

PENGARUH *SPIRITUAL WELL-BEING* TERHADAP *LIFE SATISFACTION* DENGAN *EMOTIONAL INTELLIGENCE* SEBAGAI MODERATOR PADA SANTRI SMA TRENSAINS TEBUIRENG

SKRIPSI



**UIN SUNAN AMPEL
S U R A B A Y A**

**KUNTHIAYU PUJI PANGESTU
11020122077**

**PROGRAM STUDI PSIKOLOGI
FAKULTAS PSIKOLOGI DAN KESEHATAN
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL
SURABAYA
2026**

PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul “Pengaruh *Spiritual Well-being* terhadap *Life Satisfaction* dengan *Emotional Intelligence* sebagai Moderator pada Santri SMA Trensains Tebuireng” merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis diacu dalam naskah ini dan disebutkan dalam daftar pustaka.

Surabaya, 29 Desember 2025



Kunthiyu Puji Pangestu

HALAMAN PERSETUJUAN

SKRIPSI

PENGARUH *SPIRITUAL WELL-BEING* TERHADAP *LIFE SATISFACTION* DENGAN *EMOTIONAL INTELLIGENCE* SEBAGAI MODERATOR PADA SANTRI SMA TRENSAINS TEBUIRENG

Oleh

KUNTHIA YU PUJI PANGESTU
11020122077

Telah Disetujui untuk Diajukan pada Sidang Skripsi


Surabaya, 29 Desember 2025

Dosen Pembimbing I,



Prof. Dr. H. Moh. Sholeh, M.Pd
NIP. 195912091990021001

Dosen Pembimbing II,



Muhammad Syifaul Muntafi, M.Sc
NIP. 1992111420201016

**HALAMAN PENGESAHAN
SKRIPSI**

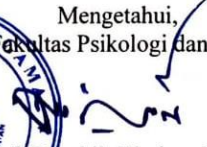
**PENGARUH *SPIRITUAL WELL-BEING* TERHADAP *LIFE SATISFACTION* DENGAN *EMOTIONAL INTELLIGENCE* SEBAGAI
MODERATOR PADA SANTRI SMA TRENSAINS TEBUIRENG**

Yang Disusun Oleh
KUNTHIAYU PUJI PANGESTU
11020122077

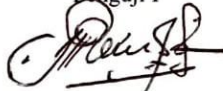
Telah Dipertahankan di Depan Tim Penguji
Pada Tanggal 7 Januari 2026





Mengetahui,
Dekan Fakultas Psikologi dan Kesehatan

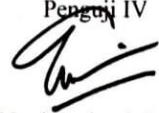

Prof. Dr. phil. Khoirun Niam
NIP. 197007251996031004
Susunan Tim Penguji

Penguji I


Prof. Dr. H. Moh. Sholeh, M.Pd
NIP. 195912091990021001
Penguji II


Muhammad Syifaul Muntafi, M.Sc
NIP. 1992111420201016
Penguji III


Dr. Jainuddin, M.Si
NIP. 196205081991031002
Penguji IV


Esti Novi Andyarini., M.Kes
NIP. 198411172014032003



KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA
PERPUSTAKAAN

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax.031-8413300
E-Mail: perpus@uinsby.ac.id

LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Kunthiayu Puji Pangestu
NIM : 11020122077
Fakultas/Jurusan : Psikologi dan Kesehatan / Psikologi
E-mail address : kunthiayu@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan UIN Sunan Ampel Surabaya, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah :

Skripsi Tesis Desertasi Lain-lain (.....)

yang berjudul :

Pengaruh Spiritual Well-being terhadap Life Satisfaction dengan

Emotional Intelligence sebagai Moderator Pada Santri SMA

Trensains Tebuireng.

beserta perangkat yang diperlukan (bila ada). Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan UIN Sunan Ampel Surabaya berhak menyimpan, mengalih-media/format-kan, mengelolanya dalam bentuk pangkalan data (database), mendistribusikannya, dan menampilkan/mempublikasikannya di Internet atau media lain secara **fulltext** untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan UIN Sunan Ampel Surabaya, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini yang saya buat dengan sebenarnya.

Surabaya, 13 Januari 2026

Penulis

(Kunthiayu Puji Pangestu)
nama terang dan tanda tangan

ABSTRACT

The dynamics of santri life in the boarding school environment, characterized by academic demands, religious practices, and high discipline, have the potential to influence santri life satisfaction. Spiritual well-being is considered an important factor in helping santri understand the meaning of life and achieve subjective well-being, while emotional intelligence is believed to strengthen this relationship through emotional management skills. This study aims to examine the effect of spiritual well-being on life satisfaction and the role of emotional intelligence as a moderating variable among students at the Trensains Tebuireng Islamic Boarding School. The method used is quantitative, and data collection was conducted by distributing questionnaires to 242 research subjects in grades X and XI who live in the dormitory. Data analysis was performed using regression analysis and moderation tests. The results show that spiritual well-being has a significant effect on life satisfaction. However, emotional intelligence does not act as a moderating variable in the relationship between spiritual well-being and life satisfaction. These findings indicate that in the context of Islamic boarding schools, which have a strong spiritual structure and religious value system, the influence of spiritual well-being on life satisfaction tends to be direct and is not influenced by differences in emotional intelligence levels.

Keywords: Life satisfaction, Spiritual well-being, Emotional intelligence

UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR ISI

DAFTAR ISI.....	viii
DAFTAR TABEL.....	ix
DAFTAR GAMBAR.....	x
DAFTAR LAMPIRAN.....	xi
BAB I.....	1
PENDAHULUAN.....	1
A. Latar Belakang.....	1
B. Rumusan Masalah.....	12
C. Tujuan Penelitian.....	13
D. Manfaat Penelitian.....	13
E. Keaslian Penelitian.....	14
BAB II.....	19
KAJIAN PUSTAKA.....	19
A. Konsep Variabel.....	19
B. Hubungan Antar Variabel.....	34
C. Kerangka Teoritis.....	36
D. Hipotesis.....	41
BAB III.....	41
METODE PENELITIAN.....	41
A. Variabel Penelitian.....	41
B. Definisi Konseptual Variabel Penelitian.....	41
C. Definisi Operasional Variabel Penelitian.....	42
D. Populasi, Sample, dan Teknik Sampling.....	43
E. Teknik Pengumpulan Data.....	44
F. Validitas dan Reliabilitas Data.....	48
G. Analisis Data.....	50
BAB IV.....	53
HASIL DAN PEMBAHASAN.....	53
A. Deskripsi Subjek.....	53
B. Analisis Data Penelitian.....	54
C. Hasil Penelitian.....	63
D. Pembahasan.....	65
BAB V.....	69
PENUTUP.....	69
A. Kesimpulan.....	69
B. Saran.....	70
DAFTAR PUSTAKA.....	85
LAMPIRAN.....	102

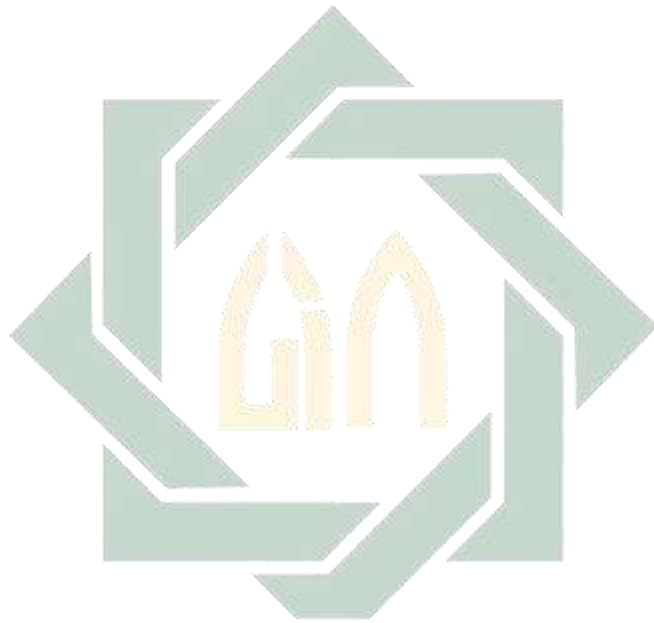
DAFTAR TABEL

Tabel 1 Blueprint <i>Satisfaction with Life Scale</i>	46
Tabel 2 Blueprint <i>Spiritual Well-being Scale</i>	47
Tabel 3 Blueprint <i>Wong & Law Emotional Intelligence Scale</i>	48
Tabel 4 Rumus Analisis Regresi Moderasi	50
Tabel 5 Rumus Tingkat Kategorisasi Variabel	52
Tabel 6 Karakteristik Responden Penelitian.....	53
Tabel 7 <i>Loading Factor</i> Skala <i>Life Satisfaction</i>	55
Tabel 8 Uji Validitas Skala <i>Life Satisfaction</i>	55
Tabel 9 <i>Loading Factor</i> Skala <i>Spiritual Well-being</i>	56
Tabel 10 Uji Validitas Skala <i>Spiritual Well-being</i>	57
Tabel 11 <i>Loading Factor</i> Skala <i>Emotional Intelligence</i>	58
Tabel 12 Uji Validitas Skala <i>Emotional Intelligence</i>	58
Tabel 13 Uji Reliabilitas Alat Ukur	59
Tabel 14 Uji Normalitas	60
Tabel 15 Uji Heteroskedastisitas	60
Tabel 16 Uji Multikolinieritas.....	61
Tabel 17 Deskripsi Skor Variabel Penelitian.....	61
Tabel 18 Kategorisasi Responden pada Setiap Variabel	62
Tabel 19 Hasil Analisis Data	63

UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR GAMBAR

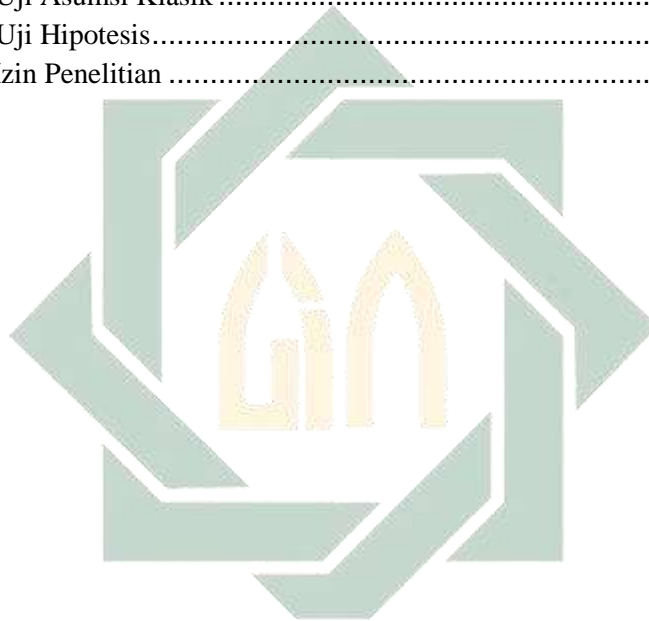
Gambar 1. Kerangka Teori	40
Gambar 2. Hasil Regresi X terhadap Y dimoderasi Z.....	64



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR LAMPIRAN

Lampiran 1. Skala Instrumen <i>Life Satisfaction</i>	103
Lampiran 2. Skala Instrumen <i>Spiritual Well-being</i>	104
Lampiran 3. Skala Instrumen <i>Emotional Intelligence</i>	106
Lampiran 4. Bukti Validitas dan Reliabilitas <i>Life Satisfaction</i>	107
Lampiran 5. Bukti Validitas dan Reliabilitas <i>Spiritual Well-being</i>	108
Lampiran 6. Bukti Validitas dan Reliabilitas <i>Emotional Intelligence</i>	109
Lampiran 7. Bukti Uji Asumsi Klasik	110
Lampiran 8. Bukti Uji Hipotesis.....	110
Lampiran 9. Surat Izin Penelitian	111



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR PUSTAKA

- Abdusshomad, A. (2025). Integrasi Pendidikan Agama Islam dengan Kecerdasan Emosional: Tinjauan Literatur atas Pengaruh Spiritualitas Dalam Pengembangan Kecerdasan Intrapersonal. *Jurnal Cendekia Ilmiah*, 4(3), 1414–1426. <https://doi.org/10.1414-1426>.
- Acosta-Prado, J. C., Zárate-Torres, R. A., & Tafur-Mendoza, A. A. (2022). Psychometric Properties of the Wong and Law Emotional Intelligence Scale in a Colombian Manager Sample. *Journal of Intelligence*, 10(2). <https://doi.org/10.3390/jintelligence10020029>
- Adamczyk, K., Łyś, A. E., & Trepanowski, R. (2024). Can spiritual well-being help people be satisfied with singlehood? Exploring the temporal link between spiritual well-being and satisfaction with singlehood. *Journal of Spirituality in Mental Health*, 26(4), 349–367. <https://doi.org/10.1080/19349637.2023.2232775>
- Afritah, Y., Sriyono, G. H., & Suhartini, T. (2023). Hubungan Regulasi emosi dengan Kepuasan Hidup Pasien Pasca Stroke di Poli Saraf Rsud Dr. R.Soedarsono Kota Pasuruan1. Afritah Y, Sriyono GH, Suhartini T. Hubungan Regulasi emosi dengan Kepuasan Hidup Pasien Pasca Stroke di Poli Saraf Rsud Dr. R.Soedarsono. *Jurnal Ilmu Kesehatan Mandira Cendikia*, Vol. 2(No. 10), 480–488.
- Aggarwal, S., Wright, J., Morgan, A., Patton, G., & Reavley, N. (2023). Religiosity and spirituality in the prevention and management of depression and anxiety in young people : a systematic review and meta - analysis. *BMC Psychiatry*, 1–33. <https://doi.org/10.1186/s12888-023-05091-2>
- Ain, N. U., Munir, M., & Suneel, I. (2021). Role of emotional intelligence and grit in life satisfaction. *Heliyon*, 7(4), e06829. <https://doi.org/10.1016/j.heliyon.2021.e06829>
- Akbari, M., & Hossaini, S. M. (2018). The relationship of spiritual health with quality of life, mental health, and burnout: The mediating role of emotional regulation. *Iranian Journal of Psychiatry*, 13(1), 22–31.
- Akbayram, H. T., & Keten, H. S. (2024). The Relationship between Religion, Spirituality, Psychological Well-Being, Psychological Resilience, Life Satisfaction of Medical Students in the Gaziantep, Turkey. *Journal of Religion and Health*, 63(4), 2847–2859. <https://doi.org/10.1007/s10943-024-02027-2>
- Alabdulaziz, H. (2025). More than a Feeling: Self-Esteem as a Predictor of Life Satisfaction in Adolescents: A Cross-Sectional Analysis in Saudi Arabia. *Children*, 12(8). <https://doi.org/10.3390/children12081046>

- Aldbyani, A., Wang, G., Qi, Y., Chuanxia, Z., Li, J., Leng, J., & Alhimaidi, A. (2025). Positive psychological traits and psychological well-being: investigating roles of positive coping strategies and life stressors. *BMC Psychology*, *13*(1). <https://doi.org/10.1186/s40359-025-02807-9>
- Alrashidi, N., Alreshidi, M. S., Dator, W. L., Maestrado, R., Villareal, S., Buta, J., Pangket, P., Mostoles, R. J., Gonzales, A., Mina, E., & Pasay An, E. (2022). The Mediating Role of Spiritual Intelligence on Well-Being and Life Satisfaction among Nurses in the Context of the COVID-19 Pandemic: A Path Analysis. *Behavioral Sciences*, *12*(12). <https://doi.org/10.3390/bs12120515>
- Alsalmi, B. M. K., & Omrane, A. (2023). *The effects of emotional intelligence on leadership effectiveness (A prospective case study of three industrial companies in Iraq)*. *7*(2), 988–1006.
- Altinay, Z., Arslan, R. U., & Sharma, R. C. (2024). Assessing Student Satisfaction and Institutional Efficiency in Dormitory Management: A Qualitative Analysis Based on Student Perspectives. *Sustainability (Switzerland)*, *16*(20). <https://doi.org/10.3390/su16208823>
- Aranditio, S. (2024). *Sejak Januari, Sudah 101 Anak Jadi Korban Kekerasan Seksual di Pesantren*. Kompas. <https://www.kompas.id/artikel/101-anak-jadi-korban-kekerasan-seksual-di-pesantren>
- Arifin, N., Basti, & Firdaus, F. (2022). Hubungan antara perbandingan sosial dan kepuasan hidup pada remaja. *Adiba: Journal of Education*, *2*(3), 351–357. [https://download.garuda.kemdikbud.go.id/article.php?article=3031295&val=27454&title=hubungan antara perbandingan sosial dan kepuasan hidup pada remaja/1000](https://download.garuda.kemdikbud.go.id/article.php?article=3031295&val=27454&title=hubungan+antara+perbandingan+sosial+dan+kepuasan+hidup+pada+remaja/1000)
- Arroisi, J., Amin, M., 'Izzatul, & Mukharom, R. A. (2021). *Sufistic Phycoteraphy: Telaah Metode Psikoterapi Ibnu Qayyim al-Jauziyyah*. *21*(2), 253–278.
- Asiyah, D. N. (2021). *Pandangan Ibn Al-Arabi Mengenai Wahdat Al-Wujud dan Konsep Kebahagiaan*. 73–83.
- Asnawi, A. A., & Madlan, L. (2019). Kemahiran Pengurusan Stres dalam Kecerdasan Emosi dan Hubungannya dengan Kepuasan Hidup Remaja (Stress Management Skills in Emotional Intelligence and Its Association with Adolescents' Life Satisfaction). *Jurnal Psikologi Malaysia*, *33*(3), 1–11.
- Attarwiyah, N. M., Chotib, M., & Subakri, S. (2025). Spiritual Leadership and Mental Wellbeing: The Role of Kiai in Maintaining Santri Mental Health. *QALAMUNA: Jurnal Pendidikan, Sosial, Dan Agama*, *17*(1), 121–134. <https://doi.org/10.37680/qalamuna.v17i1.6395>
- Azhari, N. N. A., Amran, A., Abdullah Thani, A. K., Alias, N. R., & Nik Min, N.

- M. F. (2025). The Moderating Role of Religiosity in the Relationship Between Emotional Intelligence and Organizational Commitment Among Nurses at Columbia Asia Hospital, Taiping. *International Journal of Research and Innovation in Social Science (IJRISS)*, VII(2454), 1175–1189. <https://doi.org/10.47772/IJRISS>
- Azizah A.S, N., Dwikaryanto, M., Dewanggi, N. A. P., Zuhro, F., & Bariyah, K. K. (2024). Santri Sehat Mental ” Untuk Menanggulangi Penyakit Mental Dan Penyimpangan Perilaku Remaja Di Pp . *Community Development Journal*, 5(6), 11286–11291. <https://journal.universitaspahlawan.ac.id/index.php/cdj/article/view/37603/24283>
- Bagereka, P., Ameli, R., Sinaii, N., Vocci, M. C., & Berger, A. (2023). Psychosocial-spiritual well-being is related to resilience and mindfulness in patients with severe and/or life-limiting medical illness. *BMC Palliative Care*, 22(1), 1–8. <https://doi.org/10.1186/s12904-023-01258-6>
- Bakkeli, N. Z. (2021). Health, work, and contributing factors on life satisfaction: A study in Norway before and during the COVID-19 pandemic. *SSM - Population Health*, 14, 100804. <https://doi.org/10.1016/j.ssmph.2021.100804>
- Baykal, El. (n.d.). *The relationship between spiritual well-being and life satisfaction during covid-19: turkey example.*
- BAYSAL, M. (2022). Positive Psychology and Spirituality: A Review Study. *Spiritual Psychology and Counseling*, 7(3), 359–388. <https://doi.org/10.37898/spc.2022.7.3.179>
- Beauvais, A., Stewart, J. G., & DeNisco, S. (2014). Emotional intelligence and spiritual well-being: implications for spiritual care. *Journal of Christian Nursing: A Quarterly Publication of Nurses Christian Fellowship*, 31(3), 166–171. <https://doi.org/10.1097/CNJ.0000000000000074>
- Beder, D., & Imamoğlu, Ç. (2023). Correlates of dormitory satisfaction and differences involving social density and room locations. *Journal of Housing and the Built Environment*, 38(4), 2307–2323. <https://doi.org/10.1007/s10901-023-10040-2>
- Bi, X., & Wang, S. (2023). Linkages Between Parenting Practices and Adolescents’ Life Satisfaction: The Mediating Role of Resilience. *Psychology Research and Behavior Management*, 16(January), 19–27. <https://doi.org/10.2147/PRBM.S391867>
- Brandão, T. (2025). Religion and Emotion Regulation: A Systematic Review of Quantitative Studies. *Journal of Religion and Health*, 64(3), 2083–2100. <https://doi.org/10.1007/s10943-024-02216-z>

- Bru-Luna, L. M., Martí-Vilar, M., Merino-Soto, C., & Cervera-Santiago, J. L. (2021). Emotional intelligence measures: A systematic review. *Healthcare (Switzerland)*, *9*(12), 1–36. <https://doi.org/10.3390/healthcare9121696>
- Caballero-García, P. Á., & Ruiz, S. S. (2025). Emotional Intelligence and Its Relationship with Subjective Well-Being and Academic Achievement in University Students. *Journal of Intelligence*, *13*(4). <https://doi.org/10.3390/jintelligence13040042>
- Carranza Esteban, R. F., Turpo-Chaparro, J. E., Mamani-Benito, O., Torres, J. H., & Arenaza, F. S. (2021). Spirituality and religiousness as predictors of life satisfaction among Peruvian citizens during the COVID-19 pandemic. *Heliyon*, *7*(5). <https://doi.org/10.1016/j.heliyon.2021.e06939>
- Chan, K. K. S., & Tsui, J. K. C. (2025). Longitudinal Impact of Peer Support on Self-Compassion, Self-Stigma, and Mental Health Among Individuals with Mental Disorders. *Mindfulness*, *16*(5), 1352–1363. <https://doi.org/10.1007/s12671-025-02571-2>
- Chan, K. K. S., Yip, C. C. H., & Tsui, J. K. C. (2023). Self-Compassion Mediates the Impact of Family Support on Clinical and Personal Recovery Among People with Mental Illness. *Mindfulness*, *14*(3), 720–731. <https://doi.org/10.1007/s12671-023-02088-6>
- Choirina, V. N., Ayryza, Y., & Wibowo, Y. S. (2021). Religiosity and Life Satisfaction in Indonesia: Evidence from a Community Survey. *Journal of Educational, Health and Community Psychology*, *10*(1), 38. <https://doi.org/10.12928/jehcp.v10i1.19625>
- Chopik, W. J., Laura, R., Helliwell, J., Shiba, K., & Kim, E. S. (2025). Health Psychology. *The ECPH Encyclopedia of Psychology*, 608–609. https://doi.org/10.1007/978-981-97-7874-4_769
- Coppola, I., Rania, N., Parisi, R., & Lagomarsino, F. (2021). Spiritual Well-Being and Mental Health During the COVID-19 Pandemic in Italy. *Frontiers in Psychiatry*, *12*(April). <https://doi.org/10.3389/fpsy.2021.626944>
- Cresswell, J. W., & Cresswell, J. D. (2018). A Mixed-Method Approach. In *Writing Center Talk over Time*. <https://doi.org/10.4324/9780429469237-3>
- Cunong, K. H. A., & Sandjaja, M. (2023). Life Satisfaction of Emerging Adulthood in Indonesia: In the Shadow of Affluenza. *Psikostudia : Jurnal Psikologi*, *12*(2), 200. <https://doi.org/10.30872/psikostudia.v12i2.10319>
- Czyżowska, N., & Gurba, E. (2022). Enhancing Meaning in Life and Psychological Well-Being Among a European Cohort of Young Adults via a Gratitude Intervention. *Frontiers in Psychology*, *12*(January), 1–7.

<https://doi.org/10.3389/fpsyg.2021.751081>

- Dâmbean, C. A., & Gabor, M. R. (2021). *Implications of emotional intelligence in human resource management*. 9(2), 73–89. <https://doi.org/10.2478/eoik-2021-0016>
- Danisman, B., Sarul, G., Amini, N., & Kilic, S. I. (2023). Middle East Technical University Department of Statistics Metu Students' College Life Satisfaction. *Middle East Technical University*.
- Deb, S., Thomas, S., Bose, A., & Aswathi, T. (2020). Happiness, Meaning, and Satisfaction in Life as Perceived by Indian University Students and Their Association with Spirituality. *Journal of Religion and Health*, 59(5), 2469–2485. <https://doi.org/10.1007/s10943-019-00806-w>
- Dewi, A. P. (2024). *KPAI minta tidak mentolerir budaya kekerasan di kalangan anak*. KPAI. <https://megapolitan.antaranews.com/berita/310583/kpai-minta-tidak-mentolerir-budaya-kekerasan-di-kalangan-anak>
- Diego-Cordero, R. de, Suárez-Reina, P., Badanta, B., Lucchetti, G., & Vega-Escano, J. (2022). *The efficacy of religious and spiritual interventions in nursing care to promote mental, physical and spiritual health: A systematic review and*. 67(June). <https://doi.org/10.1016/j.apnr.2022.151618>
- Diener, E., & Biswas-Diener, R. (2008). *Happiness Unlocking the Mysteries of Psychological Wealth*.
- Dita Nurmala Dewi, & Tirtan Nefianto. (2025). Pengaruh Social Support, Self Efficacy terhadap Kepuasan Hidup dan Adaptabilitas Karir pada Mahasiswa Tingkat Akhir. *Maeswara: Jurnal Riset Ilmu Manajemen Dan Kewirausahaan*, 3(2), 16–37. <https://doi.org/10.61132/maeswara.v3i2.1698>
- Durand-Sanchez, E., Ruiz-Alvarado, C., Contreras-Valderrama, R., Morales-García, W. C., Mamani-Benito, O., Huancahuire-Vega, S., Saintila, J., Morales-García, M., & Ruiz Mamani, P. G. (2023). Sociodemographic Aspects and Healthy Behaviors Associated With Perceived Life Satisfaction in Health Professionals. *Journal of Primary Care and Community Health*, 14. <https://doi.org/10.1177/21501319221148332>
- Edis, E. K., & Bal, S. (2024). Life Satisfaction, Psychological Resilience, and Spiritual Well-Being Levels of Pregnant Women. *Spiritual Psychology and Counseling*, 9(3), 241–257. <https://doi.org/10.37898/spiritualpc.1449307>
- Extremera, N., & Rey, L. (2015). The moderator role of emotion regulation ability in the link between stress and well-being. *Frontiers in Psychology*, 6(OCT), 1–9. <https://doi.org/10.3389/fpsyg.2015.01632>
- Fairchild, A. J., & MacKinnon, D. P. (2010). *A General Model for Testing*

Mediation and Moderation Effects. 10(2), 87–99.
<https://doi.org/10.1007/s11121-008-0109-6.A>

Fauzi, A. (2022). Integritas Pendidikan Kolaborasi Berbasis Al-Qur'an Dalam Hubungan Kecerdasan Emosional Dan Perilaku Sosial Pada Mahasiswa Fakultas Teknik Universitas Islam 45 Bekasi. *TARQIYATUNA: Jurnal Pendidikan Agama Islam Dan Madrasah Ibtidaiyah*, 1(1), 44–58.
<https://doi.org/10.36769/tarqiyatuna.v1i1.204>

Febriannor, M., Syakarofath, N. A., Widyasari, D. C., & Karmiyati, D. (2024). The Role of Emotional Intelligence toward Internalizing and Externalizing Problems in Adolescents. *Gadjah Mada Journal of Psychology (GamaJoP)*, 10(1), 42. <https://doi.org/10.22146/gamajop.96089>

Geda, N. R., Cahill, L. E., & Feng, C. (2025). Examining the association of psychosocial and health behaviors with life satisfaction among Canadians: a nationally representative study. *Archives of Public Health*, 83(1).
<https://doi.org/10.1186/s13690-025-01502-w>

Germani, A., Delvecchio, E., Li, J. Bin, Lis, A., Nartova-Bochaver, S. K., Vazsonyi, A. T., & Mazzeschi, C. (2021). The link between individualism–collectivism and life satisfaction among emerging adults from four countries. *Applied Psychology: Health and Well-Being*, 13(2), 437–453.
<https://doi.org/10.1111/aphw.12259>

Gomez, R. (2025). Relations of the Spiritual Well-Being Questionnaire Domains with Other Areas of Well-Being: A Commentary Based on Existing Published Studies. *Journal of Religion and Health*, 64(5), 3406–3418.
<https://doi.org/10.1007/s10943-025-02410-7>

Graça, L., & Brandão, T. (2024). Religious/Spiritual Coping, Emotion Regulation, Psychological Well-Being, and Life Satisfaction among University Students. *Journal of Psychology and Theology*, 52(3), 342–358.
<https://doi.org/10.1177/00916471231223920>

Gunes, H., Bulbuloglu, S., & Saritas, S. (2025). *Investigation of life satisfaction and spiritual well-being of living liver donors in Turkey.* 5654–5661.

Hamka, Suen, M. W., Ramadhan, Y. A., Yusuf, M., & Wang, J. H. (2022). Spiritual Well-Being, Depression, Anxiety, and Stress in Indonesian Muslim Communities During COVID-19. *Psychology Research and Behavior Management*, 15(October), 3013–3025.
<https://doi.org/10.2147/PRBM.S381926>

Hani, U. (2023). Pengaruh Kualitas Pelayanan, Fasilitas dan Citra Pondok Terhadap Kepuasan Santri Pondok Modern Selamat Kendal. *Journal Economic Insights*, 2(1), 37–47. <https://jei.uniss.ac.id/>

- Haq, M. S., & Hanifah, R. (2025). *Mencari bahagia di pesantren: peran kebersyukuran terhadap subjective well-being pada santri*. 5(2), 617–625.
- Hartono, Erwhani, I., Arianti, S., Jiu, C. K., Wuriani, & Pratama, K. (2022). *Hubungan kesejahteraan spiritual dengan kepuasan hidup pada pasien diabetes foot ulcer*. 13(2), 23–28.
- Hess, S. (2024). The Impact of Cultural Values on the Association Between Family Relations and Children's Life Satisfaction. A Comparison of Children in Two-Parent Families Across 39 Countries. *Child Indicators Research*, 17(5), 1891–1917. <https://doi.org/10.1007/s12187-024-10162-1>
- Hinz, A., Mehnert-Theuerkauf, A., Glaesmer, H., Schroeter, M. L., Tibubos, A. N., Petrowski, K., & Friedrich, M. (2025). Changes in life satisfaction over six years in the general population: A longitudinal study with the Satisfaction With Life Scale (SWLS). *PLoS ONE*, 20(1), 1–12. <https://doi.org/10.1371/journal.pone.0316990>
- Hoesni, S. M., Kasim, A. C., & Zakaria, S. M. (2021). *Exploring the Relationship between Spiritual Well-Being and Marital Satisfaction among Urban Malays in Malaysia*. 11(4), 1145–1156. <https://doi.org/10.6007/IJARBS/v11-i4/9664>
- Hosseini, M., Jadgal, M. S., & Kordsalarzahi, F. (2023). Relationship between spiritual well-being and spiritual intelligence with mental health in students. *International Journal of Adolescent Medicine and Health*, 35(2), 197–201. <https://doi.org/10.1515/ijamh-2022-0078>
- Ibrahim, N., Burhan, N. M., Mohamed, A., Mahmud, M., & Abdullah, S. R. (2022). Emotional intelligence, spiritual intelligence and psychological well-being: Impact on society. *Malaysian Journal of Society and Space*, 18(3). <https://doi.org/10.17576/geo-2022-1803-06>
- Ikromi, Z. A. (2025). Stres Akademik di Kalangan Santri: Analisis Literatur Mengenai Faktor-Faktor Penghambatnya. *Eudaimonia Journal Psychology*, 1(2), 19–25. <https://ojs.sains.ac.id/index.php/eudaimonia/article/view/64>
- Islam, S. (2018). Oase Spiritual Pesantren Di Nusantara : Strategi Membangun Emotional Spiritual Quotient (Esq) Santri. *Jurnal Islam Nusantara*, 2(2), 245. <https://doi.org/10.33852/jurnalin.v2i2.102>
- Islami, A., Hidayatullah, M. S., & Erlyani, N. (2020). Hubungan Kepuasan Siswa terhadap Kondisi Lingkungan Sekolah dengan Penyesuaian Diri Santri Pondok Pesantren Darul Hijrah Putera Martapura. *Jurnal Kognisia*, 3(1), 156. <https://doi.org/10.20527/kognisia.2020.04.024>
- Izzan, A., & Tamimi, T. M. (2022). The Concept of Dhikr in the Qur'an and Its

Relation to Mental Health: An Analysis of Surah Ar-Ra'd Verse 28. *Indonesian Journal of Behavioral Studies*, 1(1), 25–32. <https://journal.uinsgd.ac.id/index.php/mashadiruna>

Jianping, G., Roslan, S., Soh, K. G., & Zaremohzzabieh, Z. (2024). Effects of positive education intervention on growth mindset and resilience among boarding middle school adolescents in China: a randomized controlled trial. *Frontiers in Psychology*, 15(November), 1–10. <https://doi.org/10.3389/fpsyg.2024.1446260>

Julika, S., & Setiyawati, D. (2019). Hubungan antara Kecerdasan Emosional, Stres Akademik, dan Kesejahteraan Subjektif pada Mahasiswa. *Gadjah Mada Journal of Psychology (GamaJoP)*, 5(1), 50. <https://doi.org/10.22146/gamajop.47966>

Juwita, A. P., Maulana, M. A., Prodi, M., Fakultas, K., Universitas, K., Keperawatan, D., Kedokteran, F., Tanjungpura, U., Keperawatan, D., Kedokteran, F., & Tanjungpura, U. (2019). *Kesesuaian antara spiritual assessment scale dan spirituality well-being scale sebagai instrumen pengukuran spiritualitas pasien rawat inap yarsi pontianak*.

Karakus, M., Ersozlu, A., Usak, M., & Yucel, S. (2021). Spirituality and Well-Being of Children , Adolescent , and Adult Students : A Scientific Mapping of the Literature Spirituality and Well - Being of Children , Adolescent , and Adult Students : A Scie, M., Ersozlu, A., Usak, M., & Yucel, S. (2021). Spirituality and Well-Being of Children , Adolescent , and Adult Students : A Scientific Mapping of the Literature Spirituality and Well - Being of Children , Adolescent , and Adult Students : A Scientific Mapping of the Literature. *Journal of Religion and Health*, September. <https://doi.org/10.1007/s10943-021-01435-y>

Karambut, C. A., Sundah, D. I. E., Makapedua, J. T. S., & Rumimper, G. J. S. N. (2020). Pengaruh Kecerdasan Emosional Terhadap Ethical Behavior. *Manis: Jurnal Manajemen Dan Bisnis*, 4(1), 65–72. <https://doi.org/10.30598/manis.4.1.65-72>

Karataş, Z., & Tagay, Ö. (2021). The relationships between resilience of the adults affected by the covid pandemic in turkey and Covid-19 fear, meaning in life, life satisfaction, intolerance of uncertainty and hope. *Personality and Individual Differences*, 172(November 2020). <https://doi.org/10.1016/j.paid.2020.110592>

Kartol, A., Üztemur, S., Griffiths, M. D., & Şahin, D. (2024). Exploring the interplay of emotional intelligence, psychological resilience, perceived stress, and life satisfaction: A cross-sectional study in the Turkish context. *BMC Psychology*, 12(1), 1–11. <https://doi.org/10.1186/s40359-024-01860-0>

- Kasler, J., Walter, O., & Elias, M. J. (2022). Life satisfaction in emerging adults: The role of emotional and spiritual intelligences. *Journal of American College Health*, 72(3), 849–858. <https://doi.org/10.1080/07448481.2022.2058881>
- Khairiah, R., Hafnidar, H., & Amin, S. (2023). Kebahagiaan Santri ditinjau dari Tingkat Religiusitas. *INSIGHT: Jurnal Penelitian Psikologi*, 1(1), 1–10. <https://ojs.unimal.ac.id/index.php/jpt/index>
- Kibtiyah, M., Zakia, A., Faylasufa, H. N., Nur, A., & Ilman, A. Z. (2024). *Aplikasi tazkiyatun nafs dalam psikoterapi islam 1**. <https://doi.org/10.14421/hisbah.202>
- Kim, E. S., Delaney, S. W., Tay, L., Chen, Y., Diener, E., & Vanderweele, T. J. (2021). Life Satisfaction and Subsequent Physical, Behavioral, and Psychosocial Health in Older Adults. *Milbank Quarterly*, 99(1), 209–239. <https://doi.org/10.1111/1468-0009.12497>
- Korkut, S., Ülker, T., & Saatçi, G. (2024). The Power of Spiritual Well-Being: Its Relationship with Pain Intensity, Pain Management, and Pain Catastrophizing in Individuals with Chronic Pain. *Pain Management Nursing*, 25(1), 62–68. <https://doi.org/10.1016/j.pmn.2023.09.004>
- Kosarkova, A., & Roubalova, M. F. (2024). *I Am Young , Religious and / or Spiritual — Is It Beneficial to Me ? Association of Religiosity , Spirituality and Images of God with Meaning in Life and Self-Esteem in Adolescents.*
- Kovich, M. K., Simpson, V. L., Foli, K. J., Hass, Z., & Phillips, R. G. (2023). Application of the PERMA Model of Well-being in Undergraduate Students. *International Journal of Community Well-Being*, 6(1), 1–20. <https://doi.org/10.1007/s42413-022-00184-4>
- Kusuma, M. K. I., & Mariyati, L. I. (2023). Description of Subjective Welfare of Santri at Islamic Boarding Schools. *Adabiyah: Jurnal Pendidikan Islam*, 5. <https://doi.org/10.21070/adabiyah.v5i0.1658>
- Lana, C. D., & Indrawati, K. R. (2021). Peranan kualitas persahabatan dan kecerdasan emosional pada kebahagiaan remaja. *Jurnal Psikologi Udayana*, 8(1), 95. <https://doi.org/10.24843/jpu.2021.v08.i01.p10>
- Lavrič, M., & Naterer, A. (2020). The power of authoritative parenting: A cross-national study of effects of exposure to different parenting styles on life satisfaction. *Children and Youth Services Review*, 116(May). <https://doi.org/10.1016/j.chilyouth.2020.105274>
- Li, P., Yang, J., Zhou, Z., Zhao, Z., & Liu, T. (2022). The influence of college students' academic stressors on mental health during COVID-19: The mediating effect of social support, social well-being, and self-identity.

Frontiers in Public Health, 10. <https://doi.org/10.3389/fpubh.2022.917581>

- Llamas-Díaz, D., Cabello, R., Megías-Robles, A., & Fernández-Berrocal, P. (2022). Systematic review and meta-analysis: The association between emotional intelligence and subjective well-being in adolescents. *Journal of Adolescence*, 94(7), 925–938. <https://doi.org/10.1002/jad.12075>
- Ma, X., Hu, M., Li, D., & Wang, H. (2024). Social Support, Academic Burnout, and Life Satisfaction of International Students. *International Journal of Higher Education*, 13(1), 14. <https://doi.org/10.5430/ijhe.v13n1p14>
- Mahmudah, Khaudi, I. M., & Qusyairi, A. (2021). 90 | *Kontribusi Kecerdasan Emosional Terhadap Subjective Well-Being Santri Putri Asrama Tahfidz. Kontribusi Kecerdasan Emosional Terhadap Subjective Well-Being Santri Putri. 1*, 90–104.
- Malvaso, A., & Kang, W. (2022). The relationship between areas of life satisfaction, personality, and overall life satisfaction: An integrated account. *Frontiers in Psychology*, 13(September), 1–10. <https://doi.org/10.3389/fpsyg.2022.894610>
- Mao, Y., Chen, J., Liu, X., Dang, J., & Schiöth, H. B. (2024). Social support predicted subsequent subjective well-being during the COVID-19 pandemic: a prospective study. *BMC Public Health*, 24(1), 1–9. <https://doi.org/10.1186/s12889-024-18473-2>
- Marznaki, Z. H., Khalilizad, M., Moradi, A., & Mamun, M. A. (2024). Impact of spirituality on elderly people's quality of life and life satisfaction after acute myocardial infarction: Iranian hospital-based study. *BJPsych Open*, 10(1), 1–7. <https://doi.org/10.1192/bjo.2023.593>
- Mashurin, Muhammad Nur Wangid, Adnan Fadkhurosi Vol. 13, No. 2, Desember 2022 339. (2022). 13(2), 339–356.
- Maulidina, Z. T., & Wibowo, D. H. (2021). Hubungan antara Kecerdasan Emosional dan Adaptabilitas Karier Siswa Sekolah Menengah Kejuruan (SMK) “X” di Kota Salatiga. *Humanitas (Jurnal Psikologi)*, 5(1), 17–26. <https://doi.org/10.28932/humanitas.v5i1.3388>
- Milo, R. B., Ramira, M. L. B., & Martinez, N. (2024). Life Satisfaction Among Diverse Participants. *Journal of Primary Care and Community Health*, 15(Binr 319). <https://doi.org/10.1177/21501319241277574>
- Moshashaei, S. K. ddin, Yarahmadi, Y., & Sharifi, H. P. (2024). *The causal model of spiritual well-being based on an accompanist of god and spiritual intelligence*. <https://doi.org/10.4103/jehp.jehp>
- Muarifah, A., Diponegoro, A. M., Naini, R., Suadirman, S. P., Zakiyah, T. A., &

- Herdiansyah, D. (2024). *Pamomong Journal of Islamic Educational Counseling*. 5(1), 74–87. <https://doi.org/10.18326/pamomong.v5i1.1530>
- Muhid, A. (2019). *Analisis Statistik 5 Langkah Praktis Analisis Statistik dengan SPSS for Windows*.
- Mukhlisa, P., Yohenda, S., Yanti, U., & Yarni, L. (2024). Kecerdasan Emosional/Emotional Intelligence (EQ). *Atmosfer: Jurnal Pendidikan, Bahasa, Sastra, Seni, Budaya, Dan Sosial Humaniora*, 2(1), 115–127. <https://doi.org/10.59024/atmosfer.v2i1.656>
- Muliadi, R., & Hidayat, B. (2022). *A systematic literature review: happiness of santri in pesantren*. 8(1), 63–76.
- Mulyono, W. A., & Chen, H. M. (2023). Mindfulness, Spirituality, and Quality of Life Among Cancer Survivors Undergoing Chemotherapy: Three-Month Observational Studies. *Jurnal Keperawatan Soedirman*, 18(2), 82–90. <https://doi.org/10.20884/1.jks.2023.18.2.8298>
- Nabila, T., & Wahyuni, E. (2022). Hubungan Antara Efikasi Diri (Self Efficacy) dengan Kepuasan Hidup (Life Satisfaction) Mahasiswa. *INSIGHT: Jurnal Bimbingan Konseling*, 10(2), 164–171. <https://doi.org/10.21009/insight.102.08>
- Nasution, F., Daulay, N., & Sitorus, M. (2022). The effect of religiosity on life satisfaction: A meta-analysis. *HTS Teologiese Studies / Theological Studies*, 78(4). <https://doi.org/10.4102/hts.v78i4.7172>
- Nasution, F. M., Nasution, H., & Harahap, A. M. (2023). Kecerdasan Emosional dalam Perspektif Daniel Goleman (Analisis Buku Emotional Intelligence). *Ahkam*, 2(3), 651–659. <https://doi.org/10.58578/ahkam.v2i3.1838>
- Natanael, Y., Ramdani, Z., Azizah, N., Fahmi, I., & Novanto, Y. (2024). Indonesian Version of Satisfaction with Life Scale, a Psychometric Evaluation with Rasch Model. *Psychological Thought*, 17(1), 82–102. <https://doi.org/10.37708/psyct.v17i1.814>
- Nhlabathi, M. (2021). Dimensions of Students' Satisfaction with Residential Housing and its Impact on their Loyalty-A South African Study. *Real Estate Management and Valuation*, 29(4), 53–66. <https://doi.org/10.2478/remav-2021-0029>
- Nisa, K. (2024). Peningkatan Kesejahteraan Emosional Santri Melalui Praktik Mindfulness dan Refleksi Spiritual. *Jurnal Educazione: Jurnal Pendidikan, Pembelajaran Dan Bimbingan Dan Konseling*, 12(2), 98–106. <https://doi.org/10.56013/edu.v12i2.3491>
- Nugraheni, E. P., Wibowo, M. E., & Murtadho Ali. (2017). Hubungan Kecerdasan

Emosional dengan Prestasi Belajar: Analisis Mediasi Adaptabilitas Karir pada Prestasi Belajar. *Jurnal Bimbingan Konseling*, 6(2), 127–134. <http://journal.unnes.ac.id/sju/index.php/jubk>

Nugroho, T. W., Hanani, N., & Toiba, H. (2022). *Promoting Subjective Well-Being among Rural and Urban Residents in Indonesia : Does Social Capital Matter ?*

Nurfitriya, S. (2025). Kesehatan Mental Santri dalam Lingkungan Pendidikan Berasrama: Tinjauan Literatur. *Journal of Linguistics and Social Studies*, 2(2), 169–177. <https://doi.org/10.52620/jls.v2i2.220>

OECD. (2024). *Society at a Glance 2024: OECD Social Indicators*.

Özdemir, A. A., Kavak Buda, F., Dural, G., & Gültekin, A. (2023). The Relationship Between Spiritual Well-Being, Life Satisfaction and Hope in Elderly Individuals in Turkey. *Journal of Religion and Health*, 62(5), 3123–3136. <https://doi.org/10.1007/s10943-022-01517-5>

Öztürk, Z., Durmuş, M., Ay, E., & Okanlı, A. (2025). The mediating role of spiritual well-being in the relationship between self-care agency and hope in patients diagnosed with schizophrenia: a cross-sectional and correlational study. *BMC Psychiatry*, 25(1). <https://doi.org/10.1186/s12888-025-07078-7>

Padmanabhanunni, A., Pretorius, T. B., & Isaacs, S. A. (2023). Satisfied with Life? The Protective Function of Life Satisfaction in the Relationship between Perceived Stress and Negative Mental Health Outcomes. *International Journal of Environmental Research and Public Health*, 20(18). <https://doi.org/10.3390/ijerph20186777>

Pham, M. N., & Bhar, S. (2025). Stressors and Life Satisfaction in Older Adults: The Moderating Role of Self-Efficacy. *International Journal of Aging and Human Development*. <https://doi.org/10.1177/00914150251317441>

Piko, B. F. (2023). Adolescent Life Satisfaction: Association with Psychological, School-Related, Religious and Socially Supportive Factors. *Children*, 10(7). <https://doi.org/10.3390/children10071176>

Polatçı, S., Antalyalı, Ö. L., Alparslan, A. M., & Yastioğlu, S. (2023). Young people's happiness in the context of negative life events and coping strategies: a latent profile and latent class analysis. *BMC Psychology*, 11(1), 1–17. <https://doi.org/10.1186/s40359-023-01343-8>

Prasetyaningrum, J., Fadjaritha, F., Aziz, M. F., & Sukarno, A. (2021). Kesejahteraan Psikologis Santri Indonesia. *Profetika: Jurnal Studi Islam*, 23(1), 86–97. <https://doi.org/10.23917/profetika.v23i1.16796>

Qin, Y., Liu, J., & Wu, D. (2023). The impact of emotional intelligence on life satisfaction among Chinese nurses: A chain mediating model. *Frontiers in*

- Psychology*, 14(February), 1–8. <https://doi.org/10.3389/fpsyg.2023.1125465>
- Raharja, B. N., & Indati, A. (2019). Hubungan antara Kebijakan dengan Kepuasan Hidup pada Remaja. *Gajah Mada Journal of Psychology (GamaJoP)*, 4(2), 96. <https://doi.org/10.22146/gamajop.46354>
- Rahayu, W. S., Bahar, R., & Nurdin, A. (2025). Peran Ilmu Tasawuf dalam Meningkatkan Kesehatan Mental dan Spiritualitas Generasi Z: Studi di Pesantren Idrisiyyah. *Nathiqiyyah*, 8(1), 79–87. <https://doi.org/10.46781/nathiqiyyah.v8i1.1614>
- Rahma, A. A., Qarafi, S., & Hanan, A. A. (2025). *Keterkaitan Antara Kualitas Shalat dan Stabilitas Kejiwaan dalam Al-Qur'an*.
- Rahmadi, M. A., Nasution, H., & Sari, M. (2024). Kecerdasan emosional dan kualitas hidup: Meta-analisis. *Jurnal Psikologi Poseidon*, 7, 145–159. <https://doi.org/10.30649/jpp.v7i2.152>
- Rahmah, A., Agustini, M., Darmayanti, D., & Raya, M. (2023). Faktor-Faktor yang Berhubungan dengan Tingkat Stres pada Santri dan Santriwati Remaja di Pondok Pesantren Al-Ikhlas Negara. *Jurnal Sosial Dan Sains*, 3(9), 967–982. <https://doi.org/10.59188/jurnalsosains.v3i9.1012>
- Rahmawati, R. K. N., & Fithriyah, I. (2025). Pendekatan spiritual islam sebagai upaya preventif gangguan mental santri era society 5.0 di madrasah diniyyah tanwirul qulub pamekasan. *JSPAI : Jurnal Studi Pendidikan Agama Islam*, 25–34.
- Rakhshani, T., Saeedi, P., Kashfi, S. M., Bazrafkan, L., Kamyab, A., & Khani Jeihooni, A. (2024). The relationship between spiritual health, quality of life, stress, anxiety and depression in working women. *Frontiers in Public Health*, 12(August), 1–8. <https://doi.org/10.3389/fpubh.2024.1366230>
- Reardon, A., Lushington, K., Junge, A., Crichton, J., & Agostini, A. (2023). Boarding versus day-students: A mixed-methods analysis of sleep and its relationship with psychological distress. *British Journal of Educational Psychology*, 93(4), 1146–1170. <https://doi.org/10.1111/bjep.12624>
- Rindayati, R., Nasir, A., & Illahiati, N. K. (2024). Pengalaman Spiritual dan Kecerdasan Emosional dalam Menghadapi Stres dan Beban Caregiver Skizofrenia. *Jurnal Kesehatan Vokasional*, 9(3), 227. <https://doi.org/10.22146/jkesvo.98928>
- Rozikan, M., Wibowo, M. E., Purwanto, E., & Mulawarman, M. (2021). Psycho-Sufistic Approach in Islamic Counseling: Strengthening The Spiritual Well-Being Of Santri. *International Conference on Science, Education, and Technology*, 7(1), 837–842.

<https://proceeding.unnes.ac.id/ISET/article/view/2054>

- Saeed, S. I., Ahmed, J. O., Kakamad, K., & Najmadden, Z. (2024). Abu Zayd Ahmed ibn Sahl Al-Balkhi (850-934): A Pioneer in the Field of Psychotherapy and Mental Health. *Cureus*, *16*(8), 1–7. <https://doi.org/10.7759/cureus.67998>
- Salameh-Ayanian, M., Tamer, N., & Jabbour Al Maalouf, N. (2025). The Importance of Emotional Intelligence in Managers and Its Impact on Employee Performance Amid Turbulent Times. *Administrative Sciences*, *15*(8), 300. <https://doi.org/10.3390/admsci15080300>
- Samudera, S. A. (2023). Undang-Undang Pesantren Sebagai Landasan Pembaruan Pondok Pesantren di Indonesia (Studi Kebijakan UU No. 18 Tahun 2019). *Fahima*, *2*(2), 186–200. <https://doi.org/10.54622/fahima.v2i2.92>
- Sari, M. P., & Fitri, S. (2024). Sebuah Review Tentang Kepuasan Hidup Remaja Indonesia. *G-Couns: Jurnal Bimbingan Dan Konseling*, *9*(1), 518–527. <https://doi.org/10.31316/gcouns.v9i1.5943>
- Sari, N., Simbolon, H., Apriliani, N., Padla, A., Utari, S., & Yemima, Y. (2024). Analisis Kepuasan Mahasiswi Terhadap Fasilitas Asrama Putri Universitas Quality. *RISOMA: Jurnal Riset Sosial Humaniora Dan Pendidikan*, *2*(6), 243–254. <https://doi.org/10.62383/risoma.v2i6.429>
- Sedeh, S. D., & Aghaei, A. (2024). *The effectiveness of PERMA model education on university students' well-being*. January, 1–6. <https://doi.org/10.4103/jehp.jehp>
- Senmar, M., Azimian, J., Noorian, S., Aliakbari, M., & Chegini, N. (2023). Relationship between spiritual intelligence and lifestyle with life satisfaction among students of medical sciences. *BMC Medical Education*, *23*(1), 1–9. <https://doi.org/10.1186/s12909-023-04506-8>
- Silva, C., Menino, J., Afonso, L., Madaleno, M., Costa, R., Cardoso, J., & Almeida, T. C. (2023). *Emotional Intelligence and Life Satisfaction in a Sample of Adult Victims and Non-Victims of Violence*. 47. <https://doi.org/10.3390/msf2023022047>
- Sri Muspitasari, Nia Anggri Noveni, Suwarti, & Gisella Arnis Grafiyana. (2024). The influence of emotional intelligence and peer social support on subjective well-being in early adolescents at SMP Istiqomah Sambas Boarding School Purbalingga. *Psikologia: Jurnal Pemikiran Dan Penelitian Psikologi*, *19*(2), 109–117. <https://doi.org/10.32734/psikologia.v19i2.17606>
- Stear, T., Gutiérrez Muñoz, C., Sullivan, A., & Lewis, G. (2023). The association between academic pressure and adolescent mental health problems: A systematic review. *Journal of Affective Disorders*, *339*(January), 302–317.

<https://doi.org/10.1016/j.jad.2023.07.028>

- Sugiyanto, E., Suwarti, S., Na'imah, T., & Mildaeni, I. N. (2025). Religiusitas dan Peer Attachment Terhadap Kebahagiaan pada Santri. *Psimphoni*, 5(2), 33. <https://doi.org/10.30595/psimphoni.v5i2.23211>
- Suliman, M. S., Nasreen Ghani, Muhammad, S., & Reed, P. G. (2022). Self-Transcendence and Spiritual Well-Being among Stroke Patients. *Journal of Saidu Medical College, Swat*, 12(1), 31–36. <https://doi.org/10.52206/jsmc.2022.12.1.628>
- Suriani, N., Risnita, & Jailani, M. S. (2023). Konsep Populasi dan Sampling Serta Pemilihan Partisipan Ditinjau Dari Penelitian Ilmiah Pendidikan. *Jurnal IHSAN : Jurnal Pendidikan Islam*, 1(2), 24–36.
- Syafi'ulloh, I., & Husni, M. (2024). Hubungan Lingkungan Pesantren terhadap Kesejahteraan Psikologis Santri: Study Kebiasaan di Pondok Modern Darul Khoirot Malang. *Edunomi: Jurnal Pendidikan Dan Ekonomi*, 1(2), 98–113.
- Syafingatun, S., Jannah, L. R., Istiqamah, A., Sholikhah, F., & Safitri, I. D. (2021). Motivasi Belajar Mengaji Pada Santri Di Maâ€™Had Al-Jamiâ€™Ah Uin Raden Mas Said Surakarta. *Academica : Journal of Multidisciplinary Studies*, 5(2), 329–344. <https://doi.org/10.22515/academica.v5i2.4106>
- Syifaullah, & Alif, M. (2025). *Konsep Kebahagiaan Menurut Hadis Nabi dan Relevansinya dengan QS An-Nahl : 97*. 6(1), 242–252.
- Szcześniak, M., & Tułeczka, M. (2020). Family functioning and life satisfaction: The mediatory role of emotional intelligence. *Psychology Research and Behavior Management*, 13, 223–232. <https://doi.org/10.2147/PRBM.S240898>
- Trabelsi, M. A. (2022). What is the impact of social well-being factors on happiness? *European Journal of Management Studies*, 28(1), 37–47. <https://doi.org/10.1108/ejms-01-2022-0004>
- Tumanggor, R. O. (2019a). Analisa Konseptual Model Spiritual Well-Being Menurut Ellison Dan Fisher. *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni*, 3(1), 43. <https://doi.org/10.24912/jmishumsen.v3i1.3521>
- Tumanggor, R. O. (2019b). Analisa Konseptual Model Spiritual Well-Being Menurut Ellison Dan Fisher. *Jurnal Muara Ilmu Sosial, Humaniora, Dan Seni*, 3(1), 43–53. <https://doi.org/10.24912/jmishumsen.v3i1.3521>
- Tumanggor, R. O., & Mularsih, H. (2020). Hubungan Spiritual Well-Being dan Kecerdasan Emosi pada Sikap Toleransi Bagi Remaja. *Journal An-Nafs: Kajian Penelitian Psikologi*, 5(2), 132–144. <https://doi.org/10.33367/psi.v5i2.958>

- Turan, G. B., Özer, Z., & YANMIŞ, S. (2024). *The effects of spiritual wellbeing on life satisfaction in hematologic cancer patients aged 65 and older in Turkey : mediating role of hope*. 1149–1159. <https://doi.org/10.1111/psyg.13175>
- Um, Y. J. (2024). The effect of social withdrawal on life satisfaction among multicultural adolescents: The mediating and moderating effects of parental support. *Heliyon*, *10*(19), e38313. <https://doi.org/10.1016/j.heliyon.2024.e38313>
- Vaezipour, F. (2021). *Investigating the Relationships Between Spiritual Well-being and Other Well-being Dimensions , and Attitude Toward High-risk Behaviors in Adolescents , with Emphasis on the Mediating Role of Personality Traits*. *15*(3).
- Wahab, M. A. (2022). Islamic Spiritual and Emotional Intelligence and Its Relationship to Eternal Happiness: A Conceptual Paper. *Journal of Religion and Health*, *61*(6), 4783–4806. <https://doi.org/10.1007/s10943-021-01485-2>
- Wahid, A., Karneli, Y., Solfema, S., & Qorib, F. (2025). Al-Ghazali's Psycho-Spiritual Counseling Theory: Guidance and Counseling from the Perspective of Islamic Philosophers. *Al-Musyrif: Jurnal Bimbingan Dan Konseling Islam*, *8*(1), 1–11. <https://doi.org/10.38073/almusyrif.v8i1.2325>
- Wahyuni, E., & Maulida, I. (2019). Hubungan Antara Kepuasan Hidup dan Kesejahteraan Psikologis pada Siswa SMA Negeri Se-Jakarta Pusat. *INSIGHT: Jurnal Bimbingan Konseling*, *8*(2), 173–180. <https://doi.org/10.21009/insight.082.08>
- Wardhana, A., & Iba, Z. (2023). Populasi dan Sampel. In *Metode Penelitian Pendekatan Kuantitatif* (Vol. 14, Issue 1).
- Wu, S. M. (2024). Emotional Intelligence and Workplace Spirituality in Predicting Career Success of High-Tech Leaders. *Behavioral Sciences*, *14*(11). <https://doi.org/10.3390/bs14111009>
- Yandri, H., Juliawati, D., Valdez, A. V., Yuzarion, Y., Rasmita, R., Daflaini, D., & Fidya, Y. (2025). An Islamic Spiritual Response to the Psychological Effects of Loneliness, Academic Stress, and Bullying on Students in Islamic Boarding Schools (Pesantren). *Psikis: Jurnal Psikologi Islami*, *11*(1), 137–149. <https://doi.org/10.19109/psikis.v11i1.27855>
- Yohandi, Arifin, S., & As'ad. (2025). Konseling Berbasis Pesantren Untuk Meningkatkan Kesehatan Mental Dan Kesejahteraan Psikologis Santriwati Baru. *Hisbah: Jurnal Bimbingan Konseling Dan Dakwah Islam*, *21*(2), 146–164. <https://doi.org/10.14421/hisbah.2024.212-09>
- Zahrani, N., & Idulfilastri, R. M. (2024). *Peran Spiritual Well-Being terhadap Stres*

Pada Mahasiswa di Perguruan Tinggi. 8, 46057–46065.

- Zerwas, F. K., Ford, B. Q., John, O. P., & Mauss, I. B. (2024). Unpacking the Pursuit of Happiness: Being Concerned About Happiness but Not Aspiring to Happiness Is Linked With Negative Meta-Emotions and Worse Well-Being. *Emotion*, 24(8), 1789–1802. <https://doi.org/10.1037/emo0001381>
- Zhao, Y., Sang, B., & Ding, C. (2024). How Emotional Intelligence Influences Students' Life Satisfaction During University Lockdown: The Chain Mediating Effect of Interpersonal Competence and Anxiety. *Behavioral Sciences*, 14(11). <https://doi.org/10.3390/bs14111059>
- Zhong, Z., Feng, Y., & Xu, Y. (2024). The impact of boarding school on student development in primary and secondary schools: a meta-analysis. *Frontiers in Psychology*, 15(March), 1–12. <https://doi.org/10.3389/fpsyg.2024.1359626>
- Zhou, Z., Tavan, H., Kavarizadeh, F., Sarokhani, M., & Sayehmiri, K. (2024). The relationship between emotional intelligence, spiritual intelligence, and student achievement: a systematic review and meta-analysis. *BMC Medical Education*, 24(1), 1–10. <https://doi.org/10.1186/s12909-024-05208-5>
- Zuhri, A. M., Mulawarman, M., & Mulyani, P. K. (2025). Urgensi spiritual well-being (SWB) pada kelompok lansia: systematic literature review (SLR). *TERAPUTIK: Jurnal Bimbingan Dan Konseling*, 8(3), 104–119. <https://doi.org/10.26539/terapeutik.833577>

UIN SUNAN AMPEL
S U R A B A Y A