

Research Article

Correlation Between Muraqabah and Self-control in Students Using Social Media

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Abstract.

Most social media users today are addicted to using these platforms, which makes them lazy and overly comfortable, leading to poor self-control and causing them to neglect important tasks. To avoid the negative impacts of using social media, users need to practice self-control. One way to increase self-control is through *muraqabah*. This research aimed to measure the correlation between *muraqabah* and self-control in students using social media. This research used a quantitative correlation research design with 100 participants. The instruments used in this research were the *Muraqabah* Scale and the Self-control Scale. The data analysis used is the Pearson Product Moment correlation. The results showed a significance value of <0.001 . This shows that the correlation between *muraqabah* and self-control among students using social media is very significant, meaning that when the *muraqabah* increases, the self-control will also increase.

Keywords: Muraqabah, self-control, social media

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1. Introduction

The use of social media has now become an integral part of people's lives around the world. Social media is an online platform that allows its users to participate, share, and create content in forms such as blogs, social networks, forums, and virtual worlds (1). With the presence of social media, interaction between individuals is not limited by time and distance, making it easier for individuals to communicate, exchange information, and broaden their horizons because it can be done anywhere and at any time. Even during the COVID-19 pandemic, social media has become the main means for working, studying, and interacting from home. This confirms that social media has placed an important position in everyday life (2).

The latest data on social media users in early April 2024 reached 5.07 billion users worldwide, which is equivalent to 62% of the world's total population, with the addition



of 259 million new users or 5.6% since the previous year(3). In Indonesia alone, social media users also show a significant number, namely 213 million users or the equivalent of 60% of the total population in Indonesia. YouTube and Instagram as the two fastest-growing platforms, and TikTok is the most popular social media platform in Indonesia with 127 million users in 2024.

Students are one of the most active groups of social media users with almost all or around 97% using social media in 2019(4). With an average usage time of 3-5 hours per day spent surfing social media mainly to consume entertainment content such as videos, memes, music, vlogs, and films(5).

The ease that students get in accessing anything on social media can certainly have a positive impact on the individual as mentioned above. But on the other hand, excessive use of social media can have a significant negative impact on daily life. Often many students scroll through social media platforms without a clear goal. This will certainly make the mind full of less important information which in the end can lead to self-satisfaction and social jealousy. In line with what was stated by Romanti(6) the negative side of social media for students, including students, is that it can reduce productivity and academic performance because social media becomes a source of distraction from academic tasks. Because they focus too much and take too long to access social media, individuals can also neglect things that should be their obligations.

Most social media users today cannot control themselves because they are addicted to playing social media which ultimately makes users lazy and feel comfortable by always playing social media. This phenomenon is certainly a problem regarding the negative influence of social media in influencing its users so that social media users cannot control themselves when playing social media so a lot of work or things that should be done are missed(7).

Research conducted at Universitas Nusantara PGRI Kediri shows that 96.4% of students access TikTok every day, and most of them experience stress, loss of concentration, loss of self-control, and feel anxious if they do not access TikTok(8).

Meanwhile, research on students of the Indonesian Literature Study Program, Faculty of Cultural Sciences, UHO, revealed that many students have difficulty controlling the time they spend on social media, which often interferes with their academic and daily activities. The study also shows that self-control plays an important role in reducing the negative impacts of social media use and improving students' mental health(9). This is in line with what was expressed by Pratama, et al.(10) that students have varying levels of

self-control in their use of social media, with factors such as behavioral control, cognitive control, and decision control influencing their level of self-control.

To avoid the negative impacts of using social media, each needs self-control. Self-control in individuals has a significant role because, with good self-control, individuals can control themselves, including their behavior and emotions when using social media. This aligns with the definition of self-control according to Averill(11), namely that self-control includes an individual's ability to change behavior, manage desired information, and choose actions based on their beliefs. Averill emphasizes self-control in individuals' skills in regulating their behavior to conform to their beliefs. Self-control has three aspects: cognitive control, decision control, and behavioral control. Self-control is influenced by two factors, namely internal factors according to Averill in the form of emotional conditions, cognitive abilities, personality, interests, and the individual's age(12).

Muslims in general and students, in particular, use social media, some ethics or morals must be used in managing the information obtained, namely muraqabah, responsibility, the principle of benefit, and selectiveness(13).

According to Al-Ghazali, muraqabah is focus and attention that is completely directed at Allah. The muraqabah aspect in Al-Ghazali's context consists of 3 things, namely muraqabah on obedience, muraqabah on disobedience, and muraqabah on permissible things(14). Muraqabah or self-reflection in Islamic teachings, is a practice that involves monitoring and evaluating one's thoughts, intentions, and actions(15). This practice not only increases self-awareness through reflection on behavior and thoughts but also helps develop decision-making control. In this way, muraqabah allows individuals to make more informed decisions based on personal reflection and beliefs, which corresponds to the concept of self-control in choosing actions that are in line with their values.

It can be concluded that the use of social media has become an important part of everyday life, especially among students. However, excessive or uncontrolled use can hurt students' mental and academic well-being. Muraqabah, as a spiritual practice involving self-observation, can be an important factor in helping students control their social media use. This research aims to measure the relationship between muraqabah and self-control in using social media among students. The hypothesis in this research is that there is a positive relationship between muraqabah and self-control in using the internet among students.

2. Methods

2.1. Research design

This research design uses a quantitative approach with a correlational method. This method aims to test the possibility of a relationship between 2 or more variables by paying attention to the magnitude of the correlation coefficient(16).

2.2. Participants

There were 100 participants in this study, and this number was generated from the Slovin formula calculation with a margin of 10%. The data collection technique uses a random sampling technique.

2.3. Instruments

The muraqabah scale used in this research is an adaptation of Edyarti's scale based on Al-Ghazali's theory with 3 aspects, namely muraqabah in obedience, muraqabah in disobedience, and muraqabah in permissible actions. This scale has 22 items(14).

The self-control scale used in this research is an adaptation of Nurhaini's scale which was developed based on Averill's theory with 3 aspects, namely cognitive control, behavioral control, and decision control. This scale has 25 items(17).

2.4. Data analyses

This research uses the Pearson Product Moment correlation data analysis method. This technique is used to determine how strong the relationship is between two variables without considering whether one variable depends on the other variable.

3. Finding

3.1. Results

TABLE 1: Correlations Pearson.

Correlations			
		Muraqabah	Self Control
Muraqabah	Pearson Correlation	1	.596**
	Sig. (2-tailed)		<.001
	N	100	100
Self Control	Pearson Correlation	.596**	1
	Sig. (2-tailed)	<.001	
	N	100	100

**Correlation is significant at the 0.01 level (2-tailed).

The results of the correlation test between the muraqabah variable and the self-control variable show a significance value of <0.001 . This shows that there is a relationship between the muraqabah variable and self-control among students in using social media. A variable can be declared interconnected if the significance value is <0.005 ($0.001 < 0.005$). The degree of relationship between a variable can be seen in the Pearson Correlation value. The Pearson Correlation value for the two scales is 0.59. This value is in the range of 0.41 to 0.60, so it can be concluded that the degree of relationship between the muraqabah and self-control variables is in the medium correlation category.

Based on the significance value and Pearson Correlation obtained, H_0 which states that there is a positive relationship between muraqabah and self-control in internet use among students is accepted. On the other hand, H_1 which states there is no relationship between muraqabah and self-control in internet use among students is rejected. The results of the correlation analysis show that there is a significant relationship between the muraqabah variable and self-control among students in using social media, with a significance value of <0.001 which is smaller than the limit of 0.005. This means that the higher the level of muraqabah, the better the student's self-control in using social media. The Pearson Correlation value of 0.59 indicates a moderate correlation between the two variables, which means that there is a fairly strong but not too high relationship between muraqabah and self-control.

4. Discussion

The significance value obtained from the correlation test results between the muraqabah and self-control variables is <0.001 . This shows that the relationship between muraqabah and self-control among students in using social media is very significant. In statistics, a relationship is said to be significant if the p-value (significance) is less than 0.005(18). With a p-value that is far below this limit, these results indicate that the correlation between the two variables did not occur by chance, but rather that there is a real relationship that needs to be considered. This suggests that muraqabah, or awareness of divine supervision, really plays a role in controlling students' behavior in using social media.

Apart from that, the Pearson Correlation value obtained was 0.596 which was in the range of 0.410 to 0.600 indicating a moderate correlation between muraqabah and self-control. Medium correlation means there is a fairly strong relationship between the two variables, even though it is not completely deterministic. In the context of this research, a moderate correlation indicates that muraqabah plays a significant role in increasing self-control, but other factors may also influence students' self-control in using social media (19). This means that although muraqabah contributes greatly to self-control, other factors such as environment, education, and psychological factors also influence students' self-control.

The concept of muraqabah, which means continuous self-monitoring before Allah, can influence self-control by strengthening individuals' awareness of their behavior. In the context of social media use, students who have a high level of muraqabah tend to be more conscious of when and how they use social media. The self-control theory proposed by Baumeister et al. stated that self-awareness and internal monitoring are key in controlling impulsive behavior (20). When students have the awareness that they are always being watched by Allah, they tend to be more careful and consider the impact of their actions, including their use of social media.

The mechanism of how muraqabah increases self-control can be explained through several aspects. First, increased self-awareness: muraqabah encourages individuals to constantly evaluate their actions by spiritual values, which helps in reducing impulsive and excessive behavior. Second, internal monitoring: muraqabah functions as a form of continuous self-monitoring, helping individuals to remain aware and vigilant of their own actions. Third, strengthening spiritual values: by internalizing religious values, individuals become more motivated to maintain self-control to achieve higher spiritual and moral

goals (21). This process not only helps students use social media more wisely but also promotes a more organized and responsible lifestyle.

The results of this study are consistent with several previous studies which show a positive relationship between spiritual aspects and self-control. For example, research by Edyarti found that muraqabah was positively related to students' level of discipline, which is a form of self-control (14). In his study, students who had a high awareness of divine supervision tended to be more disciplined and able to control themselves better. In addition, a study by Nurfajri et al. shows that muhasabah, a concept similar to muraqabah, has a positive influence on self-control in the early adulthood phase (15). Muhasabah or self-reflection encourages individuals to evaluate and improve themselves, which in turn increases their ability to control their actions and behavior.

The above research findings align with research from (22) that found religious influence in shaping self-control. Furthermore, internal factors such as dhikr (remembrance of God) can also influence self-control. Similarly, muroqobah (remembrance of God) and muroqobah are similar in that the emergence of dhikr and muroqobah stems from the impact of religious influence manifested in behavior. Internal factors combined with religious factors have a high potential to influence a person's mindset and behavior, including self-control.

These findings support and expand the understanding of these studies by adding empirical evidence about the relationship between muraqabah and self-control in the context of social media use. This shows that aspects of spirituality, especially muraqabah, have an important role in helping individuals manage their behavior in an increasingly complex digital world. These results also indicate that spiritual-based interventions can be an effective approach to increasing students' self-control, especially in the wise and responsible use of social media. Thus, education and training programs that emphasize the development of muraqabah can be considered as a strategy to reduce the negative impact of excessive and uncontrolled use of social media.

The conclusion from the results of this research is that there is a moderate correlation between muraqabah and self-control among students in using social media. Muraqabah which includes awareness of divine supervision is proven to increase self-control by strengthening self-awareness, internal control, and individual spiritual values. Although other factors influence student self-control, these findings show that muraqabah has a significant role. These results are also in line with previous research which shows

that aspects of spirituality can influence individuals' ability to manage their behavior, including in the context of social media use. Thus, increasing muraqabah can be used as an effective strategy in helping students control themselves in manage their use of social media more wisely and responsibly.

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