

## The Influence of Spirituality on The Mental Health Impact of TikTok Scrolling in University Students

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### ABSTRACT

Digital spirituality has become increasingly popular among university students, especially on social media platforms such as TikTok, known for its ability to spread religious messages quickly and widely. While previous studies have predominantly highlighted the negative psychological effects of social media, limited research has explored its positive role in fostering spiritual well-being, particularly among students in Islamic higher education contexts. This study aims to examine how spiritual content on TikTok contributes to the mental health of Islamic Religious Education (PAI) students of class 2022 at IAIN Palangka Raya. Using a qualitative method with a phenomenological approach, data were collected through in-depth interviews with five PAI students who regularly engaged with proselytizing (*da'wah*) content on TikTok. The results unveiled that scrolling TikTok was not only a form of entertainment but also contributed significantly to shaping and strengthening students' spirituality, especially regarding the Islamic faith. Students reported feeling calmer and more resilient in facing academic and social challenges after engaging with religious content. This study reveals the significance of social media in reinforcing both spiritual and mental health among university students in the digital era. The novelty of this research lies in its contextual focus on Indonesian PAI students and its exploration of TikTok as a platform for digital *da'wah* with therapeutic potential—an area still underexplored in current literature. Accordingly, although TikTok is commonly viewed as an entertainment medium, it demonstrates promising potential as an effective spiritual and mental health support tool for students.

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## INTRODUCTION

Spirituality is a soul-related aspect that encourages individuals to achieve faith, foster hope, and find meaning in life (Yusuf et al., 2016). It is an essential element determining human quality, especially when developed to reach peak experiences that embody the deepest essence of religious teachings (Firdaus, 2022). Spiritual impulses consistently open opportunities for humans to direct the material dimension of their lives toward the spiritual dimension, such as spiritual aspects and divine values (Faizah, 2021). Each individual understands and feels their spirituality in various ways, following their religious beliefs (Andriyanto et al., 2020).

Currently, religious practice is an aspect of life undergoing a shift toward digitalization, where various worship services, studies, and *da'wah* are carried out through the internet and social media (Faesol, 2022). This phenomenon is clearly visible in social media platforms such as TikTok, where spiritual activities begin to blend with the increasingly popular digital culture (Sholihah & Malayati, 2024). This shift has impacted the pattern of individuals' interaction with spiritual content, including through scrolling on TikTok (Jazilah & Safitri, 2024). Such activity has become part of everyday culture, where users scroll or watch various videos on the TikTok homepage, constantly switching from one video to another (Kendall, 2021). If performed appropriately, this activity can positively impact mental health (Nurkamila, 2024).

Mental health relates to the cognitive, behavioral, and emotional well-being aspects, which include how a person thinks, feels, and acts (Melina & Herbawani, 2022). It not only affects the physical health of individuals but also their daily life, especially in interactions with others (Hasanah, 2024). According to Mustofa Fahmi in Surawan & Mazrur (2020), mental health can be understood through two approaches. First, a negative approach (*salabiy*); mental health refers to a condition in which a person is free from psychiatric disorders, such as neurosis (nervous disorders) and psychosis (severe mental disorders). Second, a positive approach (*ijabiy*); mental health is understood as an individual's ability to adjust, both with himself and with his social environment.

Mental health contributes significantly to an individual's life because a good mental condition can help optimize their activities (Sarmini et al., 2023). Health is a multidimensional concept involving social, psychological, environmental, and cultural aspects; hence, it cannot be interpreted solely as the absence of disease symptoms (Dahlia et al., 2021). A healthy mental condition is a fundamental factor supporting the optimization of individual development toward a better quality of life (Handoko et al., 2022). Mental health supports the optimal development of a person, both in terms of physical, intellectual, and emotional, provided that it is in harmony with other people's circumstances (Supini et al., 2024).

Data from the Sample Registration System, released by the Research and Development Agency in 2016, reported that approximately 1,800 Indonesian people committed suicide every year, signifying five occurrences daily. Almost half of the number (47.7%) occurred in the age group of 10 to 39 years, including adolescents and the productive (millennial) generation (Idris et al., 2023). In the midst of rising rates of stress, anxiety, and mental disorders, as well as increasingly pronounced economic pressures, spiritual content on social media platforms, such as TikTok, is one alternative in fulfilling these needs (Diniah, 2024). Hence, everyone, especially the younger generation, began to seek spiritual content on social media as a form of escape and self-discovery (Maghfirah et al., 2023).

Previous research by Amrina et al. (2023) reported two content creators of *da'wah* most prevalent on the TikTok For Your Page (FYP) of respondents: Ustaz Adi Hidayat and Ustaz Hanan Attaki. Although the respondents did not specifically search for the content, its appearance has provided a considerable influence. This research brings novelty by directing the focus on the role of spiritual content on TikTok as a means of strengthening the mental health of Islamic Religious Education (PAI) students, which has not been widely explored. This research not only views TikTok scrolling as a form of entertainment but also as a new space to explore and access spiritual content.

The uniqueness of this study lies in the selection of subjects, PAI students of class 2022 at IAIN Palangka Raya, who were in an Islamic values-based academic environment daily. These students often carry certain moral and social expectations; hence, how they seek peace of mind with spirituality on social media by exploring spirituality content on TikTok is worth studying. This research opens new insights into understanding how young Muslims, especially PAI students, utilize social media, especially TikTok, to maintain mental health, making it necessary during the growing cases of psychological disorders in college students and the extensive utilization of TikTok among the younger generation.

## RESEARCH METHOD

This study employed a qualitative method, particularly a structured scientific approach, to understand a phenomenon, including the elements within it and the relationship between these elements (Lutfi et al., 2024). This research belongs to a phenomenology, which is a qualitative research method originating from philosophy and psychology, focusing on human experiences in social life (Syahrizal & Jailani, 2023). The subjects were five PAI students of class 2022 at IAIN Palangka Raya who utilized TikTok for scrolling *da'wah* content (Hafifah et al., 2023). The data analysis followed the steps proposed by Milles and Hubberman in (Fiantika et al., 2022), comprising data condensation, data display, data presentation, and conclusion drawing. Data condensation was performed by selecting relevant data. Subsequently, the data were displayed, arranged systematically, and employed as a basis for concluding. Triangulation was also adopted to

obtain more valid and comprehensive data by combining several data collection methods such as interviews, observation, and documentation. This study seeks to determine the role of TikTok in spreading spiritual values and the role of spirituality as a source of mental health in student life.

## RESULTS AND DISCUSSION

### The Role of Spirituality in Scrolling Activity on TikTok

Spirituality is personal beliefs and values stemming from intuition and knowledge of an unknown origin. It includes unconditional love, a unique sense of belonging, and is considered an inner strength (Carolina et al., 2021). In Islamic studies, spirituality is commonly utilized as *rūḥāniyyah* (from Arabic) and *ma'nawiyah* (from Persian). Both terms refer to concepts taken from the Quran. To begin with, the word *rūḥ* (spirit) refers to the statement in the Quran that the nature of the spirit is God's business, as the Prophet was instructed to answer when asked about it: "Verily, the soul is the business of my Lord." Additionally, the word *ma'nā*, which literally means "meaning," also implies an inner or essential dimension as opposed to the outward, visible aspect (Ruslan et al., 2022). Thus, the concept of *rūḥ* refers to a reality that transcends the material and psychological dimensions and has a direct connection to the divine reality (Al-Asyhar & Gazali, 2024).

Spirituality serves as a crucial aspect of student life. This dimension plays a significant role in helping students encounter various challenges, both in the academic, social, and personal domains, during the lecture (Wardhani, 2025). In addition, spirituality also provides a foundation of meaning, purpose in life, and a value system that can guide students in making decisions and living their daily lives (Ilham et al., 2024). In today's technological development, social media is one of the new spaces influencing the formation and strengthening of these spiritual values (Rahmawati et al., 2024). One of the interactions of a person on social media is scrolling, which is an activity of exploring content passively or actively. Passive exploring only includes observation without any interaction with other users (Prawiro et al., 2024). In contrast, active exploring involves actions such as interacting, communicating, producing, or sharing content (Prawiro et al., 2024).

Along with the rising popularity of TikTok, various groups have intensified their focus on disseminating *da'wah* on this platform (Madhani et al., 2021). Both experienced scholars and young preachers began to utilize TikTok to convey religious messages to a broader audience (Bachtiar et al., 2024). Observation and in-depth interviews with five PAI students of class 2022 at IAIN Palangka Raya, on 5 May 2025, revealed the following findings:

#### *Scrolling on TikTok to Watch Da'wah Content*

Initially, scrolling on TikTok was considered a violation as it led to confusion. However, over time, this habit has become more widespread and part of a routine in society (Tamim & Varhan, 2024). SB stated:

“Whenever I had many problems, I scrolled on TikTok, and *da’wah* content appeared on my FYP”.

SB’s statement illustrates that although she did not explicitly mention searching for *da’wah* content, TikTok’s algorithm displayed such content according to her interests or previous consumption patterns, ultimately becoming a source of reflection and calming. A similar statement was asserted by HK, who mentioned that although he did not specifically search for *da’wah* content, he remained exposed to it.

“I did not specifically watch *da’wah* content. It just passed by on my FYP”.

It suggests that exposure to *da’wah* content is not always active, but remains impacting users’ spiritual experiences. On the other hand, AY displayed more purposeful intentions in seeking religious content.

“I often used TikTok to search for inspirational and motivating *da’wah* content”.

It indicates the type of active TikTok user intending to strengthen spiritual understanding and seeking direct religious motivation. Meanwhile, MWA asserted that she consumed diverse content on TikTok, including *da’wah* content.

“Sometimes, I watched random content, such as *da’wah* or motivational words, and then I posted it”.

It depicts that in practice, *da’wah* content is often present among other types of content, emotionally and personally relevant, and even encourages actions such as re-sharing with others. ML corroborated TikTok’s role as an effective *da’wah* medium by stating:

“Nowadays, I often scroll through short but powerful *da’wah* content, and I always repost it, allowing my friends to see it.”

ML’s statement demonstrates active involvement in disseminating religious values through the repost or re-sharing feature, strengthening the participatory dimension of *da’wah* in the digital era, as illustrated in Figure 1.



Figure 1. Reposted Islamic content on TikTok

Research by Anggraini et al. (2024) reported that social media scrolling was recorded as the primary form of smartphone use, with a total of 112 respondents (52.1%) performing it. This finding highlights that the intensity of smartphone use tends to escalate along with the dominance of this activity. According to Kusumawati & Sitika (2024), the utilization of social media, particularly TikTok, in *da'wah* employs the features of the application to convey religious messages in a creative, brief, and easily accessible way to a global audience. The short video format allows the delivery of *da'wah* to be carried out in an interesting, light, and easy-to-understand way, making it more effective in reaching various groups, especially the younger generation who are active users of this platform.

*Da'wah* aims to build understanding, foster awareness, deepen appreciation, and expand public knowledge of Islamic teachings delivered by *da'i* (A. Maulana, 2024). Today's preachers are no longer limited to the *bil-kitabah* (through writing) or *bil-kalam* (through oral) methods, but also utilize audiovisual media such as images, sounds, and examples of problems relevant to the material (Putra et al., 2023). The more relevant and appropriate the media deployed in the *da'wah*, the more effective the delivery and understanding of Islamic teachings among audiences or *da'wah* partners (Sinta Pratiwi, 2022).

### ***Spiritual Coping***

Coping is an effort made to overcome problems or stress by utilizing religious or spiritual resources (Fitria & Riyadi, 2022). The experience of divinity can support individuals in boosting self-awareness and developing the ability to respond to life with a humble and grateful attitude (Marlina et al., 2025). SB revealed:

“Sometimes, I was touched and even cried when I saw people converting to Islam, directly guided by a famous *ustaz*, and then the person explained why he or she converted to Islam.”

This statement indicates a deep emotional involvement when witnessing the spiritual process of others. SB felt an inner touch, making him realize the meaning of faith and strengthening his empathy, ultimately helping him relieve his negative emotions. MWA shared a similar experience during her unstable emotional state.

“When feeling sad or upset, suddenly *da'wah* content appeared on my TikTok, which was highly related to my condition at that time. The content seemed to be a motivation that re-energized me to overcome my problems”.

It suggests that MWA experienced a form of coping through emotional connection with *da'wah*, matching her personal experience. This process leads to self-reflection and re-energizing to face challenges.

HK briefly stated that after watching the *da'wah* content, he mentioned, “I feel calmer”. Although brief, HK's statement indicates a positive effect of *da'wah* content consumption on emotional stability. The sense of calm is an indicator of successful spiritual coping, even



though it is delivered in a simple experience. AY explained the impact of *da'wah* content on her psychological condition.

“I feel more relieved and calmer after watching *da'wah* content. It helps me cope with stress and anxiety”.

It indicates that AY not only utilized the content as entertainment, but also as a consciously accessed emotion regulation strategy to manage mental stress. This statement is reinforced by ML's experience of using *da'wah* content as a calming factor when facing academic burdens.

“When I was stressed thinking about my assignments, I looked at the Islamic preaching content on TikTok, which made me feel calm and relieved my stress”.



Figure 2. Islamic Preaching Content on TikTok

TikTok is highly popular due to its ability to disseminate the latest global information in a short, easy-to-understand, and engaging format, as shown a Figure 2. In addition, this platform also serves as a space for exchanging ideas and views, especially on current issues (Randani et al., 2021). A study by Sofyan et al. (2023) highlights that *da'wah* delivered through social media has a broad reach, as it covers not only Generation Z but also other generations. Thus, Islamic teachings can be more easily understood and followed by the public. During the rapid development of digital technology, Islamic spiritual values also provide a balanced perspective on the use of technology, creating a more ethical and meaningful digital space.

### Spirituality on TikTok as a Source of Mental Health in College Students' Lives

In the fast-paced and stressful modern era, many individuals experience an imbalance in emotional and spiritual aspects. The busyness of daily routines often makes one neglect to strengthen the spiritual connection with God (Masdar et al., 2024). This condition can slowly trigger a spiritual crisis (Masyito, 2025). Mental health is also an essential part of managing

stress, coping with disability, and influencing how people interact and make decisions (Khatimah & Aziza, 2022). It is a state in which individuals are free from psychiatric disorders or diseases and can adjust effectively (U. Maulana, 2019). Regarding the issue, TikTok can be a solution as it serves as an additional source of education as well as an effective entertainment medium to relieve fatigue (Rahmadhani et al., 2023).

According to Glock & Stark in Purwanti (2022), spirituality consists of five primary aspects, described as follows:

#### ***Ideological Dimension***

This ideology contains theoretical understanding and real practices, forming the basis of a movement, and is supported by devices arranged more systematically (Prasetiawan & Ma'rifatini, 2020). *Da'wah* messages can be delivered through media, such as TikTok, providing various features that support their effectiveness (Meilia et al., 2024). In practice, five students mentioned *da'wah* content as a reminder of religious values, an awareness booster, and a trigger for self-reflection.

Digital preaching through TikTok is a continuation of the development of contemporary media, carrying the concept of delivering *da'wah* attractively and using various audiovisual delivery techniques (Parhan et al., 2020). By utilizing various TikTok features, the *da'wah* content can achieve a high quantity of engagement, cover a wide range of social media users, and facilitate the dissemination of religious messages to a broader audience (Parhan et al., 2022). Research by Nuzuli & Natalia (2022) reported that 65 respondents agreed that TikTok helped gain peace of mind and aesthetics. Meanwhile, 73 mentioned that TikTok also played a role in channeling emotions positively. It implies that TikTok not only functions as entertainment but can also be a tool to improve the mental and emotional well-being of its users.

#### ***Ritualistic Dimension***

This dimension is an aspect of religiousness, associated with religious ritual actions or behaviors, such as worship, obedience, and various other activities reflecting a person's commitment to their religion (Saleh, 2022). Despite the absence of direct mention of formal worship rituals performed by students, they have displayed a "new ritual" of the scrolling habit of *da'wah* content, performed primarily at night or during their leisure time. Some respondents also mentioned changes in prayer times or awareness to be more obedient to worship after watching *da'wah* content.

TikTok is now a means to strengthen spiritual connections (Nurhayati et al., 2023). A study by Harahap (2022) emphasizes that social media plays an essential role in supporting the sustainability of *da'wah* activities, primarily since this platform is highly familiar with Generation Z, which is the main target of *da'i*. Generation Z is more interested in using social media than attending conventional *da'wah* lectures. Accordingly, *da'wah* through digital platforms has the most prominent position among this group.



### ***Experiential Dimension***

Religious experience is a person's inner connection with God that arises from thoughts and feelings when carrying out religious teachings (Saumantri, 2023). Five students felt calmer, more patient, and more self-controlled. It signifies that spiritual experiences do not only occur in places of worship but can also arise through digital interactions. There were also profound emotional experiences felt, such as crying, feeling reminded by Allah, as well as feeling valued and accepted as a servant despite being full of sins.

As highlighted by Rahmah et al. (2024), *da'wah* delivered through social media can gain the attention of a broad audience, especially young people, and has a positive impact on understanding and practicing religious teachings. It aligns with the findings of Budiarti et al. (2023), underscoring that TikTok users often watch *da'wah* content discussing themes such as daily life from an Islamic perspective, encouragement to worship, and reminders about the afterlife. Most of them feel the positive impact of this content on their understanding, worship practices, and religious attitudes.

### ***Intellectual Dimension***

Before implementing the provisions in this dimension, a person should possess basic knowledge about the worship (Khomairoh et al., 2024). Through *da'wah* content on TikTok, students gain a new understanding related to religious values. *Da'wah* content is considered easy to understand, relates to everyday life, and reaches audiences who rarely participate in direct studies. Some students mentioned that after watching *da'wah* content, they were encouraged to look for additional references or arguments as a form of intellectual exploration.

Previous research by Widiarti et al. (2023) stresses that the delivery of *da'wah* through TikTok can be an effective means of elevating the level of religiosity among adolescents. However, caution is still required regarding the clarity of the messages conveyed and the significance of referring to trusted sources. It is in line with Caniago & Juhridin (2024), which indicates that TikTok can encourage audience engagement through features such as comment fields, challenges, and question and answer sessions, serving as the primary characteristics in presenting Islamic content.

### ***Consequential Dimension***

The consequential dimension refers to the aftermath of implementing religious teachings manifested in the attitudes, actions, and behavior of individuals in everyday life (Kamilah et al., 2023). Students become wiser in acting, more caring for others, and more patient in facing challenges. There are fundamental changes in procrastinating worship, keeping the tongue, and being more selective about what to share on TikTok.

A study by Kamilah et al. (2023) emphasizes TikTok as one of the digital platforms employed for *da'wah* activities. Although it provides many benefits in spreading Islamic messages, as a wise Muslim generation, limitations are necessary to avoid potential negative impacts. As mentioned by Parhan et al. (2023), Generation Z is more interested in Islamic

content taking the form of images than videos or text, because they are considered more visually appealing and easier to understand, based on Figure 3.

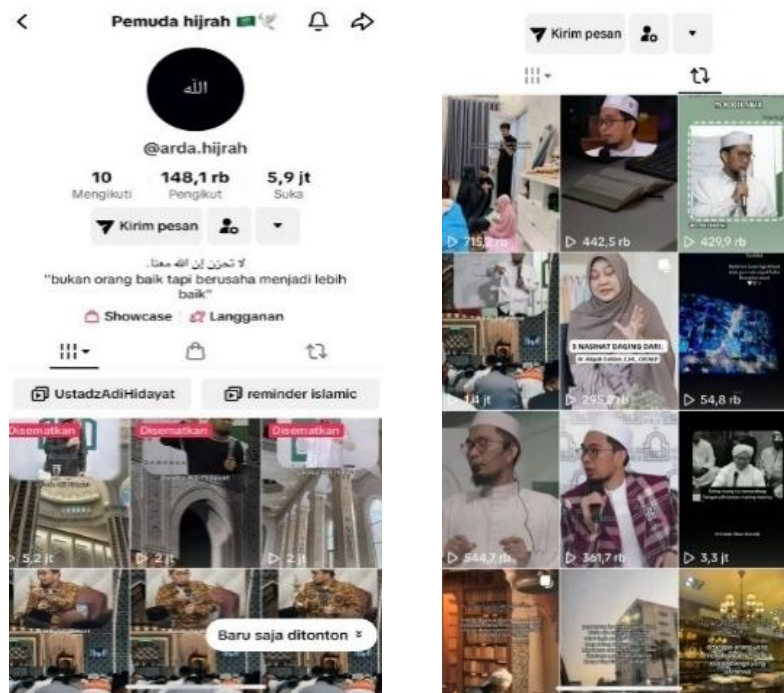


Figure 3. *Da'wah* Account That Often Fyp on TikTok

## CONCLUSION

The analysis uncovered that scrolling on TikTok was not only a form of entertainment but also contributed significantly to shaping and strengthening the spirituality of students, especially regarding the Islamic religion. Despite being digital and often performed passively, exposure to *da'wah* content on TikTok has provided profound reflective, emotional, and cognitive effects. These findings were supported by qualitative data, depicting that students who regularly accessed *da'wah* content through TikTok were likely to be emotionally calmer, more patient in dealing with problems, and more reflective in living their lives. Scrolling on TikTok, usually considered a form of passive entertainment, could be a spiritual space assisting students in finding the meaning of life and inner calm. Thus, TikTok not only acted as an entertainment medium but also as a digital *da'wah* tool, bolstering spirituality and supporting the mental health of the younger generation. Nevertheless, users must be wise in selecting content, maintaining a balance between media consumption and real activities, and utilizing this platform productively and in accordance with applicable religious values and social ethics.

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