



**Tawakal and Life Optimism for Divorced Married Couples:
A Case Study in Medan, Satria Village, Bekasi City, West Java Province**

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Abstract

Marriage is a relationship between a man and a woman that is commanded in Islam. Among the purposes of marriage is to meet the various primary needs of human beings so that they can lead a better, calm and purposeful life (*litaskunu ilaiha*). However, along the way, there are often various problems that in some cases lead to divorce or separation. Divorce occurs due to various problems in the marriage, causing trauma, depression, loss of optimism in life and so on. The various negative impacts of divorce must certainly be faced in various ways so that the person concerned can rise from all the lags to continue to realize various plans and targets in his life. This research uses empirical legal methods using Islamic legal approaches as an analytical tool. Data were collected using in-depth interviews and documentation studies, interviews with informants of divorced parties both husband and wife. The informants in this study consisted of 5 people distinguished by 3 females and 2 males. The research concludes that trust is an important instrument in increasing faith after divorce. The majority of respondents said that putting their trust in post-divorce can increase faith. The informant said that post-divorce trust has an important role in strengthening self-mentality, increasing resilience, and building a positive mindset.

Keywords: Tawakal, Divorce, Optimism in Life, Islamic Law

Abstrak

Pernikahan adalah hubungan antara seorang pria dan seorang wanita yang diperintahkan dalam Islam. Di antara tujuan pernikahan adalah untuk memenuhi berbagai kebutuhan primer manusia sehingga mereka dapat menjalani kehidupan yang lebih baik, tenang dan terarah (litaskunu ilaiha). Namun, dalam perjalanannya, seringkali ada berbagai masalah yang dalam beberapa kasus berujung pada perceraian atau perpisahan. Perceraian terjadi karena berbagai masalah dalam pernikahan, menyebabkan trauma, depresi, kehilangan optimisme dalam hidup dan sebagainya. Berbagai dampak negatif perceraian tentu harus dihadapi dengan berbagai cara agar yang bersangkutan bisa bangkit dari segala ketertinggalan untuk terus mewujudkan berbagai rencana dan target dalam hidupnya. Penelitian ini menggunakan metode hukum empiris dengan menggunakan pendekatan hukum Islam sebagai alat analisis. Data dikumpulkan dengan cara wawancara mendalam dan studi dokumentasi, wawancara dengan informan pihak yang bercerai baik suami maupun istri. Informan dalam penelitian ini terdiri dari 5 orang yang dibedakan oleh 3 perempuan dan 2 laki-laki. Penelitian menyimpulkan bahwa kepercayaan adalah instrumen penting dalam meningkatkan iman setelah perceraian. Mayoritas responden mengatakan bahwa menaruh kepercayaan mereka pada pasca-perceraian dapat meningkatkan iman. Informan mengatakan bahwa kepercayaan pasca perceraian memiliki peran penting dalam memperkuat mental diri, meningkatkan ketahanan, dan membangun pola pikir positif.

Kata Kunci: *Tawakal, perceraian, optimisme dalam hidup, hukum Islam*

Introduction

Divorce is usually triggered by small problems that become big in married life. Some of these triggers include non-fulfillment of daily needs, lack of education level, the difference in income between the two, differences of opinion between husband and wife, the occurrence of early marriages among adolescents, and indications of a third person in marriage.¹

One area that has a fairly high divorce rate is Bekasi City, West Java, According to the Bekasi City Religious Court report stated that divorce cases in Bekasi City have increased rapidly since March 2020. Within six months, there were an estimated 3111 divorce cases in the Bekasi city area. These divorce cases increased rapidly when the government imposed Large-Scale Social Restrictions (*Pembatasan Sosial Berskala Besar/PSBB*) and Work from Home (WFH).² For

¹ Martina Purna Nisa, "Critical Review of Domestic Violence as Reason for Divorce (Comparison of Divorce Laws in Indonesia, Malaysia and the Maldives)," *al-Ihkam: Jurnal Hukum dan Pranata Sosial* 16, No. 1 (2021). Irma Garwan, et.al., "Tingkat Perceraian Dan Pengaruh Faktor Ekonomi Di Kabupaten Karawang," *Jurnal Ilmiah Hukum*, 2018, p. 85.

² Mursyid Djawas, et.al., "The Government's Role in Decreasing Divorce Rates in Indonesia: The Case of Aceh and South Sulawesi," *Ahkam: Jurnal Ilmu Syariah* 21, No. 1 (2021). Fitria Rahmawati, "Angka Perceraian Di Bekasi Naik Signifikan Saat Pandemi," 2022.

those who experience it, divorce can cause anxiety, depression, stress, loneliness, and excessive trauma to the opposite sex.³ Moreover, what is felt by women, they tend to feel anxiety and worry about their uncertain future, they must be strong in making a living for themselves and their children who are separated from their father.⁴

The impact they feel from divorce can be overcome by putting their trust in Allah SWT. Tawakal is the right concept in dealing with life problems after divorce. The concept of trustworthiness in practice is when individuals surrender after trying and accept sincerely for every good or bad provision of Allah, that way the optimism of post-divorce life continues to grow and makes them more capable of living a post-divorce life.⁵ The concept of trustworthiness is also discussed in the Qur'an in depth as found in QS. Ali Imran (3): 159: The verse instructs believers to put their trust in Allah SWT. Surrender in this verse means that when you have done your best, then the results and everything that happens is left to Allah. Thus, it is very clear that in this verse, trustworthiness must be done as much as possible before being submitted to Allah SWT.⁶

The attitude of trust that can be applied in everyday life, among others, is being grateful when receiving the goodness or grace of Allah SWT, thinking positively to Allah SWT for every situation and accepting Allah's provisions, surrendering to Allah after trying to take advantage of the abilities that exist in one self and ask Allah SWT before doing business in the form of prayer. Ibn Qayyim Al-Jauziyah in his book explains that trustworthiness is an important thing that must exist in a believer. Because trustworthiness is half of religion and the other half is *inabah* or returning completely to the Supreme Owner, namely Allah SWT.⁷

Based on the observations made by the authors, information was obtained that someone who has experienced a divorce is likely to experience depression due to significant economic instability and this is usually more severe for women. Women need more support from the family and the surrounding environment, especially in putting their trust in living a post-divorce life. Tawakal teaches how to accept circumstances and surrender all matters to Allah by trying as hard as possible so that this trust can motivate every individual who experiences hopelessness and discouragement in living life after a divorce.

Furthermore, this theme was chosen because of the author's interest in trustworthiness to be a reference, especially for couples who cannot maintain their household so they have to end it in divorce. Tawakal is present not only to get peace within, but trustworthiness also saves someone from feeling hopeless with a

³ Anita Djie dan Anandika Pratiwi, "Bagaimana Dampak Perceraian Secara Psikologis."

⁴ Tim Gue sehat, "Dampak Perceraian Terhadap Psikologis Wanita," 2022.

⁵ Cecep Alba, *Tasawuf Dan Tarekat* (Bandung: PT. Remaja Rosda Karya, 2014).

⁶ Dede Setiawan dan Silmi Mufarihah, "Tawakal Dalam Al-Qur'an Serta Implikasinya Dalam Menghadapi Pandemi Covid-19," *Jurnal Studi Al-Qur'an* 17 (2021).

⁷ Ibnu Qayyim Al-Jauziyah, *Madarij Al-Salikin Bain Manazil Iyyaka Na'budu Wa Iyyaka Nasta'in* (Beirut: Darul Fikr, 1989).

sense of optimism after a divorce and motivates individuals to always try their best and surrender the results by surrendering to Allah.

Some of the research that the authors found related to the theme of this research are as follows; Setiawan and Mufarihah studied tawakal in the Quran and its implications in dealing with covid-19. According to him, tawakal will encourage someone to have a sense of optimism and courage in facing all life problems.⁸ Nurmiati, et.al., discusses tawakal in the Qur'an with the method of thematic interpretation. According to him, the whole verse reveals that the word tawakal contains five values, namely first piety to Allah after important decisions, second tawakkal is fortitude towards enemies, third tawakal supports peace, fourth amanah, fifth there is a promise of goodness. God to those who believe in Him.⁹

In line with that, Kalam discussed that tawakal is a manifestation of belief in the heart that motivates humans strongly to pin hope on Allah SWT and becomes a measure of one's high faith in Allah SWT. The main belief underlying tawakal is the complete belief in the power and majesty of God. Tawakal is a clear proof of tawhid. Tawakal is a form of faith in the heart that greatly motivates humans to rely on Allah SWT and becomes a benchmark for the level of faith in Allah SWT.¹⁰ Based on the several studies above, no research has been found that is similar to the research that will be carried out. For this context this paper becomes important to write furthermore.

This research is an empirical legal study using an Islamic law approach as an analytical tool.¹¹ Data were collected by means of in-depth interviews and documentation studies, interviews with informants of divorced parties both husband and wife. While the documentation analyzed is journal articles, books and various references related to the discussion.

Tawakal in The Perspective of Islam

Tawakal comes from the Arabic language, *wakkala -yuwakkilu* which means surrender, submitting oneself only to Allah.¹² This meaning is also found in the *Al-Munawwir Dictionary*, *tawakalu 'alallahi* means surrender, submit, put your trust only in Allah.¹³ Tawakal according to *Kamus Besar Bahasa Indonesia (KBBI)* has the meaning of surrendering oneself to the power of Allah with wholehearted belief after trying the best

⁸ Dede Setiawan dan Silmi Mufarihah, "Tawakal Dalam Al-Qur'an Serta Implikasinya Dalam Menghadapi Pandemi Covid-19," *Jurnal Studi Al-Qur'an* 17 (2021).

⁹ Nurmiati, et.al., "Nilai Tawakal dalam Al-Qur'an," *Palita: Journal of Social Religion Research* 6, No. 1 (2021), p. 81-98.

¹⁰ Kamal Kamal, "Tawakkal dalam Islam," *Jurnal Sipatokkong BPSDM Sulsel* 3, No. 4 (2023), p. 259-273.

¹¹ Juhaya S. Praja, *Teori Hukum dan Aplikasinya* (Bandung: Pustaka Setia, 2020).

¹² Mahmud Yunus, *Kamus Arab Indonesia*, (Jakarta: Yayasan Penyelenggara Penterjemah Al-Qur'an, 1937).

¹³ Ahmad Warson Al-Munawwir, *Kamus Al-Munawwir Arab-Indonesia Terlengkap* (Yogyakarta: Pustaka Progressif, 1997).

Tawakal is a real step that looks like actions and feelings in the heart that leave all matters to Allah SWT, try earnestly to get what you want or keep away from unwanted things such as disasters or something else. Tawakal is also a concrete manifestation of a servant's faith or belief in Allah SWT.¹⁴ The word of Allah SWT which discusses trustworthiness is contained in QS. Ali-Imran verses 159-160:

فَإِذَا عَزَمْتَ فَتَوَكَّلْ عَلَى اللَّهِ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ إِنْ يَنْصُرْكَ مُمْ اللَّهُ فَلَا غَالِبَ لَكُمْ وَإِنْ يَخْذُلْكُمْ فَمَنْ ذَا الَّذِي يَنْصُرُكُمْ مِنْ بَعْدِهِ وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

“When you have made up your mind, put your trust in Allah. Indeed, Allah loves those who put their trust. If Allah helps you, then nothing can beat you, but if Allah restrains you (does not give help), then who can help you after that? Therefore, let the believers put their trust in Allah” (Ali Imran: 159).

Rasulullah SAW said:

لَوْ أَنَّكُمْ تَتَوَكَّلُونَ عَلَى اللَّهِ حَقَّ تَوَكُّلِهِ لَرَزَقْنَاكُمْ كَمَا يَرْزُقُ الطَّيْرَ ، تَغْدُو خِمَاصًا وَتَرُوءُ بِطَانًا

“If you really put your trust in Allah, Allah will surely provide you with sustenance as He gives sustenance to birds that go out on an empty stomach in the morning and return with a full stomach in the evening” (HR. Tirmidhi).

The hadith above explains the importance of trustworthiness after trying maximally. If you become a servant who puts your trust in Allah, surely Allah will provide sufficient sustenance as Allah provides sufficient sustenance for all of His creatures. The bird, as explained in the hadith above, tries by going out to try in the morning, then Allah gives sustenance so that the bird returns to the cage in the afternoon full.

Tawakal in its essence is surrendering oneself and all matters that have been fully endeavored to Allah SWT and making Allah a representative in overcoming the problems being faced and surrendering all the results by wholeheartedly accepting the provisions of Allah SWT. The understanding that the practice of trustworthiness is often misinterpreted, where a person just surrenders completely to Allah SWT without being accompanied by prior effort. Whereas the true meaning of tawakal is not surrendering completely to Allah SWT without trying first but making an effort first and then submitting the results to Allah SWT wholeheartedly.¹⁵

As for the meaning of trustworthiness from some of the opinions of Islamic scholars (*ulama*’) as follows; Ibn Qayyim Al-Jauziyah explains that trust is an important thing that must be present in a believer. Tawakal is an important

¹⁴ Supriyanti, *Tawakal Bukan Pasrah*, (Jakarta: Qultum Media, 2010), p. 8.

¹⁵ Umar, Nasaruddin, *Maqam-Maqam Spiritual Pendakian Menuju Tuhan* (Jakarta: Media Indoensia Publishing, 2018).

foundation in religion, and another foundation is *inabah* or returning completely to the Supreme Owner, namely Allah SWT.¹⁶ Imam Al-Ghazali explains that trust is managing the heart only to Allah who is the Guardian, because everything that happens does not escape His will. Apart from Allah, no one has the power to reject what Allah has ordained and is unable to realize what Allah has not ordained.¹⁷

Tawakal is one of the important factors in realizing a strong character that believes in all the promises of Allah SWT. This feeling of confidence is based on surrender to all matters of life that have been attempted to Allah SWT and are pleased to accept all of His decisions. Believing that all decisions given by Allah are the best destiny according to Him, this can eliminate feelings of pessimism, anxiety, and worry. Applying trustworthiness in daily life will make the character of a servant have self-confidence, enthusiasm, and full hope with strong belief in Allah SWT.

As for wisdom for a Muslim who puts his trust in Allah SWT among them are:

- a) A Muslim who puts his trust in him will not feel anxious or afraid of anything other than Allah because for his trust he gets protection from Allah SWT from disaster or danger.
- b) Allah SWT promises to be sufficient for his servant who puts his trust in him and gives him sufficient sustenance without lacking anything.
- c) Even Muslims who put their trust in Him will receive love and affection from Allah SWT because Allah SWT really loves those who put their trust in Him.
- d) Heaven really misses Muslims who have trustworthiness, so Muslims who put their trust in Allah SWT will enter heaven without reckoning for the grace and permission of Allah SWT.¹⁸

Divorce Data and Profile of Medan Satria Village Bekasi City West Java

Medan Satria Village was originally one of the battle areas between the Indonesian people against the Dutch colonials which at that time was led by one of the freedom fighters namely KH. Noer Ali in 1945. After the independence of Indonesia, Medan Satria was inaugurated as a sub-district before 1960, then inaugurated as a part of the Administrative City of Bekasi in 1982 which at that time was held by Mr. Sujono. According to Law Number 9 of 1996 concerning the change in the status of the administrative city of Bekasi, it has been confirmed as the Municipality of Bekasi and Regional Regulation Number 14 of 2000 concerning the formation of the Medan Satria District as one of 12 Districts in the Municipality of Bekasi.

¹⁶ Al-Jauziyah, *Madarij Al-Salikin Bain Manazil Iyyaka Na'budu Wa Iyyaka Nasta'in*.

¹⁷ Imam Al-Ghazali, *Ihya Ulumuddin*, Jilid 4 (Mesir: Dar al-Ihya al-Kutub al-Arabiyah, n.d.).

¹⁸ Mu'inudunillah Basri, "Indahnya Tawakal, Publikasi Ilmiah," 2008.

Administratively, the Medan Satria Village is part of the Medan Satria District and is a trade and industry center. Geographically, Medan Satria Village is located between 106.58' East Longitude and 06.12' 30' South Latitude. The location of the Medan Satria Village coincides with the boundaries of the DKI Jakarta area, which is the main entrance to the Bekasi City area. Medan Satria Village has the following area boundaries:

- a) Northern Boundary: DKI Jakarta Region and Pusaka Rakyat Village
- b) Eastern Boundary: Pejuang Sub-District and Harapan Jaya Sub-District
- c) Southern Border: Kali Baru Village
- d) West Boundary: Kelurahan Kota Baru

Broadly speaking, residents living in the Medan Satria Village have medium socio-economic conditions which include the status of Civil Servants, Private Employees, laborers, service businesses and trade. Medan Satria Village has an area of approximately 375.84 Ha. Total population in 2019 are 28.568 people. Total heads of families are 8,987 families, 11 RW and 63 RT. The vision and mission of the Medan Satria Village for the welfare of the region is as follows Bekasi City's vision is to become an advanced, prosperous and Ihsan City, based on Bekasi City Regional Regulation No. 11 of 2013 concerning the 2013-2018 Bekasi City Regional Medium-Term Development Plan. Based on the vision, the mission of the Medan Satria Village is as follows:

- a) Improving the performance of government institutions that are clean and authoritative at the Medan Satria Village level up to the village apparatus ranks.
- b) Improving the quality of quality human Resources in the village government environment
- c) Fostering a culture of a conducive work environment
- d) Pay attention to the welfare of employees in their work environment
- e) Carrying out guidance, monitoring the orderliness and beauty of the general public
- f) Carry out ongoing coaching to village officials
- g) Improving the quality and quantity of work infrastructure and facilities
- h) Improving regional infrastructure and facilities which include improving the quality of roads, flood prevention, and improving environmental quality.

Regarding divorce, data from various sources shows that the divorce rate in Indonesia continues to increase from year to year, including in Bekasi City. In the past few years, especially since the Covid-19 pandemic, there have been many divorces in the city of Bekasi so there are more than 4000 divorce cases recorded each year, both contested and talak divorces. The divorce data obtained from the Bekasi Religious Court are as follows:

Table 1: Divorce in Bekasi Religious Court

YEAR	DIVORCE (TALAK)	SUE (GUGAT)	AMOUNT
2019	1.199	3.362	4.561
2020	1.116	2.984	4.100
2021	1.115	3.213	4.328
2022	1.156	3.164	4.320

The factors of disputes and constant fights have caused dozens of more women to divorce in the above data. Besides that, there are also other factors of divorce caused by infidelity, drunkenness, narcotics, gambling, one-sided abandonment, prison, polygamy, domestic violence, physical disabilities, and changing religions, as well Many divorces are caused by economic factors.

Meanwhile the divorce data in the Medan Satria Village, including the category of divorce cases which have increased in order to obtain a more comprehensive understanding of divorce in the Medan Satria Village area, Bekasi City, the authors collected data through secondary sources from the Bekasi City Religious Court. This data is expected to provide a clearer and more accurate picture of divorce trends in the region. The divorce data that occurred in the Medan Satria Village area are as follows:

Table 2: Divorce in Satria Medan Village

YEAR	DIVORCE (TALAK)	SUE (GUGAT)	AMOUNT
2019	152	121	273
2020	117	136	253
2021	108	193	301
2022	149	264	413

The factor of disputes and quarrels is one of the causes of the increase in divorce that occurs in the data above, there are also various factors for the occurrence of divorce, which among others are caused by infidelity, drunkenness, narcotics, gambling, leaving one side, imprisonment, polygamy, domestic violence, disability, changing religions, as well as many divorces caused by economic factors affected by Covid-19. These factors can cause psychological trauma for one or both of the divorced parties. Trauma can occur when you experience something painful and hard to forget, and can even give you inner pressure that is difficult to overcome.¹⁹ Trauma will feel more severe if it is caused by someone you trust, such as family or partner.²⁰

¹⁹ A. Handoyo, *Meditasi Dan Pencerahan Dini* (Jakarta: Elex Media Komputindo, 2005).

²⁰ Lilik Suryo Anom, *Hypno Soulmate* (Jakarta: Visi Media, 2010).

Based on this, the role of *tawakal* is very important in fostering optimism for divorced individuals because they tend to experience deep trauma from the factors that cause them to experience divorce. Genuine effort with trust and prayer to Allah SWT can be the right solution to increase optimism in healing post-divorce trauma and living a better life than before.

The Role of Tawakal in Growing Post-Divorce Life Optimism in Medan Satria Village Bekasi

1. Tawakal as an Instrument for Increasing Faith

The understanding to the practice of trustworthiness is often misinterpreted, where a person just surrenders completely to Allah SWT without being accompanied by prior effort. Meanwhile, the true meaning of *tawakal* is not to surrender completely to Allah SWT without trying first but to make an effort first and then submit the results to Allah SWT wholeheartedly.²¹

According to Imam Al-Qusyairi in his book *Al-Risalah Al-Qusyairiyah* explains that the true place of trust is in the heart by accepting whatever results you have worked for as a destiny that has been determined by Allah, if the path you take feels difficult you have to be sure that it is destiny from Allah. SWT, and if the path taken feels easy then rest assured that the ease is with Allah's help.²²

In practice, *tawakal* must accept all the destinies determined by Allah SWT, both desired and *unwanted*, because the ups and downs that are determined by Allah are tests and trials to measure the faith and gratitude of His servants.²³ Therefore, the destiny that God has determined must be accepted sincerely, no matter how hard the reality is, just like a divorce in the household.

To understand how the role of *tawakal* can increase post-divorce optimism, the researchers conducted interviews with several divorced residents of the Medan Satria Village. Based on the results of the interviews, it was found that the respondents experienced information about the role of trustworthiness which can help foster optimism in life after divorce. The following is the respondent's data that the researcher got.

Tabel 3: Data Informers

Name	Age	Profession	Cause of Divorce
EF	48	Private Employee	Affected by Occult Teachings and Squandering Wife's Assets
NNH	38	Housewife	Cheating Husband
SN	35	Civil Employee	The husband has an affair and spends extravagantly

²¹ Nasaruddin Umar, *Maqam-Maqam Spiritual Pendakian Menuju Tuhan*.

²² Imam Al-Qusyairi, *Al-Risalah Al-Qusyayriyah Fi Ilm Al-Tashawwuf* (Mesir: Dar al-Jawami' Al-Kalam, 1940).

²³ Umar Faruq Thohir, "Konsep Tawakkal Dalam Perspektif Pasangan Perkawinan Anak Di Desa Wedusan Probolinggo Jawa Timur," *Jurnal Hukum Islam* 17, Nomor 2, Desember 2019 (2019).

A	50	Entrepreneur	Domestic Violence
AR	50	Private Employee	Domestic Violence, Affairs, and Economic Problems

Tawakal is very important especially for divorced Medan Satria Village residents to continue their post-divorce life better. Tawakal can also strengthen faith and improve one's mentality as well as increase an individual's positive mindset. Based on data from the divorce experiences of several Medan Satria Village residents who were successfully interviewed by the authors, information was obtained that trustworthiness plays an important role in increasing one's faith after divorce.

Trust in increasing faith can be started by trying earnestly and surrendering all matters to Allah SWT to get what you want and keep away from things that you don't want, such as disaster or something else. Tawakal is a real attitude of increasing a servant's faith or belief in Allah SWT.²⁴ Allah SWT said in QS. Ali-Imran verses 159-160 which provides a strong foundation for a servant to put his trust in to increase faith in God Almighty:

فَإِذَا عَزَمْتَ فَتَوَكَّلْ عَلَى اللَّهِ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ

"Then when you have made up your mind, put your trust in Allah. Indeed, Allah loves those who put their trust. If Allah helps you, then nothing can beat you, but if Allah gives you (not giving help), then who can help you after that? Therefore, let the believers put their trust in Allah alone." (QS. Ali Imran: 159-160).

Hamka in *Tafsir Al-Azhar* explains that trust is surrender and is a characteristic or attitude that must exist for a believer. This is because faith and trustworthiness are interrelated, namely believing that only in Allah SWT all matters can be resolved, and only Allah SWT is the Most Helpful of His servants from all circumstances. It was also explained that Allah SWT loves His servants who believe and put their trust in Him. Therefore, as a believer servant, it is appropriate to put your trust only in Allah SWT because only Allah SWT is the Most Helpful of His servant.²⁵ Divorced couples must strengthen their faith by putting their trust in Allah SWT, because without trust, faith can become weak. As has been felt by the residents of Medan Satria Village in living their post-divorce life.

Mrs. Evi is a resident of the Medan Satria Village who has experienced a divorce, she is a woman who is very firm in her faith. At the time of going through a divorce with her husband, she faced many trials which showed the existence of her determination. Apart from that, Mrs. Evi was also able to grow a strong belief in herself to put her trust in Allah SWT. In facing the difficulties of post-divorce life, Mrs. Evi chose to carry out her tawakal properly, consistently, and never feel hopeless. He believes that everything that happens is by the will and destiny of

²⁴ Supriyanti, *Tawakal Bukan Pasrah*, (Jakarta: Qultum Media, 2010).

²⁵ Hamka, *Tafsir Al-Azhar*, Jilid II (Depok: Gema Insani, 2015).

Allah SWT, so he always surrenders and tries to let go of everything that happens. Despite experiencing difficulties in earning a living from her husband who studies occult knowledge, Evi never loses hope and always tries to improve her financial condition by working hard and praying to Allah SWT. In this case, Mrs. Evi's strong trust became the main foundation in improving her life after the divorce.²⁶

Apart from that, the trust made by Mrs. Evi was also able to create a feeling of optimism in her such as feeling calm inside and reducing the pain she experienced as a result of her ex-husband's behavior which hurt the feelings of the family. In this case, Mrs. Evi is able to view all the events in her life positively, the tests in her life are lessons and wisdom that must be taken as good for the future.

Apart from Mrs. Evi, there is also Mrs. Nana, a resident of the Medan Satria Village who has experienced a divorce due to the bad behavior of her ex-husband who often cheated on her and even married another woman without her knowledge. She felt very hurt and disappointed with her ex-husband, but she didn't just give up. Mrs. Nana chose to strengthen her faith by trusting in Allah SWT, who gives strength and confidence to live her life. With trust, he is able to let go of the heavy burden in his heart and accept reality gracefully. Mrs. Nana also feels the emergence of a sense of optimism within her such as the enthusiasm in living her life, the loss of despair, especially in raising her children. He believes that trusting in Allah SWT will provide the best path for his life in the future.²⁷ In this case, tawakal has become a source of spiritual strength for Mrs. Nana, so that she is able to continue her life with enthusiasm and optimism.

There is also Mrs. Siti who experienced a disharmonious household life with her ex-husband until they divorced even though they didn't have children. During his marriage, the ex-husband often used his wealth to have fun and live in luxury, even getting drunk and having an affair. Even so, Siti remained strong and steadfast in facing this ordeal. He believes that everything that happens is destiny from Allah SWT and he tries to always put his trust in and ask for His help to face all obstacles in life. In living her post-divorce life, Mrs. Siti was able to strengthen her faith with a strong trust in Allah SWT. He continues to pray and tries to always improve himself, increase his faith and piety, and strengthen his relationship with Allah SWT.²⁸ After trusting Mrs. Siti, she felt a sense of optimism within herself, as if she was more enthusiastic about achieving the things she aspired to, and thought positively about getting the best partner for herself.

Different from the wife's (female) point of view, as a husband (male) who frequently commits domestic violence, Mr. Agus does not yet understand the concept of trustworthiness to be a guide in dealing with problems and difficulties in post-divorce life. As a result of the mistakes he made, his wife suffered mental and physical injuries, so she chose to run away with their two children and filed for

²⁶Interview with Evi, a divorced woman from her husband, Medan Satria, 2022.

²⁷ Interview with Nana, a divorced woman from her husband, Medan Satria, 2022.

²⁸ Interview with Siti, a divorced woman from her husband, Medan Satria, 2022.

divorce. Even so, Agus still has the opportunity to improve himself by learning to apply trust and optimism in his life.²⁹

By understanding the concept of trustworthiness, Mr. Agus can build peace in his heart and strengthen his faith to face the difficulties he faces optimistically by thinking positively that life in the future will be better than before. Agus needs coaching and mentoring so he can learn to let go and improve his personality to start a new life in a strong faith by putting his trust in Allah SWT. Tawakal and optimism can be an option to overcome the problems faced after the divorce and help Mr. Agus to find a better way of life in the future.

Mr. Akbar also experienced the same incident. He made many mistakes, such as having an affair and even committing domestic violence which left deep scars on his wife so that his wife was unable to withstand the inner pressure and filed for divorce so she could be free from the bad treatment by Mr. Akbar. While leading the household, Mr. Akbar was unable to provide a living that was sufficient for the family's needs, he also had a deficiency in understanding Islamic religious teachings, especially in building a household.³⁰

Mr. Akbar must improve himself and improve his understanding of Islamic religious teachings in order to live a better post-divorce life. Even though he made a big mistake and harmed his ex-wife, Mr. Akbar must still put his trust in Allah to improve himself and improve his relationship with his family and the surrounding community. By focusing on studying religious teachings, Akbar can grow optimism and face the challenges of post-divorce life firmly and firmly. Based on the results of these interviews, it can be concluded that trust in Allah is the key to increasing faith in order to gain strong optimism in living a better life after divorce.

Tawakal and optimism have a very deep relationship. Optimism is a pattern of thought or action aimed at good or pleasant things. Optimism can also be interpreted as positive thinking or expecting good, optimism can be obtained by putting your trust in Allah SWT.³¹ An optimistic attitude can reduce or even eliminate feelings of anxiety, anxiety, excessive worry within oneself, and can foster confidence in getting all good things with your father and the destiny of Allah SWT.³²

Tawakal is basically accepting all the destiny determined by Allah SWT, both desired and unwanted provisions. Likewise with what happens to divorce caused by internal and external factors, this is God's father's will that was unwanted before going through marriage but the ups and downs that God has ordained are tests and trials that must be passed to measure the faith and gratitude of His servants.³³

²⁹ Interview with Agus, a man who is divorced from his wife, Medan Satria, 2022.

³⁰ Interview with Akbar, a man who is divorced from his wife, Medan Satria, 2022.

³¹ Sopian Muhammad, *Rahasia Di Balik Rahasia*, (Jakarta: Cakrawala Publishing, 2011).

³² Musthafa Kamal, *Be Optimistic 25 Alasan Mengapa Harus Optimis* (Jakarta: Cakrawala Publishing, 2012).

³³ Thohir, "Konsep Tawakkal Dalam Perspektif Pasangan Perkawinan Anak Di Desa Wedusan Probolinggo Jawa Timur."

Tawakal can foster post-divorce life optimism. By relying on Allah SWT, a person will increase confidence with confidence in living life and being able to pass every test that Allah gives. As explained by Imam Al-Ghazali in *Ihya Ulumuddin*, trustworthiness is managing the heart to surrender all matters only to Allah, the Supreme Being. This is because everything that happens does not escape His will.³⁴ Tawakal is an attitude or behavior aimed at surrendering all matters to Allah SWT after trying earnestly. Therefore, tawakal is a real manifestation of a servant's faith and belief in Allah SWT.³⁵

In essence, trustworthiness is surrendering oneself and all matters that have been fully endeavored to Allah SWT and believing that Allah is the representative in overcoming the problems being faced. This also includes surrendering all the results by wholeheartedly accepting the will of Allah SWT.³⁶ This is based on the verse of Allah SWT about trust contained in QS. Ali-Imran: 159-160: "Then when you have made up your mind, put your trust in Allah. Indeed, Allah loves those who put their trust. If Allah helps you, then nothing can beat you, but if Allah restrains you (does not give help), then who can help you after that? Therefore, let the believers put their trust in Allah alone."

Rasulullah SAW said:

لَوْ أَنَّكُمْ تَتَوَكَّلُونَ عَلَى اللَّهِ حَقَّ تَوَكُّلِهِ لَرَزَقْنَاكُمْ كَمَا يَرْزُقُ الطَّيْرَ ، تَعْدُو خِمَاصًا وَتَرُوحُ
بَطَانًا

"If you really put your trust in Allah, Allah will surely give you sustenance as He gives sustenance to birds that go out on an empty stomach in the morning and return with a full stomach in the afternoon" (HR. Tirmidhi).

Tawakal that is carried out consistently can produce a significant positive impact in the form of a sense of optimism and confidence as well as courage in continuing life after divorce.

2. Trust in Growing Post-Divorce Life Optimism in Medan Satria Bekasi Village

There are three components or indicators of optimism are strengthening one's mentality, increasing courage and helping to build a positive mindset. The following will explain these three indicators by relating them to several respondents who experienced divorce;

a. Strengthen Self Mentality

Mentality is an inner state that influences the way one thinks and feels. Hard life trials, bitter experiences, and burdens of mind and others that arise as a result of divorce can cause individuals to experience stress, depression and even trauma which causes physical and mental health to decline, especially in women, because

³⁴ Al-Ghazali, *Ihya Ulumuddin*.

³⁵ Supriyanti, *Tawakal Bukan Pasrah*.

³⁶ Mu'inudunillah Basri, "Indahnya Tawakal, Publikasi Ilmiah."

mentality in women is very easy to experience a decline compared to men.³⁷ Anxiety and worry experienced by women after divorce tends to be related to their uncertain future, this is usually because women are not used to being independent after being separated from their ex-husband's livelihood. In addition, divorce can also cause feelings of depression, fear, loneliness, unhappiness, and excessive trauma to the opposite sex.³⁸

Tawakal and mentality have a close relationship. A high level of trust can improve one's mentality, while a lower level of trust can affect one's mindset and life. There are three reasons for the decline in mentality in Islam namely:

- a) Lack of knowledge both in religious knowledge and other knowledge that can result in weak faith.
- b) Too much prioritizing worldly values in life without prioritizing trust in Allah.
- c) Not correcting oneself from mistakes or sins that have been committed, whether intentional or unintentional.³⁹

Trust in Allah SWT can strengthen the mentality of self that is declining, especially those caused by divorce, as experienced by some residents of the Medan Satria Village. Mrs. Evi really felt this, who had gone through a divorce from her husband for several complex reasons. As well as facing difficulties in making a living, she also has to deal with hurt and feelings of disappointment towards her ex-husband who studied magic. However, with strong faith and trust in Allah SWT, she was able to strengthen her mentality and face the challenges of post-divorce life better.

Mrs. Evi has a strong background in religion and has a good understanding of the concept of trustworthiness. He believes that everything that happens in his life is part of the destiny of Allah SWT and that trust is the key to facing all obstacles in life. In living her post-divorce life, Mrs. Evi always adheres to her beliefs and always tries to be trustworthy in maintaining her mentality so that she is able to be optimistic in continuing her post-divorce life.⁴⁰

Despite experiencing difficulties in making a living and caring for her child after the divorce, Mrs. Evi never felt hopeless. He always tries to find the best solution and always prays to Allah SWT so that he will be given ease in living his life. With her trust and strong faith, Mrs. Evi was able to get through the difficult times after the divorce and was still able to smile happily in facing her new life.

Likewise experienced by Mrs. Nana, she is a strong and steadfast woman in the face of divorce from her husband who often cheats on her and marries another woman without her knowledge. She felt very humiliated and hurt because she was betrayed by her husband, who had been with her for years and had a child. However, by relying on Allah SWT, he was able to strengthen his mentality in

³⁷ Era Findiani, *The Book Of Meredam Stres: Cara Paling Serius Untuk Menghadapi Stres Dan Depresi Dalam Sekejap*, (Yogyakarta: Psikologi Corner, 2022).

³⁸ Anita Adijie, "Bagaimana Dampak Perceraian Secara Psikologis," 2022.

³⁹ Rizem Aizid, *Melawan Stress Dan Depresi* (Yogyakarta: Saufa, 2015).

⁴⁰ Interview with Evi, a divorced woman from her husband, Medan Satria, 2022.

dealing with this difficult situation. He believes that Allah SWT always provides a way out and gives strength in facing life's trials.⁴¹ Mrs. Nana also tries to maintain a good relationship with her ex-husband for the benefit of their child. With trust, he is able to accept reality and live his life better.

Not much different from what Mrs. Siti went through, she also went through a divorce because her ex-husband often used his wealth to have fun and have affairs. However, Mrs. Siti was able to overcome her heartache and strengthen her mentality by trusting Allah SWT. He believes that Allah SWT will definitely provide the best way out for his life, and that he must be patient in facing this trial. With her trust and strong faith, Mrs. Siti managed to maintain her emotional balance and plan for a better future.⁴² He also deepened his knowledge of Islam and increased his worship as a form of trust in Allah SWT.

Unlike what happened to Mr. Agus, he has not been able to put his trust in himself to strengthen his mentality in living a post-divorce life. The domestic violence behavior that he did to his wife every day caused her to run away and file for divorce. As someone who has not been able to put his trust in himself, Mr. Agus tends to feel hopeless and feels unable to face the challenges of life after a divorce. His lack of trust and optimism in life after divorce can have an impact on his mental and physical health and the viability of his life in the future.⁴³ Therefore, Mr. Agus needs to strengthen his faith and mentality by putting his trust in Allah to improve himself and continue his life in a better way.

Likewise, what was felt by Mr. Akbar, the divorce he experienced was caused by his wrong actions while building a household. This naturally resulted in great sorrow and suffering for him. However, as a Muslim who must adhere to the teachings of Islam, Mr. Akbar needs to apply trustworthiness to strengthen his mentality and foster optimism in living a post-divorce life.⁴⁴

By trying and putting his trust in Allah SWT, Mr. Akbar can develop a better understanding of the religion of Islam, so that he can foster better relationships with fellow human beings and improve himself so that he can better face the challenges of life after divorce and achieve happiness in the future.

b. Increase Endurance

A person's faith in relying is very much tied to the religious beliefs in his heart. The firmness of faith in one's heart makes one's heart strong in responding to every event positively and wisely. Firm faith makes a person have a strong foundation to go through everyday life with confidence and optimism. This optimism and self-confidence really helps those who have been divorced in recovering their living conditions so that they are able to achieve their desired goals by acting positively, thinking rationally, analyzing and being able to socialize

⁴¹Interview with Nana, a divorced woman from her husband, Medan Satria, 2022.

⁴²Interview with Siti, a divorced woman from her husband, Medan Satria, 2022.

⁴³Interview with Agus, a man who is divorced from his wife, Medan Satria, 2022.

⁴⁴Interview with Akbar, a man who is divorced from his wife, Medan Satria, 2022.

properly without giving up. The optimism that results from trusting efforts has a very large positive impact, as is felt by those who have been divorced in Indonesia, especially Bekasi residents who live in the Medan Satria Village.

As has been passed by Mrs. Evi who struggled in facing difficult times after the divorce from her husband who had studied magic and was irresponsible in providing a living for his child. Even so, Mrs. Evi did not mourn her fate and remained strong in living her life. By relying on her trust and faith in Allah SWT, Mrs. Evi is able to grow optimism in life and face life's challenges with full determination in her heart. He kept trying and praying that his condition would improve and get out of the difficulties he was facing.⁴⁵ In a situation full of pressure and difficulties, Mrs. Evi persisted with the belief that Allah SWT would provide the best way out for her and her family.

Mrs. Nana also understands that life is full of trials and tests that must be faced with strong determination and unwavering faith. By relying on Allah SWT, he was able to calm his heart and strengthen himself to live life after his divorce. With the earnestness of her efforts in cultivating life optimism, Mrs. Nana always tries to look to the future and not get stuck in the past which is full of sorrows and wounds. He believes that a bright future still awaits him if he keeps trying and puts his trust in Allah SWT.⁴⁶ Mrs. Nana also does not forget to always be grateful for all the blessings that Allah SWT has given her, especially for the existence of her children who are the source of her happiness.

With steadfastness in putting her trust in, Mrs. Nana is able to face life's challenges stronger and more optimistic. He no longer feels alone and sinks in difficult circumstances, because he always feels close to Allah SWT, who always provides guidance and protection. That way, Mrs. Nana was able to rise from her adversity and live her life with full enthusiasm and high hopes.

Likewise with Mrs. Siti who has experienced a divorce because her husband always used his wealth to spend extravagantly, often even getting drunk and having an affair with another woman. Even though Mrs. Siti does not have children, she still chooses to file for divorce from her husband because she does not want to continue to suffer in her unhappy marriage. In dealing with this problem, Mrs. Siti was able to grow optimism in herself with determination in putting her trust in Allah. He believes that Allah SWT will definitely provide the best way out for him and always tries to remain patient and grateful for all the tests given.⁴⁷ With her optimism, Mrs. Siti is able to see her future better and prepare herself to continue her post-divorce life with full faith in God.

Unlike what happened to Mr. Agus, his divorce occurred because Mr. Agus often committed domestic violence against his wife, almost every day. This caused his wife to run away and take their two children and file for divorce. This caused Mr. Agus to not be able to strengthen his heart to put his trust in and face his post-

⁴⁵Interview with Evi, a divorced woman from her husband, Medan Satria, 2022.

⁴⁶Interview with Nana, a divorced woman from her husband, Medan Satria, 2022

⁴⁷Interview with Siti, a divorced woman from her husband, Medan Satria, 2022.

divorce life with optimism. Maybe he still feels difficult and down due to the divorce that happened because of his mistake so he still needs time to be able to recover and rebuild his confidence and faith. In this case, Mr. Agus needs to get support from his family, friends and the surrounding community so that he can strengthen his heart to get back on his feet and find optimism in living his life after going through a divorce.⁴⁸

Likewise, what Mr. Akbar went through, he had to face a difficult reality after being sued for divorce by his ex-wife even though it happened because of his mistake, he had an affair and even committed domestic violence to his ex-wife. Apart from having to let go of being separated from his family, he also had to face his lack of understanding of Islamic religious teachings, especially to build a household. Therefore, Mr. Akbar must remain trusting and firm in his heart to foster optimism in living life after the divorce.⁴⁹

Mr. Akbar must improve himself, hone his knowledge of Islamic teachings and correct his bad behavior so that he can lead a better and beneficial life for himself and his environment. Mr. Akbar must strengthen his faith in Allah SWT and believe that every test given must have a silver lining. He must be able to control his emotions and not be carried away by feelings of sadness and disappointment, and be optimistic in facing his future. In that way, Mr. Akbar can achieve true happiness in living his post-divorce life.

This matter has been explained by Imam Al-Qusyairi in his book *Al-Risalah Al-Qusyairiyah* that the true place of trust is in the heart, with firmness in accepting whatever the result of what has been tried is the destiny that has been ordained by Allah, if the path taken feels difficult, you have to be sure that it is the will or destiny of Allah SWT, and if the path taken feels easy then rest assured that the ease is with Allah's help. As Allah has said in QS. Al-Insyirah verses 5-6:

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا إِنَّ مَعَ الْعُسْرِ يُسْرًا

“So verily with hardship comes ease. Indeed, after hardship there is ease.”
(QS. Al-Insyirah: 5-6).

c. Build a Positive Mindset

Positive thinking not only makes use of reason, but is also combined with feelings or it can also be called good prejudice. Positive thoughts that are not tainted with bad things and lust or negative feelings can make a person mentally strong.⁵⁰ A positive mindset has an important role in changing circumstances. When you experience a bad situation and then face it with positive thinking, it will foster a sense of optimism to find a way out because you are able to solve every problem with your abilities. Positive thinking will maintain health because with

⁴⁸Interview with Agus, a man who is divorced from his wife, Medan Satria, 2022.

⁴⁹ Interview with Akbar, a man who divorced his wife, Medan Satria, 2022.

⁵⁰ Siti Hatifah and Dzikri Nirwana, “Pemahaman Hadis Tentang Optimisme,” *Jurnal Studia Insania* 2, no. 2 (2014).

positive thinking there are no bad words and you are not burdened with problems so that life will feel peaceful without any anxiety and stress in your mind.⁵¹

Mrs. Evi really felt this, she is a woman who is strong and has strong faith. Even though she had to face a difficult divorce because her husband studied occult knowledge and did not provide a good living, Mrs. Evi was able to put her trust in herself and make firmness in her heart and a positive mindset the basic guideline for putting her trust in facing life's challenges. With her belief in Allah SWT, Mrs. Evi continues to strengthen her faith and develop a positive mindset that allows her to see all problems as tests and life lessons that must be faced gracefully. In these difficult conditions, Mrs. Evi did not regret her fate and kept trying to find the best solution for herself and her children. He strengthened his faith by attending regular prayers and continuing to deepen his knowledge of religion. That way, Mrs. Evi was able to maintain her belief and gain peace in her heart.⁵²

Mrs. Evi was able to develop a positive mindset in putting her trust in her to grow a sense of optimism in dealing with her life's problems. That way, he can see things from a better perspective and find the best solution to every problem. In facing life after the divorce, Mrs. Evi made the decision to stay strong and keep fighting to achieve happiness and success in the future. With determination in her heart and a positive mindset, Mrs. Evi was able to grow optimism in her life and became an inspirational example for many people around her. He always tries to maintain his faith and make trust as a guide in facing every challenge in his life.

Almost similar to what happened to Mrs. Nana during a difficult time when she had to face the fact that her husband was having an affair and married another woman without her knowledge, even though they already had children. However, Mrs. Nana was able to foster optimism by thinking positively and putting her trust in Allah SWT. He believes that everything that happens must have a silver lining and he accepts gracefully all the trials given by Allah SWT. Mrs. Nana focuses on maintaining her mental and emotional health by praying, worshiping, and doing more positive activities that make her feel happy. He is optimistic that his future will be better with his parents and the destiny of Allah SWT. With a strong trust, Mrs. Nana was able to go through the difficult post-divorce period with positive thoughts and the belief that Allah SWT will provide the best for her and her family.⁵³

The same goes for Mrs. Siti, even though she doesn't have children and is going through a divorce with her ex-husband because of her husband's irresponsible behavior in managing family assets, even to the point of having an affair and not infrequently committing domestic violence to her. But Mrs. Siti did not sink into despair. Instead, he tries to strengthen himself by thinking positively and optimistically in facing life after the divorce. Mrs. Siti believes that trust in Allah SWT is the main key to facing every problem and challenge in life. He

⁵¹ A.N Ubaedy, *Kedahsyatan Berpikir Positif* (Depok: Visi Gagas Komunika, 2007).

⁵² Interview with Evi, a divorced woman from her husband, Medan Satria, 2022.

⁵³ Interview with Nana, a divorced woman from her husband, Medan Satria, 2022

believes that by thinking positively in putting his trust in everything, everything will become easier and Allah will give the best for him.⁵⁴

Mrs. Siti continues to try to strengthen her faith by praying, reading the Koran, and trying to always be positive in facing difficult situations after the divorce. Even though she sometimes feels sad and lonely, Mrs. Siti continues to try to change her mindset so that she focuses on positive things. With a strong determination and deep trust in Allah SWT, Mrs. Siti was able to grow optimism in her life. He believes that Allah SWT will provide the best path for him and he is always ready to face all challenges with a positive attitude and strong trust.

However, in contrast to what Mrs. Siti feels, Mr. Agus is a person who has not been able to think positively in facing separation from his wife and children. The domestic violence behavior that was often perpetrated against his wife caused his wife to run away with her two children and file for divorce. Mr. Agus can start by accepting and admitting the wrong he has done to his ex-wife. In dealing with feelings of guilt and regret, Mr. Agus can rely on Allah SWT to ask for your father and His forgiveness. In addition, Mr. Agus can change his mindset from negative to positive and look at the future with better hopes.⁵⁵

Mr. Agus can also take concrete steps to overcome the problem, such as finding a professional father to deal with the domestic violence problem he once had and trying to improve relations with his children. By strengthening faith in his heart and thinking positively to put his trust in Allah SWT, Mr. Agus will feel stronger in facing the challenges of life after divorce and can increase his optimism in life to become a better person.

Mr. Akbar also faced a difficult situation after being sued for divorce by his ex-wife. He does not understand the teachings of Islam in building a household and even often commits domestic violence and has affairs. From the mistakes he had made, Mr. Akbar had to improve himself by thinking positively in putting his trust in him so he could grow optimism in life after the divorce. Mr Akbar can start by increasing his understanding of his religion and seeking guidance from those with more experience in family life.⁵⁶ By thinking positively and strengthening his faith, Mr. Akbar will be able to see a better future and find the right solution in continuing his post-divorce life with a better person.

The importance of positive thinking in putting trust and optimism to continue life has been conveyed by Harun Nasution that trust is surrender to destiny and the provisions set by Allah SWT. Accept all conditions calmly with a positive mindset both in expected and unwanted conditions, and be grateful when you get what you want and be patient when you are in an unwanted situation.

Based on the results of the interviews above, it can be concluded that trustworthiness has a close relationship with courage and a positive mindset in fostering optimism in life after divorce. The application of trustworthiness must

⁵⁴ Interview with Siti, a divorced woman from her husband, Medan Satria, 2022.

⁵⁵ Interview with Agus, a man who is divorced from his wife, Medan Satria, 2022.

⁵⁶ Interview with Akbar, a man who divorced his wife, Medan Satria, 2022.

first try and make an effort to be responsible for one's own and family's needs and then submit the results or matters to Allah SWT.⁵⁷ Post-divorce life that feels difficult and heavy will be easy and beautiful if you go through it with optimism after putting your trust in Allah SWT. As has been exemplified in the words of the Prophet Muhammad SAW which shows the relationship between trust and optimism which is very strong in living life.

Rasulullah SAW said:

لَوْ أَنَّكُمْ تَوَكَّلْتُمْ عَلَى اللَّهِ حَقَّ تَوَكُّلِهِ لَرَزَقَكُمْ كَمَا يَرْزُقُ الطَّيْرَ ، تَعْدُوا خِمَاصًا وَتَرُوحُ
بَطَانًا

"Indeed, if you put your trust in Allah truly trust, surely you will be given sustenance as the sustenance of the birds. They left early in the morning hungry and returned in the afternoon full" (HR. Al-Tirmizdi).

This hadith provides an example that teaches the belief that if a person puts his trust in Allah in the best way possible, then surely Allah will guarantee his sustenance as Allah has determined his sustenance for a bird that comes out of its nest hungry but returns to its nest feeling full of the sustenance that Allah has given.

Conclusion

Based on the previous description, several conclusions can be drawn as follows: The increase in divorce cases is caused by various problems in marriage. The impact of divorce has a negative effect on mentality, determination, and a positive mindset. This phenomenon tends to be caused by a lack of trust so that faith becomes weak and results in a loss of optimism in life in dealing with post-divorce problems. Tawakal is an instrument that increases faith so that it can foster post-divorce optimism by strengthening one's mentality, strengthening one's heart and always thinking positively. The majority of respondents said that post-divorce trustworthiness plays a very important role in strengthening self-mentality, increasing courage, and building a positive mindset. Three out of five respondents have implemented trustworthiness to foster optimism in their life after a divorce.

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⁵⁷ Muhamad Basyrul Muvid, *Tasawuf Kontemporer* (Jakarta: Amzah, 2020).

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Interviews

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Interview with Agus, a man who is divorced from his wife, Medan Satria, 2022.

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