

Fostering Perseverance through Qur'anic Teachings: The Relevance of Grit in Islamic Education

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ABSTRACT

This study explores the concept of grit within the context of Islamic teachings, particularly the Qur'an, and examines its relevance to contemporary Islamic education. Grit, defined as perseverance and passion for long-term goals, is essential for overcoming obstacles in both academic and personal life. The purpose of this study is to investigate how Qur'anic principles such as sabr (patience), tawakkul (trust in Allah), istiqamah (steadfastness), and optimism can foster grit in students. Using a library research methodology, the study analyses key Qur'anic verses related to perseverance and connects them with the core elements of grit. The findings reveal that the Qur'an offers significant guidance on cultivating mental resilience, encouraging students to remain steadfast and hopeful in the face of challenges. Furthermore, the study highlights the practical application of these Qur'anic values in educational settings, suggesting that incorporating them into the curriculum can enhance character development and promote a growth mindset among students. In conclusion, this research demonstrates that by integrating the concept of grit from the Qur'an, Islamic education can better equip students to face both academic and life challenges with perseverance and determination, ultimately contributing to their success and well-being.

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1. INTRODUCTION

The tragic rise in student suicides has become a significant issue, drawing widespread attention to mental health concerns in universities. Several female students, such as those from Universitas Sebelas Maret (UNS) (Muttaqin, 2023) and Universitas Airlangga (UNAIR) (Tim Detik Jatim, 2023), have

reportedly committed suicide, leaving deep sorrow within academic communities. These incidents, including a case in Semarang where a female student left a farewell letter, highlight the mental pressures faced by students. The Ministry of Health has reported a 6.37% increase in suicide rates from 2018 to 2022, reaching 826 cases (Nafilah Sri Sagita K, 2023), signaling a growing crisis that demands urgent attention.

This increase in suicides is not just a national issue but one of global concern. When compared to Singapore's suicide statistics for 2023, where the toll was muttlower at 476 cases, Indonesia's alarming rates highlight the need for better mental health awareness, particularly among students who face significant academic and social pressures. The growing suicide rate underscores the urgent need for preventive measures and comprehensive mental health support to tackle this escalating crisis (Nafilah Sri Sagita K, 2023).

As mental health concerns continue to rise, a key factor in addressing this issue is developing mental resilience, where the concept of "grit" plays a central role. Grit, defined as a combination of passion and perseverance for long-term goals, has been identified as a critical element for overcoming obstacles and achieving success. Building grit involves empowering students not only to develop academic skills but also to cultivate mental toughness, a willingness to learn from failure, and a determination to overcome setbacks. Therefore, educational systems should prioritize programs that foster grit, alongside initiatives to prevent suicides.

Previous research has shown that while grit is an essential characteristic for personal and academic success, it also intersects with stress, a factor that students often face when pursuing their goals. According to Muhbar and Rochmawati (2019), stress is an inevitable part of life that can either stimulate growth or lead to negative outcomes like depression. Stress, though sometimes a motivator, can become overwhelming if not managed effectively, leading to mental health issues such as anxiety and depression (Bahri, 2016; Slamet, 2017). Thus, it is vital to equip students with tools for managing stress and building resilience through grit.

In the realm of education, particularly in Indonesia, there is an ongoing focus on academic prestige rather than developing students' individual potential. Many parents seek to place their children in elite schools, believing that doing so will guarantee success. However, as Kaplan and Koval (2015) argue, success is not simply the result of talent or intelligence but is driven by passion and perseverance. Imam also emphasizes that success is not solely determined by IQ but by the mindset and persistence of an individual (Setiadi, 2016). This shift from a focus on mere academic achievement to a focus on perseverance and grit could significantly improve student outcomes.

Islamic education plays a critical role in shaping students' character, particularly in fostering perseverance and mental resilience. The Qur'an, with its emphasis on values such as sabr (patience), tawakkul (trust in Allah), and istiqamah (steadfastness), offers important lessons on how to endure challenges and persist in the face of adversity. These values align with the concept of grit, encouraging students to develop resilience and perseverance. Previous studies, such as those by Maghfiroh and Akbar (2021), have highlighted the importance of these Qur'anic values in building resilience. Additionally, Untung (2009) argues that the Qur'an provides vital guidance on handling life's challenges, which is essential for personal and academic success.

This research offers a novel contribution to both Islamic education and character psychology by introducing a model of Islamic grit. The concept of grit, as traditionally understood in psychological literature, is often viewed through a secular lens, focusing primarily on individual effort and passion for long-term goals. However, this study proposes an Islamic model of grit that integrates spiritual dimensions—such as trust in Allah (tawakkul) and patience (sabr)—into the psychological framework of perseverance. The novelty of this research lies in its ability to merge these Islamic values with the modern psychological understanding of grit, offering a holistic approach to perseverance that includes both effort and faith.

By doing so, this study contributes a unique perspective to the field of Islamic character education. It suggests that integrating spiritual values from the Qur'an can enhance the development of mental

resilience in students, which is essential for academic success and overall well-being. Additionally, the study demonstrates how Islamic teachings can serve as a foundational framework for fostering grit in students, bridging the gap between psychology and Islamic pedagogy. This integration provides a new, comprehensive model that can be applied in Islamic educational contexts to promote perseverance and success in both academic and personal life.

2. METHODS

This study employs a qualitative approach using a literature review methodology to explore the relationship between Qur'anic teachings on perseverance and the psychological concept of grit, particularly within the context of Islamic education. The research aims to connect key Qur'anic principles, such as *sabr* (patience), *tawakkul* (trust in Allah), and *istiqamah* (steadfastness), with the psychological concept of grit, which involves perseverance and passion for long-term goals. The primary data sources for this study are the Qur'an, specifically the verses that address themes of perseverance, patience, trust in Allah, and steadfastness. Secondary scholarly sources that explore the intersection of Islamic teachings and psychological theories on grit will also be used to deepen the analysis and provide additional perspectives.

The research procedure begins with a comprehensive literature review, which involves identifying and collecting relevant texts (Moleong, 2017; Zed, 2008). This includes gathering Qur'anic verses related to perseverance and psychological concepts of grit, as defined by Duckworth et al. (2007), alongside secondary sources that discuss the relationship between Islamic values and grit. The purpose of this review is to identify both similarities and differences in how grit and perseverance are conceptualised within Islamic and psychological frameworks.

Following the literature review, a conceptual analysis will be conducted using a thematic coding technique. This technique will categorise the Qur'anic verses pertaining to grit and perseverance, grouping them into relevant themes such as *sabr*, *tawakkul*, and *istiqamah*. This process will allow the identification of key concepts within the Qur'an that align with psychological theories of grit. The study will employ a comparative analysis framework to examine the relationship between these Qur'anic values and the psychological concept of grit. This analysis will focus on the components of grit, such as perseverance of effort and consistency of interest, as defined by Duckworth et al. (2018).

The study will also involve a critical evaluation of the existing literature, both in psychology and Islamic teachings, to explore the integration of Qur'anic principles with modern psychological models. This evaluation aims to provide a more holistic approach to perseverance, combining both effort and faith, and demonstrates how these values can be applied in educational practices to foster mental resilience and perseverance in students.

Data collection will be conducted through systematic literature review using academic databases, primary sources like the Qur'an, and secondary scholarly sources on grit and perseverance (Alhamuddin, Surbiantoro, & Erlangga, 2022; Muslimin, 2015). This method will allow for a thorough examination of both the Qur'anic teachings and psychological concepts, providing valuable insights into their alignment and how these teachings can be applied in educational settings. The data obtained from the Qur'anic verses and psychological literature will then be analysed using thematic analysis to identify key themes and patterns. Comparative analysis will also be applied to explore the overlap between Qur'anic teachings and psychological models of grit. The findings will be discussed in relation to previous research on grit, with a focus on how Islamic teachings can complement psychological models in fostering resilience and perseverance in students. By integrating the values of *sabr*, *tawakkul*, and *istiqamah* into educational practices, the study seeks to show how Islamic teachings can strengthen students' ability to overcome challenges and achieve long-term success in both their academic and personal lives (Bazelais et al., 2018; Setiadi, 2016).

3. FINDINGS AND DISCUSSION

This section presents the findings of the research, discussing how the concept of grit, as explored in psychological literature, aligns with the teachings found in the Qur'an. The research focuses on key Qur'anic values that embody perseverance, patience, and resilience, which are central to the concept of grit. By interpreting selected Qur'anic verses, the study illustrates how these teachings provide both a spiritual and practical framework for developing grit in students, fostering mental resilience, and perseverance essential for overcoming challenges and achieving long-term success. The findings are discussed in relation to previous research on grit, with a focus on the relationship between perseverance in Islamic teachings and the psychological concept of grit.

a. Alignment of Qur'anic Teachings and the Concept of Grit

The findings of this research confirm the significant alignment between the concept of grit, as described in psychological literature, and the Qur'anic teachings on perseverance. The analysis of key Qur'anic verses reveals a clear connection between the values of *sabr* (patience), *tawakkul* (trust in Allah), and *istiqamah* (steadfastness) with the key components of grit—perseverance of effort and consistency of interest. These Qur'anic values provide a framework for understanding how students can cultivate mental resilience, which is central to the concept of grit as defined by Duckworth et al. (2007) and Allen et al (2021). The findings suggest that the Qur'an offers both practical and spiritual guidance that can help students develop perseverance and determination, essential traits for academic and personal success.

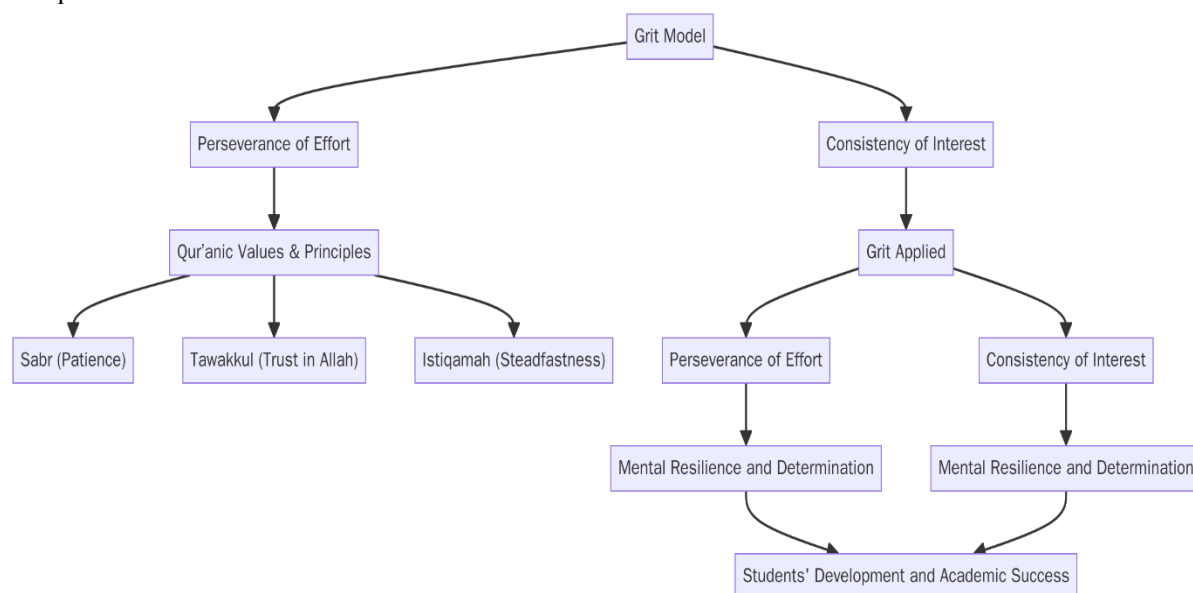


Figure 1. Concept Map: Alignment of Grit and Qur'anic Teachings:

The Figure alignment between grit and the Qur'anic teachings on *sabr*, *tawakkul*, and *istiqamah* highlights the universal nature of perseverance and consistency in achieving long-term goals. The Qur'anic values provide both practical and spiritual guidance for students, encouraging them to cultivate mental resilience, perseverance, and steadfastness in the face of challenges. The findings of this research suggest that grit, when combined with the Qur'anic principles of patience, trust in Allah, and steadfastness, can help students navigate the obstacles they face in their educational journey and in life, enabling them to achieve both academic and personal success.

The alignment between grit and these Qur'anic teachings not only reinforces the idea that grit is a universal concept but also demonstrates the value of spiritual and psychological resilience in overcoming challenges. The Qur'anic framework of *sabr*, *tawakkul*, and *istiqamah* offers a holistic

model that integrates both effort and faith, which can further enhance the understanding and practice of grit.

1) Perseverance of Effort: Alignment with Sabr (Patience)

The Perseverance of Effort dimension of grit, as defined by Duckworth et al. (2007), emphasizes the ability to persist and work hard despite setbacks. This directly aligns with the concept of sabr (patience) in the Qur'an, which underscores not only endurance but also sustained effort in pursuing long-term goals. In Islam, sabr is viewed as an essential virtue for overcoming hardship and remaining committed to one's path, even when success seems distant or unattainable.

The Qur'an provides numerous verses that highlight sabr as a crucial aspect of mental resilience. One such verse is in Surah Al-Baqarah (2:153):

"O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient."

This verse aligns with the perseverance of effort in the grit model, where the focus is not just on the ability to endure but on actively continuing one's effort despite the odds (As-Sa'di, 2005). Zubaidillah (2018) highlights that sabr in Islam involves maintaining effort despite failures, which parallels Duckworth's view on the need for long-term effort in the pursuit of goals. Similarly, Koswara (2008) asserts that sabr is essential for both educators and students, as it enables individuals to overcome academic challenges and stay focused on their educational journey.

In this context, sabr is integral to education, as it cultivates the mental strength needed to face the demands of academic work, despite obstacles or setbacks. Zubaidillah (2018) also emphasizes that sabr is a central element in shaping a resilient mindset in students, which is essential for academic success. This is directly in line with grit, which emphasizes perseverance over time as key to achieving success in any field, including education.

As Zubaidillah (2018) mentions, sabr is not only essential for personal growth but also helps students develop the mental resilience required to tackle the rigors of academic life. The grit model similarly supports the idea that academic success requires more than natural talent or intelligence; it demands sustained effort over time. By developing sabr, students are better equipped to navigate challenges and maintain focus on their academic and personal development, even when faced with setbacks.

2) Consistency of Interest: Alignment with Tawakkul (Trust in Allah)

The second dimension of grit, consistency of interest, is closely linked to tawakkul, or trust in Allah. Tawakkul reflects a deep reliance on Allah after exerting effort, aligning with the grit concept, where individuals maintain focus on their goals despite setbacks. Nata (2014) explains that tawakkul is not about surrendering without effort but trusting in Allah after putting in one's best effort.

In Surah Al-Imran (3:159), Allah instructs the Prophet Muhammad (SAW) to:

"So by mercy from Allah, [O Muhammad], you were lenient with them. And if you had been rude and harsh-hearted, they would have disbanded from about you. And when you have decided, then rely upon Allah. Indeed, Allah loves those who rely [upon Him]."

This verse emphasizes that while the Prophet Muhammad (SAW) made his best effort, he was encouraged to rely on Allah for the outcome. This concept reflects consistency of interest in grit, where individuals remain focused on their goals and efforts, trusting in the process and the outcomes, no matter what challenges arise (Az-Zuhaili, 2018). As Abdullah (2007) and Kandemir (2022) notes, tawakkul is an active process that complements perseverance—one should strive and then place their trust in Allah. This resonates strongly with grit, which emphasizes not just effort, but the ability to remain committed to goals over time, despite hardships.

In educational settings, tawakkul can be beneficial for students and educators. It teaches the importance of not becoming discouraged by setbacks but continuing to trust in the process and the effort made, which mirrors the resilience and mental focus required in grit. Abdullah (2007) explains that tawakkul encourages students to rely on Allah after their hard work, helping them to stay

motivated and focused on their educational goals. Zubaidillah (2018) and Huda & Sabani (2018) assert that tawakkul fosters perseverance, even when immediate results are not apparent, encouraging students to trust the process.

As Abdullah (2007) and Gondal et al. (2023) notes, tawakkul does not mean abandoning effort; rather, it is about completing one's efforts with the belief that the outcome is in Allah's hands. In education, students can incorporate tawakkul to help them focus on long-term goals and resist discouragement when faced with challenges, mirroring the grit concept's emphasis on maintaining focus and effort despite setbacks.

3) Consistency of Interest: Alignment with Istiqamah (Steadfastness)

The concept of istiqamah, or steadfastness, is another important value that corresponds to grit's consistency of interest. Istiqamah refers to staying true to one's principles and goals, consistently remaining committed to the right path. Shihab (2012) explains that istiqamah implies staying focused on one's long-term goals, irrespective of the challenges faced.

Surah Al-Fussilat (41:30) highlights the reward for those who remain steadfast:

"Indeed, those who have said, 'Our Lord is Allah' and then remained steadfast – the angels will descend upon them, [saying], 'Do not fear and do not grieve but receive good tidings of Paradise, which you were promised.'"

This verse stresses the importance of steadfastness and commitment, key components of grit. Like grit, istiqamah emphasizes long-term dedication to a goal, regardless of immediate setbacks or challenges. The connection between istiqamah and grit is clear: both require consistent effort and dedication to one's values and goals over time (Katsir, 1998).

Ghafur (2005) explains that istiqamah is crucial for achieving long-term success in life, just as grit is necessary for overcoming the difficulties that arise when pursuing any significant goal. In education, istiqamah encourages students to remain dedicated to their academic goals, regardless of how difficult the journey may seem. Koswara (2008) emphasizes that istiqamah plays an essential role in maintaining focus and resilience, especially in the face of academic challenges.

Istiqamah encourages a student to persist and maintain a consistent effort toward their educational goals, just as grit requires staying interested and committed to long-term academic objectives. This alignment shows that the Qur'anic concept of istiqamah enhances the development of grit in educational settings, encouraging students to stay focused and not waver in the face of difficulties.

These findings highlight the clear alignment between the grit model and the Qur'anic principles of sabr, tawakkul, and istiqamah. Together, they provide a comprehensive framework for understanding how students can build mental resilience and perseverance, essential for academic and personal success. The integration of grit with these Qur'anic teachings shows how effort and faith can complement each other in the pursuit of long-term goals, encouraging students to remain focused and committed, regardless of the challenges they face. This alignment enriches the grit model by incorporating spiritual dimensions that strengthen resilience in educational and personal development contexts.

b. Interpretation of Findings: Psychological and Qur'anic Perspectives on Grit

The results support the hypothesis that Qur'anic teachings on perseverance align with the concept of grit, particularly in the context of overcoming challenges and achieving long-term goals. For example, verses related to sabr (patience) emphasize enduring hardship with patience and faith, which mirrors Duckworth's (2018) definition of grit, where individuals persist through difficulties without giving up. Sabr is viewed in both psychological and Qur'anic frameworks as integral to maintaining mental resilience and strength. Similarly, tawakkul (trust in Allah) suggests a mindset of trusting in Allah after taking the necessary steps, which aligns with the psychological idea of having a growth mindset and the ability to cope with setbacks (Maghfiroh & Akbar, 2021). Istiqamah (steadfastness)

emphasizes maintaining one's principles despite adversity, a value that directly correlates with grit's consistency of interest, which is crucial for developing long-term commitment toward goals.

From a broader perspective, these Qur'anic values contribute to shaping an individual's mindset, encouraging a persistent attitude towards learning and goal achievement. The findings resonate with Haenlein & Kaplan (2019) who stress that success is more a result of perseverance and passion than innate talent or intelligence. In this study, the values of *sabr* and *istiqamah* are shown to encourage students to continue working toward their goals despite failures or obstacles, aligning with the persistence needed to achieve long-term academic and personal success. This finding highlights the importance of integrating these values into educational practices to build resilience in students.

In alignment with Duckworth's (2018) definition of grit, the Qur'anic concepts of *sabr*, *tawakkul*, and *istiqamah* provide a framework for enduring setbacks and remaining focused on long-term goals. Maghfiroh & Akbar (2021) emphasize the importance of mental resilience and the role of these Qur'anic values in nurturing grit among students, especially in academic settings. Similarly, Ismail & Amai (2023) note that *sabr* is foundational for overcoming academic challenges, providing students with the mental fortitude required to continue despite setbacks. Thus, integrating *sabr*, *tawakkul*, and *istiqamah* into educational frameworks aligns with promoting grit, which is essential for personal and academic success.

As Zubaidillah (2018) mentions, *sabr* is not only essential for personal growth but also helps students develop the mental resilience required to tackle the rigors of academic life. This is in direct alignment with grit, which emphasizes perseverance over time as key to achieving success in any field, including education. By developing *sabr*, students are better equipped to navigate challenges and maintain focus on their academic and personal development, even when faced with setbacks. Zubaidillah (2018) also states that *sabr* enhances resilience and strengthens determination in students, promoting long-term success despite adversity.

In educational settings, *tawakkul* can be beneficial for students and educators alike. It teaches the importance of not becoming discouraged by setbacks but continuing to trust in the process and the effort made, which mirrors the resilience and mental focus required in grit. Abdullah (2007) emphasizes that *tawakkul* encourages students to rely on Allah after their hard work, helping them to stay motivated and focused on their educational goals. Nata (2014) explains that *tawakkul* is an active process that complements perseverance—one should strive and then place their trust in Allah, which resonates with grit's emphasis on maintaining focus and effort despite setbacks.

Istiqamah, as Shihab (2007) explains, refers to staying true to one's principles and remaining steadfast even in the face of adversity. This value aligns with grit's consistency of interest, where individuals remain focused on their goals and principles over time. Ghafur (2005) notes that *istiqamah* is essential for achieving long-term success, and this value is particularly relevant for students, encouraging them to remain dedicated to their academic goals, despite the challenges they may face. The Qur'anic verse in Surah Al-Fussilat (41:30) emphasizes the importance of remaining steadfast and committed, encouraging students to continue pursuing their goals with unwavering focus, just as grit encourages consistent effort toward long-term goals.

The alignment between grit and Qur'anic values such as *sabr*, *tawakkul*, and *istiqamah* offers a unique perspective on fostering resilience and commitment in students. By integrating these values into educational practices, students can cultivate the mental strength and determination required to navigate challenges and stay focused on their long-term goals. This approach not only nurtures academic resilience but also supports personal development, encouraging students to maintain their passion and dedication despite difficulties. The Qur'anic teachings, as highlighted in this study, provide an essential framework for understanding and applying grit in educational and personal contexts.

c. Comparison with Previous Studies: Consistency and Divergences

This research contributes to the growing body of literature that bridges psychological theories of grit with Islamic teachings. Previous studies, such as those by Jachimowicz et al. (2018) and Aldila

(2019), have discussed the role of resilience in Islam, particularly in how grit and perseverance manifest in Islamic contexts. However, few studies have explicitly linked grit with Qur'anic teachings, and this study addresses that gap. The findings highlight how the integration of Islamic values into educational settings provides students with a dual framework—spiritual and psychological—for overcoming challenges. The research suggests that incorporating Qur'anic teachings can offer a more holistic approach to developing grit, which contrasts with secular models that often focus solely on psychological factors.

This study aligns with Datu (2021) who emphasized the importance of grit in overcoming academic procrastination and fostering resilience in students. Their research highlights the role of mental resilience in academic performance, particularly in online learning contexts. However, the present study goes beyond secular psychological models by integrating Islamic values, such as *sabr* (patience), *tawakkul* (trust in Allah), and *istiqamah* (steadfastness), into the concept of grit. This integration offers a more comprehensive framework for understanding how students in Islamic educational settings can develop grit while maintaining their spiritual integrity.

While there are clear similarities between the concept of grit and Islamic values such as *sabr*, *tawakkul*, and *istiqamah*, the two differ fundamentally in their approaches. Grit primarily focuses on individual perseverance and passion for long-term goals, particularly in a secular and academic context. In contrast, the Qur'anic principles emphasize that while effort and perseverance are essential, the ultimate success is in the hands of Allah. This distinction is crucial for understanding how both concepts operate within different frameworks—one secular and individualistic, the other spiritual and divinely oriented.

The table below summarizes the key similarities and differences between psychological theories of grit and Islamic teachings, providing a clearer understanding of how Qur'anic values contribute to the development of grit in educational and personal contexts:

Aspect	Psychological Theory of Grit	Islamic Teachings (Qur'anic Values)	This Study's Contribution
Definition of Grit	Defined by Duckworth as perseverance and passion for long-term goals (Duckworth et al., 2007).	Includes <i>sabr</i> (patience), <i>tawakkul</i> (trust in Allah), and <i>istiqamah</i> (steadfastness) which align with perseverance and focus.	Integrates Islamic values with grit, providing a holistic framework of spiritual resilience and psychological strength.
Focus on Effort	Primarily emphasizes individual effort, perseverance, and self-discipline.	Focuses on effort alongside divine assistance, with faith and trust in Allah's plan.	Highlights effort and divine support—spiritual reliance as a central aspect of resilience and grit.
Role of Faith	Secular models often exclude faith or spiritual guidance in the perseverance process.	<i>Tawakkul</i> (reliance on Allah) emphasizes spiritual trust in achieving goals, even in the face of setbacks.	Introduces the spiritual dimension of faith as a key factor in developing grit, offering a broader perspective on resilience.
Goal Achievement	Focus on individual goals achieved through grit, passion, and long-term commitment.	Emphasizes long-term goals but also incorporates spiritual fulfillment and divine will in the achievement process.	Combines secular goal-setting with spiritual elements, emphasizing both individual effort and divine guidance.

Aspect	Psychological Theory of Grit	Islamic Teachings (Qur'anic Values)	This Study's Contribution
Overcoming Setbacks	Psychological grit encourages resilience through self-discipline and mental toughness.	Sabr (patience) and istiqamah (steadfastness) encourage maintaining efforts and focus despite setbacks, with faith as support.	Emphasizes the integration of sabr and istiqamah to foster mental and spiritual resilience in the face of challenges.
Individual vs. Collective Focus	Primarily focuses on individual perseverance and self-reliance.	Emphasizes a balanced approach: individual perseverance complemented by divine reliance (tawakkul).	Contrasts individual grit with the divine trust embedded in Islamic teachings, offering a collective focus in education.

The findings also suggest some differences in interpretation when compared to the conventional understanding of grit in psychological literature. While psychological models often focus on individual effort and long-term goal achievement in secular contexts, Islamic teachings place a strong emphasis on divine assistance and trust in Allah's plan. Setiadi (2016) and Utami et al (2022), discusse the role of faith and spiritual guidance in fostering resilience, and this study extends that concept by introducing tawakkul as an integral component of grit in an Islamic context. Unlike strictly individualistic models of grit, which emphasize self-reliance, the Islamic model suggests that divine support and faith in Allah play a central role in achieving long-term goals. This introduces a spiritual dimension to grit, offering a unique perspective on developing resilience in Islamic contexts.

The study revealed that memorization intensity has a significant impact on students' ability to memorize the Qur'an. The increased effort and consistency in memorization led to a marked improvement in memorization ability, consistent with the theory of grit as outlined by Duckworth et al. (2018). Grit, defined as perseverance and passion for long-term goals, aligns well with the Qur'anic values of sabr (patience) and istiqamah (steadfastness).

In secular psychology, grit is often viewed as an individual trait that focuses primarily on effort, perseverance, and passion over the long term ((Rovenpor et al., 2019). In contrast, this study shows that in Islamic teachings, grit is framed not only as individual effort but also as a spiritual journey supported by tawakkul. This distinction highlights how the Qur'anic teachings provide a unique lens through which to understand resilience. The integration of faith in the process of grit means that students are encouraged to rely not just on their own perseverance but also on Allah's guidance and mercy. This spiritual reliance may influence students' coping mechanisms differently than in purely secular environments, where personal agency and self-discipline are often emphasized without the same emphasis on divine assistance.

Thus, the findings of this study diverge from the traditional psychological model of grit by incorporating spiritual dimensions that emphasize the importance of faith and divine support. In doing so, this research provides new insights into the way Islamic teachings can complement psychological approaches, fostering a more integrated view of grit that emphasizes both effort and faith as key components of resilience

d. Implications of the Findings: Application in Islamic Education

The implications of these findings are profound for the development of educational programs that aim to foster grit in students. By integrating the Qur'anic teachings of sabr (patience), tawakkul (trust in Allah), and istiqamah (steadfastness), Islamic educational frameworks can provide a comprehensive approach that nurtures both mental resilience and spiritual growth. Islamic educators can draw upon

these teachings to help students not only pursue academic goals but also build a mindset that embraces challenges and perceives failures as opportunities for personal and spiritual growth.

The concept of grit in Islamic education goes beyond the conventional focus on academic achievement and cognitive development. It underscores the importance of spiritual resilience and inner strength—qualities that are essential for overcoming life's challenges, both within and outside of academic contexts. By encouraging students to embody *sabr*, *tawakkul*, and *istiqamah*, educators can help students develop a holistic perspective on learning, where they view difficulties as part of their growth journey rather than obstacles to success.

In the Islamic educational context, building grit through spiritual values not only equips students to persist in their academic endeavors but also fosters personal growth, emotional intelligence, and social responsibility. The integration of spiritual resilience allows students to develop a mindset that is not deterred by failure, but rather motivated by it. For example, *sabr* teaches students to endure hardships with patience, while *tawakkul* encourages them to trust in Allah after doing their best. *Istiqamah* further encourages students to stay true to their goals, irrespective of challenges. Together, these values enable students to embrace a growth mindset, contributing to their overall development as individuals with a strong sense of purpose.

Thus, beyond the focus on academic achievement, building grit through spiritual values could play a vital role in nurturing resilient students who are not only academically proficient but also spiritually grounded and prepared to face life's challenges with strength and faith. These values provide a holistic framework for student development, incorporating both psychological and spiritual aspects into the educational process.

e. Future Research Directions: Exploring Broader Applications

Future research can expand on these findings by further exploring how the integration of Qur'anic values such as *sabr*, *tawakkul*, and *istiqamah* can be practically applied in various educational settings. This includes both formal and informal learning environments, where the principles of Islamic grit can be infused into the curriculum, teaching methods, and school culture. Research can examine how these teachings can help create more resilient students, not only in Islamic schools but also in secular educational institutions where religious values may not be explicitly taught.

Additionally, comparative studies could be conducted to examine how the integration of grit from an Islamic perspective contrasts with other cultural or religious approaches to resilience. This could provide deeper insights into the global applicability of grit as both a psychological and spiritual concept. By comparing Islamic approaches with Western models, researchers can explore how different cultural values shape individuals' ability to persevere through adversity and maintain long-term commitment to goals.

Moreover, further research could explore how the concept of *tawakkul* in Islamic education specifically influences students' mental health and academic success. Understanding the role of faith in academic resilience could offer significant insights into how *tawakkul* complements psychological concepts of grit. Specifically, comparing Islamic educational approaches, which integrate spiritual reliance and effort, with secular educational systems, which often emphasize individual perseverance, would provide a clearer understanding of how spiritual and psychological resilience can be integrated for holistic student development.

Another avenue for future research could be to investigate how *tawakkul* influences student well-being and stress management. Given the rising concerns about student mental health, especially in the context of academic pressures, understanding how spiritual practices such as *tawakkul* can help students cope with stress could have practical applications in mental health interventions in educational settings. Research could also explore how these spiritual practices might contribute to reducing burnout and promoting long-term academic engagement.

The study suggests that integrating these Islamic principles into the educational framework could enhance the grit model, offering students a more comprehensive approach to perseverance. This

includes not only maintaining effort but also strengthening the spiritual resolve, which can be a crucial aspect of long-term success, particularly in Islamic educational settings. Incorporating these spiritual dimensions into the curriculum can equip students with the necessary tools to face life's challenges, not only through personal effort but also with a sense of divine trust and faith in the process, thus fostering both academic and spiritual growth.

Lastly, exploring the impact of integrating spiritual values into curriculum design and pedagogical practices could provide a foundation for the development of educational models that are psychologically and spiritually enriching, benefiting students not only in their academic achievements but also in their personal growth and spiritual well-being. Such studies would contribute to a broader understanding of how spirituality and resilience can be incorporated into education, potentially offering new insights for educational systems worldwide. In conclusion, future research should continue to explore how Islamic values can complement psychological models of grit, bridging the gap between spiritual development and psychological resilience, while furthering a more comprehensive and holistic approach to student success.

4. CONCLUSION

This study emphasizes the significant contribution of grit, defined as perseverance and consistency in long-term goals, and its integration with Qur'anic values such as sabr (patience), tawakkul (trust in Allah), and istiqamah (steadfastness). By combining the psychological concept of grit, which primarily focuses on personal effort and worldly achievements, with the spiritual dimensions embedded in Islamic teachings, this research suggests that educational settings can develop a more holistic approach to student perseverance. The integration of these Islamic principles can produce students who are not only mentally resilient but also spiritually grounded, equipping them to face life's challenges with greater determination.

However, the study has certain limitations, such as the theoretical nature of the research, which lacks direct empirical testing in educational contexts. Furthermore, while the concept of Islamic grit was explored, there is a need for more valid and reliable measurement tools that incorporate spiritual dimensions into the assessment of grit in Islamic education. Additionally, the study primarily relies on literature review, which provides strong theoretical insights but does not directly examine the impact of Islamic grit on students' academic achievements and character development in practical settings. Future research should aim to address these gaps by conducting field studies with both quantitative and qualitative methods to measure the effects of Islamic grit on student performance and character development across various levels of Islamic education. Moreover, there is a need to develop specific measurement instruments that incorporate both Islamic values and psychological aspects to evaluate grit more comprehensively. Such research will further enhance the integration of psychological theories and Islamic education, providing more practical recommendations for curriculum development in educational institutions.

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