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Islamic Counseling to Overcome Excessive Romantic Love: A Qur'anic Approach

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Abstract

Excessive romantic love often leads to emotional imbalance and conflicts with religious values, as in Islam, true love must be directed towards Allah and His Messenger. This study aims to analyze the Islamic counseling approach in addressing excessive love through an in-depth understanding of Qur'anic verses. The method used in this research is a qualitative approach with a tafsir analysis from trusted sources such as Tafsir As-Sa'di and Mukhtashar, along with a qualitative narrative analysis of the Qur'an. The results of the study show that the Qur'an clearly instructs believers to prioritize love for Allah and His Messenger, and that excessive romantic love is merely a temporary worldly pleasure. Islamic counseling emphasizes the importance of balance in emotional life and promotes love for Allah as the primary solution to the problem of excessive love. In conclusion, the Islamic counseling approach based on the Qur'an is effective in providing solutions to the problem of excessive love by guiding individuals towards a balanced love that is oriented toward divine values.

Keywords: Islamic counseling, excessive love, Qur'an.

Introduction

The phenomenon of excessive romantic relationships, particularly among teenagers and young adults, has become an increasingly prominent issue in modern life¹. This is often caused by excessive exposure to social media, social pressure, and

¹ Fithriyah, Y. (2022). El impacto de las citas en la salud mental de los adolescentes. Revista Académica de Psicología y Consejería. Retrieved from <https://doi.org/10.22515/ajpc.v3i2.4944>

unrealistic expectations regarding romantic relationships.² Deep emotional dependence on a partner often leads to psychological problems, such as anxiety, depression, and even loss of self-identity^{3,4}. Due to excessive romantic love, it also leads to the loss of morality⁵. In the Islamic context, love is a natural disposition given by Allah SWT, but if not managed well, it can exceed limits and result in emotional and spiritual destruction. Therefore, a counseling approach is needed that not only touches on psychological aspects but also spiritual aspects, especially a Qur'anic-based approach.

The urgency of this discussion becomes very important because excessive romantic love can lead to emotional imbalance and distance a person from a higher love, namely to Allah and His Messenger. In Islamic teachings, true love must be balanced, where love for Allah should be the top priority⁶. This article offers a new perspective by focusing on the Qur'anic approach to addressing the issue of excessive romantic love. This approach directs individuals to make love for Allah the main foundation in their emotional lives, thereby helping to reduce excessive emotional attachment to humans or worldly matters. This discussion is important because the Qur'anic approach can provide solutions that are spiritual and holistic, which are rarely examined in depth in contemporary studies. In this context, Islamic counseling methods based on the Qur'an become an effective alternative to address excessive romantic love, offering practical guidance in building healthy and balanced relationships. The issue raised in this article is: How can the Qur'anic approach be a solution in addressing excessive romantic love? The hypothesis proposed is that the Qur'anic approach, based on verses that emphasize balance in love and interpersonal relationships, can provide a more effective solution in addressing this issue compared to conventional approaches.

²Vaterlaus, J. M., Tulane, S., Porter, B. D., & Beckert, T. (2018). The Perceived Influence of Media and Technology on Adolescent Romantic Relationships. *Journal of Adolescent Research*, 33, 651–671. Retrieved from <https://doi.org/10.1177/0743558417712611>

³ Camarillo, L., Ferre, F., Echeburúa, E., & Amor, P. J. (2020). Partner's Emotional Dependency Scale: Psychometrics. *Actas Espanolas de Psiquiatria*, 48 4, 145–153

⁴ Urbiola, I., Estévez, A., Iruarizaga, I., & Jáuregui, P. (2017). Dependencia emocional en jóvenes: relación con la sintomatología ansiosa y depresiva, autoestima y diferencias de género. *Ansiedad y Estrés*, 23, 6–11. Retrieved from <https://doi.org/10.1016/J.ANYES.2016.11.003>

⁵ Romaeti, S. (2019). Dampak Pacaran Terhadap Moralitas Remaja Menurut Pandangan Ustadz Jefri Al-Bukhari, 1–69.

⁶ Karimullah, S. S. (2023). The Concept of Love in Islamic Thought: Between Spirituality and Human Relations. *Studi Multidisipliner: Jurnal Kajian Keislaman*. Retrieved from <https://doi.org/10.24952/multidisipliner.v10i2.8754>

To achieve depth of analysis, this article will use interpretations of relevant Quranic verses to provide a more comprehensive understanding of how Islam views love and its balance. This is expected to distinguish this article from previous research, which has not yet explored in depth from the perspective of interpretation. The purpose of this study is to elaborate and analyze relevant verses of the Qur'an in the context of excessive romantic love, as well as to present a Qur'anic-based Islamic counseling approach, supported by exegesis, as a comprehensive solution to address this issue.

Research Method

This research employs a qualitative approach with content analysis methods to interpret relevant verses of the Qur'an in the context of excessive romantic love⁷. The qualitative approach was chosen because this research focuses on an in-depth exploration of the sacred texts of the Qur'an, which requires interpretative understanding based on historical and socio-religious contexts⁸.

The primary source of this research is the Qur'an, with tafsir as the analytical tool to delve deeper into the meanings of the relevant verses. The research will use Tafsir Mukhtashar and Tafsir As-Sa'di as the main references. Tafsir Mukhtashar was chosen because, although concise, it still retains the depth of meaning of the Quranic verses, while Tafsir As-Sa'di offers simple and easy-to-understand interpretations, making it relevant for counselors and practitioners in the field of Islamic counseling⁹.

The data collection process is carried out by identifying and gathering Quranic verses relevant to the theme of love, particularly those concerning human relationships, proportional love, and balance in life. Each verse collected will be analyzed using one of the two interpretations, with the aim of gaining a deeper understanding of the concept of love in Islam. The results of the tafsir analysis are then interpreted in the context of Islamic counseling, focusing on how these verses can be applied to help individuals overcome excessive romantic love and achieve emotional and spiritual balance..

⁷ Wahyudi, A., Haq, M. R. M., & Said, H. (2023). THE RICHNESS OF TAFSIR AL-QUR'AN: METHODS IN INTERPRETING THE VERSES OF THE QUR'AN. HUNafa: Jurnal Studia Islamika. Retrieved from <https://doi.org/10.24239/jsi.v20i1.690.155-178>

⁸ Seers, K. (2011). Qualitative data analysis. Evidence Based Nursing, 15, 2. Retrieved from <https://doi.org/10.1136/ebnurs.2011.100352>

⁹ Anshory, M. (2020). KAJIAN TAFSIR AL-QUR'AN: Telaah atas Kitab Taisirul Lathifil Mannani fi Khulashati Tafsiril Qur'an Karya Abdurrahman bin Nashir as-Sa'di, 5, 365–388. Retrieved from <https://doi.org/10.30868/AT.V5I02.978>

Results and Discussion

This study examines the Quran-based Islamic counseling approach to address excessive romantic issues. Based on the analysis of three verses, namely Surah Al-Baqarah verse 165, Surah Al-Imran verse 14, and Surah At-Tawbah verse 24, several significant scientific findings were discovered:

1. Balance of Love: From the analysis of Surah Al-Baqarah verse 165, it was found that excessive love for creatures can lead to the violation of monotheism, as love for Allah should be at the pinnacle of everything. Islamic counseling is effective in guiding individuals to prioritize love for Allah and restore love for creatures within balanced limits.
2. The Influence of Worldly Temptations: An analysis of Surah Ali 'Imran verse 14 shows that humans tend to be tempted by worldly pleasures, including love for partners. Islamic counseling guides individuals to understand that love for worldly pleasures, including romantic relationships, is temporary and should not divert their spiritual focus.
3. Love that Leads to Deviance: From Surah At-Tawbah verse 24, it is found that prioritizing love for worldly matters over love for Allah and His Messenger can lead to wickedness. Islamic counseling helps individuals prioritize their lives so that love for Allah and His Messenger becomes paramount.

Overall, this research confirms the hypothesis that the Qur'anic-based Islamic counseling approach is effective in helping individuals overcome excessive romantic love by guiding them towards spiritual balance.

Qur'anic Approach to Balanced Love

In Islam's view, love is a natural disposition that Allah SWT has instilled in every human being. The Qur'an views love as a gift that holds a special place, both in the relationship between humans and Allah, as well as among fellow creatures. However, Islam also emphasizes that love must be managed in a balanced manner so that it does not exceed the limits set by Sharia. Imbalance in love, especially excessive love for anything other than Allah, can have negative impacts, both emotionally and spiritually¹⁰.

True love in Islam is love based on obedience to Allah SWT. Love for Allah is the highest love, while love for fellow humans and other creatures must always be within the framework of obedience to Him¹¹. In Surah Al-Baqarah: 165, Allah SWT

¹⁰ Putra, A. M. (2023). Makna Hidup Berbasis Fitrah Menurut Al-Qur'an.

¹¹ Alfiyah, A., & Nufus, C. (2023). KONSEP AL-HUBB DALAM AL-QUR'AN (Telaah Kitab Tafsir Ruh Al-Ma'ani Karya Imam Al-Alusi). Jurnal Ilmu Al-Qur'an Dan Tafsir, 6(1), 85–103

says, "And among the people are those who take other than Allah as equals [to Him]. They love them as they should love Allah. But those who believe are stronger in love for Allah." This verse emphasizes that the deepest love should be directed towards Allah, and if love for creatures surpasses love for Allah, it could become a form of misguided worship.

Islam teaches the balance of love through the concept of tawhid, where all forms of love, affection, and respect must always be returned to Allah as the primary source. Love for a spouse, family, or even material possessions is not something that is forbidden, but if that love becomes excessive and distracts someone from remembering Allah, then it is considered to exceed reasonable limits. QS. Ali Imran: 14 warns about human love for worldly things: "Beautified for people is the love of that which they desire—of women, children, heaped-up sums of gold and silver, fine branded horses, cattle, and tilled land. That is the enjoyment of life in this world, and in the sight of Allah is the best place of return." Therefore, love in Islam should not be the primary goal of life." Islam teaches that love for fellow beings, whether it is love for a partner, family, or friends, must always be moderate, within the framework of responsibility, and always oriented towards the pleasure of Allah. This balance of love encourages Muslims not to get trapped in love that dominates the heart to the point of neglecting worship obligations, or that makes someone forget the priorities of the hereafter.

In the context of romantic relationships between men and women, the Qur'an provides guidance to maintain the established boundaries, both before and after marriage. Healthy love is love that directs someone to help each other in goodness and piety, not love that is solely based on lust or worldly pleasure. Excessive love, without control, can lead someone to emotional difficulties and distance them from true peace of mind, because excessive love for creatures often does not bring lasting satisfaction.

This Qur'anic approach teaches the importance of keeping love within reasonable limits and always accompanied by love for Allah SWT. Thus, love can become a source of tranquility, peace, and motivation to live life according to Allah's guidance. Conversely, uncontrolled love will lead to restlessness and sorrow, as excessive emotional dependence on creatures often results in disappointment.

Analysis of Relevant Qur'anic Verses on Excessive Love

In the Qur'an, Allah provides clear guidelines on how humans should place love and affection in their lives. Excessive love for the world, including for partners or material things, can divert humans from a greater purpose in life, which is to fully devote themselves to Allah. Through several verses of the Qur'an, Allah provides reminders for humans to balance their love, not making it the main goal of life, let alone neglecting their faith responsibilities.

1. Surah Al-Baqarah Verse 165

This verse provides a clear picture of how some people love something or someone besides Allah with the same level of love or even greater. Allah says:

"And among people are those who take other than Allah as equals [to Him]. They love them as they should love Allah. But those who believe are stronger in love for Allah. And if only they who have wronged would consider the time when they will see the punishment [on the Day of Resurrection], they will be certain that all power belongs to Allah and that Allah is severe in punishment."

The interpretation by Sheikh Prof. Dr. Hikmat bin Basyir bin Yasin in Fathul Karim Mukhtashar Tafsir al-Qur'an al-'Adzhim explains that this verse refers to people who give excessive love to other than Allah. They equate love for Allah with love for worldly things such as idols, statues, or even someone they deeply cherish. However, love for Allah must be the highest, and all other loves must be placed beneath it. Those who believe truly understand that true love is only for Allah¹²

This verse is relevant in the context of excessive love because it illustrates how love for someone or something other than Allah can exceed its proper measure, leading humans into polytheism or neglecting their responsibilities to Allah. In the case of love between humans, if love for a partner becomes the main purpose of life, this can be dangerous because it exceeds the love that should only be dedicated to Allah.

2. Surah Ali 'Imran Verse 14

Allah also warns in this verse about the strong worldly allure for humans. Allah says:

"Beautified for people is the love of that which they desire - of women and children, heaped-up sums of gold and silver, fine branded horses, cattle, and tilled land. That is the enjoyment of worldly life; and with Allah is the best return."

In the As-Sa'di exegesis, Sheikh Abdurrahman bin Nashir As-Sa'di explains that this verse shows how humans tend to be captivated by worldly beauty, including love for spouses, wealth, and other pleasures. These things have been adorned and instilled in the hearts of humans, causing them to often be captivated and lulled by their delights and pleasures. In fact, all of that is merely temporary pleasure that will fade away, and what is better is the hereafter that is with Allah¹³

¹² Yasin, S. P. D. H. bin B. bin. (2016). Fathu al-Karim limukhtasar Tafsir al-Qur'an al-A'zhim. Riyadh: Dar ibnu al-Jauziy.

¹³ As-Sa'di, A. N. (2003). Taisir al-Karim al-Rahman. Cairo: Darul Alamiyyah

This verse warns that humans should not be trapped in worldly beauty, including love for a partner, which is essentially a temptation of worldly life. Excessive love for a partner can become an obstacle for someone to achieve happiness in the hereafter if that love is not managed well and exceeds love for Allah. Therefore, worldly love, such as love for a partner, must be balanced and not lead to neglect of the hereafter.

3. Surah At-Taubah Verse 24

Allah firmly warns about the order of priority in love that must be upheld by a believer. Allah says:

"Say, 'If your fathers, your sons, your brothers, your wives, your relatives, the wealth which you have obtained, the commerce in which you fear a decline, and the dwellings in which you delight are dearer to you than Allah and His Messenger and jihad in His cause, then wait until Allah executes His command. And Allah does not guide the defiantly disobedient.'"

In the As-Sa'di interpretation, Sheikh Abdurrahman bin Nashir As-Sa'di emphasizes that love for Allah and His Messenger must be placed above everything, including family, wealth, and worldly pleasures. Love for worldly things should not exceed love for Allah and striving in His path. Those who prioritize love for worldly things over Allah and His Messenger are wicked people who have deviated from the right path¹⁴

This verse strongly emphasizes how love for Allah and His Messenger should be the highest priority for a believer. In the context of excessive love, this verse reminds us that if love for a partner or family exceeds love for Allah, it is a deviation that can lead someone into misguidance. Therefore, love for a partner must be controlled so that it does not exceed love for Allah and jihad in His path.

Through the three verses above, Allah provides clear guidance on the importance of balancing love in life. Love for a partner and worldly matters are indeed part of human nature, but that love must be placed below love for Allah. Excessive love for a partner can cause someone to neglect their responsibilities as a servant of Allah. The interpretations of the scholars show the importance of maintaining balance and placing love for Allah as the pinnacle of all love so that life in this world and the hereafter remains directed.

¹⁴ As-Sa'di, A. N. (2003). *Taisir al-Karim al-Rahman*. Cairo: Darul Alamiyyah

Integration of Islamic Counseling Approach with Quranic Verses

Islamic counseling is an approach that uses Islamic principles to help individuals resolve various life problems, including excessive romantic issues¹⁵. This approach combines psychological methods with the values contained in the Qur'an and Sunnah, making it a solution that is not only psychological but also spiritual. In the context of excessive romantic love, the integration of Qur'anic verses becomes very important to balance the emotions, thoughts, and actions of individuals so that they do not fall into attitudes that exceed limits.

1. Understanding the Nature of Love and Desire in Life

One important aspect of Islamic counseling is helping individuals understand the nature of love from an Islamic perspective.(Nurjannah, 2019). Love is a natural disposition given by Allah, but excessive love for worldly things, including partners, can become an obstacle to getting closer to Allah. Surah Ali 'Imran verse 14 mentions how human desires for partners and worldly pleasures are adorned, but all of these are merely temporary pleasures:

"Beautified for people is the love of that which they desire - of women and children, heaped-up sums of gold and silver, fine branded horses, cattle, and tilled land. That is the enjoyment of worldly life; and with Allah is the best return."

In Islamic counseling, this verse can serve as a guideline for counselors to help clients understand that worldly love is temporary, and what is more important is preparing oneself for the afterlife. Clients are invited to reflect on whether their love for their partner or worldly matters has distracted them from remembering Allah. The purpose of this process is to balance love for a partner with a higher love for Allah, so that there is no deviation or excessive behavior.

2. Overcoming Excessive Love Through Prioritizing Love for Allah and His Messenger

Islamic counseling also emphasizes the importance of prioritizing love for Allah and His Messenger above all forms of worldly love¹⁶. In Surah At-Taubah verse 24, Allah reminds that love for parents, spouses, family, and wealth should not exceed love for Allah and His Messenger:

"Say, 'If your fathers, your sons, your brothers, your wives, your relatives, the wealth which you have obtained, the commerce in which you fear a decline, and the dwellings in which you delight are dearer to you than Allah and His

¹⁵ Akhmadi, A. (2021). PENDEKATAN KONSELING ISLAM DALAM MENGATASI PROBLEMA PSIKOLOGIS MASYARAKAT ISLAMIC. *Jurnal Diklat Keagamaan*, 10(4), 375–385

¹⁶ Aziz, A., & Saputra, R. (2022). Konsep Tasawuf dalam Perspektif Konseling Islami. *Guidance*. Retrieved from <https://doi.org/10.34005/guidance.v19i02.2127>

Messenger and striving in His cause, then wait until Allah executes His command."

This verse is highly relevant in counseling to address excessive romantic issues. Islamic counselors can invite clients to introspect on their life priorities. Has love for a partner surpassed love for Allah? By focusing on the importance of prioritizing love for Allah, clients are invited to rearrange their life priorities and return to Islamic principles that balance worldly and spiritual life.

The counselor can provide guidance for the client to direct their love more towards Allah and His Messenger, while still loving their partner within reasonable limits and not neglecting their worship obligations and commitment to Allah.

3. Controlling Emotions and Heart Tendencies by Remembering Allah

One of the problems that often arises in excessive love is emotional instability, such as jealousy, emotional dependence, and fear of loss¹⁷. In Islamic counseling, the aspect of emotional control becomes important. The Qur'an teaches that tranquility and peace of heart can only be obtained by remembering Allah, as stated in Surah Ar-Ra'd verse 28:

"Indeed, by the remembrance of Allah do hearts find rest."

Islamic counselors can utilize this verse to guide clients to draw closer to Allah more frequently, through worship and remembrance, as an effort to calm the heart and control excessive feelings of love. The counseling process can include spiritual practices, such as increasing dhikr, prayer, and reading the Qur'an, as a way to maintain emotional stability and instill the awareness that love for Allah should be the source of inner peace. Thus, clients will be better able to manage their feelings of love for their partners in a way that is not excessive and remains within the bounds of religious law.

4. Overcoming Anxiety and Dependence with Trust in Allah

In the context of excessive love, excessive anxiety or dependence on a partner often arises. The fear of loss or anxiety about the future of the relationship can trap someone in negative emotions. In Islamic counseling, tawakkal or surrendering to Allah is one of the solutions offered¹⁸. In Surah Al-Anfal verse 2, Allah explains that believers always place their full trust in Him:

¹⁷ Soleh, H. (2017). DO'A DAN ZIKIR DALAM MENINGKATKAN KECERDASAN EMOSI. *Psikis : Jurnal Psikologi Islami*. Retrieved from <https://doi.org/10.19109/psikis.v2i1.1055>

¹⁸ Bonab, B. G., Miner, M., & Proctor, M.-T. (2013). Attachment to God in Islamic Spirituality. *Journal of Muslim Mental Health*, 7. Retrieved from <https://doi.org/10.3998/JMMH.10381607.0007.205>

"Indeed, the believers are those who, when Allah is mentioned, their hearts tremble, and when His verses are recited to them, it increases their faith; and upon their Lord they rely."

Islamic counselors can encourage clients to surrender more to Allah, realizing that everything, including romantic relationships, is under His will. Dependence and anxiety towards a partner can be alleviated with the belief that the best will be given by Allah to His servants who have faith and strive. In counseling, clients are encouraged to strengthen their faith in Allah and reduce excessive dependence on their partners, which could potentially harm the relationship or cause anxiety.

5. Building Relationships Based on Islamic Morality and Responsibility

The Islamic counseling approach also encourages individuals to build relationships based on Islamic morality and responsibility. Healthy love in Islam is not only based on feelings but also on good morals, such as affection, mutual respect, and upholding each other's rights and responsibilities. In this context, the role of an Islamic counselor is to guide clients to understand that good love is love that is in accordance with Sharia, where partners support each other in goodness and worship of Allah¹⁹.

The integration of Islamic counseling approaches with Quranic verses provides comprehensive guidance in addressing excessive romantic issues. This approach not only focuses on the psychological aspect but also the spiritual one, emphasizing the importance of maintaining a balance between worldly love and love for Allah. Islamic counselors play an important role in helping individuals reorganize their feelings based on Islamic teachings, so that love for a partner does not become an obstacle in drawing closer to Allah, but rather a means to enhance piety.

Conclusion

This research shows that the Quran-based Islamic counseling approach is highly relevant in helping individuals overcome excessive romantic issues. This conclusion supports the hypothesis that verses of the Qur'an, such as Surah Al-Baqarah verse 165, Surah Ali 'Imran verse 14, and Surah At-Taubah verse 24, provide comprehensive guidance on the importance of placing love for Allah above love for worldly matters. Through in-depth interpretation, Islamic counseling is able to guide individuals to understand that excessive love for fellow humans can shift

¹⁹ Ali, M. I. (2023). Rights and Obligations of Husband and Wife According to Islamic Law in Constructing Sakina Family. *Al Mashaadir: Jurnal Ilmu Syariah*. Retrieved from <https://doi.org/10.52029/jis.v3i2.94>

their focus from the spiritual goal of seeking Allah's pleasure. This approach also emphasizes that love for creatures should be placed in the correct context, as a means to goodness, not as the ultimate purpose of life itself. Islamic counseling helps individuals restore emotional and spiritual balance by teaching the importance of moderation and prioritization in relationships. Thus, individuals are better able to manage feelings of love in a healthy way without forgetting their religious obligations.

For further research, it is important to develop this Islamic counseling method in various other romantic cases, such as those trapped in obsession or emotional dependency. Additionally, more in-depth field research is needed to test the effectiveness of this method among different age groups, such as teenagers and adults, in order to strengthen the relevance and usefulness of the Islamic counseling approach in a modern context.

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