



# Adapting Technology in Islamic Psychology: Exploring Digital Pathways to Spiritual and Psychological Wellbeing

Devid Dwi Erwahyudin<sup>(✉)</sup>

Universitas Muhammadiyah Ponorogo, Ponorogo, Indonesia  
deviderwahyudin@umpo.ac.id

**Abstract.** This study discusses the application of technology in Islamic psychology through digital dhikr applications, spiritual educational content in social media, and the application of technology in Islamic therapy and counseling. The research methodology uses a qualitative approach with case studies of Muslim individuals who use digital dhikr applications, spiritual educational content and Islamic therapy digitally. The data were analyzed qualitatively through literature review with a focus on changes in spiritual and psychological dimensions. The results showed that digital dhikr applications facilitate spiritual bonding in the modern era. Spiritual educational content on social media has the potential to inspire and motivate spiritual and psychological development. The use of technology in Islamic therapy and counseling provides flexibility in overcoming geographical and time barriers. Literature studies support the positive potential of digital dhikr applications in improving psychological and spiritual well-being. Social media is also important in conveying messages of spiritual education. Although challenges such as the negative impact of technology on spiritual development and conflicts of spiritual values arise, technology also offers opportunities for innovative solutions. Previous studies provide guidance in developing useful technologies in Islamic psychology.

**Keywords:** Islamic Psychology, Technology adaptation, digital dhikr application, spiritual educational content, Islamic therapy

## 1 Introduction

In the modern era full of technological advancements, changes in various aspects of life are inevitable. Technology has had a significant impact in every field, including psychology and religion. In this context, the study of technological adaptation in Islamic psychology is becoming increasingly important, as technology not only affects material and physical aspects, but also has an impact in the spiritual and psychological dimensions of individuals [1].

Islamic psychology refers to the study of psychology that bases its understanding on the teachings of Islam, the Quran, and Hadith. It integrates religious principles with a scientific understanding of human thoughts, feelings, and behavior [2]. As a growing

discipline, Islamic psychology finds new challenges and opportunities in facing changing times, especially in terms of the use of digital technology.

In this context, digital technology has opened the door to a new world that offers convenience and comfort in various aspects of daily life. However, how these digital technologies can be adapted within the framework of Islamic psychology and how they impact spiritual and psychological well-being needs to be explored further. The purpose of this study is to dig deeper into how digital technology can be a tool to support the spiritual and psychological development of individuals in accordance with Islamic principles [3].

In the adaptation of technology in Islamic psychology, essential questions arise. First, how the application of technology in Islamic psychology can contribute to the spiritual and psychological well-being of individuals. This requires a deep understanding of how technology can be a tool to facilitate spiritual reflection, self-training, and self-understanding with Islamic values in mind [4]. Second, without neglecting its positive potential, it is important to identify the challenges and risks that may arise from the use of technology in Islamic psychology, including the potential alienation from real-life experiences, negative influences on worship, and potential conflicts with spiritual aspects in a fast-paced digital world [5]. Third, it is important to develop a balanced approach that ensures technology is used wisely and in accordance with religious teachings [6]. The development of clear guidelines or guiding principles can help individuals integrate technology in their spiritual practices while maintaining a balance between the digital world and spiritual commitment.

Through this research, we will explore the potential of digital technology as a tool to improve the spiritual and psychological quality of life of individuals within the framework of Islamic psychology [7]. By understanding the interconnectedness between technology and religious teachings, we can identify opportunities and adoptable solutions to address emerging challenges.

Overall, this research will provide deeper insights into the adaptation of technology in Islamic psychology and how its application can make a positive contribution to human well-being in two interrelated dimensions: spiritual and psychological. As such, these efforts are expected to lay the foundation for further development in this field and provide guidance for individuals in using technology wisely to achieve balance in their lives.

## 2 Method

The research methodology adopted in this study is a literature review approach that aims to explore the adaptation of technology in Islamic psychology and its impact on the spiritual and psychological well-being of individuals. The first step is to identify research topics related to the adaptation of technology in Islamic psychology to improve the spiritual and psychological well-being of individuals. The aim of this study was to investigate how technology, such as digital dhikr applications, spiritual educational content on social media, and Islamic therapy and counseling services, contribute to improving individual well-being in the context of Islamic psychology.

The collection of literature sources is carried out through careful searches in online databases, libraries, and trusted scientific journals. Various sources such as journal articles, books, theses, and conferences discussing the topic of technological adaptation in Islamic psychology were identified and collected. After the collection of literary sources, the next step is selection and analysis. Literature sources are selected based on relevance and quality, then data drawn from the literature are analyzed comprehensively to identify the main findings, approaches used, and the impact of technological adaptation in Islamic psychology on the spiritual and psychological well-being of individuals.

The results of the literature analysis are then synthesized to summarize key information regarding the adaptation of technology in Islamic psychology and its impact on individual well-being. This synthesis is useful for understanding trends, challenges, opportunities, and implications arising from the application of technology in the context of Islamic psychology. Furthermore, this literature synthesis will be the basis for writing a research report which includes abstracts, introductions, theoretical frameworks, main findings from literature reviews, discussions, conclusions, and bibliography that lists the literature sources used.

With a literature review approach, it is hoped that this study will provide in-depth insights into the adaptation of technology in Islamic psychology and its impact on the spiritual and psychological well-being of individuals. Challenges and opportunities that may arise in the future will also be identified through rigorous literature analysis.

### **3 Results and Discussion**

#### **3.1 Digital Dhikr App**

The use of digital dhikr applications in the context of technological adaptation in Islamic psychology has presented very significant new opportunities for the development of spiritual practices and psychological well-being of individuals. The app serves as a very effective tool in supporting individuals to keep Allah in mind and remember Allah (dhikr) in various situations in their daily lives. Within the framework of the research conducted, we can see how digital dhikr applications have an extraordinary ability to provide continuous reminders of crucial religious values. This in turn allows individuals to maintain and strengthen their spiritual bonds despite the chaos of fast-paced and demanding modern routines [8].

The use of digital dhikr (remembrance) apps as a means to encourage spiritual practice and improve psychological well-being has gained attention in previous research. Study conducted by Muhyiddin (2022) highlights the important role of spiritual da'wah-guidance in shaping Muslim identity in the era of globalization. In this context, the digital dhikr application is considered as a tool that supports da'wah efforts and builds a strong personality in the midst of the dynamics of the times [9].

Other research by Maulana (2019) describes the spiritual dimension as a source of mental health therapy, with dhikr being its central element. The use of digital dhikr

applications was identified as an effective way to help individuals practice dhikr consistently, with the potential to provide significant benefits to their mental well-being [10].

Study by Destyani (2018) revealed that remembrance therapy has a positive impact in reducing anxiety levels. In view of this, the digital dhikr application is recognized as a tool that is suitable for supporting patients to carry out remembrance therapy more easily and effectively [11].

Overall, this literature review indicates that digital dhikr apps have the potential to facilitate spiritual practice and improve individuals' psychological well-being. Through the use of this app, individuals can more easily remember God in their various daily activities, and also get positive benefits in terms of mental health. Therefore, this understanding of the previous literature provides a strong foundation to continue further exploration of technological adaptation in the context of Islamic psychology through the use of digital dhikr applications.

### **3.2 Spiritual Education Content on Social Media**

Social media has become a powerful platform for conveying spiritual education messages with significant impact. The ability of social media to present interesting and relevant educational content in line with the principles of Islamic psychology draws attention in this context. In this digital era, social media is not only a tool to interact and share information, but also an inspiring tool that is able to motivate individuals to develop spiritual and psychological aspects in everyday life [12].

When discussing the potential of social media as a spiritual education tool, it is important to recognize that the content presented on these platforms can have a profound impact on an individual's outlook on life and understanding of the religious teachings and values of Islamic psychology. Engaging educational content, such as excerpts from religious literature, sage advice, and inspirational stories, can stimulate personal reflection and introspection, and encourage individuals to apply these principles in real situations.

Social media also has a wide reach, covering various age groups and backgrounds. It provides an opportunity to create an inclusive and diverse virtual space, where individuals can engage in discussions, share experiences, and learn from each other. Positive and inspirational content on social media can be an ongoing source of support and motivation for individuals on their spiritual and psychological journey.

Previous studies have in-depth examined the potential of social media in conveying spiritual education messages in a compelling and relevant way in the context of modern society. For example, the study conducted by Zazin and Zaim (2020) involves exploring how social media can serve as a learning and educational tool for generation Z. The findings of this study reveal that social media has the capacity to be an effective means of conveying spiritual education messages to this generation [13].

Research conducted by the Imam (2020) examine the influence of globalization in the digital age on students' spiritual understanding. The study highlights the impact of digital technology developments on individuals' spiritual understanding [14]. Nuryanta Study (2022) focused on the positive influence of social media on aspects of students'

religious life. The results of this study show that social media can have a role in shaping the religious life dimension of students [15].

Research conducted by Zulkarnain and Fatimah (2019), The relationship between mental health and happiness from the perspective of Islamic psychology is analyzed in depth. This research raises the importance of psychological well-being and optimization of individual functioning, especially in overcoming the problem of mental disorders, by highlighting a positive view of an individual's potential in achieving happiness [16].

This shows that social media has great potential to deliver interesting and relevant spiritual education messages in the modern world. By applying an approach based on the principles of Islamic psychology, social media can serve as an effective tool to inspire and motivate individuals on their spiritual journey.

### **3.3 Application of Technology in Islamic Therapy and Counseling Process**

In Islamic therapy and counseling services, the role of technology is increasingly significant with the advent of telecounseling, online counseling applications, and digital discussion platforms. Telecounseling allows individuals to interact with counselors remotely, transcending geographical restrictions and travel constraints. Online counseling apps provide spiritual and psychological guidance services through digital platforms, reducing stigma and providing communication flexibility.

Digital discussion platforms facilitate communities sharing experiences and perspectives, overcoming social isolation. The technology also allows time flexibility, gives individuals control over the therapy and counseling experience, and copes with busy schedules. Overall, the use of these technologies opens up more effective and inclusive access to Islamic therapy and counselling services, enabling individuals to develop spiritual and psychological well-being in modern routines [17].

Previous studies have detailed in-depth analysis of the application of technology in Islamic therapy and counseling processes. Research by Kirana, D. L. (2019) Explain how cyber counseling technology has been adopted as a model for counseling development, especially for millennials. This article introduces the concepts and benefits of the cyber counseling approach in the context of counseling for millennials. This approach integrates digital technologies such as telecounseling, online counseling applications, and digital discussion platforms. Cyber counseling provides benefits in providing counseling services that are flexible, accessible, and in accordance with the preferences of the millennial generation. In this regard, technology allows individuals to get spiritual guidance and counseling remotely, according to their needs and convenience [18].

Another significant study is research by Fatmawati (2021) focusing on testing the effects of the application of Cognitive Behavior Therapy (CBT) plus dhikr on depression control and glucose levels in people with diabetes mellitus (DM). The findings of this study highlight the existence of cognitive distortions in DM sufferers such as denial, catastrophic thinking, labeling, and others. This study tested the effectiveness of Cognitive Behavior Therapy (CBT) in reducing depression and improving psychological wellbeing in diabetics, as well as evaluating its effect on the degree of depression

and self-care activity in patients with diabetes mellitus. The results of this study overall support the contribution of CBT in managing anxiety in diabetic patients [19].

The development of technology-based Islamic prayer and remembrance applications on Android smartphones. The use of string matching methods with the Knuth-Morris-Pratt algorithm is used to facilitate keyword search in this application [20]. Emphasizing the importance of integrating religious foundations and approaches in counseling services. This article provides guidance for the development of counseling approaches that reflect religious values and take into account the religious basis of providing meaningful counseling services [21].

It presents an in-depth look at the application of technology in the process of Islamic therapy and counseling, showing how technology can play an important role in supporting counseling services, depression control, and spiritual practice through approaches relevant to religious values.

### **3.4 Future Challenges and Opportunities**

The future adaptation of technology in Islamic psychology faces significant challenges and opportunities. One of the main challenges is the potential impact of technology on the spiritual and psychological dimensions of individuals. Although technology facilitates access to religious practice and therapy, side effects such as alienation and attention disorders need to be watched out for as they can affect the depth of spiritual experiences and mental health of individuals. Therefore, a balanced approach taking into account ethical aspects and human impact is important.

Furthermore, challenges around data security and privacy should also be given serious attention. In the digital age, personal data is vulnerable to misuse. The use of technology such as digital dhikr applications, online counseling platforms, and social media in the context of Islamic psychology must comply with data security and ethical standards to protect individuals' personal information.

However, on the other hand, there is a great opportunity to optimize the adaptation of technology in Islamic psychology. Technology can overcome geographical and social barriers in delivering Islamic therapy and counselling services, even creating a global community of mutual support. In addition, technology can be used to develop spiritual educational content that is easily accessible through social media and online platforms, helping to inspire and motivate the development of psychological and spiritual aspects of individuals [22].

Previous studies have conducted in-depth analyses of future challenges and opportunities that may be associated with technological development and its impact on an individual's spiritual and psychological development. Research by Fitriani and Abdullah (2021) discusses how the development of digital technologies can have a diverse impact on psychological well-being and spiritual practice. The research identified that excessive use of digital technologies, such as social media and smart devices, can interfere with spiritual concentration and reflection, as well as trigger stress and poor psychological well-being. However, the study also underscores the potential of digital technology as a tool to facilitate spiritual practice, for example with digital dhikr or meditation apps [23].

Other research by Andini et al. (2021), highlights the complexity of the relationship between technology and spiritual-psychological well-being. This research suggests that technology can provide opportunities for easier access to spiritual education resources and mental support, but also poses challenges such as attention disorders, social isolation, and digital addiction that negatively impact individual well-being [24].

Overall, the studies have mapped out the challenges and opportunities that may be faced in the development of technologies related to spiritual and psychological development. In this context, technology can serve as a means of supporting spiritual practice and psychological well-being, but it must also be managed wisely to avoid negative repercussions that may arise. The development of intelligent technology and responsiveness to spiritual and psychological values can provide new opportunities in facilitating individual growth in these two areas.

The adaptation of technology in Islamic psychology through digital dhikr applications, spiritual educational content in social media, as well as the application of technology in Islamic therapy and counseling, offer exciting prospects in developing the spiritual and psychological well-being of individuals. However, awareness of future challenges and opportunities remains essential in ensuring that technological developments truly support the achievement of the desired balance.

The use of digital dhikr applications in the context of technological adaptation in Islamic psychology has opened up new avenues for spiritual practice and psychological well-being of individuals. The app becomes an effective tool to help individuals remember Allah (dhikr) in a variety of everyday situations, allowing them to maintain a spiritual bond in a fast-paced modern routine. Previous studies have illustrated how digital dhikr apps can provide constant reminders of religious values, reinforce the practice of dhikr, and provide positive benefits to mental well-being.

Spiritual educational content on social media also has great potential to spread interesting and relevant spiritual education messages in the modern world. Social media has the capacity to be a learning and inspiring tool capable of motivating individuals in developing spiritual and psychological aspects of daily life. With an approach grounded in the principles of Islamic psychology, social media can serve as an effective tool to inspire and motivate individuals on their spiritual journey.

The application of technology in the process of Islamic therapy and counseling, such as telecounseling, online counseling applications, and digital discussion platforms, provides greater flexibility for individuals in accessing spiritual and psychological guidance remotely. Studies have highlighted the benefits and potential of technology in supporting counseling services, depression control, and spiritual practice through approaches that are consistent with religious values.

However, in the face of technological benefits, challenges and opportunities must also be considered. Challenges such as potential alienation from real experiences and conflicts with spiritual values must be wary of. However, technology also opens up opportunities for innovative solutions in support of spiritual and psychological well-being. The development of wise and religious-sensitive technology can provide new opportunities in facilitating individual growth in both of these areas.

Overall, the adaptation of technology in Islamic psychology through digital dhikr applications, spiritual educational content in social media, as well as the application of

technology in Islamic therapy and counseling, offer exciting prospects in developing the spiritual and psychological well-being of individuals. Despite the enormous benefits of technology, awareness of future challenges and opportunities remains essential so that technological developments can truly support the achievement of the desired balance in an individual's spiritual and psychological development.

## 4 Conclusion

This conclusion underscores that the application of technology in Islamic psychology, especially through digital dhikr applications, spiritual educational content in social media, and the use of technology in Islamic therapy and counseling, has great potential to improve the spiritual and psychological well-being of individuals. Digital dhikr applications are becoming an effective means to help individuals carry out spiritual practices in daily life, while maintaining a close relationship with religious values. Spiritual educational content on social media can be a source of inspiration and motivation for individuals in developing spiritual and psychological dimensions. The use of technology in Islamic therapy and counselling opens the door to more flexible and accessible services, and is able to support the control of depression and mental disorders through an approach based on religious principles.

In order to provide constructive advice, several key points have been identified. First, it is necessary to continue to develop digital dhikr applications with higher interactivity, user-friendly displays, and supported by strong research to more effectively support individual dhikr practices. Spiritual educational content on social media also needs to be developed creatively to be relevant to the demands of the modern generation. The importance of integrating religious values in the development of these two aspects must also be taken seriously, so that the messages conveyed are in harmony with Islamic teachings.

With a wise and balanced approach between the potential of technology and religious principles, we can achieve optimal benefits in supporting spiritual and psychological growth, while still addressing the challenges that may arise in this digital age.

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