

ABSTRAK

Diran Murtado, 2230030004: Pengaruh Stres, Dukungan Sosial, Religiusitas dan Kesehatan Mental Jemaah Thariqoh Qodiriyah Naqsabandiyah Di Kota Bandung

Penelitian ini menganalisis pengaruh stres, dukungan sosial, dan religiusitas terhadap kesehatan mental jemaat Thariqah Qodiriyah Naqsabandiyah (TQN) di Bandung dan mengkaji peran mediasi religiusitas. Menggunakan PLS-SEM dengan, hasilnya menunjukkan bahwa dukungan sosial memiliki efek positif yang signifikan terhadap kesehatan mental ($O = 0,398$; $t = 3,775$; $p = 0,000$) dan efek positif yang signifikan terhadap religiusitas ($O = 0,653$; $t = 5,744$; $p = 0,000$). Religiusitas juga secara signifikan meningkatkan kesehatan mental ($O = 0,564$; $t = 6,953$; $p = 0,000$).

Stres menunjukkan efek positif langsung yang signifikan terhadap kesehatan mental ($O = 0,314$; $t = 2,604$; $p = 0,005$), tetapi tidak memiliki efek signifikan terhadap religiusitas ($O = -0,163$; $t = 1,379$; $p = 0,084$) maupun terhadap kesehatan mental melalui religiusitas ($t = 1,361$; $p = 0,087$). Uji mediasi mengonfirmasi bahwa religiusitas secara signifikan memediasi efek dukungan sosial terhadap kesehatan mental ($O = 0,368$; $t = 4,212$; $p = 0,000$), meskipun tidak memediasi hubungan antara stres dan kesehatan mental. Secara keseluruhan, dukungan sosial dan religiusitas memainkan peran penting dalam meningkatkan kesejahteraan psikologis anggota TQN.

Kata kunci: Dukungan Sosial, Religiusitas, Stres Thariqah Qodiriyah Naqsabandiyah, *Mental Health*, PLS-SEM, Mediasi

ABSTRACT

Diran Murtado, 2230030004: *The Influence of Stress, Social Support, and Religiosity on the Mental Health of Qodiriyah Naqsyabandiyah Thariqah Members in Bandung City*

This study analyzes the effects of stress, social support, and religiosity on the mental health of the Thariqah Qodiriyah Naqsyabandiyah (TQN) congregation in Bandung and examines the mediating role of religiosity. Using PLS-SEM with, the results show that social support has a significant positive effect on mental health ($O = 0.398$; $t = 3.775$; $p = 0.000$) and a significant positive effect on religiosity ($O = 0.653$; $t = 5.744$; $p = 0.000$). Religiosity also significantly improves mental health ($O = 0.564$; $t = 6.953$; $p = 0.000$).

Stress shows a significant direct positive effect on mental health ($O = 0.314$; $t = 2.604$; $p = 0.005$), but it has no significant effect on religiosity ($O = -0.163$; $t = 1.379$; $p = 0.084$) nor on mental health through religiosity ($t = 1.361$; $p = 0.087$). Mediation testing confirms that religiosity significantly mediates the effect of social support on mental health ($O = 0.368$; $t = 4.212$; $p = 0.000$), while it does not mediate the relationship between stress and mental health. Overall, social support and religiosity play essential roles in enhancing the psychological well-being of TQN members.

Keywords: *Social Support, Religiosity, Thariqah-Related Stress, Mental Health, PLS-SEM, Mediation*