

## **PATIENCE AS A RELIGIOUS COPING MECHANISM IN THE LEARNING PROCESS AMONG MUSLIM STUDENTS IN HIGHER EDUCATION**

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### **Abstract**

*A few studies have identified patience as an important part of facing problems in the learning process among Muslim students. This research aims to acquire a comprehensive understanding of the position of patience as part of a person's religious coping mechanism in promoting the academic resilience of Muslim students during the learning process in higher education in Indonesia. This study employs a systematic literature study method used in this research involving a set of reference databases such as Google Scholar, Science Direct, Sage Publications, and Research Gate, using the Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) as a tool of analysis. It finds that patience is identified as part of a positive religious coping mechanism. Some factors influencing such coping mechanisms include religious rules, a person's spiritual level, a positive external environment and existing religious education. This study underscores the critical role of patience in empowering students to withstand various academic pressures in higher education.*

**Keywords:** higher education; muslim students; patience; religious coping mechanism

### **Abstrak**

Sedikit penelitian yang mengidentifikasi kesabaran sebagai bagian penting dalam menghadapi permasalahan dalam proses pembelajaran di kalangan pelajar muslim. Penelitian ini bertujuan untuk memperoleh pemahaman komprehensif tentang posisi kesabaran sebagai bagian dari mekanisme coping keagamaan seseorang dalam meningkatkan ketahanan akademik mahasiswa Muslim selama proses pembelajaran di perguruan tinggi di Indonesia. Penelitian ini menggunakan metode studi literatur sistematis yang digunakan dalam penelitian ini yang melibatkan sekumpulan database referensi seperti Google Scholar, Science Direct, Sage Publications, dan Research Gate, dengan menggunakan Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) sebagai acuan alat analisis. Penelitian ini menemukan bahwa kesabaran diidentifikasi sebagai bagian dari mekanisme penanggulangan agama yang positif. Beberapa faktor yang mempengaruhi mekanisme coping tersebut diantaranya adalah aturan agama, tingkat spiritual seseorang, lingkungan eksternal yang positif dan pendidikan agama yang ada. Studi ini menggarisbawahi peran penting kesabaran dalam memberdayakan siswa untuk menghadapi berbagai tekanan akademik di pendidikan tinggi.

**Kata Kunci:** kesabaran; coping religious; mahasiswa muslim; pendidikan tinggi

## **INTRODUCTION**

The role of a student inherently entails navigating through a multifaceted landscape of challenges, encompassing areas such as personal issues, social relationships, financial burdens, family dynamics, and the pursuit of academic excellence (Ibrahim et al., 2013; Kim et al., 2018; Ramdani et al. 2018). This confluence of factors often precipitates a range of adverse outcomes for those students who are ill-equipped to manage them effectively. Manifestations of these difficulties can range from absenteeism and academic dismissal to severe cases of mental health crises, including suicidal intentions (Bardach et al., 2020; Mestan, 2016; Russell et al., 2019). Such scenarios underscore the university educational experience's inherently challenging nature, necessitating students' significant resilience and perseverance (Adedoyin & Soykan, 2023; Fatemi & Saito, 2020; Mirata et al., 2020).

Contrastingly, many students navigate university life successfully, achieving academic and extracurricular excellence, completing their studies early, or smoothly transitioning to higher educational levels (MacFarlane, 2018). A blend of internal and external factors influences such successes. Internal factors include character strengths like resilience, optimism, patience (Quinlan et al., 2012), intelligence (Combata Niño et al., 2020; Goh & Kim, 2021), and a positive personality (Saklofske et al., 2012). External factors encompass supportive social networks and conducive learning environments (Alcantara et al., 2017; Jiang, 2017; Tannert & Gröschner, 2021). Collaboration between internal and external factors is a strong indicator of a student's success in facing the learning process in higher education (Aditya & Mayasari, 2022; Ramdani et al., 2022). Patience is a critical yet under-researched factor in academic success. While many studies have explained these success factors, very few have focused on the patience factor, even though this concept is essential, especially if it is optimized in an environment that is closely related to religious values (Cosentino et al., 2022; Ratchford et al., 2024).

Patience, a component of character strength, is pivotal in shaping attitudes, perceptions, and behaviors in response to various life challenges (Quinlan et al., 2012; Ramdani et al., 2018). This attribute is frequently observed in students who excel in their educational pursuits. However, not all students exhibit this trait, as patience is typically cultivated through an ongoing developmental process (Gani, 2020). Individuals are often taught patience from an early age within familial, communal, and primary educational settings (Chairilsyah, 2012; Gani, 2020; Hodijah et al., 2019). Parents commonly emphasize patience when addressing their children's difficulties, and schools reinforce this value in actions and aspirations (Rahmania & Nashori, 2021; Wulan, 2020). Moreover, this concept is related to religious values in contexts and environments. As a result, it is widely recognized and ingrained in societal norms.

In resilience, patience is essential for managing life's adversities. It is widely believed as a foundational element in achieving success (Hadi, 2018; Ramdani et al., 2018). Previous research indicated patience can be a strategic response to various life situations, including handling misfortunes to experiencing joy and maintaining diligence in tasks (Kumalasari, 2020; Sagir, 2014; Zuliana & Kumala, 2020). The studies conducted by Ramdani et al. (2018) suggest that, from a psychological perspective, patience can be considered a coping mechanism. This has led many scholars to advocate for cultivating patience as a critical attitude necessary for students in their academic endeavors.

Prior studies have predominantly concentrated on developing and elucidating the concept of patience in life. Researchers such as Ramdani et al. (2018) and Sari et al. (2018) have deduced that patience is a personal construct intertwined with positive human attributes. Additionally, patience is often correlated with other life characteristics, including gratitude (Sagir, 2014), optimism (Ross et al., 2020), emotional regulation (Wulandari & Khusumadewi, 2021), and positive thinking (Salewe, 2018). Despite its perceived importance, particularly among college students, research remains scarce, focusing on patience's role in achieving academic success.

The ingrained experiences of patience fostered by parental guidance, educational institutions, and community environments contribute to its seamless integration into many individuals' personalities (Ramdani et al., 2018; Ross et al., 2020; Sagir, 2014; Wulandari & Khusumadewi, 2021).

Studies conducted by previous researchers have shown great interest in this variable. The concept of patience as an essential part of religious rules has taught many good things for humans to survive. Not only that, this concept is also studied as a psychological concept of an excellent individual character. For example, in the last five years alone, there have been many studies examining this concept in various aspects of life, so it can be concluded that this concept is fundamental to the research (Alshammari et al., 2019; Fitch & Bartlett, 2019; Manning & Islam, 2023; Rahman et al., 2024). Nevertheless, the exploration of patience within higher education has been primarily limited to insights from Muslim college students.

Meanwhile, the majority of studies that focus on the concept of patience in higher education also focus on increasing students' happiness and mental health (Adu Gyamfi, Ms et al., 2023; Hur et al., 2023; Wang et al., 2020; Zerilli et al., 2023). Studies focusing on individual Muslim studies have not been found as far as researchers have reached. This research aims to systematically review the literature to acquire an extensive understanding of patience as an element of coping strategies and its application in enhancing academic resilience among Muslim college students.

## RESEARCH METHOD

The qualitative study utilizes a Systematic Literature Review (SLR) approach, widely recognized for its efficacy in obtaining a comprehensive and relevant understanding of specific phenomena (Cortés-Denia et al., 2021). This approach is particularly adept at examining a given theory's historical context and recent developments. The study leverages the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) model, as outlined by Moher et al. (2009), which is renowned for its straightforward procedures and the clarity it brings to the process of information retrieval (Şalvarlı & Griffiths, 2021).

In this research, a meticulous selection of keywords was conducted, focusing on terms such as 'patience', 'learning patience', 'coping with patience', 'religious coping', and 'resilience through patience', to accurately reflect the study's objectives and ensure the relevance of the selected articles. The PRISMA model guided the researchers in systematically searching through various academic databases, including Google Scholar, ScienceDirect, SAGE Publications, Academia, and ResearchGate. This process enabled the researchers to locate and analyze pertinent literature efficiently. A detailed representation of this procedure is depicted in Figure 1 (Cortés-Denia et al., 2021; Moher et al., 2009; Şalvarlı & Griffiths, 2021).



Figure 1. PRISMA Process

Figure 1 explains the process and operationalization of the study conducted. At the identification stage, the articles were grouped based on themes and scopes related to the existing research objectives. Next, in the screening process, researchers selected articles that matched the study's distinction. At the eligibility stage, the articles that met the substance of the articles can broadly answer the research objectives. In the final stage, the researcher ensures that the selected articles will be a source of knowledge in this study. The research is conducted through an in-depth qualitative lens, leveraging various sources from numerous academic articles. The findings from this identification phase are accurately documented, ensuring that the evidence procured is credible and answerable by the researchers.

To ensure that the selected articles are objective, the final results are evaluated by colleagues competent in the studied topic. Other experts' analyses show that all studies are by existing studies. Next, the selected articles are analyzed in depth by dividing the concentration into several existing points. Among them are the definition and basic principles of the topic, its implications and role in life, and its relevance to other variables.

## **RESEARCH RESULTS AND DISCUSSION**

### ***Patience Terminology in Several Perspectives***

Patience is essential as it encapsulates human experiences and interactions with the world and the divine. As elucidated by Utsman Najati (in Ramdani et al., 2018), a proponent of Muslim philosophy, patience is perceived as a spiritual odyssey that individuals undertake to refine their intrinsic qualities, thereby shaping their authentic human identity. This concept enjoys widespread recognition and reverence. From both etymological and terminological standpoints, numerous Quranic verses underscore the significance of patience in various aspects of life (Hadi, 2018; Ross et al., 2020). Notably, patience has been emphasized as a critical individual strategy for coping with challenges posed by the COVID-19 pandemic (Hadi, 2018).

The concept of patience is intrinsically linked with religious values, with a consensus across various religions regarding its function and role. Research by Ramdani et al. (2018) indicates that patience is systematically taught within the doctrines of many religions. Additionally, from a cultural perspective, patience is esteemed for its role in elevating individuals to a higher moral and spiritual status, leading to the perception of patience as an integral component of religious coping strategies (Hadi, 2018; Ramdani et al., 2018). In psychological terms, self-coping is an individual's capacity to manage life's challenges. There is a broad consensus among scholars that coping mechanisms and religiosity are intimately intertwined. This implies that an individual's religious education significantly influences coping methods (Ahmadi et al., 2018). Other studies, such as those by Adam and Ward (2016) and Mohammadzadeh and Najafi (2020), define religious coping as an adaptive process wherein an individual's response to challenging situations is greatly shaped by their spiritual and cultural upbringing and the extent of their immersion in these beliefs and practices.

Patience is acknowledged as a superior, special, and sustainable character trait, playing a significant role in diverse areas of human life, including the learning process. Individuals can utilize patience to manage their academic challenges effectively (Ramdani et al., 2018). In the classroom setting, patience is intricately connected to the pursuit of good mental health. The varied stimuli and pressures that students may encounter, coupled with the extended duration of their educational journey, necessitate patience for successful navigation and achievement (Johnson-Grau et al., 2016). Additionally, to attain optimal academic performance, patience should be complemented by a firm belief in the possibility of success (Campbell & Hart, 2018).

### ***Coping Strategy as Individual Trait***

Every individual has a self-defence mechanism when faced with an unpleasant situation (Labrague et al., 2017). The mechanism that occurs is often identified as a coping strategy. This term has become an inseparable part of analyzing psychological factors that occur in humans. There have been many studies that emphasize that this coping strategy is the key to the emergence of individual behavior, both adaptive and maladaptive (Freire et al., 2020; Labrague et al., 2017).

Coping strategy appears as a form of body resistance when facing difficult situations. This situation can originate from the environment in which individuals grow and develop, and it can also arise from an imbalance within themselves (Baloran, 2020; Stephenson & DeLongis,

2020). Many factors can strengthen a person's ability to display coping strategies that suit the individual's psychological condition. The experience factor is quite a significant factor in influencing a person's ability to deal with situations (Ramdani et al., 2018). The intensity that a person experiences quite often is one of the determinants of success in coping. Strengthening environmental factors also significantly contributes to an individual's fighting power in difficult situations (Baloran, 2020; Freire et al., 2020).

As a unique and inherent human ability, coping strategy is also determined by other aspects of the human self. Starting from the maturation of a person's biological system due to physical nutritional intake, intense training to make their mental strong, and activities that can provide a platform for a person to display appropriate coping strategies (Onieva-Zafra et al., 2020). Even though, in theory, this coping strategy originates from individualistic factors, the external role in strengthening and providing positive influence is also significant (Liang et al., 2020; Waugh et al., 2020). Therefore, people need to realize that they have to cope within themselves. When they become aware of this, they can determine what attitudes and behaviors they should display when a stimulus appears.

### Article Screening Results

Figure 2 below presents the procedures and results of article screening obtained based on the specified steps.

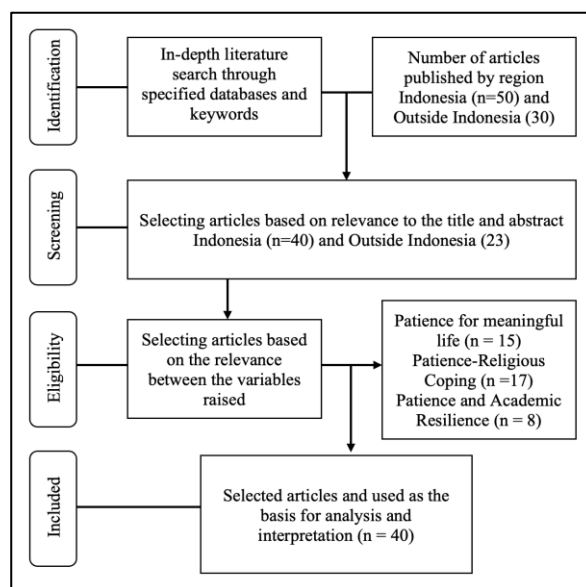


Figure 2. Literature Process

In this section, the researchers present the results of the literature. Table 1 presents a summary of several main articles that are included in the discussion criteria. Several main points include authors' names, publication year, methods, results, and discussion. Meanwhile, the next step is integrating the research results with the objectives of this research. Another essential step for researchers is choosing keywords most relevant to the research objectives.

Table 1. Summary of Some Articles That Met Inclusion Criteria

No	Author/Year	Methods/Samples	Key Findings
1	Ramdani et al. (2018)	220 students (100 people opened the questionnaire,	Patience is used as student coping. Patience has four dimensions:

		and 120 filled out the psychological scale)	rational thinking, self-acceptance, self-control, and effort.
2	Yusuf (2017)	Al-Quran verses that discuss patience and literature on several related articles	Devout Muslims use patience and psychological consists of self-control, resilience, persistence and acceptance.
3	Exline et al. (2017)	464 people, 66% of whom were women, completed the online questionnaire.	Patience is part of a person's strength, which is the ability to grow a sense of strength within oneself. Patience is also one of the elements of spirituality and religiosity.
4	Reza (2016)	A mixed-method study of 62 people with chronic kidney symptoms was conducted.	The research results show that approaching Allah SWT, including carrying out religious routines, namely prayer, patience and other acts of worship, can be a positive intervention for sufferers to improve their quality of life.
5	Vallurupalli et al. (2012)	Cross-sectional survey conducted on 69 cancer patients	84% of them stated that religious elements could increase life expectancy
6	Mahamid and Bdier (2021)	A quantitative study of 400 adults taken during COVID-19	There is a negative relationship between religious coping carried out by individuals and the stress symptoms felt during the COVID-19 pandemic. Religious activities such as practicing patience can be used to strengthen this.
7	Rahnama et al. (2015)	A quantitative study with a sample of 245 health workers	Patience and gratitude are several variable choices that can reduce individual stress. Other psychological variables can further strengthen these two aspects.
8	Nadhifah (2021)	Literature study of verses in the Quran and several related scientific articles	Students can use patience as a religious recommendation to achieve meaningful lectures. One way is to produce good academic achievements for those who are patient.
10	Ulukan and Ulukan (2021)	A quantitative study of 336 teachers	The study explains that patience is essential for teachers to carry out learning. Patience is also positively correlated with resilience and can predict teachers' happiness.
11	Kuswaya and Ma'mun (2020)	The use of hermeneutic studies in exploring the Javanese cultural philosophy of patience	Patience is a manifestation of a person's awareness psychologically, intellectually and spiritually in carrying out a whole series of activities, especially when the individual experiences painful times.

12	Tajab et al. (2019)	Literature study by interpreting the book al-Misbah	Patience is illustrated as a model of human personality in reaching the highest level as a creature of God.
13	Jankowski et al. (2022)	Quantitative study of religious leaders in the North American region. The number of subjects was 283 people.	The higher an individual's patience level, the more linear the meaning they gain in life. This indicates that patience is a crucial thing as well as part of life practice.
14	Schnitker et al. (2021)	Systematic in-depth literature study regarding the meaning of patience in Christianity.	Patience is a continuous process of achieving eternal soul growth. This growth in patience is achieved through excellent and regular worship activities.

***Patience as Religious Coping***

The virtue of patience in humans should be perceived as a testament to the resilience required to navigate life. Ramdani et al. (2018) categorize patience as an integral aspect of religious coping mechanisms. This perspective suggests that patience transcends negative connotations and manifests predominantly in individuals with a consistently positive mindset. Research indicates that patience is a crucial element of human spirituality, arising from deeply ingrained religious experiences that influence one's emotions and thoughts (Ramdani et al., 2018). Further, Yusuf (2017) argues that patience, a fundamental aspect of human nature characterized by positive attributes, empowers individuals to exert control over their personal and environmental circumstances.

Religious coping extends beyond the mere inquiry into how one's faith prompts righteous actions. It profoundly recognizes a higher power's ability to mitigate adversities. As a component of this coping mechanism, patience has evolved into a vital strategy for enduring various ailments. Numerous instances demonstrate that religious coping not only contributes to healthier states but also aids in liberating individuals from a range of disorders, encompassing both mental and physical illnesses (Exline et al., 2017; Reza, 2016; Vallurupalli et al., 2012).

Patience as a form of religious coping has been recognized and experienced widely. Psychologically, it exerts a fortifying effect, especially when individuals face severe challenges. Traumatic events and repeated painful experiences, when confronted with patience, strengthen one's condition (Mahamid & Bdier, 2021; Rahnama et al., 2015). This, in turn, indirectly fosters the growth of other positive strengths. Virtually all religions and belief systems share a similar understanding of patience, encompassing accepting various situations with equanimity and actively seeking solutions (Ramdani et al., 2018).

People use religion to solve their problems. Like the function of other coping mechanisms, this concept greatly influences a person in reducing the anxiety and fear they experience and increasing the effect of happiness and pleasure in the situation. The difference is that the various existing literature focuses on procedures that are usually used by a person, whether taught by their religion, learned through certain worship rituals, or acquired based on religious experience that sticks and grows so that it becomes an effective strategy (Jankowski et al., 2022; Pawl et al., 2021; Schnitker et al., 2021). The various perspectives and studies that have been explained previously emphasize patience from two points of view: a religious perspective and a psychological one. The two points of view only differ in terms of terminology, but their meaning and application are the same and consistent. This shows that patience is an essential concept.

Activities that describe patience as a religious coping can be manifested in various ways and

situations. For example, based on existing studies, in dealing with various physical illnesses, patience manifests in courage and sincerity in enjoying the illness. Every patient exercise is proven to give extraordinary strength to the person who does it. In fact, in some cases, patience is healing for people who experience illness or unpleasant situations.

Being and behaving patiently is not an easy thing. Patience is the highest level of a painful situation. Not everyone can be in this condition, and not everyone can show this condition. Strong patience is, of course, trained through a long life history. Diverse experiences and strong survival strategies lead a person to be patient. From simple things or stimuli that cause stress, patient people can control it and turn it into a good situation; some even process it into positive motivation and increased happiness.

### **Important Principles in Creating Patience**

Understanding patience as a strength requires a long process for individuals to understand all forms of difficulties they need to solve. The concept of patience as part of religious coping certainly brings individuals to understand religion, self, and problems as a unified whole (Ramdani et al., 2018; Reza, 2016; Yusuf, 2017). Patience is also part of the spiritual concept in other religions, which was born as a strategy for adherents living their lives. Previous studies have reinforced the urgency of patience as a way for individuals to face difficult situations and turn them into happy situations (Exline et al., 2017; Mahamid & Bdier, 2021; Nadhifah, 2021; Rahnama et al., 2015; Vallurupalli et al., 2012).

From the results of literature studies conducted by researchers, several important activities can be indicators of the emergence of patience in individuals. In this case, these activities are activities that individuals can do to realize the strength of patience within them. For more details, see Figure 3.

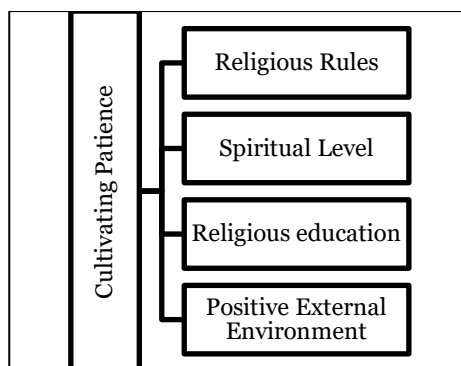


Figure 3. Activities to Cultivate Patience

In every religious teaching, patience is part of God's rule in order to achieve happiness. Understanding patience as an essential part of human beings must be linked to God. Therefore, if an individual is convinced of these principles, it can influence his confidence to carry out activities based on the teachings of his religion. If his life is based on other activities that strengthen his beliefs, this can become even more optimal. Moreover, if they grow up with religious and cultural teachings that make patience important, this will also strengthen their behavior in everyday life.

### **The Practice of Patience for Muslims in Higher Education Learning**

The concept of patience, extensively discussed in religious studies, has also been applied broadly in various aspects of human life. It is a key indicator of a student's success in education. Patience often emerges in challenging and stressful situations, such as experiencing significant academic stress. Patience contributes to the reduction of such stress. Research by



Nadhifah (2021) supports the view that patience is crucial for developing academic resilience. This suggests a direct correlation: higher levels of patience in an individual are associated with greater academic resilience, whereas lower levels of patience can lead to increased academic stress. Patience and academic resilience are linked, and when students grow up in challenging environments, they may face various academic fears. In this context, patience acts as a buffer, preventing negative stimuli from having a more profound impact and facilitating a shift towards more positive behavior (Ulukan & Ulukan, 2021). Students can learn from past experiences and use these as effective tools in dealing with recurring problems. Generally, resilience focuses on an individual's endurance during traumatic life events. In the context of academic resilience, it specifically pertains to dealing with academic challenges. The role and function of patience in this scenario are to strengthen academic resilience, ultimately leading to happiness and mental well-being in individuals (Ulukan & Ulukan, 2021).

Patience also plays a significant role in individual success in the education environment. A student has the goal of becoming an outstanding student. Every step he takes will be done carefully and carefully. These steps are carried out with great patience. They will have unfavourable results if they are too hasty in taking immature action. However, if each step is carried out patiently, they will slowly achieve a satisfactory process until they can finally achieve the point of success.

Being a Muslim holds a unique significance for an individual. The Quran has long provided insights into practices conducive to life's happiness. Among these is the emphasis on learning to be patient. Patience is a recurrent theme in Islamic studies, from Quranic verses urging humans to practice patience to guidelines for incorporating patience in daily behaviors (Achour et al., 2016; Kuswaya & Ma'mun, 2020). This makes the concept of patience deeply intertwined with human life. From childhood, parents teach patience, schools educate children to be patient, and the community reinforces the virtue of patience in various situations (Tajab et al., 2019).

From a psychological standpoint, patience is not considered a static condition. Genuine patience requires practice and an active engagement in resolving problems. Patience has been explored in various dimensions, one of the most notable being its role as part of an individual's identity. This identity encompasses rational thinking, self-acceptance, self-control, and effort (Ramdani et al., 2018). As the last dimension, the effort emphasizes the need for proactive measures and solutions to problems. Numerous positive behaviors can be adopted as part of practicing patience in a Muslim's educational journey (Ramdani et al., 2018).

These include adopting patience as an attitude to be maintained during learning, training oneself to resolve personal conflicts, friendships enthusiastically, and communicating with faculty (Aditya & Mayasari, 2022). Furthermore, patience can be manifested in managing academic duties and responsibilities, dealing with learning challenges, and even in moments of joy, which should be approached with patience. Ultimately, patience transcends being a noble philosophy and becomes a crucial approach for students in their educational journey (Achour et al., 2016; Alcantara et al., 2017).

Operationally, the role of patience for a student can be realized in various life practices. Starting from how to strengthen your mentality and thoughts, carrying out your duties as a student plays a big role, and you will face various life challenges (Exline et al., 2017; Fitch & Bartlett, 2019). Therefore, patience is one of the important things as an initial foundation. Apart from that, patience can also be applied in training students to achieve every dream they have, both when they are students and after graduating, and what kind of dreams they will achieve (Ramdani et al., 2018). Not only that, patience is also manifested in terms of joy (Hur et al., 2023). Practicing patience to enjoy positive situations becomes more valuable and meaningful (Johnson-Grau et al., 2016; Kumalasari, 2020).

The systematic literature study by researchers essentially underlines the two big points conveyed. The first is the concept of patience as part of religious coping. This statement emphasizes that as religious individuals, it is appropriate for humans to use this aspect as part of their life journey. Patience is a great strength for humans to survive, and it has a big role in providing happiness physically and mentally. Previous studies have agreed to provide a positive view on this aspect (Mahamid & Bdier, 2021; Nadhifah, 2021; Pawl et al., 2006).

Furthermore, the role of patience can, of course, be manifested in various aspects of life. It is not only at the tertiary level for students to undergo lectures. Patience must be a model for students to complete their role as learners. In essence, learning requires patience, and trained patience can be a driving force and strength for students to improve, thus giving them the strength to try to achieve their targets.

This study provides theoretically important information regarding developing the concept of patience from various perspectives. The systematic methodology used in this research makes the concept of patience studied more operational and can be scientifically justified. However, of course, several shortcomings must be corrected for future research. For example, the focus of the subject and detailed information, as desired by the author, can be emphasized again at the beginning. The depth of the selection and selection of articles must also be strengthened. Moreover, the scope and generalization of existing articles can strengthen the object of study to be more objective.

## **CONCLUSION**

This study underscores the critical role of patience in empowering students to withstand various academic pressures in higher education. Patience is identified as an aspect of religious coping, significantly shaped by an individual's spiritual experiences, thereby endowing students with the strength to adhere more closely to religious principles. It allows students to concentrate more effectively on achieving their academic performance. Through patience, academic pressures can be regulated and addressed with appropriate decisions. Ultimately, patience is an integral part of other character strengths in an individual, necessitating its pairing with other positive traits, particularly in Muslim students uniquely positioned to benefit from their religious identity and spiritually valued environment. Future recommendations should consider incorporating patience as a psychological intervention to enhance psychological and social well-being.

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