



Islamic Podcasts in the Digital Age to Maintain the Mental Health of Generation Z

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ABSTRACT:

In the digital era, a crucial issue affecting Generation Z, particularly college students, is mental health, due to increasing academic and social pressures, as well as the massive flow of information. This article aims to analyze the role of Islamic dialogue in maintaining the mental health of Generation Z through the “Different but Together” podcast on the Noice platform, which is integrated into the YouTube channel. This study uses a qualitative approach with a content analysis method on the dialogues in the podcast that discuss religion, social issues, and mental health. The results of this study indicate that (1) the “Different but Together” podcast demonstrates that Islamic dialogue can be a means of education and psychological reflection for Generation Z in the digital era; (2) Islamic values such as gratitude, tawakkal (religious devotion), and self-awareness (khusyuk) are important foundations for maintaining mental health. To achieve these goals, each individual needs to achieve them by engaging in religious practices, such as prayer and listening to Islamic podcasts or religious studies. This is because religious practices are present to provide strength, reflection, and build a positive perspective. This study also encourages further research to explore the role of Islamic religious studies in strengthening the faith of each individual, especially by capturing the reality on the ground.

Keywords: *Generation Z, Islamic Podcast, Mental Health.*

Introduction

Islam views humans as creatures created by Allah SWT in a state of goodness (hanif).¹ This teaching demonstrates that humans have a natural inclination to know and obey Allah SWT, and to choose good values in their lives. As stated in Surah At-Tin, verse 4 of the Quran, humans are born in the best possible state (ahsani taqwim). This intellectual, moral, and spiritual potential serves as the foundation for living a balanced life, including maintaining mental health and inner peace. From the perspective of Islamic religious education, this potential does not develop spontaneously but requires a continuous process of education and internalization of faith values.

Accordingly, humans are defined as special beings with the potential to achieve moral and spiritual heights. However, at the same time, they also have the potential to fall into disgrace. Awareness of this dual potential serves as a reminder that humans are required to always choose the right path and strive to realize their individuality as a perfect human being. Moreover, every

¹ Nina Aminah, *Studi Agama Islam* (Bandung: PT Remaja Rosdakarya Offset, 2014).

human being possesses a religious side with varying degrees and expressions. Therefore, religious activities play a strategic role in enhancing Islamic understanding and maintaining mental stability and inner peace.

In the modern context, the challenges of diversity are increasingly complex, particularly for Generation Z, particularly those in the student phase, a group undergoing the transition from adolescence to adulthood. Generally, Generation Z can be understood as those born after 2000 and growing up amidst the rapid development of digital technology. This generation is often referred to as the mobile generation due to their close proximity to the internet and digital media. This situation presents significant opportunities for access to information and self-development. However, it also presents various challenges, including in the area of religiosity.

Achmad Tohari also revealed that the religiosity of Generation Z, as a generation of young people in the era of technological development, has not yet achieved a proper understanding of religious awareness. They appear individualistic, have difficulty communicating, and consider religious matters little more than formalities.² Whether they realize it or not, all the damage experienced by Generation Z is due to their weak *aqidah* (faith). This will have consequences in their words and actions, such as normalizing immorality, crime, abuse, theft, bullying, promiscuity, a hedonistic lifestyle, and even justifying any means to satisfy their desires without considering what is permissible or forbidden.³

Furthermore, the realities of modern life demonstrate that every human being, including the younger generation, faces challenges resulting from the massive flow of globalization. Young people, especially students, are in the transition phase from adolescence to adulthood (emerging adulthood), making them susceptible to academic pressure, social demands, and anxiety about the future. Various literature and surveys indicate a significant increase in mental health problems among students, including depression (18.4%), anxiety (23.6%), and stress (34.5%). As many as 37.4% of students experience both types of psychological problems.⁴ Furthermore, most students face difficulties managing negative thoughts, are stressed by academic demands, and experience a loss of inner peace in their daily lives.

The Fear of Missing Out (FOMO) phenomenon is also a psychological challenge that arises from the fear of missing out on news, trends, or other people's achievements widely presented on

² Achmad Tohari, "The Impact of Digital Information Flow on Generation Z's Religious Awareness," *Jurnal Penelitian Agama* 25, no. 2 (December 26, 2024): 191–208, <https://doi.org/10.24090/jpa.v25i2.2024.pp191-208>.

³ Muhammad Sulthon Rifqi et al., "Urgensi Kegiatan Keagamaan Dalam Menjaga Kestabilan Iman Pada Generasi Z," *Al-Qalam: Jurnal Kajian Islam Dan Pendidikan* 17, no. 1 (June 18, 2025): 389–401, <https://doi.org/10.47435/al-qalam.v17i1.3394>.

⁴ Enri Ramón-Arbués et al., "The Prevalence of Depression, Anxiety and Stress and Their Associated Factors in College Students," *International Journal Of Environmental Research And Public Health* 17, no. 19 (2020): 1–13, <https://doi.org/https://doi.org/10.3390/ijerph17197001>.

social media platforms such as Instagram, Facebook, TikTok, Thread, and others. Exposure to life content seen in digital spaces encourages individuals to compare themselves to others, triggering anxiety and a lack of gratitude for the blessings bestowed by Allah SWT. This situation gradually deteriorates mental health and impacts the quality of life of students, both academically and emotionally.

From an Islamic perspective, inner restlessness is closely related to the quality of one's relationship with Allah SWT. This is because peace of mind does not come solely from financial achievement or social approval, but stems from spiritual awareness and a connection with God. As Allah SWT says in Surah Ar-Ra'd, verse 28: "*(Namely) those who believe and whose hearts find rest in the remembrance of Allah. Indeed, only in the remembrance of Allah do hearts find rest.*" This verse implies that faith and remembrance of Allah play a key role in calming anxious minds and hearts. Therefore, strengthening faith is a necessity for students to cope with the psychological pressures of the modern era.

Public interest in studying Islam has seen a positive increase.⁵ This is evidenced by the development of Islamic study groups (Majelis Taklim) in the community, which has tended to increase in both quality and quantity. Community activities have become a central educational tool for deepening Islamic teachings while fostering a social spirit, such as through Islamic study groups (Majelis Taklim), Yasinan (the recitation of the Yasin), Diba'an (the recitation of the Quran), and even madrasahs (Islamic boarding schools) and TPQ (religious recitation).⁶ Various online religious communities also serve as a means to deepen religious knowledge, foster spiritual awareness, and strengthen motivation, especially among students facing demanding academic demands.

Increasingly sophisticated technological developments have also influenced how Generation Z seeks solutions to their mental and spiritual challenges. Religious activities are not limited to offline spaces like mosques, Islamic study groups, and large-scale religious gatherings. Islamic podcasts are becoming a platform closely connected to students' lives because they are flexible, easily accessible anywhere and anytime, and present discussions in a dialogue-based manner. The delivery of Islamic teachings through podcasts is designed with language that is easy to understand, reflective, contextual and interesting, making Islamic dialogue more easily accepted by Generation Z. Through a relaxed and meaningful dialogue design, religious podcasts have the potential to become a means of conveying messages of calm, strengthening faith, and mental support for those who listen.

⁵ Ahmad Sarbini, "Internalisasi Nilai Keislaman Melalui Majelis Taklim," *Ilmu Dakwah: Academic Journal for Homiletic Studies* 5, no. 16 (September 4, 2020): 53–70, <https://doi.org/10.15575/idajhs.v5i16.355>.

⁶ Zaini Fasya and Eka Yuliana, "Internalisasi Nilai-Nilai Pendidikan Islam Dan Implikasinya Pada Religio," *Al-Ijkar* 20, no. 02 (2023): 1–23.

Islamic dialogue, or Islamic podcasts, are digital alternatives for fostering religious education for Generation Z. This generation's preference for audio content makes podcasts a more effective medium than long readings or conventional lectures.⁷ Essentially, Islamic dialogue does not seek to judge, but rather invites listeners to think, reflect, and discover the meaning of Islamic teachings in light of the realities of life. Functionally, Islamic dialogue serves as an educational and psychological platform that supports the internalization of Islamic values, such as gratitude, trust in God, patience, and awareness of the presence of Allah SWT in every step of life.

One form of digital Islamic dialogue that is quite relevant to the lives of Generation Z is the podcast "Different but Together," hosted by Habib Ja'far, particularly in the episodes "The Role of Religion in Mental Health," and "Self-Awareness in Mindfulness and Devotion". This podcast covers a variety of religious themes relevant to the psychological realities of young people, including Gen Z, such as inner anxiety, life pressures, and the importance of gratitude in maintaining mental balance. What attracts Generation Z's attention is that Islamic values are expressed in a humanistic and reflective manner, potentially strengthening students' faith while also supporting them in managing FOMO, overthinking, and the mental stress that plagues them.

Previous studies have highlighted the crucial role of religious activities in maintaining the mental health of Generation Z. As reviewed by Raras Rahcmatul Husna and Nurus Sa'adah, they found: (1) self-love is not merely about loving and respecting oneself, but also encompasses love and respect for Allah SWT; (2) self-love plays a crucial role in maintaining mental health.⁸ Furthermore, Muhammad Sulthon Rifqi and his colleagues found: (a) the urgency of religious activities is crucial for participation and implementation among Generation Z to maintain stable behavior and faith; (b) effective religious activities for increasing understanding and enhancing spirituality include digital studies, religious concerts, and religious organizations.⁹

The two studies mentioned above emphasize the urgency and form of Islamic religious activities for Generation Z. This study, however, focuses on the urgency of digital-based religious activities (Islamic podcasts) as a means of internalizing faith values and maintaining the mental health of Generation Z. This research positions Islamic podcasts not simply as a religious activity but also as a psychological and sociological space that plays a role in maintaining the stability of faith and motivation for Generation Z in the digital age. Therefore, this aspect is novel compared to other studies. Therefore, the author conducted a study entitled "Islamic Dialogue in the Digital

⁷ Novita Intan Sari et al., "Efektivitas Pesan Dakwah Melalui Podcast Islami Terhadap Perubahan Sikap Keagamaan Pendengar" 4, no. 1 (2025): 6919–25.

⁸ Raras Rahcmatul Husna and Nurus Sa'adah, "Self-Love Dalam Perspektif Islami: Menjaga Kesehatan Mental Dan Mengoptimalkan Potensi" XVI, no. 1 (2023): 43–49.

⁹ Rifqi et al., "Urgensi Kegiatan Keagamaan Dalam Menjaga Kestabilan Iman Pada Generasi Z."

Era to Maintain the Mental Health of Generation Z: An Analysis of the Podcast "Different But Together".

Therefore, this research is necessary to capture the role of Islam in modern life. Furthermore, this research is expected to provide insight and references that encourage every young generation to be fully aware of the need to continuously upgrade themselves regarding in-depth Islamic studies, both face-to-face and online. This is because the current digital era offers opportunities for easy participation in religious activities.

Based on the above description, it is clear that the mental health issues of Generation Z, particularly college students, are inextricably linked to spiritual and faith dimensions. Therefore, this research is crucial to examine how the Islamic dialogue in the podcast "Different but Together" conveys religious messages closely related to mental health, and how the Islamic values contained within it contribute to supporting students in managing psychological distress. Therefore, this research is expected to contribute to the development of a more responsive and caring Islamic religious education system for mental health in the digital age.

Methods

The method used in this research is qualitative research with content analysis. A distinctive feature of qualitative research is the dynamism of the object under study, as it evolves over time.¹⁰ Content analysis is defined as a technique for drawing conclusions from a message in an objective, systematic, and general manner. In this study, the research subjects were three episodes of the Habib Ja'far al-Hadar podcast. Generally, these podcasts discuss religion, social issues, or traditions, each with its own unique and distinct connotations. The selection of these three episodes was based on the criteria of the theme discussed, namely the urgency of religion in everyday life.

The steps taken to conduct this research began with identifying a prevalent problem, namely mental health issues among Generation Z, especially among college students. Next, the author read literature, both books and journal articles relevant to the topic discussed. Furthermore, the author analyzed the messages expressed by the communicators in the podcast dialogue and described them descriptively. Therefore, this analysis design can be understood as describing the characteristics of the message content, not testing a hypothesis.

Result And Discussion

Result

The analysis of the podcast "Different but Together" hosted by Habib Husein Ja'far Al-Hadar yields diverse interpretations of the urgency of participating in Islamic dialogue or Islamic

¹⁰ Sugiono, *Metode Penelitian Pendekatan Kuantitatif, Kualitatif, Dan R&D* (Bandung: Alfabeta, 2013).

podcasts to maintain mental health. This discussion analyzes three episodes of the podcast "Different but Together," each with different topics relevant to the research title. First, "Understanding the Role of Religion in Mental Health" (with Hasan Askari). Second, "Self-Awareness in Mindfulness and Devotion" (with Adjie Santosoputra).

This podcast, presented via the Noice app, lasts approximately 25-40 minutes. Each episode features a conversation between Habib Ja'far and a single speaker, covering a variety of topics reflecting Indonesia's diversity, including how to address mental health and the role of religion, especially Islam, in maintaining mental health. The interactive and humorous nature of this dialogue ensures that, in addition to providing new insights and addressing stigma, it also entertains listeners with Habib Ja'far's signature humor. Each podcast begins with an informative prologue that can arouse listeners' interest in listening to the open, relaxed, yet meaningful dialogue.

In a podcast titled "The Role of Religion in Mental Health," Habib Ja'far delivered a prologue, also included in the caption.

"Psychology and religion are two different disciplines. However, they can work together to address a person's problems. How important is collaboration between religion and psychology?"



Gambar 1. Episode of *The Role of Religion in Mental Health*

The prologue to another podcast episode, titled "Self-Awareness in Mindfulness and Devotion," also provides an introduction that piques listeners' interest in the community's beliefs.

"In psychology, there's something called mindfulness, which is full presence in various situations. In Islam, there's something called devotion, which is self-presence during worship. What are the common points and differences between the two?"



Gambar 2. Episode of *Self-Awareness in Mindfulness and Devotion*

The two prologues above convey valuable messages about the importance of religion in all aspects of life. However, this time the author focuses on Islam. Although Indonesia has diverse religions, each individual must understand, embrace, strengthen, and care for one another to maintain the essence of mental health.

Hasan Askari: "But what I know is that the statistics for depression among non-religious people are higher than among religious people. Yes...in religion, there are many support systems, such as surrendering to God, being able to find meaning in life, "Oh, I've had bad luck because God has prepared the best," and we have mosque communities so we can care for one another. Furthermore, religion gives life a purpose, saving us from the nihilism that life has a purpose, namely the afterlife. Psychologically, it doesn't matter if I'm in trouble now, after I die I'll be happy, so a sense of acceptance or acceptance can emerge."

Habib Ja'far: "at Columbia University over a 10-year period shows that religious people are less prone to depression than non-religious people. Prayer provides peace of mind that Allah SWT is everywhere and always helps His people."

The dialogue above demonstrates that religion plays a role in supporting one's mental health through three main elements: the meaning of life, spiritual support, and social support. Belief in God provides a framework for understanding suffering, emphasizing that hardship is not a void, but rather a part of God's plan, which contains goodness. Submission (*tawakkal*) and acceptance (*legowo*) help individuals manage stress, reduce anxiety, and suppress the tendency toward depression. Furthermore, religious practices such as prayer provide a psychologically calming sense of closeness to God, while religious communities provide a space for mutual care. This idea is further explored in the episode "Self-Awareness in Mindfulness and Devotion," which emphasizes the importance of self-awareness as a foundation for inner peace.

Adjie Santosoputro: "Yes...to understand mindfulness, we need to realize that we are full of unconsciousness. For example, when we brush our teeth in the morning, our thoughts are all over the place. It's those conscious moments that we need to practice with practical mindfulness. The concept of mindfulness is awareness of being in the present moment."

Habib Ja'far: "It's similar to prayer, isn't it? The Quran says in Surah Al-Mu'minin, verses 1-2, that prayer must be performed with as much reverence as possible. According to scholars, reverence means the presence of the heart, which includes the mind and body. This allows us to focus on prayer. Because sometimes the mind is traveling during prayer."

Adjie Santosoputro: "There is indeed a harmony between mindfulness and reverence. In mindfulness, we are aware of whatever arises. The basic practice is to sit quietly with our eyes closed, simply realizing, 'This is a thought, this is a feeling of sadness, joy, and so on.' Thus, we train ourselves to be observers of our own thoughts and feelings. This aligns with prayer during worship, and the decline of the ego or self-glorification."

Habib Ja'far: "After realizing that we are religious people, we need to direct ourselves toward something good, whether it's actions, thoughts, or feelings. So, once we have realized and controlled that, then we can take steps to do what we want, including becoming better as religious people."

Adjie Santosoputro: What's interesting is this: our actions to do good, as far as I've learned, have two foundations: a persistent desire to do good and awareness. What is practiced in mindfulness is that doing good is best based on awareness. Whether we want to do good or bad, when we are truly aware, the action will come naturally.”

Simply put, the dialogue demonstrates that mindfulness is the practice of being fully aware of oneself in the present moment, such as thoughts and feelings that come and go without being forced. This awareness makes one calmer, less easily provoked, and better able to manage inner energy. In this regard, Habib Ja'fat stated that the concept of mindfulness aligns with the solemnity of prayer, namely the complete presence of the heart, mind, and body during worship. Trained awareness then needs to be directed toward good values, so that in Islamic teachings, awareness (*khusyuk*) is not merely calming the soul, but also gives rise to good behavior that comes naturally, not out of necessity. Of course, this can be trained, as speaker Adjie also stated:

Adjie Santosoputro: “So, the basic practice of mindfulness is to set aside about 10 minutes a day to do nothing. Especially in the era of social media, the 'going nothing practice' involves sitting quietly, closing your eyes, and being aware of your feelings and thoughts. That's a basic practice, and it's best to do it in the morning after waking up. A sense of surrender and gratitude to God will emerge. By being aware of every moment—breathing, walking, drinking, or eating—there are extraordinary blessings. You can also apply this mindfulness practice to various activities, such as chatting with friends, truly being present to listen.”

Habib Ja'far: “Yes, the best gift for those we love is our presence, and the same goes for prayer.”

The dialogue above demonstrates the awareness that life is not entirely controllable. Therefore, it is necessary to practice mindfulness by taking time to be still and aware of oneself, especially amidst the busy social media world that can sometimes drain energy and attention. Practicing this practice will foster a sense of gratitude and surrender to Allah SWT. Therefore, the explanation above demonstrates that mental health can be developed through the integration of Islamic religious beliefs and the practice of mindfulness. In Islam, this concept is manifested in *khusyuk* (reverence), the presence of the heart, mind, and body during worship.

Discussion

The Role of Islamic Podcasts in the Mental Health of Generation Z

Modern life is marked by changes due to technological developments. These changes have not only reduced a fundamental dimension of human life, namely spirituality, but also lead to mental anxiety, meaninglessness, and even psychological stress, especially among Generation Z, who live closely connected to technology. Therefore, in this modern era, a space is needed that can lead to peace and tranquility of mind. One way to achieve this is through Islamic religious

studies, presented in a contextual and easily accessible manner for Generation Z, such as Islamic podcasts.

As Hamka argued, humans are gifted with reason by Allah SWT to distinguish between good and evil and determine the direction of their lives.¹¹ However, reason alone is insufficient when individuals are faced with life's pressures, failures, and crises of meaning. Therefore, in this context, religion serves as an inner support, providing direction, peace, and hope. Islamic podcasts are a strategic platform for conveying these values, as they resonate with Generation Z, who are familiar with digital technologies.

In the modern, digital world, religion plays a crucial role in fostering positive thinking and maintaining mental health. The dialogues in Islamic podcasts demonstrate that religious practices are not merely ritualistic but also function as a psychological support system. Belief in Allah SWT, prayer, and a life direction based on a true purpose enable individuals to interpret the suffering they experience more constructively, thus preventing nihilistic attitudes.

The role of Islamic podcasts in the mental health of Generation Z can be understood through two aspects: spiritual and individual;

First, from a spiritual perspective, Islamic religious practices expressed through podcasts contribute to providing inner peace and a more positive outlook on life. When individuals experience emotional crises, overthinking, or life's pressures or difficult problems, religious messages presented in a dialogue and reflection can be a source of spiritual strengthening. From an Islamic perspective, belief in Allah SWT fosters an attitude of trust (*tawakkal*), acceptance, and an awareness that every trial has extraordinary wisdom and meaning.

This aligns with the dialogue in Habib Ja'far and Hasan Askari's podcast, which states that religion provides a framework for understanding life's trials. Challenges are not understood as failures, but as part of Allah SWT's plan, guiding humanity toward true goodness. Therefore, Islam serves as both a spiritual and psychological guide in facing the challenging nature of life.

Belief in the power of the Creator provides a strong foundation for individuals to remain resilient in navigating life's trials. It would be a lie to say that life is without challenges. These challenges sometimes give rise to various reflections, yielding extraordinary wisdom. Therefore, one of the wisdoms of religion is providing guidance and direction for achieving true goodness.

Second, from an individual (human) perspective, religion helps humans avoid losing their way in life. One way to achieve this is by providing guidance, a purpose in life, and inner strength when individuals experience failure, sadness, or social pressure. Consistent religious practice has

¹¹ Ris'an Rusli, "Agama Dan Manusia Dalam Pendidikan Hamka (Studi Falsafat Agama)," *Intisjar* 20, no. 2 (2014).

been shown to contribute to an individual's mental and emotional well-being, fostering optimism, patience, and resilience.

This statement, reinforced by medical expert Karl Bang, illustrates the role of religion in human mental health: "Every patient who has consulted me over the past three years has stated that the cause of their illness is a lack of faith or belief, causing their souls to constantly experience turmoil and anxiety. They will not be healed unless they restore their lost faith."¹² It is understandable that mental disorders stem from a lack of faith, and inner recovery can be achieved when faith is re-strengthened.

In the context of the digital age, Islamic podcasts have become a relevant alternative means of accessing religious practices. Through platforms like YouTube, Instagram, and others, Generation Z can participate in religious studies, listen to Islamic dialogues, and engage in self-reflection without the constraints of time and space. This serves as a reminder that technology can facilitate access to reading the Quran, listening to sermons and participating in religious activities.¹³ Podcast dialogues discussing issues such as mindfulness and devotion emphasize that Islamic spiritual practices align with modern psychological approaches. Awareness of being fully present in prayer, worship, and daily activities helps individuals manage emotions, reduce stress, and build inner peace.

Islamic podcasts can also encourage religious practice not only as a routine but also as a means of reflection, self-discovery, and spiritual strengthening. Awareness that human faith sometimes fluctuates, thus making religious study a continuous reminder and reinforcement.¹⁴ Steady religious practice through digital media plays a crucial role in maintaining an individual's mental, emotional, and spiritual balance. At the very least, engaging in religious practices has implications for: (1) increasing people's religiosity, increasing their awareness of the importance of worship according to Islamic guidance; (2) increasing public awareness of their social behavior; and (3) fostering a sense of calm, tranquility, and peace within the community, thereby preventing potential conflicts.¹⁵

Thus, it is understandable that Generation Z's active participation in Islamic podcasts has led to increased religiosity, increased prudence in their actions, and a sense of inner peace.

¹² Aminah, *Studi Agama Islam*.

¹³ Meilisa Ani Nurhayati et al., "Islam Dan Tantangan Dalam Era Digital: Mengembangkan Koneksi Spiritual Dalam Dunia Maya," *Al-Auifa: Jurnal Pendidikan Dan Kajian Keislaman* 5, no. 1 (June 22, 2023): 1–27, <https://doi.org/10.32665/alaufa.v5i1.1618>.

¹⁴ Teguh Saputra, "Faktor Meningkatkan Dan Menurunnya Keimanan: Studi Kitab Tafsir Al-Azhar Karya Buya Hamka," *Jurnal Riset Agama* 2, no. 2 (August 1, 2022): 251–63, <https://doi.org/10.15575/jra.v2i2.17937>.

¹⁵ Fasya and Yuliana, "Internalisasi Nilai-Nilai Pendidikan Islam dan Implikasinya Pada Religio."

Therefore, Islamic podcasts can serve as a platform for preaching and relevant spiritual therapy in efforts to maintain the mental health of Generation Z in the modern era.

Islamic Values for Maintaining the Mental Health of Generation Z

Islamic teachings are not only a religion that regulates rituals, but also a source of spiritual strength and mental resilience. For Generation Z, especially students living amidst academic and social pressures, and the vast flow of digital information, Islamic values serve as a foundation for maintaining mental and emotional balance. Through media closely related to their daily lives, such as Islamic podcasts, these values can be acquired, understood, and internalized in their lives. Based on the dialogues in Islamic podcasts, several key values play a crucial role in maintaining the mental health of Generation Z, including:

1. Gratitude as a source of inner peace

The value of gratitude is a key element in maintaining mental health.¹⁶ In Islam, gratitude is not merely expressing gratitude, but also recognizing every blessing in life, both large and small. In the podcast dialogues, the practice of mindfully observing breathing, eating, walking, and everyday moments demonstrates that awareness of life's blessings can foster a sense of contentment and serenity. An attitude of gratitude will help Generation Z resist comparing themselves to others' blessings or achievements, often seen on social media. Thus, feelings of anxiety, envy, and restlessness can be avoided through gratitude. Through gratitude, individuals can learn to view life positively and accept themselves as they are.

2. Tawakal as a spiritual coping strategy

Tawakal is an attitude of surrendering oneself to Allah SWT after making efforts. In the podcast dialogue, it was stated that faith in Allah SWT can foster a sense of humility and acceptance of difficult circumstances. Tawakal will help Generation Z understand and realize that failure, sadness, and the pressures of life are not the end of the world, but rather part of Allah SWT's plan, filled with wisdom. This attitude of tawakal is crucial in reducing excessive anxiety, overthinking, and despair.¹⁷ With tawakal, individuals have hope and mental stability in facing the challenges of life.

3. Self-awareness (khusyuk)

In Islam, the value of self-awareness is reflected in the concept of khusyuk, which is the presence of the heart, mind, and body.¹⁸ The podcast dialogue "Self-Awareness in Mindfulness and Devotion (with Adjie Santosoputra)" demonstrates the harmony between mindfulness and

¹⁶ Khabibi Muhammad Luthfi, "Islam Nusantara: Relasi Islam Dan Budaya Lokal," *SHAHIH: Journal of Islamicate Multidisciplinary* 1, no. 1 (June 2016): 1–12, <https://doi.org/10.22515/shahih.v1i1.53>.

¹⁷ Raihan Malano Arrasyid and Muhammad Zidan Wianto Putra, "Dampak Buruk Overthinking Bagi Para Remaja," *Al-Wasatbiyah: Journal of Islamic Studies* 3, no. 1 (2024): 29–38, <https://doi.org/https://doi.org/10.56672/kf3stj03>.

¹⁸ Ahmad Saifuddin, *Psikologi Umum Lanjutan* (Jakarta: Kencana, 2024).

devotion in prayer. Being present in every moment, including prayer, will help individuals manage their emotions more stably. For Generation Z, this mindfulness practice is crucial for reducing irritability, mental fatigue, and the tendency to compare. Self-awareness in Islam is not limited to inner peace, but rather is directed toward acting well naturally and without coercion.

Through wise use of time, one way of doing this is by listening to Islamic podcasts, Generation Z can utilize Islamic values as a source of inner strength. These Islamic podcasts are flexibly accessible and modernly designed, using relaxed language. Islamic podcasts can serve as a space for reflection, spiritual reminders, and a means of cultivating self-awareness amidst busy lives. Thus, Islam is a relevant and applicable solution for maintaining the mental health of Generation Z in the modern era. However, they must embrace this digital convenience by listening to Islamic podcasts, which can build motivation and inner peace.

Conclusion

Based on the author's presentation, we can conclude that: first, the podcast "Different but Together" demonstrates that Islamic dialogue can be a means of education and psychological reflection for Generation Z in the digital age. Through an inclusive and contextual approach, this podcast presents Islamic teachings as a source of serenity and meaning in life, providing strength in dealing with the anxieties, pressures, and mental crises faced by Generation Z, particularly in the episodes "The Role of Religion in Mental Health (with Hasan Askari)" and "Self-Awareness in Mindfulness and Devotion (with Adjie Santosoputra)."

Second, Islamic values such as gratitude, tawakkal (relief), and self-awareness (religious devotion) are essential foundations for maintaining mental health. These values, when expressed through digital media, such as Islamic podcasts, can become an effective strategy for providing strength, reflection, and building a positive perspective.

A limitation of this research is the lack of direct data collection in the field. This was due to limited time and resources, as well as conditions that prevented the researcher from conducting observations, interviews, and documentation. It is hoped that further research using field methods can complement and strengthen the findings that the author has researched

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