



Analysis of Islamic Psychology Student Research Trends for the Preparation of Study Program Research Roadmap

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Abstract: ← This study aims to comprehensively analyze the overview of research trends among Islamic Psychology students of UIN Raden Mas Said Surakarta for the 2021–2023 period based on research types, areas of psychological interest, and research topics, and to use these trends as considerations in developing the study program's research roadmap for 2025–2034. This study employs a mixed-method approach. Quantitative data were obtained from students' final project documents (theses) submitted to the Library of the Faculty of Ushuluddin and Da'wah during 2021–2023. Qualitative data were collected from students and lecturers selected through stratified purposeful sampling. The results show that the qualitative approach is the most dominant. In terms of research interest, social studies are the most preferred field, while resilience is the most frequently researched topic. These findings serve as a basis for developing the research roadmap for 2025–2034, which emphasizes the leading theme of Islamic Psychology, Mental Health, and Well-being. It is recommended that future research should focus more on strengthening the substantive core of Islamic psychology, particularly in terms of variables and research themes grounded in Islamic psychological perspectives, rather than merely focusing on research objects. In addition, integrating quantitative approaches across various branches of psychology is encouraged to provide a more comprehensive and holistic understanding.

Keywords: tren, penelitian, psikologi Islam, roadmap

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INTRODUCTION:

Research and development in the academic world is part of the Tri Dharma of Higher Education. Other Tri Dharma activities are education and teaching as well as community service. Research is the process of investigation or the process of discovery to obtain correct knowledge and prove a phenomenon (Sakyi et al., 2020).

Accurate knowledge includes facts, concepts, generalizations, and theories that aim to help humans in understanding the phenomenon being studied, as well as facilitate the process of solving related problems.

Students, including students of UIN Raden Mas Said Surakarta, conducted research on the process of fulfilling the final project to get an academic degree in the

form of a Bachelor (S1). At the Undergraduate Level (S1), students' final project is in the form of a thesis or journal article published in a reputable scientific journal (Buku Panduan Akademik UIN Raden Mas Said Surakarta, 2022) . The weight of the final project is 6 credits. The final project in the form of a thesis or journal includes scientific papers that are prepared by scientific methods, by applying structured and controlled procedures.

Zulhazmi,dkk (2022) in the Thesis Handbook for students of the Faculty of Ushuluddin and Da'wah said that the success of students in compiling a thesis is expected to be proof of their ability to master the basics of scientific steps and skills according to the concentration of knowledge studied. The thesis is prepared systematically and methodologically based on the results of field research, literature, or laboratory using a certain theoretical framework and is accounted for in front of the board of examiners.

Students when conducting research for their final assignment go through at least six stages, namely: identifying problems, conducting literature review, choosing research objectives, searching for data, processing and interpreting data, as well as compiling reports and evaluating research results (Creswell, 2018). If it is calculated based on how much it contributes to the entire research series, then the problem identification stage becomes the stage that makes the most significant contribution. According to Sugiyono (2019), If obstacles in the research process have been identified, it means that part of the research process has been completed. This is due to the difficulties contained in the problem identification stage, which is considered the most complex part of the implementation of research (Tuckman, & Harper, 2012). The next step is to formulate a specific problem in the form of questions, which will later be answered through the application of appropriate research methods.

It is a must then for students when they want to complete college, they must

conduct research or research in accordance with the concentration of their major/study program, including students of the Islamic Psychology Study Program. Research studies taken by students are an important indicator in determining the typology of graduates or experts in the scientific field (Tua & Situmerang 2021). Psychology examines human processes and psychology that manifest in human behavior with a scientific approach that can be accounted for (Saifuddin, 2019). As for Islamic psychology, it is more specific not only to examine the aspects and behaviors of the human psyche, but also what the true nature of the soul is (Baharuddin, 2005)

The completion of the student's final project is carried out through a mentoring process by the thesis supervisor. The role of students and supervisors in completing the thesis is equally important. The Study Program Manager in terms of selecting student supervisors will be adjusted to the study interests that students take. There are fields of psychology that can be taken by Islamic psychology students, such as educational psychology, clinical psychology, industrial and organizational psychology, social psychology, developmental psychology, cross-cultural psychology, religious psychology, family psychology, communication psychology, Islamic psychology, and others (Saifuddin, 2019).

Related to the final project of students, a preliminary study conducted by the manager of the Islamic Psychology Study Program through tracing the results of the final project of Islamic psychology students from data SIAKAD, As of December 31, 2023, in the last 3 years (2021-2023), there are at least 245 Islamic Psychology students who have completed their education in the Islamic Psychology Study Program. There are students who graduated with assignments 47 out of 245 students). The end is in the form of a thesis and a scientific journal published in a reputable journal. It is known that studies with qualitative methods (81% or 198 out of

245 students) are more than quantitative (19%)

The fields of study psychology are social psychology (42%), clinical psychology (18%), educational psychology (18%), industrial and organizational psychology (9%), and Islamic psychology (13%) with very diverse psychological research focuses or variables. The table of the field of psychology study of Islamic Psychology Study Program students for the period 2021-2023 can be seen in table 1.

Table 1. Psychological Studies of Students of Islamic Psychology Study Program

Areas of Psychological Studies	Presentase
Clinical Psychology	18%
Social Psychology	45%
Educational Psychology	18%
Industrial and organizational psychology	9%
Islamic Psychology	13%

Based on the preliminary study, the study of the field of psychology is more in the field of general psychology. Meanwhile, students' interest in the study of Islamic psychology is relatively low. Although it is still allowed as long as the research theme is still within the scope of psychology studies, because the science of the study program developed is Islamic Psychology, the study of Islamic Psychology should be more than general psychology studies.

In the field of psychology studies, there is currently a shift in the trend (tendency) of psychology research. The tendency and trend of psychology research to innovate from mass to mass. Trend shifts refer to the phenomenon of obstacles faced by humans (as an object of psychological study) that are developing in the field. There has been a shift in the type of research that focuses on methodology, moving from quantitative/experimental research to descriptive research. This descriptive research uses data obtained through interviews or observations, not through an evaluation process (Soif, 2022). Chizanah

& Hadjam, (2013) said that the trend of psychological research that is developing is to try to find new frameworks with cultural and religious frameworks. This can be found in the search for data on *the Science Direct website*, which yields the results of 1082 articles on the topic of spirituality and religiosity.

Islamic psychology seeks to integrate Islamic values into the conceptual framework of modern psychology, with the aim of providing a more holistic understanding of human nature. Islamic psychology research involves the exploration of concepts such as sincerity, tawakal, and muhasabah in the context of understanding and treating mental health. While general psychology continues to adapt to global and technological trends, as the results of research conducted by Wieczorek et al., (2021) on Map of the field of psychology: Trends in research topics 1995–2015 show that established research approaches, such as psychoanalysis are becoming less popular and show a relative decline in studies of social knowledge and humanities. Islamic psychology shows growth in research and deeper application of mental health by paying attention to Islamic values and teachings.

The limitation of research in the 2021-2023 time span has a clear reason, namely due to the first batch of S1 graduates of Islamic Psychology students of UIN Raden Mas Said in 2021 and the availability of data at the time of compilation and recording of the system until 2023. By limiting this time, the research will focus on this period to explore the latest and relevant information related to Islamic Psychology students of UIN Raden Mas Said.

Knowledge and understanding of trends in cutting-edge psychology research issues is important for researchers and

managers of Islamic Psychology Study Programs, especially to see *the state of the art* or novelty of research and the contribution of the topic to be researched theoretically and practically. Therefore, the ease of finding data related to the latest phenomena and ideas for the study of Psychology must ideally be fulfilled. So it is important for the Islamic Psychology Study Program to have a research roadmap or roadmap.

A research roadmap is a detailed *planning* document, which integrates all planning and stages of running research in a specific plan. The existence of a *research roadmap* will allow the Study Program to map the field of expertise of lecturers, set research priorities, monitor research trends, and assess the needs and availability of necessary facilities (Ganwarin et al., 2021). The existence of a *research roadmap* allows the Study Program to make the right decision in determining the topic/field of study to be determined, the selection of supervisors and examiners in accordance with the scientific field. The expected end result is a focused and quality student final project (thesis), themes taken according to the science developed by the study program, *updates* with the latest research trends.

This study aims to comprehensively analyze the overview of the research trends of Islamic Psychology students of UIN Raden Mas Said Surakarta for the 2021-2023 period based on the type of research, interests in psychology studies, and research topics and make the research trends of Islamic Psychology students of UIN Raden Mas Said Surakarta for the 2021-2023 period (based on the type of research, interest in psychology studies, and research topics) considerations in the preparation of the *roadmap* Research Study Program in 2025-2034.

METHOD:

The type of research used in this study is a mixed method, which combines quantitative and qualitative approaches. The specific mixed method design applied is sequential explanatory. This research was conducted within the Faculty of Ushuluddin and Da'wah, particularly in the Islamic Psychology Study Program of UIN Raden Mas Said Surakarta, from March to May 2024.

There are two research populations: (1) Quantitative data in the form of final project documents (theses) of Islamic Psychology students from 2021–2023 submitted to the Library of the Faculty of Ushuluddin and Da'wah, totaling 245 manuscripts; (2) Qualitative data consisting of students and lecturers selected through stratified purposeful sampling. The criteria for selecting interview respondents include Islamic Psychology students who submitted their thesis documents in 2021–2023, with at least two students representing each graduating year (2021, 2022, and 2023), and representing both quantitative and qualitative research types.

The data processing procedure was carried out in two stages: (1) Quantitative data analysis was conducted by collecting and categorizing students' thesis documents (2021–2023) based on research type, research topics (including affective, cognitive, and behavioral aspects), and the field of psychology studied. In addition, the tendency of lecturers' supervisory focus in specific psychological fields was also analyzed. This quantitative data processing utilized Microsoft Power Business Intelligence (Power BI). The results were then analyzed to identify trends in student research topics based on these categories. (2) Qualitative data were obtained through interviews with students and lecturers, as well as Focus Group Discussions (FGDs) for developing the study program's research roadmap. The analysis followed the interactive model of Miles, Huberman, and Saldaña (2014), which includes: (a) data

condensation; (b) data display; and (c) conclusion drawing and verification.

RESULTS AND DISCUSSIONS:

Research Trends Based on Research Approaches and Types of Research

There are two research approaches used by psychology students of UIN Raden Mas Said Surakarta, namely quantitative

and qualitative approaches. In the 2021, 2022, and 2023 periods, there were 71 research titles with a quantitative approach with details of 17 in 2021, 35 in 2022 and 19 titles in 2023. The research with a qualitative approach for the 2021, 2022, and 2023 periods totaled 173 titles with details of 66 titles in 2021, 51 titles in 2021 and 56 in 2023. There is a combined research (mixed method) of 1 title in 2021. More fully can be seen in table 2. next.

Table 2. Type of research in 2017-2019

Year	Quantitative Research	Qualitative Research	Joint Research	Number of Thesis
2017	17	66	1	84
2018	35	51	0	86
2019	19	56	0	75
Sum	71	173	1	245

Based on the table, it is known that there are fluctuating research approaches used by students in completing their final projects. This condition is due to the researcher's perspective regarding the research objectives that will be used in answering the formulation of the research masalah.

Based on the type of research, the quantitative research that is widely used by Islamic Psychology students of UIN Raden Mas Said Surakarta is correlation, comparative, and experimental. The types of qualitative research used are Phenomenology, Case Studies, Ethnography, and Narrative. The table of research types can be seen in the following table.

Table 3. Trends by Type of Research

Year	Quantitative			Qualitative			
	Correlation	Komparatif	Eksperimen	Phenomenology	Case Studies	Ethnography	Narrative
2021	15	3	0	47	15	3	1
2022	32	1	2	42	8	0	1
2023	19	0	0	48	8	0	0
Sum	66	4	2	137	31	3	2

In the 2021, 2022, and 2023 periods, there were 72 quantitative research titles with details; in 2021 there were 15 correlation research titles, and 3 comparative studies. In 2022, there are 32 correlation research titles, 1 comparative research title, and 2 experimental studies. In 2022 there were only 19 titles of correlation research. The qualitative research in the 2021, 2022, and 2023 periods totaled 137 research titles with details in 2021 there

were 47 phenomenological research, 15 case study research titles, and 3 ethnographic research titles, as well as 1 narrative research title. In 2022, there are 42 phenomenological research titles, 8 case study research titles, and 1 narrative research title. In 2023, there are 48 titles of phenomenological research, 8 titles of case study research. In 2023, there are no titles for ethnographic research and narrative research.

Based on table 3, in the 2021, 2022, and 2023 periods, quantitative research with correlation types was widely used by students with a total of 66 titles, then comparatively 4 titles and 2 experimental research titles.

Research Trends Based on Specialization in Psychology Studies

Table 4. *Research Trends Based on Specialization in Psychology Studies*

Year	PIO	Clinical	Social	Development	Education	Islamic Psychology
2021	6	14	27	10	10	17
2022	8	5	25	12	17	19
2023	5	5	30	16	6	13
Sum	19	24	82	38	33	49

In the 2021, 2022, and 2023 periods, there were 19 titles specializing in Industrial and organizational Psychology, 24 specialization titles in Clinical Psychology, 82 specialization titles in Social Psychology, 38 specialization titles in Developmental Psychology, 33 specialization titles in Educational psychology, and 49 specialization titles in Islamic Psychology.

Research Trends Based on Specialization in Psychology Studies

The Islamic Psychology Study Program in terms of the final project offers 6 types of specializations in psychology studies, namely social psychology, educational psychology, developmental psychology, clinical psychology, industrial and organizational psychology (PIO), and Islamic Psychology.

The topic or theme of psychology research includes three things, namely cognitive, affective and behavioral. The cognitive aspect is related to reason or thought processes, namely the ability and activity of the brain to develop rational abilities. The following is the distribution of topics of cognitive aspects of Islamic Psychology students' research for the 2021-2024 period.

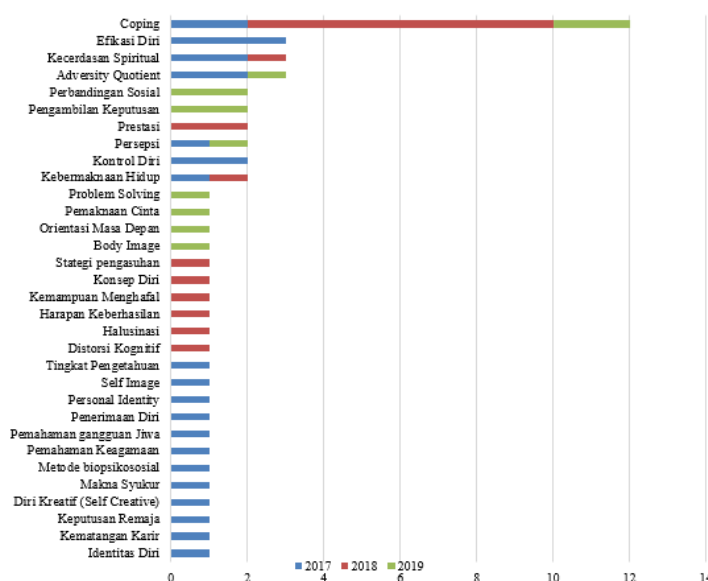


Figure 1. *Cognitive Theme Trend Chart for 2021-2023*

Based on the data in figure 1, it is known that the most researched psychological research topics in the cognitive aspect in 2021-2023 are coping as many as 12, Adversity Quotient as many as 3, Spiritual Intelligence as many as 3, Self-efficacy as many as 3, Meaning of life as many as 2, Perception as many as 2, Achievement as many as 2, Self-Control as many as 2, Decision Making as many as 2, Social Comparison as many as 2. Other topics used are Body Image, Self Creative, Cognitive Distortion, Hallucinations, Hope for Success, Self-Identity, Memorization

Ability, Career Maturity, Adolescent Decisions, Self-Concept, Meaning of Gratitude, Social Biopsychology Methods, Future Orientation, Understanding of Mental Disorders, Religious Understanding, Meaning of Love, Self-Acceptance, Personal Identity, *Problem Solving Self Image*, Knowledge Strategies, Knowledge Level.

The affective aspect is related to reason or thought processes, namely the ability and activity of the brain to develop rational abilities.

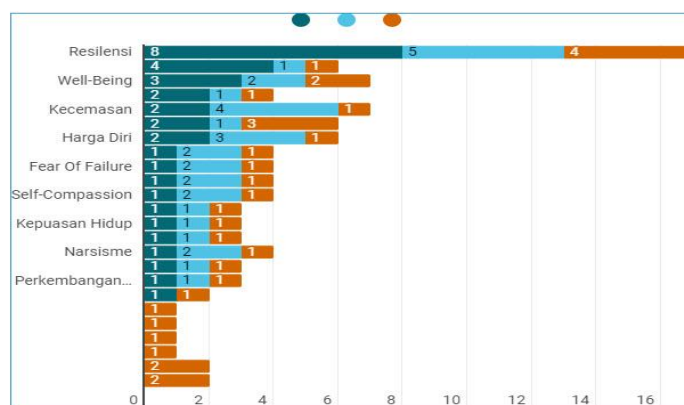


Figure 2. Trend Chart Affective theme topics

Based on the data in figure 2, it is known that the most researched psychological research topics in the affective aspects of 2021-2023 are 12 Resilience, 7 Self-Esteem, 7 Well-Being, 6 Self-Acceptance, 6 Emotion Regulation, 5 Self-Confidence, 5 Motivation, 4 Marriage Satisfaction, 3 Anxiety, 3 Loneliness, 3 Stress, Burnout as many as 2, Psychological Distress as many as 2, Happiness as many as 2, Hardiness as many as 2, other topics used are, Body Dissatisfaction, Emotional Dynamics, Psychological Dynamics, Schadenfreude

Dynamics, Family Support, Family Support, *Fear Of Failure*, *Fear Of Missing Out*, Student Academic Flow, Intimacy, Alexithymia Tendencies, Family Attachment, Marriage Readiness, Mental Readiness, Work Commitment, Masculinity, Narcissism, Peer Pressure, Post-Traumatic Growth, Post-Traumatic Growth, Quarter Life Crisis, Low-Self, Student Engagement, Triangular Theory Of Love Stenberg.

The behavior aspect is related to behavior. Figure 3 below is a trend on the topic of the theme behavior.

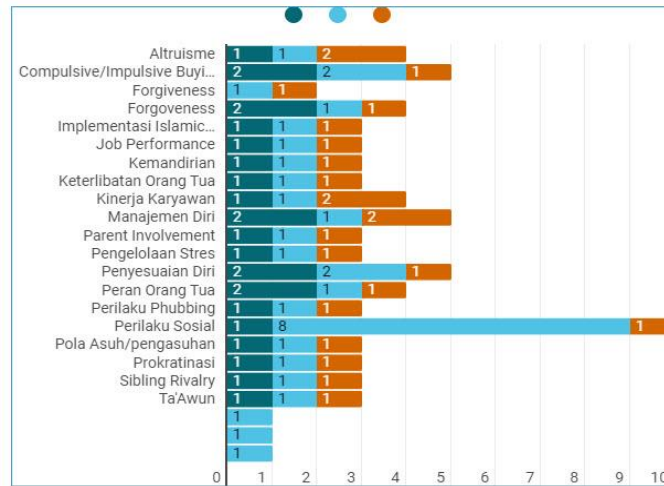


Figure 3. Conative Aspect Research Topic Distribution Graph

Based on the data in figure 3, it is known that the most researched psychological research topics in the 2021-2023 behavior aspect are 10 Self-Adjustment, 5 Altruism, 4 Self-Management, 3 Compulsive/Impulsive Buying Behavior, 3 Forgiveness, 3 Independence, 3 Parenting/Parenting, 2 Employee Performance, 2 Phubbing Behavior, Parental Roles as many as 2, Self-Confidence as many as 2, Other topics used are Self-Actualization, Bystander Effect, Cyberbullying, Struggle Dynamics, Family Support, Social Support, Islamic PARENTING Implementation, Social Interaction, Intimacy, Job Performance, Affiliate Needs, Persistence, Adaptability, Social Care, Introverted Personality, Social Skills, Self-Openness, Parental Involvement, Interpersonal Communication, Self-Control, Leadership, Management Conflict, Organizational Citizenship Behavior, Parent Involvement, Stress Management, Dual Role, Parental Role, Procrastination Behavior, Social Behavior, Post Purchase Regret, Procrastination, Received Social Support, Self-Regulation, Risk-Taking Behavior, Schizophrenia, Self Care, Self-Regulated

Learning, Sibling Rivalry, Parenting Strategies, Ta'Awun, Work-Life Balance.

Discussions

Psychology in every era has adapted and developed according to the needs of society and scientific advancements. Research trends in the field of psychology are developing following the dynamics of human life in every era, including in the context of modern humans today. According to Maryam (2012), a trend is something that is being talked about, paid attention to, or used by many people in society at a certain time. A characteristic of an object that is becoming a "trend" is when at a certain time the object is talked about a lot, becomes a concern, and is often used.

Research is concerned with efforts to discover, develop, and test the truth of knowledge using scientific methods. Azwar (2017) refers to research as a scientific activity carried out to solve a problem. Research trends refer to certain patterns or directions that appear in a field of study or discipline during a certain period of time. Research trends reflect evolving interests, challenges faced, and advances in

understanding or technology that affect the way research is conducted.

Research in the context of students aims to train critical thinking skills, develop systematic processes in conveying ideas, and train students in solving problems effectively. Research in the form of a final project (thesis) is a requirement for obtaining a bachelor's degree at the Strata-1 level (Zulhazmi, 2022). The trend of actual issues is one of the considerations of students in determining research topics. Actual or *up to date* means that the problem to be studied is the fact of behavior that is "hot" happening in the community (Al Ikhlas, Martin Kustati, 2023). Trending topics or actual issues are important for a researcher to do. By choosing a trending topic, the research conducted becomes more relevant to the current situation. Choosing a trending topic will make the results of our research interesting and looked at by the wider community.

The Islamic Psychology Study Program started its first academic year in 2017/2018. Until January 2024, the total number of graduates of the Islamic Psychology Study Program reached 245 people from the 2017/2018, 2018/2019, and 2019/2020 batches. In other words, at least as of January 2024 the Islamic Psychology study program has 245 student researchers with a diversity of methods, study interests and research topics. Research methods are related to efforts to explore a problem scientifically carefully and carefully in order to collect, process, analyze data and draw conclusions systematically and objectively in order to solve a problem or test a hypothesis to obtain knowledge that is useful for human life (Abubakar, 2023).

Based on his approach, research is divided into qualitative and quantitative research. According to Syahrums & Salim

(2014) Quantitative research is empirical research in which data is in the form of numbers and qualitative research is data that is not in the form of numbers. Qualitative research is a particular tradition in the social sciences that fundamentally relies on observation of human beings in their own power and in relation to these people in their language and in terminology. The two research approaches, both quantitative and qualitative, then give birth to various types of research that can be used according to the problems found.

Based on the research approach, qualitative research is more widely used by students than quantitative research. The number of qualitative research for the 2021, 2022, and 2023 periods is 173 titles with details of 66 titles in 2021, 51 titles in 2022 and 56 in 2023. The quantitative research totaled 71 research titles with details of 17 in 2021, 35 in 2022 and 19 in 2023. The number of combined research (*mixed methods*) is 1 title in 2021.

The preference of students who prefer a qualitative approach in line with the growing trend of psychological research is to try to find a new framework with cultural and religious frameworks. This can be found in a data search on the *Sciencedirect website*, which yields the results of 1082 articles on the topic of spirituality and religiosity.

Among the reasons for qualitative research to be used, according to Helaluddin, 2018 are: 1) human complexity. The researcher realizes that his behavior and experiences are very complex and influenced by social and cultural contexts, which cannot always be captured by quantitative data; and 2) the need to understand the context through qualitative methods, such as in-depth interviews and participatory observations, providing

deeper insights into the perspectives of the individuals being studied.

The transition from quantitative to qualitative research in psychology demonstrates an attempt to understand the complexity of human behavior and social context in more depth. By integrating these two approaches, researchers can generate a more holistic and valuable understanding of psychological phenomena. This condition shows that this shift is not only trendy, but reflects a fundamental change in the way people are viewed and behaved in a broader context.

Qualitative research trends include a focus on in-depth analysis to explore aspects that quantitative data cannot provide, emphasizing the importance of methodological rigor, diverse data collection and analysis strategies, and theoretical frameworks (Guerra, Brazil, Martín-Cilleros, & Duhn, 2022). In quantitative research, it is popular for its ability to measure actions, views, and draw generalizations from larger populations using measurable data and statistical tools (Vijayendra & Fantone, 2023).

The selection of qualitative research on Islamic psychology is more than quantitative research. In quantitative research, an instrument is needed to collect data. Generally, the instrument used is a psychological measuring tool in the form of a questionnaire. There are challenges in the preparation of Islamic Psychology measurement tools that need to be careful in carrying out the process in terms of validity and realism (Susanty, 2018).

In Islamic Psychology research, the constructs to be measured can be in the form of distinctive concepts because they are sourced from Islamic teachings. The human psychological attributes associated with religiosity cannot be fully reflected in

empirical behavior. In fact, if what is measured is part of the morals stored in the human heart, it will be more difficult to measure it through visible behavior. Therefore, the preparation of items in the Islamic Psychology measurement tool must be carried out carefully.

In the view of society, a person who obeys religious values is generally good. On the other hand, people who do things that are contrary to religious teachings will be viewed as unkind and even socially acceptable. Therefore, there is a possibility that human beings will manifest themselves as someone whose behavior is in line with religious values. The goal is to be socially accepted even if that impression doesn't necessarily match reality. This kind of tendency is known as *social desirability*. This is what distinguishes the preparation of Psychology research measuring tools in general from Islamic Psychology, where students, even though they have gained an understanding of the construction of measuring tools and psychometry, have difficulty doing them. So qualitative research is an option when you want to research the context of Islamic psychology.

Based on the type of research, there is quantitative research in the form of correlation, comparative, and experimental and qualitative in the form of phenomenology, case studies, ethnography, and narrative. Quantitative research with phenomenology type is most widely used by students with a total of 137 (56%) out of 245 research titles. Phenomenology is a research method that focuses on subjective experiences and individual perceptions of a phenomenon. The use of this method among students is due to its analysis in providing a deep and context-rich understanding of individual experiences. In addition, this method allows researchers to

explore the meaning and essence of complex and diverse life experiences, which are often not quantitatively measurable (Helaluddin, 2018). According to Mujib (2015), phenomenological research in the context of religious attitudes and behaviors has characteristics, namely this method of understanding one's religion from a neutral perspective. In this situation, the researcher uses the preferences of the person in question to reconstruct it based on the person's experience. That is, in this condition the researcher strips off himself (*epoche*) and tries to build from the experiences of others.

Correlation research totals 66 studies or around 27%, Correlation research In correlation research, researchers can identify and evaluate the relationship between two or more variables, making it easier to understand how these variables are related or influential. The reason students choose correlation research is because of its ease in collecting data and analyzing the relationships between variables without the need for complex experiments. It is also related to measuring instruments where students can choose modifications or construct them while still paying attention to scientific procedures, such as testing their validity and reliability.

Case study research amounted to 31 studies or 13%. Out of a total of 245 titles. In contrast to phenomenology, case studies offer an in-depth explanation of a particular phenomenon in a real context (Hadi, Asrori, & Rusman, 2021). The need for many informants is one of the reasons students choose this type of research. In some cases, only 1 informant is needed. Researchers can add, subtract, and even replace informants as the research progresses depending on the adequacy and suitability of the information (Heryana, 2020).

The research with narrative, comparative, and ethnography types had a smaller number of studies, 2 (0.82%), 4 (1.6%), and 3 (1.22%) studies, respectively. Next is the experimental research with a total of 2 titles (0.82%) used at all. This may be due to the complexity and stringent requirements in the conduct of experimental research. Overall, this distribution reflects students' preference for research methods that provide in-depth insights and flexibility in data collection and analysis.

In the trend of interest in psychology studies, there are 19 specialization titles, 82 specialization titles in social psychology, 49 specialization titles in Islamic psychology, 38 specialization titles in developmental psychology, 33 specialization titles in educational psychology, and industrial and organizational psychology, 24 specialization titles in clinical psychology. Social psychology, which is the most popular specialization, reflects students' deep interest in how individuals interact in social contexts and how social factors affect behavior and psychological well-being. Social psychology is relevant to contemporary issues such as group dynamics, prejudice, social influence, and interpersonal relationships.

The development of technology and social media has also influenced this interest, as many want to explore its impact on interpersonal relationships and group dynamics. In addition, students are motivated to find solutions to social problems through understanding human behavior in a social context. Through a deeper understanding of human behavior in a social context, students hope to make a positive contribution in addressing the social challenges faced by society. References that support this explanation

include the book "*Social Psychology*" by Baron and Byrne (2000), the "*Handbook of Social Psychology*" by Fiske, Gilbert, and Lindzey (2010), and "*Social Psychology*" by Myers and Twenge (2019).

The most studied psychology then was the field of Islamic Psychology. Islamic psychology examines human attitudes and behaviors based on an Islamic perspective. The number of student specializations in Islamic Psychology studies amounted to 49 titles (or 20%) out of 45 titles. This shows that it is in accordance with the purpose of the establishment of the Islamic Psychology Study Program. However, the interest in Islamic psychology is more implemented not on the theme of The core or substance of student thesis studies, such as variables or research themes. However, it is more about the object of the case such as the family or Muslim community. In fact, the theme of Islamic psychology actually also includes themes that examine the psychological symptoms of people or individuals from the review of "Islamic psychology" which among other things means the point of view of Islamic psychology as aspired by the initiators of the scientific paradigm.

Interest in educational, developmental, and clinical psychology studies is also quite in demand, with 53 (21.63%), 45 (18.37%), and 30 (12.24%) studies, respectively. Educational psychology attracts the attention of many students because of the importance of understanding the learning and teaching process, as well as the factors that affect academic achievement and student well-being. Developmental psychology is also in demand because it provides insight into how individuals develop and change throughout their lives, including physical, cognitive, and emotional aspects.

Meanwhile, clinical psychology attracts students who want to understand and address various mental and emotional disorders. Although industrial and organizational psychology (PIO) is the field with the least number of studies (20 studies or 8.16%), interest in this field remains important as it focuses on applying the principles of psychology to improve performance and well-being in the workplace. Overall, this distribution reflects the diverse interests of students in various fields of psychology, with a particular emphasis on social and educational aspects.

In the research topic, in the 2021-2023 period there were 68 cognitive themes, 98 affective themes and 79 behavior themes. Cognitive, affective and *behavioral* are the main fields of psychology. The cognitive realm is related to intellectual aspects such as knowledge, understanding, and thinking skills (Rithaudin & Sari, 2019). Zakiah & Khairi (2019) say that cognitive is a mental process related to abilities in the form of recognition in general and is characterized by the representation of an object into a person's mental picture whether in the form of symbols, responses, ideas or ideas, and values or considerations. The most studied cognitive themes are related to 1) coping, along with its derivatives such as anxiety coping, stress coping, and coping strategies, 2) spiritual intelligence, and 3) *adversity quotient*. The three themes are widely researched by students because they play an important role in understanding how individuals face challenges, manage life stressors, and build mental resilience. Coping helps students understand effective strategies for managing academic and social pressures. Spiritual Intelligence provides insight into how spiritual values can

contribute to mental well-being and the search for meaning in life. Meanwhile, *the Adversity Quotient* describes an individual's resilience in the face of adversity, which is particularly relevant for college students who often encounter obstacles in their academic and personal journeys. Overall, these three themes assist students in developing skills and understanding that are essential for their psychological well-being.

This is in line with research from Mayang Sari in 2021 entitled *The Importance Of Adversity Quotient And Spiritual Quotient Capabilities For Consistent Performance Of Educators* explains that to maintain starting from personality, intellectual, emotional, to spiritual to be a factor in maintaining resilience, while research from Ciptaningrum in 2023 entitled *The Application of Coping Strategies in Overcoming Stress in Students Who Study While Working at Pamulang University*, Coping strategies can help solve problems.

Affectiveness is related to attitudes, character, behaviors, emotions, interests, and values found in individuals. Affective behavior is behavior that involves a diversity of feelings, such as fear, anger, sadness, joy, disappointment, joy, hatred, worry, and so on. The most researched Affective Themes are related to 1) Resilience, 2) *Well-Being*, 3) Self-Esteem, 4) Emotional regulation, and 5) Motivation. These themes are widely researched by students because these aspects are very important in understanding how individuals adapt, manage emotions, and achieve optimal psychological and mental well-being. Resilience, for example, is important to help students overcome academic and personal challenges, while well-being is directly related to life satisfaction and overall well-being. Self-esteem affects the

way individuals see themselves and how they interact with the environment, while emotional regulation is necessary to maintain emotional stability in the face of stressful situations. Motivation is also a key factor in achieving goals, both in education and daily life.

This is in line with research from mahendika and sijabat in 2023 entitled *The Influence of Social Support, Coping Strategies, Resilience, and Self-Esteem on the Psychological Well-Being of High School Students in Sukabumi City* explaining that resilience and self-esteem have an influence on the psychological well-being of students, Reskido et al. in 2022 entitled *Emotional Regulation and Psychological Well-Being of Muslim Students* explained that emotional regulation is positively related to the psychology of students who interpreting the important role of regulations, while Aziz in 2024 *Implementation of School Well Being at SMA Negeri 1 Purworejo* explained that well being can create better learning locations.

Behavior is related to all human activities or activities, both directly observed and those that cannot be observed by outsiders. This component is related to the object of attitude. A person's behavior in certain situations and in situations of facing certain stimuli, is largely determined by his beliefs and feelings towards the stimulus. The tendency to behave consistently, in harmony with these beliefs and feelings forms an individual attitude (Azwar, 2010). The most researched behavior themes are related to 1) Self-Adjustment, 2) *Altruism*, 3) Self-Management, 4) *Compulsive/Impulsive Buying Behavior*, and 5) Independence.

These themes are widely researched by students because they are crucial in

understanding how individuals interact with their environment and how their behavior develops when facing social and personal challenges. Understanding these aspects allows students to identify the factors that influence their behavior, as well as strategies that can be used to overcome obstacles that arise in daily life. This is in line with the research of roys, 2022 with the title *The Effect of Self-Adjustment on Learning Independence in Students of the Roudlotul Mutaallimin Walmutaallimat Sidoarjo Islamic Boarding School Self-Adjustment has a Positive Effect on the Learning Independence of Students*, Khakiki, 2020 with the title *The Relationship Between Altruism and Organizational Commitment to Volunteer Corps Volunteers (KSR) of the Indonesian Red Cross (PMI) University Unit of Semarang City* shows that there is an influence between altruism on Commitment, while Kartika Tahub, 2022 with the title *The Influence of Self-Efficacy, Self-Management, and Learning Independence on Students' Mathematical Problem-Solving Ability at SMP Negeri 1 Busungbiu* in her research explained the influence of self-management and independence on problem solving faced by students.

The research trends of Islamic Psychology students for the 2021-2023 period in terms of research methods and topics are closely related to the *research roadmap* owned by the Study Program (lecturers). A *research roadmap* is a detailed work agenda document that synchronizes all research planning and execution within an agreed timeframe (Ganwarin et al., 2021). The existence of a *research roadmap* makes the study program able to map the concentration of lecturers' expertise, research priorities, *research*

trends, needs and availability of needed facilities.

Research in psychology today, for example, focuses heavily on issues such as mental health, digital psychology, and technology-based interventions. These issues arise in response to increasing public awareness of the importance of mental health, information technology developments, and fast-paced lifestyle changes. Therefore, the preparation of a research roadmap in the psychology study program must consider these trends, as well as identify potential research areas to be developed. Thus, the psychology study program's research roadmap will serve as a strategic guide in determining the direction of long-term research, setting priorities, and allocating resources effectively. This roadmap will also help in collaborating with other institutions, both at the national and international levels, to enrich insights and expand the impact of research. Through a planned and adaptive approach, the psychology study program can continue to contribute to overcoming contemporary challenges and provide real benefits to society.

The major schools of psychology such as psychoanalysis, *behaviorism*, *humanistic*, and *transpersonal* in a promotive, *preventive*, and curative manner are present to help humans overcome psychological problems, such as fear, anxiety, stress, and depression caused by factors of self-inability to adapt to various demands from family, education, work and social environment. There are also negative excesses of information technology development such as internet addiction, and anti-social (Ma, 2011), as well as pornography and *cybercrime* (Ma'rufah, Khairul, & Kerta, 2020)

Another factor that is the source of the vulnerability of modern human psychology is the self-neglect of religion and spirituality, because of the growing culture of *pragmatism* and *hedonism* in society. Modern humans forget that in addition to bodily pleasures that must be fulfilled, there is also an inner dimension that must be fulfilled. Zulaiha (2018) said that the decline of modern humans is due to the fact that they are getting farther away from God so that they no longer have a connection with God. The farther a person is from God, the more he will suffer mentally and if his mind suffers, he will experience psychological disorders or problems.

Erich Fromm said that there has been an ironic phenomenon in today's life. Because humans feel that they are considered successful in terms of the world and material, but it turns out that there are still many human lives whose hearts and souls feel empty. Maslow in (Adz-Dzaky, 2001) stated that religious experience is *peak experience*, in the sense that psychology is not yet perfect before it is refocused on religious spiritual views. The separation between religion, science and life has resulted in humans failing to cope with and find various solutions to the tests and problems of life faced.

Psychology research trends are not only about the topic, but also the methodology used. There is a shift in the trend (tendency) of psychology research. Chizanah & Hadjam, 2013 said that the growing trend of psychological research is to seek to find new frameworks with *cultural and religious frameworks*, this reflects the need to understand human behavior in a broader context. This can be found in a data search on the *Sciencedirect website*, which yields the

results of 1082 articles on the topic of spirituality and religiosity. Seeing the importance of religion/spirituality, the *American Psychological Association (APA)* formed a division of 36, one of which was interested in religious issues (PIRI), in 1976 called *Psychology of Religion*. Furthermore, Iqbal quotes Susan McDaniel's statement (2016) emphasizing that — Western psychology can learn a lot from Eastern psychology which often has a religious or spiritual basis. The Islamic perspective on psychology can play a role as an alternative choice in integrating Islam and Psychology in human behavior with a religious approach (Zuhdiyah, 2023).

The change in the trend of psychology is in line with the opinion of Thomas Samuel Kuhn in his book *The Structure of Scientific Revolution* that the shift in science is a common thing in the history of the development of science. This paradigm shift and shift occurs because the existing paradigm is no longer able to respond to the development of human life. And the wave of the scientific revolution is always marked by a shift and replacement of the dominance of the prevailing science paradigm (Kesuma & Hidayat, 2020). In other words, *Kuhn* sees that research trends can be seen in the context of the "paradigm" or framework that dominates a discipline at a given time. As this paradigm began to change, new trends in research began to emerge.

Nashori (2002) said that the development of Islamic psychology is passed through in five stages, namely: 1) The phase of fascination is marked by admiration for Western psychological theories, which are therefore astonishing, to the point of giving rise to psychology (anything that is psychologically analyzed); 2) The criticism phase, marked by the spirit

of researching, examining objectively, sharply and critically the theories of Western psychology and of course the rejection of Western psychological theories. These two phases are considered to be preparatory to the formation of Islamic psychology or the pre-phases of Islamic psychology.; 3) *Theory formulation phase*. Departing from the understanding of the Qur'an and al-Hadith and the interpretation of both, complemented by the verses of *nafsani* (what we see in humans), the theory of Islamic psychology can be formulated; 4) The research phase. Islamic Psychology theory needs to be built to be solid, strong, supported by research, so that the theory is consistent with data, and 4) the phase of implementation. This phase explains what we can do to conduct research on Islamic psychology. Once the results are felt to be stable, then implementation is something that can be done.

Zuhdiyah, 2023 said that the study of Islamic psychology so far tends to be on three things. First, the study that looks at Islamic psychology in the theoretical framework of Islam, namely understanding how the concept of human beings in Islam. Second, the study discusses the application of the main concepts of Islamic psychology in Islamic counseling practice Third, a study that looks at the future prospects of Islamic psychology. The three tendencies of the study of Islamic psychology are still at the conceptual and theoretical level, although the study of Islamic psychology has began in the late 1960s. The presence of Islamic psychology is expected to be able to answer the challenges of modern society's life problems. Also the demand to contribute to providing community solutions related to the psychological problems faced.

In these conditions, the Islamic Psychology Study Program of UIN Raden Mas Said needs to take part in the development of knowledge through Islamic psychology research. This is in accordance with the vision of the Islamic Psychology Study Program of UIN Raden Mas Said Surakarta; "Excelling in the study of Islamic Psychology that integrates psychology, Islam, local wisdom, and Indonesian science at the Southeast Asian level by 2034". This vision is then translated into the mission of the Study Program, one of which is the scientific development of the field of research-based Islamic Psychology by elaborating the treasures of Islamic values, Indonesianness and local wisdom. The elaboration between Psychology, Islam, Indonesianness, and local wisdom can present the beauty of Islamic Psychology and become an alternative study in understanding psychological and mental health issues that develop in the Indonesian Muslim community by considering the values, norms, and traditions that exist in society (Pangestuti, Musthofa, Elqudsy, & Mujahid, 2022).

The achievement of the vision and mission of the Study Program is inseparable from the existence of a *research roadmap*. The research roadmap is a clear direction and a staging in academic performance at each stage (Doni & Prasetyo, 2021). The research roadmap represents research activities that are being carried out, have been carried out, and then the product is used as a solution to current problems (Wuyung, Wasis, Brata, & Wisnu, 2015) so that the research carried out has an orderly structure so that it facilitates development and obtains results that are useful and easy to apply to society (Matthew et al., 2022).

The research roadmap of the Study Program is prepared by considering; 1) the achievements that have been achieved previously in previous research; 2) scientific development in the field to be prepared as a roadmap; and 3) the vision and mission of the study program as a research direction within a certain period of time (Wuyung et al., 2015). Roadmaps can break down work into clear steps and ensure the achievement of targets at each level (Pramono & Hendharto, 2018).

Islamic psychology is a science that is deliberately based on Islamic teachings or perspectives, with a focus on the state of the human soul and behavior. According to Bastaman, 1995 Islamic Psychology is a Psychology based on the Islamic view of human beings discussing personality and studying human behavior patterns. This science combines philosophy, theory, methodology, and problematic approaches based on formal Islamic sources (the Qur'an and Hadith), intellect, senses, and intuition, with the aim of improving mental health and the quality of religion. Therefore, the research theme for the 2024-2035 period that will be carried out by students and lecturers is directed to improve mental health and human *well-being*.

CONCLUSIONS AND RECOMMENDATIONS:

Student research trends show that qualitative approaches remain dominant, but there is a gradual shift toward quantitative methods. Phenomenology is the most widely used research type due to its focus on understanding individuals' lived experiences. In terms of research interests, social studies are the most popular, particularly topics related to social interaction, group dynamics, and

environmental influences. Meanwhile, resilience is the most frequently studied topic because of its relevance to modern life challenges and its connection to individual and community well-being.

The research trends of students from 2021–2023 are generally aligned with the study program's roadmap, especially in the development of Islamic psychology, mental health, social psychology, and education. However, Islamic psychology studies are still more focused on research objects rather than core substantive aspects such as variables or themes grounded in Islamic psychology perspectives.

There is a compatibility between the research trends of Islamic Psychology students for the 2021-2023 period (based on the type of research, interest in psychology studies, and research topics) with the *research roadmap of the Islamic Psychology Study Program* and lecturers, such as the development of Islamic psychology science in improving people's mental health, the development of community psychology, the development of *indigenous psychology* themes and Islam, Development of the theme of the psychology branch in the scope of education. However, the study of Islamic psychology in the 2021-2023 period is more implemented not on the core theme or substance, such as variables or research themes. However, it is more about the object of the case. In fact, the theme of Islamic psychology actually also includes themes that examine the psychological symptoms of the community or individual from the review of "Islamic psychology" which among other things means the point of view of Islamic psychology as aspired by the initiators of the scientific paradigm.

In the 2025–2034 roadmap, the main theme is Islamic Psychology, Mental

Health, and Well-being, which is further developed into various fields such as education, social, clinical, and industrial psychology. Therefore, future research should emphasize strengthening the core themes of Islamic psychology and integrating quantitative approaches to

achieve a more comprehensive and holistic understanding.

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