, physical examinations and mental health tests.

Although psychiatrists want to know the patient's mental condition, physical examinations such as blood tests and urine tests aim to get to know more about symptoms related to psychiatric problems.(rizal fadli n.d.)

d. Types of anxiety disorders

Anxiety disorder can be divided into several types, including:

1) Generalized Anxiety Disorder

As the name implies, generalized anxiety disorder is a generalized anxiety disorder characterized by feelings of anxiety or worry about various things that are not specific, ranging from anxiety about health conditions, work, to overreactions to simple things, such as interacting with other people.

Generalized anxiety disorder is usually felt almost every day and continuously for more than 6 months. As a result of this anxiety disorder, you will find it difficult to interact with other people, carry out activities, and so on.

In addition to the appearance of excessive anxiety for various things, people with anxiety disorders can generally feel a number of physical symptoms, such as tension, headaches, nausea, difficulty concentrating, difficulty sleeping, shortness of breath, and feeling tired easily. (Amurwabumi 2021)

2) Phobias

Phobia is an anxiety disorder characterized by intense fear of things that are not dangerous or should not cause fear, such as fear of being in a dark room, fear of seeing patterns with holes, fear of certain foods, fear of certain colors, and others.

Individuals with phobias will generally avoid things that can trigger their phobia to appear.(Rachmaniar 2015) For example, if they are afraid of the

color red, they will try to avoid anything that has to do with it. Or, if they are able to force themselves to face it, then they will face it with great suffering.

When they see something they are very afraid of, individuals with phobias will react excessively, for example by running aimlessly, hiding, and avoiding the thing they are very afraid of. In peak conditions, phobias can make the heart beat fast, break out in cold sweat, until you faint.

3) Social Anxiety Disorder

Social anxiety disorder is actually included in one type of phobia, namely social phobia. Generally those who experience social anxiety disorder will experience great anxiety or fear in social situations, namely they feel they will be judged by other people.(Asrori 2015)

Generally, this feeling of worry is triggered by fear or embarrassment when in a crowd, fear of being seen as wrong, fear of saying the wrong thing, and so on. In communicating, they tend to look away or avoid eye contact with the other person.

4) Post-Traumatic Stress Disorder (PTSD)

Post-traumatic stress disorder or post-traumatic anxiety disorder that often occurs in someone who has experienced a traumatic event, for example, having been a victim of a robbery, has been seriously injured, or is in the middle of a life-threatening situation, such as being on a battlefield.

In most cases, people with PTSD will be in constant danger mode and always on alert. For example, people who have been in conflict areas or victims of war, will immediately be frightened when they see army uniforms.(anastasia ratnawati biromo n.d.)

5) Panic Disorder

Panic disorder is a condition characterized by repeated episodes of panic attacks that appear suddenly, for no apparent reason, and can occur anywhere and anytime. This condition can occur repeatedly and will interfere with daily activities and relationships with other people.

When this disorder appears, usually sufferers will feel severe symptoms in the form of palpitations, shortness of breath, cold sweat, weakness and

trembling of the body, nausea, and dark vision as if they are about to faint. Because of its nature that can appear anytime and anywhere, people with anxiety disorders will usually withdraw from social life, limit daily activities, and prefer to spend time in the room.

6) Obsessive Compulsive Disorder (OCD)

Obsessive compulsive disorder is an anxiety disorder characterized by persistent obsessive thoughts and repetitive behaviors aimed at relieving these obsessive thoughts. For example, often repeat washing hands because they are worried that they are not clean from germs.

In addition, those who experience OCD will tend to arrange things in a pattern that they think is good. According to the World Health Center, this anxiety disorder is more common in developed countries and tends to affect young people.

Although most people are aware of this disorder, OCD is very difficult to control and can recur at any time. In most cases, this anxiety disorder is often accompanied by conditions such as bipolar and major depressive disorder.

e. Treatment of Anxiety Disorders

Anxiety disorder patients can recover with routine and consistent medication. For this reason, there are three types of treatment to cure this anxiety disorder:

1) Psychotherapy

Is a healing step in the form of routine counseling to a psychologist or psychiatrist, so that patients can manage their emotions in everyday life from excess anxiety.

This treatment consists of cognitive behavioral therapy (CBT) and exposure therapy.

a) Cognitive behavioral therapy (CBT), namely therapy for patients with anxiety disorders so that they can recognize and control the patterns of thought and behavior that lead to excessive fear.

b) Exposure therapy, namely therapy in the form of certain activities and activities that are adapted to the patient's fears, so that people

with anxiety disorders are able to adapt in an environment without worry. This model of therapy is suitable for more advanced disorders such as phobias and post-traumatic stress disorder (PTSD).

2) Support Therapy

This alternative medicine works to manage stress and treat anxiety. Supporting activities include yoga, meditation, and making strategies for mindful living.

3) Medical treatment

Medications recommended by psychiatrists are not focused on healing anxiety disorder, but on improving the symptoms. The drugs commonly used are the following benzodiazepines, anti-depressants, and beta blockers. Beta blockers function to relieve excessive heart palpitations that cause disturbances in a person's physical condition. However, the use of drugs in anxiety disorder must be according to a doctor's prescription.

B. TAHFIDZ AL QUR'AN LEARNING METHOD

In this paper the author summarizes three methods: the first is from the figure of tahfidz al Quran Yahya Gausani, the second is the method from DR Ahsin Sakho and one of the methods used in Islamic boarding schools is PPTQ Darussalam Jombang.

1. Yahya al-Gausani.

Yahya al-Gausani in several seminars. One of the methods found is called al-tahfidz al-'asr (10 words that start with the letter ta'), namely:

- a. Al-tahyi'ah al-nafsiyyah (psychological preparation): this point is still related to a saying in psychology: "Keep away negative thoughts", including having to be in a state of purity and choosing a comfortable and quiet place, for example in a mosque. This has been mentioned by previous scholars in discussing the ethics of reading the Qur'an.
- b. Al-takhayyul (imagining or imagining): the purpose of this point is to motivate oneself, especially the brain, to work enthusiastically and optimally. Imagining that you have memorized surah al-Baqarah or al-Waqi'ah as a short-term target, or 30 chapters as a long-term target, will really help your brain to realize these

targets and goals.

- c. Al-taskhîn wa al-tah}miyah (warm-up): before starting to memorize, it's better to do a warm-up. It's the same as soccer players who do some practice or run around the field before playing on the field. Warming up in the process of memorizing the Al-Qur'an is done by reading several verses or letters for about 5 minutes from old memorization.
- d. Al-tarki>z wa al-tas}wi>r (focus): focus your eyes on the verse to be memorized, don't look at it or be busy with other views. Focusing the eyes as if they want to shoot the verse into the brain.
- e. Al-tanaffus (breathing): the process of breathing is very important because the oxygen that enters the body really helps the brain in the process of entering information into it. After taking a deep breath just started reading the verses of the Qur'an.
- f. Al-tartil: it needs to be explained here that reading with tartil is better than memorizing by speed reading without tartil, and that is very helpful in memorizing the Qur'an, besides reading aloud enough, not just reading silently. Then try to read again about 3 times from memory without looking at the Mushaf while closing your eyes to focus more, and imagining the words of the verse being read.
- g. Al-takra>r (repetition): after successfully reading from memory well and well, then it is necessary to check the editorial and writing of the verses by looking at the Mushaf, then repeating the reading from memory.
- h. Al tara>but}: if you have successfully memorized two verses, it is time to connect between the two verses by reading the end of the first verse and continue with the beginning of the next verse without stopping.
- i. Al Tasri wal murajaah. After finishing memorizing one page, it is mandatory to repeat it so that it strengthens and ensures memorization.
- j. Al Tawakkul 'ala Allah, always surrender and put your trust in Allah SWT.

2. The KH. Ahsin Sakho method

The method of reading and memorizing the Qur'an cannot be separated from the figure of KH. Ahsin Sakho Muhammad, an Indonesian qiro'at expert and Al-Qur'an science who lives in Cirebon. As produced by Noval Maliki's research in the perspective of KH.

Ahsin Sakho Muhammad is:

- a. Iqro method,
- b. Tahsin, Fahmi Bisyaudin,
- c. Verse Reading Method, Murojaah Method, Tasmi' Method,
- d. Verse Writing Method,
- e. Verse Partner Method.

The impact of using this method shows that students can better understand how to pronounce the hijaiyah letters correctly and fluently in accordance with the knowledge of tajwid in reading the Qur'an beautifully and its pronunciation, resulting in very strong memorization, strong memorization resulting from the frequent interaction of the Al-Qur'an memorizer with the Al-Qur'an. (Ro'up and Maliki 2022)

3. Darussalam Jombang PPTQ method.

PPTQ Darussalam uses several methods, namely:

- a. Kaifiyatul ada' wat tahammul wa cinaturrijal.

This method is carried out by memorizing what is read by the teacher first then the students listen and follow the teacher's reading. After being declared fluent (haqqo tilawatih) you are welcome to memorize, after memorizing it then read it in front of the teacher. This method is able to make students focus on the verses they memorize, namely the verses read by the teacher. In addition, students' reading can also be good according to the reading that has been recited by the teacher.

- b. Kaifiyatuldzikrowalmuroqobah.

This method is able to maintain memorization which indirectly has a positive impact on the students, because in this method the Al-Quran is read together with the same rules and the same song is led by one of the students who feels qualified and masters Al-Quran.

- c. Kaifiyatul istima' fis sholah wal inshoth.

This method is applied in the sunnah Tahajjud and Dhuha prayers, where all students who become makmum must listen using the corner manuscripts by paying attention to how the priest reads specifically and carefully. The effect for the santri is that their brains are able to record recitations of the Al-Quran which are truly mbalung syumsum (rooted) as is the case when friends receive the revelation of the Al-Qur'an descending, then automatically create conditions of good memorization together or

alone and is an actual concept. It's the same now, if popular songs have been circulating, all ages will unknowingly memorize them quickly due to the fact that they are often played and listened to.

d. Fammi Bisyauiqin

By applying the family bisyauiqin method, it will make the process of memorizing the students easier, because every week the students will recite the Al-Qur'an once. Habits like this make students more addicted to reading the Koran, habits like this make students even more addicted to reading the Koran so that if they don't read it, the students will feel empty or something is lacking in them. The more often it is read, then every reading of the Qur'an is spontaneously recorded by the brain so that indirectly every student is able to memorize the Qur'an easily. In fact, by implementing the fami bisyauiqin method PPTQ Darussalam has been able to provide extraordinary achievements in the memorization of students. Namely, students are able to memorize the Qur'an in just 6 months. family method bisyauiqin has shown significant results on the memorization of students since the inception of PPTQ Darussalam.(nisaatun nafisah n.d.)

C. Tahfidzul Quran Learning Method at IAIN Ponorogo IAT Department

The Tahfidzul Quran course is a compulsory course in semesters 2 to 6. Tafiz 1 to tahfidz 5 courses. Facilitated by lecturers and attended by all students in the class majoring in Al Quran and Tafsit (IAT) Faculty of Ushuluddi Adab and Da'wah

The method used is:

a. Tahsin is a method of correcting reading and ensuring that the reading of the verse to be memorized is correct and in accordance with the rules of tajwid. (Della Indah Fitriani and Fitroh Hayati 2020) The lecturer gives examples of good, correct and appropriate reading then students are asked to follow and read according to the lecturer's reading. On the contrary, sometimes students are asked to read first, lecturers and other friends listen and provide corrections if there are readings that are wrong.

The tahsin is carried out before the memorization store or after deposit according to class needs, because the quality of the different readings sometimes requires more attention for students who are still lagging behind in their tahsin.

b. Takrar, namely repeating the verses that will be memorized both as assignments at home and in class. (Gade 2014) Students repeat 10 to 20 times the page to be

memorized.

c. Tasmi', namely listening to rote in front of the lecturer (mushafahah).

Students are required to take tasmi' or memorization deposits every time they meet, either offline/face to face or online: video calls, telephone calls or voice notes. The lecturer will provide feedback in the form of improving reading, quality of memorization, motivation and tricks to examine verses that are similar or verses that are often at risk, for example reading gharib.

d. Muraja'ah, the evaluation stage is in the form of repeating memorization at least one page up to several meetings until one juz is intact.

D. Tahfidzul Quran Learning Method for Sufferers of Mental Disorders Anxiety Disorder

In accordance with the results of the author's interview with the correspondent on behalf of Salma Fahriya, a student majoring in IAT FUAD IAIN Ponorogo, she has suffered from this mental disorder for a long time. It starts with a pounding feeling and the body feels weak when the disease recurs. This certainly affects the quality of memorization when you have to recite it in front of the lecturer with your friends. Due to the limited duration of time, only 100 minutes and it has to be reduced for tahsin, practically the tasmi' time is reduced. Lecturers give the opportunity to come forward in groups and listen to their respective memorization together.

For sufferers of mental disorders, anxiety disorder, being confronted directly in front of a lecturer is very hard. He said that his breath became shortness of breath, stomach aches and dizziness. This will get worse if his physical and mental condition decreases. Negative thoughts make him unfocused and memorization becomes lost (forget) especially if more than one person hears his memorization.

People with mental disorders anxiety disorder actually have the same ability and strong memory, it's just that they are less able to repeat memorized readings in front of other people.

In our interview he told us how he started suffering from the disease, starting with childhood trauma and exacerbated by gastric disease. A diagnosis from a doctor is obtained when a teenager continues to feel excessive anxiety even for no reason.

The way to treat and cure it is by taking it to a doctor, psychologist and also to a psychiatrist. He received treatment and routinely took medication and control. Meanwhile, the therapy recommended by doctors is to always be calm and think

positively, do useful activities and build self-confidence.

He was also taken to a kiai to get guidance, prayer and motivation so that gradually the anxiety that often appeared decreased and recurred less and less.

However, when he has to perform tasmi' and mushafahah, anxiety and nervousness often arise. Based on discussions and agreements with lecturers, he can choose the strategy that is most comfortable and more confident.

Correspondents prefer to present memorization and tasmi' online, namely with voice notes. Occasionally he also wants to try courage with direct deposits but not with other friends, so he is alone with the lecturer in his room. Closer, more familiar, even though at one time it also suddenly raised his anxiety.

Lecturers provide the widest possible opportunities and facilities for him so that until the end of the semester he can finish very well. Complete and satisfying.

CONCLUSION

The tahfidzul Quran learning method for sufferers of mental disorders with anxiety disorder is basically with other memorizers. But when Tahsin, tasmi' and murajaah where he has to mushafahah with his lecturer he needs calm and away from the noisy and busy atmosphere. When anxiety starts to appear, the disease also starts to return, the lecturer prefers to approach and motivate by sharing and discussion, while tasmi' can be done via inline. Video calls or voice notes.

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