

ABSTRACT

THE ASSESSMENT OF NEW STUDENTS AT MA'HAD UNIVERSITY 'AISYIYAH SURAKARTA'S ANXIETY LEVELS AND THE IMPACT OF ISLAMIC SPIRITUAL MINDFULNESS THERAPY

Mahasantri is a student who attends classes as usual but also resides in a hostel that adheres to established rules and is strongly based on the Islamic faith. Perhaps they are very similar, yet this student stands out in a time and place where there are many options in a dark world. This study's objective is to ascertain how Islamic spiritual mindfulness therapy affects new students' anxiety levels at Ma'had University in 'Aisyiyah Surakarta. The DASS anxiety scale was used to measure anxiety in this study's quantitative research style, which also uses a quasi-experimental design with pre- and posttests without controls. The Depression Anxiety Stress Scale (DASS), which consists of three scales—depression, stress, and anxiety—is used to quantify anxiety, but the researcher only pays attention to the anxiety. Using Wilcoxon and Shapiro-Wilk tests, analyze data. Results: The results revealed a Z value of -5,090, which was 5% smaller in two directions, namely -1,960, compared to the Z table, absent which the Sig value was determined. of 0.000, the result is 0.05, indicating a difference between the mean anxiety levels before and after receiving Islamic spiritual mindfulness therapy. Thus, it can be said that H_a is accepted, which indicates that there is a correlation between the amount of anxiety experienced by new students at Ma'had University of 'Aisyiyah Surakarta and the administration of Islamic spiritual mindfulness therapy.

Keywords: *Student, Anxiety, and Islamic Spiritual Mindfulness*