

Identity Crisis and Religious Conversion: The Religious Dynamics of Modern Society

Aulia Safitri*, Salsabila Hady Ningsih, Surawan

Institut Agama Islam Negeri, Palangka Raya, Indonesia

*Corresponding author: auliasafitri.as82@gmail.com

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ABSTRACT

This study investigates the factors influencing young Muslims' decisions to leave Islam, utilizing a qualitative approach and digital ethnography methods. TikTok, as a prominent platform for youth expression, serves as the research focus. Data were gathered through non-participatory observation of relevant content and analyzed using thematic analysis. Three primary themes emerged: Faith Struggles, Environmental Influences, and Interpersonal Relationships. Faith struggles arise from internal conflicts between religious values and personal life experiences, including mismatches between faith and identity. Environmental influences stem from exposure to diverse cultures and religions, fostering emotional attachments. Interpersonal relationships, particularly interfaith marriages, significantly contribute to conversion decisions. The findings underscore TikTok's role as a platform for identity exploration among youth, offering valuable insights for religious communities to address spiritual needs amidst modernity and identity crises.

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INTRODUCTION

In the human soul, there are three main aspects, namely feelings (affective), thoughts (cognitive), and actions (psychomotor). The combination of thoughts, feelings, and actions is what forms habits. To develop their potential, humans need to have spiritual strength, self-control ability, good personality, intelligence, noble character, and skills that are beneficial to themselves. Humans are creatures consisting of body and soul (Ali et al., 2019). Every human being has faith. Faith is invisible because it cannot be seen or heard and cannot be measured by human abilities. Faith resides in a person's heart, controlling the soul and mind in every action. According to Nawawi, faith is closely related to the heart and soul. If the heart is filled with faith, the soul will also be in harmony with it. Faith can also be referred to as a form of belief that transcends physical things (Martiansa et al., 2022).

However, the digital age brings new challenges for Generation Z. According to Mahmud (2022), this generation has grown up in a technologically sophisticated and rapidly changing environment, often feeling pressured to meet global expectations while adapting to complex social dynamics. This exacerbates their identity crisis, especially when local values and traditional culture are being displaced.

Human demands and needs continue to change from time to time, so there is a shift in ethical values in adult life. This is in line with the greater development of information and communication technology, so local culture faces a serious threat (Pihar, 2022). The development of technology in social media is able to change one's view. With the presence of technology, people begin to expose themselves until they are followed by one another. As conveyed by Mulawarman & Nurfitri (2017), social media is a “new weapon” in today's modern era. Limited social space and low emotional bonds, especially in the real environment, encourage people to use social media to channel emotions. The absence of physical contact and direct interaction makes it easier for them to talk freely with people they don't know. The comfort of expression without fear makes them dare to expose themselves (Pohan & Dalimunthe, 2017).

Previous research shows that a shallow understanding of religion is often associated with increased intolerance and extreme views (Rohman, 2022). In addition, the issue of identity crisis is also an important one that can affect the personal and spiritual growth of Muslim adolescents (Destriani et al., 2023). This view seems to be supported by the fact that certain pesantren are involved in acts of violence in the name of religion. In general, religious conversion means a change in one's religion or beliefs, either through a gradual process or suddenly. This includes changes in belief, obedience, or even attitudes towards certain religious teachings. A person who undergoes religious conversion may leave their old faith and embrace a new religion or change their view of their own religion (Ilahi et al., 2018).

Therefore, this study aims to identify the factors that influence young Muslims' decision to leave Islam. Using a qualitative approach and digital ethnography method, this

research focuses on TikTok as the main medium to understand the expressions of identity crisis and faith struggles of young Muslims. This research is expected to provide insights for religious communities and society to support the emotional and spiritual needs of the younger generation in facing the challenges of modernity and identity crisis.

METHOD

This research applied a qualitative approach with a digital ethnography method, which aims to understand the dynamics of the identity crisis of the young Muslim generation amid the influence of technological development and how this is reflected through their interactions on the TikTok social media platform. This approach was chosen because TikTok is one of the dominant media used by the younger generation to express their views, values, and identities, especially in terms of religion and modern life.

The data collection process was carried out by non-participatory observation of content uploaded on TikTok, including videos, comments, and songs. Specific videos were selected based on their relevance to the research theme, particularly those that explicitly reflected expressions of faith struggles, identity crises, and interactions with modernity. The researcher focuses on content that displays expressions related to faith, modernity, and the identity crisis of the young Muslim generation, with each theme analyzed based on relevant theoretical frameworks and underlying reasons, which are elaborated in this chapter. The data was collected systematically by using search keywords with a song entitled *Diambang Karam* from Amigdala. Once the data was collected, the researcher conducted a thematic analysis to identify the emerging narratives of those experiencing identity crises. This analysis helps in understanding how young Muslims articulate their identity crisis in the digital space and how they position themselves between faith and identity crisis.

The results of this study could provide in-depth insight into the role of social media, especially TikTok, in shaping the views and choices of young Muslims who choose a path outside Islam. This digital ethnography approaches not only explores the meanings expressed in digital content but also the social and cultural dynamics that underlie their expressions.

RESULTS AND DISCUSSION

In the modern era, many societies face a variety of serious problems, the decline of human values and emotional disorders that cause mental anxiety. Phenomena such as free sex, drug abuse, and free Western culture are increasingly worrying in the face of this situation. People need to have resilience and strong character, both internally and externally. One way is to incorporate religious values and spirituality into daily life (Zakaria & Azahari, 2022).

According to Zuhdi (2021), Islam balances between belief (aqidah) and implementation (sharia). In comparison, aqidah focuses on aspects of faith and belief, while sharia is related

to real actions or deeds, which in Islam includes belief in Allah SWT as the One God. Or the belief that only Allah is worthy of worship, manifested in the sentence *la ilaha illa Allah* (there is no god but Allah). However, deep faith is not only limited to believing and idolizing Allah but must also be reflected in good deeds and actions. Religious awareness comes from the heart and mind, while religious experience is a tangible manifestation of that awareness in the form of beliefs that produce real actions. The existence of an understanding of religious values obtained through knowledge of Islamic teachings and strong beliefs will allow a Muslim to have a positive mental attitude and good behavior, and this will be reflected in his relationship with God, fellow humans, and the surrounding nature.

The existence of mental and faith problems in Muslims causes them to experience an identity crisis. The absence of a good relationship with their God and the nature and people around them causes them to choose a path outside of Islam. Based on observations made on the TikTok media platform, the author found causes that caused them to be confused with their identity as Muslims. This study identifies various expressions of the identity crisis of the young Muslim generation on the Tiktok media platform from the results of observations of content using the song “Diambang Karam” from Amigdala. Three main themes were found that reflect the interaction between faith and identity crisis:

The Phenomenon of Religious Conversion

According to Jalaluddin from Nasril's research, religious conversion means that someone converts or embraces a new religion. In general, education is an effort to change human attitudes through teaching and training. Education aims to guide and develop children physically and spiritually so that they can become individuals who are useful for themselves and society. Religion has an important role in human psychology, especially in efforts to reshape personality both personally and in groups. Religion can have a positive impact, both outwardly and inwardly, resulting in satisfaction within a person.

In this case, religion often encourages changes in religious attitudes, including in the process of religious conversion, which is a change in a person's overall religious attitude (Basuki et al., 2023). The process of religious conversion can occur in individuals or groups. Before conversion, a person has a certain lifestyle and worldview. However, after experiencing religious change, the old pattern will be abandoned. This process can lead to contemplation and other psychological symptoms, such as inner pressure, a sense of sin, regret, and anxiety about the future. Each individual will experience religious conversion in different ways, depending on various causal factors and levels (Hidayat, 2016). According to Fan and Sebgag (2023), freedom of religion should not be coerced, and no one has the right to limit that freedom. The state must guarantee freedom of religion without discrimination, both against the majority religion and against differences within the community. The state must also respect the right of parents or guardians to educate their children in the religion of their choice. In addition, the freedom of religious institutions is also guaranteed, and each religion has the right to establish its religious organization.

Religious conversion brings fundamental changes in the lives of individuals or groups,

including ideological, economic, political, and social. Religion becomes the main foundation in various aspects of life. Lately, religious conversion has also affected lifestyles, especially among artists. The public is often presented with news about artists who have migrated, and it is not uncommon for religion to be used as a commercial tool for economic gain. Capitalism often wraps products with religious labels as justification for profit. Social change due to religious conversion is seen in three main aspects: changes in mindset, behavior, and material culture.

In this context, religious values form the basis of these changes. Religion influences patterns of social interaction, institutions, and social structures according to its teachings. For example, Islam teaches to live life as a whole according to sharia (*kaffah*). According to Dianto (2022), Hidayah for religious conversion occurs according to God's will. This process can come from human efforts to seek the truth or from divine intervention. In Western studies, religious conversion is described as a process with seven stages according to Rambo: context, crisis, search, encounter, interaction, commitment, and consequences. The model is not necessarily linear, but each stage has its own role. Religious conversions can occur for many reasons, including competition between religions. This competition can be constructive, as in proselytizing, or destructive, related to the history of religious conflict. Henri Gooren explains that this competition occurs at three levels: micro (between individuals), mezzo (between religious organizations), and macro (economics and religious markets). Although religious conversion is often considered taboo in certain societies, the phenomenon is inevitable. The reasons behind it are very diverse, ranging from individual factors to organizational influences.

Factors of Identity Crisis and Religious Conversion



Picture 1. Muti's Video: The Struggle Between Faith and Self-Identity

The first video from an account named *Muti* shares her personal story of how she felt unaccepted by the religious community because she was a lesbian, followed by the song "On

the Verge of Shipwreck - amigdala” in one of her videos showing her life journey, this upload shows the struggle between religious values and sexual identity felt by Muti, her emotional journey and the social influences that occurred made her dare to choose a path outside of Islam. The narrative shows how social pressure and the imbalance between belief and acceptance of sexual orientation can be one of the factors driving individuals to choose to leave religion.

The story from Muti's account shows that the struggle between religious values and sexual identity can be a major source of identity crises for individuals. In this case, social pressure stemming from a lack of acceptance by the religious community magnifies the inner conflict, prompting individuals to seek spaces where they feel more accepted. This underscores the importance of emotional support as a form of care and empathy given to someone to help them deal with problems or listen to their complaints. With this support, a person can feel more comfortable, accepted, and loved, so they have the reassurance that they are not alone (Zega & Purnomosidi, 2023).



Picture 2. Tittaszz's Video: Spiritual Journey and Finding Peace

The second video from an account called *tittaszz* shares a personal story that shows the conversion of a Muslim individual who chose to leave Islam after experiencing positive changes in his life. With the following narration: “Since I went to church, God's goodness and blessings overflowed in my life. It made me more trusting, comfortable, peaceful, and loving.” The video is accompanied by visuals of church activities depicting gratitude for the changes in her life. These findings highlight how personal religious experiences, such as a sense of peace and acceptance, can be a major impetus in a person's spiritual journey. It reflects a deep need for a sense of love and meaning that she did not fully feel in her previous faith.

The story from Tittaszz's account emphasizes that personal religious experiences, such as a sense of peace, acceptance, and love, can be a key factor in encouraging someone to convert. The positive changes felt, especially when the new religion provides a sense of emotional and spiritual comfort not found before, suggest that the need for meaning in life and loving

relationships is fundamental for many individuals. This narrative highlights how religion and spiritual beliefs can provide guidance and values that help people find meaning in life, understand their purpose, and face challenges or difficulties with confidence and hope (Tanamal, 2023).



Picture 3. Tytyaaa's Video: Finding Freedom Beyond Religious Boundaries

The third video from an account named *Tytyaaa* shares her personal story of leaving Islam because she felt more comfortable without wearing the hijab. This video shows her with her boyfriend without wearing a hijab. The upload reflects how Tytyaaa feels that religious rules, such as the obligation to wear hijab, can be perceived as a burden that limits personal freedom. When the rules are removed, they feel a new freedom that is more aligned with their identity and lifestyle. Narratives like this show how personal experiences of certain religious rules can contribute to the decision to leave the faith.

Tytyaaa's story shows that certain religious rules, such as the obligation to wear a hijab, can be perceived as pressure for some individuals who feel it limits their freedom. When these rules are removed, there is a sense of freedom that is more in line with their identity and lifestyle. This illustrates that personal experiences that are not aligned with religious rules can be an important reason why someone chooses to leave the faith. In conclusion, the need to feel good about oneself and live a life that feels more authentic is often a major factor in one's spiritual decisions.



Picture 4. Nurrfatikaa's Video: The Influence of Environment on the Journey of Faith

The fourth video from an account named *nurrfatikaa* recounts her experience of growing up in a Muslim family but living in a predominantly Christian neighborhood. In her video, she states that she went to a Christian school from elementary, middle, and high school. This post shows how exposure to other religious values and traditions from an early age can affect a person's identity and beliefs. Nurrfatikaa felt more comfortable with the religion that she saw and experienced more often in her daily life, which made her choose to leave Islam. This finding highlights the importance of the social environment in shaping young people's spiritual preferences and decisions.

The story from Nurrfatikaa's account shows that the social environment has a big influence in shaping one's beliefs. Instilling values, especially religious values, needs to be done early on. That way, these values will be firmly embedded in the child's soul and become a guideline for them in living life in the future (Khadijah, 2016). This suggests that daily experiences and the environment in which a person grows up can be important factors in their decision to convert. A dominant environment can provide a strong sense of emotional attachment, which in turn influences their spiritual choices.



Picture 5. Video “Call Me Jema”: Cultural Interest in Spiritual Journeys

The fifth video from call me *jema* shows her decision to choose a path outside of Islam because she was attracted to the Hindu culture where she grew up. This post shows how exposure to different cultures can shape one's religious identity. In this case, Jema was not only influenced by religious values but also by the aesthetic appeal and emotional comfort offered by the Hindu tradition in her neighborhood. The findings highlight that conversion also has an emotional connection to the perceived cultural elements of everyday life.

Jema's account shows that exposure to different cultures, especially those that offer aesthetic appeal and emotional comfort, can influence one's religious identity. In this case, the Hindu traditions in her neighborhood provided a strong emotional and cultural experience, making Jema feel more connected. This confirms that conversion is not only about religion but also about the emotional connection to culture felt in daily life.



Picture 6. Virgoo's Video: Journey of Faith in Marital Harmony

The sixth video from the *virgoo* account recounts her spiritual journey that changed after she married a partner of a different religion. This post reflects how interpersonal relationship factors, especially the husband-wife relationship, can be a major reason for the decision to convert. In this case, the desire to harmonize one's beliefs with one's spouse for the sake of relationship and family stability is the dominant factor in choosing a path outside Islam.

The story from Virgoo's account shows that the husband-wife relationship has a major influence on a person's decision to convert. Family harmony can play an important role in encouraging and improving religious practice by each family member (Aqsho, 2017). This shows that marriage can be a major influence that encourages a person to choose their spiritual path.

The results of this study show that the decision of young Muslims to leave Islam is not influenced by a single factor but is the result of social, cultural, and personal dynamics. The

findings highlight that social pressures, inner conflicts, and an imbalance between religious beliefs and individual life experiences are dominant factors in the decision to leave Islam. Sexual perversion, life influences, and pressure to dress are among the reasons why people choose a path outside of Islam, as stated by Diana, R. R. (2015), which states that human subconscious drives are often influenced by lust, which is the lowest drive or known as *hayawaniyah* drive. This lust works on the principle of seeking worldly pleasure and tends to change impulsive urges. If the control of the *qalbu* (heart) and intellect is weakened, lust easily takes over. However, if the *qalbu* and intellect function well, then the power of lust will be reduced. Lust has a strong appeal because it is influenced by satanic temptations and other impulsive urges.

According to Fauziah (2013), humans have a basic universal need, namely the desire to love and be loved by God. This need is even considered more important than other needs, including the need for power. This desire is natural and natural. Every human being has the potential for religion. When humans use their minds to think and process their feelings, they will realize the existence of God. From this awareness comes the desire to express trust and admiration for God's power by worshiping Him, carrying out His commands, and avoiding His prohibitions.

The environment in which individuals grow up greatly influences their mindset and beliefs. Views of other religions or cultures provide emotional comfort and a stronger sense of attraction than Islam, indicating that daily experiences have a significant influence in shaping spiritual decisions. Hapsah (2024) explains that humans are social creatures who always live in groups to interact and communicate. This is driven by the desire to relate to others, mingle with the environment, and understand oneself. Besides that, humans need to interact with each other so that when they live together in a group, a society is formed.

In society, there are various customs such as religion, politics, customs, language, clothing, art, and others. In Prahastiwi et al. research (2021), it is said that in the era of globalization and modernization, the way humans interact with society and culture has undergone major changes. Rapidly developing technology and fast information flow have affected the way humans adapt to their environment. These changes not only affect individuals but also form new patterns in society's social and cultural life. Personal relationships, especially marriage to a partner of a different religion, are a significant factor in conversion decisions. This decision is often rooted in the need to align beliefs with a partner for the sake of relationship stability.

According to Lao (2021), humans, as social beings, always need relationships with others. Each individual needs emotional attachment to feel connected, but conflicts in relationships often occur due to differences in perception that hinder the achievement of common goals. In the context of interpersonal communication, often seen in romantic relationships, this process involves efforts to equalize thoughts, perceptions, and feelings between the communicating parties, according to Pratama (2021), which states that marriage often presents new challenges for couples, including potential friction that can trigger

arguments. Because of differences, the mindset chooses a way out, so one must give in and form an agreement that makes the couple a whole unit. This research also confirms the role of social media as a space for expression of the TikTok identity crisis, for example, providing a platform for individuals to share their spiritual journey. This suggests that social media is an important tool for young people to shape and define their identity.

CONCLUSION

This research reveals that young Muslims' decision to leave Islam is influenced by three main factors: faith struggles, environmental influences, and interpersonal relationships. Faith struggles are often triggered by inner conflicts between religious values and personal life experiences, such as social pressures related to sexual identity or non-conformity with certain religious rules, such as the obligation to wear the hijab. This finding is in line with identity conflict theory, which explains the tension between individual values and societal expectations. Environmental influences are also an important factor, especially for individuals who grow up in a non-Muslim majority environment or are exposed to other cultures and religions that provide a stronger sense of emotional comfort and attachment. This is supported by acculturation theory, which shows how exposure to new cultures and environments can change a person's beliefs and identity. In addition, interpersonal relationships, especially in the context of marriage with a partner of a different religion, are the dominant reason for aligning beliefs for the sake of relationship harmony. Relational commitment theory highlights the role of personal relationships in making major decisions such as religious conversion.

The research also confirms that social media, particularly TikTok, acts as a space of expression that allows young people to share their spiritual experiences. The findings provide unique insights into how digital platforms can be a tool for understanding spiritual and identity dynamics in the modern era. As such, this study not only expands the understanding of religious conversion but also provides a new perspective on the role of technology in religious identity formation.

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