
Integrating Sufi Spiritual Practices into Digital Detoxification Strategies: A Conceptual Framework for Mental Health in the Technological Age

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Abstract

This article examines the integration of Sufi spiritual practices into digital detoxification strategies as an alternative approach to improving mental health in the technological era. The increasing intensity of digital engagement, information overload, and constant online connectivity have contributed to psychological problems such as stress, anxiety, emotional exhaustion, and loss of meaning in life. In response to these challenges, Sufism offers a spiritual approach centered on self-awareness, inner purification, and emotional balance. This study employed a qualitative conceptual approach with library research methods. Data were collected from classical and contemporary literature on Sufism, digital detoxification, psychology, and mental health studies, including relevant journal articles, books, and scientific publications. Data were analyzed through thematic and interpretive analysis to identify the relevance of Sufi spiritual practices to contemporary digital-related mental health issues. The findings suggest that several Sufi practices, including muraqabah (self-awareness before God), muhasabah (self-reflection), and breath-based dhikr (remembrance of God), can contribute to reducing digital dependency, improving emotional formation, strengthening awareness, and restoring existential meaning. This study proposes a conceptual framework for integrating Sufi spirituality into a digital detoxification program by combining spiritual awareness with a psychological well-being approach. This study contributes to the development of an interdisciplinary discourse connecting Sufism, mental health studies, and digital culture, while also offering an alternative spiritual-based model for addressing psychological challenges in the digital age.

Keywords: *Sufism; Digital Detoxification; Mental Health; Sufi Spiritual Practices; Psychological Well-being;*

INTRODUCTION

The development of digital technology has brought significant changes to various aspects of human life, ranging from communication patterns, social interaction, education, to professional activities. The emergence of social media, smartphones, and unlimited digital connectivity has created lifestyles that are increasingly dependent on technology. On the one hand, these developments provide convenience and efficiency in modern life. New technologies open opportunities for innovation, the development of new skills, and the creation of occupations and industries that previously did not exist (Gkeredakis, Lifshitz-Assaf, dan Barrett 2021). The growth of e-commerce, online education, and technology-based startups illustrates how individuals and organizations can benefit from ongoing digital transformation. In responding to such disruptions, individuals, institutions, and society must seek a balance between perceiving technological change as either a threat or an opportunity. Openness to learning, adaptation, and skill development becomes essential in navigating these challenges. Furthermore, the development of supportive communities may strengthen social values that often become fragile amid rapid societal transformation.

Digital disruption has transformed various aspects of human life, including industrial systems and the world of work. The emergence of advanced technologies such as Artificial Intelligence (AI) and robotics has created new dynamics that may become sources of psychological stress for individuals (Debashis Barman, 2023). These transformations not only provide convenience and efficiency but also introduce challenges that can trigger uncertainty, anxiety, and emotional pressure. On the one hand, technologies such as AI and robotics function as tools that enhance productivity, reduce workloads, and improve operational efficiency across industries (Debashis Barman, 2023). Automation enables faster production processes, minimizes human error, and allows workers to focus on more complex and creative tasks. In this context, technology can be understood as a potential partner capable of optimizing performance and supporting innovation.

Technological advancements such as robotics and Artificial Intelligence (AI) also pose significant challenges, including labor market transformations that may lead to the displacement of conventional jobs (Brougham dan Haar 2020). Uncertainty regarding the future of employment, combined with the pressure to continuously develop new skills, has increased stress levels and negatively affected individuals' mental well-being. Therefore, digital disruption should not only be understood as a technological transformation but also

as a potential psychological stressor that requires adaptive strategies for both individuals and organizations. By adopting a holistic approach that balances technological opportunities with adequate support systems, education, and skill development, society can be better prepared to create a more balanced, resilient, and inclusive environment amidst rapid technological change.

Disruptions caused by technological advancement and transformations in industrial systems may function as psychological stressors for individuals (Erebak dan Turgut 2021). Although such disruptions can generate benefits and opportunities, rapid changes often disturb established routines, leading individuals to experience discomfort and a loss of control over their work and daily lives. Changes that increase task complexity or require the acquisition of new skills may also trigger stress, insecurity, and feelings of incompetence. Reactions to these transformations can result in prolonged psychological pressure, emotional exhaustion, and excessive anxiety related to job performance and adaptation to emerging technologies. When left unmanaged, the accumulation of stress may contribute to depression, reduced interest in previously enjoyable activities, and diminished adaptive capacity, ultimately lowering overall productivity (Erebak dan Turgut 2021). In addition, excessive digital engagement has increasingly generated complex psychological problems. Numerous studies have demonstrated that intensive use of digital technology is associated with higher levels of stress, anxiety, emotional fatigue, sleep disturbances, depression, and social alienation (Lissak 2018; Nakshine dkk. 2022; Fuller-Rowell dkk. 2022).

The negative impact of digital culture is not limited to psychological aspects alone but also affects the spiritual and existential dimensions of human life. The overwhelming flow of information and the pressures generated through social media often cause individuals to feel alienated from the values and life purposes that should serve as the foundation of their existence. External pressures, such as social expectations and constant comparison with others, divert attention away from personal meaning and authentic self-development, making feelings of emptiness and meaninglessness increasingly apparent. In this context, diminished enthusiasm for everyday life becomes difficult to avoid.

Continuous exposure to digital information, social pressures within online environments, and increasingly fast-paced lifestyles frequently distance individuals from self-reflection, inner tranquility, and meaningful life orientation. Such conditions make individuals more vulnerable to experiencing loss of meaning, spiritual emptiness, and

existential crises, all of which may negatively affect psychological well-being (Agrimson and Taft 2009; Park and Baumeister 2017). Furthermore, the pressures and uncertainties emerging from digital life may create confusion and doubt in navigating various aspects of existence. Ambiguity regarding life purpose and meaning can intensify skepticism and psychological distress. Without clear direction, individuals may feel trapped and struggle to move forward in a balanced and meaningful way.

In response to these problems, the concept of digital detox has emerged as an approach aimed at reducing dependence on digital technology through the conscious and intentional use of digital devices. Existing studies generally define digital detox as an effort to decrease the intensity of digital engagement in order to restore psychological balance, improve quality of life, and reduce stress caused by excessive technology use (Radtke et al. 2022). Research on digital detox has also demonstrated that limiting the use of social media and smartphones may positively influence mental well-being, attention span, sleep quality, and emotional regulation (Farrukh et al. 2025). Furthermore, recent studies have increasingly developed digital detox approaches through psychological and behavioral interventions, including mindfulness practices, self-regulation enhancement, stress management, and the cultivation of healthier digital habits (Theisejans, Brandtner, and Liebherr 2026).

Nevertheless, the majority of digital detox studies remain dominated by behavioristic perspectives that primarily emphasize the regulation of digital behavior and the optimization of individual psychological well-being. Spiritual dimensions, the search for meaning in life, and existential aspects of human experience in responding to digital culture have received comparatively limited attention. In fact, the increasingly pervasive expansion of digital media affects not only social behavior but also the spiritual condition of modern individuals.

Several studies have begun to demonstrate the relationship between digital culture and spiritual crises in contemporary society. Antje Jackelén argues that the development of digitalization and Artificial Intelligence (AI) has not only transformed human communication patterns but also reshaped the way individuals understand spirituality and religious life in the digital era. While digital media expands access to information and religious communities, it simultaneously has the potential to generate spiritual alienation, value disorientation, and weakened attachment to traditional religious communities (Jackelén 2021). Similarly, Kirk A. Bingaman explains that the “always connected” culture within digital society contributes to changes in the religiosity of digital-native generations, including the

decline of deep spiritual reflection and the increasing experience of religious disconnection due to the dominance of digital interaction (Bingaman 2023).

Within the context of Muslim societies, Ernita Dewi's research demonstrates that modernization and rapid technological acceleration in the digital era have contributed to the emergence of spiritual emptiness and psychological crises within contemporary communities. The study emphasizes that spirituality, particularly Sufism, plays an important role in fostering inner peace and psychological balance amid the pressures of modern life (Ernita Dewi 2022).

Sufi studies offer a spiritual approach that emphasizes purification of the soul (*tazkiyat al-nafs*), self-awareness, emotional regulation, and closeness to God through practices such as *muraqabah*, *muhasabah*, *dhikr*, and other spiritual exercises. These Sufi practices are not merely oriented toward transcendental-spiritual dimensions but also possess relevance for the development of psychological tranquility, emotional balance, and self-control. Rajab explains that Sufism contains psycho-spiritual dimensions that contribute to mental health through processes of inner purification and the cultivation of inner peace (Rajab 2010). Similarly, a study conducted by Ema Fitriya et al. demonstrates that Sufi practices such as *tazkiyat al-nafs*, *muraqabah*, and *dhikr* are closely related to emotional regulation, mindfulness, and psychological harmony within the framework of modern psychology (Fitriya, Ma, and Hikam 2024).

Other studies further reinforce these findings by suggesting that *dhikr* within the Sufi tradition can be understood as a form of Islamic mindfulness that contributes to self-awareness, mental calmness, and psycho-spiritual transformation (Applebaum 2023). More recent research by Faiz Al-Afify also demonstrates that the concept of *muraqabah* is closely related to the development of self-awareness and behavioral regulation through the framework of Islamic transpersonal psychology (Faiz and Afify 2025). In addition, Islamic spiritual practices, including *dhikr* and spiritual meditation, possess considerable potential as psychotherapeutic approaches for enhancing mental well-being and emotional resilience (Farah R. Zahir 2025).

Nevertheless, studies that specifically integrate Sufi spiritual practices into the discourse of digital detox remain relatively limited. Most previous research has discussed Sufism primarily within the broader context of spirituality and mental health, while digital detox studies have generally been developed from the perspectives of modern psychology

and digital culture. Consequently, there remains a conceptual gap in connecting Sufi spirituality with digital detox strategies as an alternative approach to addressing mental health problems in the technological era. Based on this gap, the present study positions itself at the intersection of interdisciplinary discussions on Sufism, mental health, and digital culture.

Through a qualitative conceptual approach based on library research, this study seeks to contribute to the development of interdisciplinary scholarship connecting Islamic spirituality, mental health, and digital culture. Furthermore, the study proposes a conceptual framework grounded in Sufi spirituality as an alternative model for responding to psychological challenges arising from excessive digital engagement in the contemporary technological era.

This study employs a qualitative approach with a conceptual library research design. The qualitative approach is utilized to understand, interpret, and analyze social and spiritual phenomena in depth through the exploration of meanings and conceptual interpretations (Creswell 2024). Meanwhile, the library research design is applied because the study focuses on theoretical analysis and conceptual synthesis concerning the relationship between Sufism, digital detox, and psychological well-being in the digital era.

The research data consist of both primary and secondary sources. Primary sources include classical Sufi literature discussing spiritual practices such as *muraqabah*, *muhasabah*, *dhikr*, and purification of the soul (*taẓkiyat al-nafs*). Secondary sources are derived from reputable international journal articles, academic books, conference proceedings, and contemporary scholarly publications related to digital culture, mental health, mindfulness, and digital detox practices.

Data were collected through a systematic literature review procedure, which involved the stages of identifying, classifying, documenting, and selecting literature relevant to the focus of the study (Snyder 2019). The collected data were subsequently analyzed using thematic analysis to identify major themes related to Sufi spiritual practices, including *muraqabah*, *muhasabah*, and breathing *dhikr*, particularly in relation to emotional regulation, self-awareness, and the reduction of digital dependency. The analytical process consisted of several stages, namely comprehending the overall data, coding significant concepts, identifying key themes, examining relationships among themes, and interpreting the conceptual interconnections between Sufi spiritual practices and digital detox strategies (Braun and Clarke 2006)

DISCUSSION

Sufi Spiritual Practices As Psycho-Spiritual Therapy

Thematic analysis of the literature indicates that Sufi spiritual practices possess significant relevance as psycho-spiritual approaches to addressing mental health problems in the digital era. The findings demonstrate that practices such as *muraqabah*, *muhasabah*, *dhikr*, and *tazkiyat al-nafs* are not merely ritualistic forms of worship, but also function as mechanisms for emotional regulation, self-awareness, existential reflection, and psychological balance.

Contemporary studies increasingly show that spirituality contributes positively to mental health and psychological well-being. Engagement in spiritual practices has been associated with lower levels of stress, anxiety, emotional exhaustion, and depression, while simultaneously strengthening emotional resilience and meaning in life. In the context of Sufism, spiritual consciousness is developed through continuous self-reflection, remembrance of God, and inner purification processes aimed at achieving tranquility (*sakīnah*) and balance between the psychological and spiritual dimensions of human life.

The analysis further reveals that Sufi practices conceptually share similarities with contemporary psychological approaches, particularly mindfulness-based therapy and holistic mental health interventions. Practices such as *muraqabah* emphasize present-moment awareness and conscious self-observation, which parallel the concept of mindfulness in modern psychology. Likewise, *muhasabah* functions as a reflective mechanism that encourages emotional evaluation, self-control, and behavioral awareness. Meanwhile, *dhikr* practices contribute to emotional calmness, attentional stability, and spiritual connectedness, which are important elements in reducing psychological distress caused by excessive digital engagement.

In the context of Sufi spirituality, the concept of *muraqabah* represents a form of transcendental self-awareness that is highly relevant to contemporary discussions on mindfulness and psychological regulation. Classical Sufi scholars such as Abu Hamid al-Ghazali and Abd al-Karim al-Qushayri describe *muraqabah* as a continuous inner awareness that God constantly observes human thoughts, emotions, and actions. This spiritual consciousness cultivates sincerity (*ikhlas*), self-discipline, emotional restraint, and moral consistency in everyday life. Unlike externally driven behavioral awareness, *muraqabah*

develops an internalized and transcendental form of self-monitoring rooted in spiritual consciousness and divine accountability (A. H. Al-Ghazali 2019).

Conceptually, *muraqabah* shares important similarities with contemporary mindfulness practices, particularly in cultivating reflective awareness and attentional control. However, Sufi spirituality extends beyond secular mindfulness by integrating transcendental meaning and spiritual connectedness into the process of self-awareness (Al-Qusyairi 2007). In the context of digital culture, this form of spiritual attentiveness becomes increasingly important because excessive digital engagement often weakens reflective consciousness, intensifies compulsive behavior, and reduces individuals' ability to regulate emotional responses. Through *muraqabah*, individuals are encouraged to develop continuous self-reflection and inner awareness, which may contribute to reducing digital dependency, emotional overstimulation, and psychological distress (I. Al-Ghazali 1998b).

From a psycho-spiritual perspective, the practice of *muraqabah* can therefore be understood not only as a spiritual exercise, but also as a mechanism of emotional regulation and existential stabilization. This finding reinforces the argument that Sufi spiritual practices possess therapeutic relevance for strengthening spiritual well-being and mental resilience amidst the psychological pressures of contemporary digital life.

Several previous studies support the therapeutic relevance of Sufi spirituality. Rajab explains that Sufism contains psycho-spiritual dimensions capable of supporting mental health through inner purification and spiritual awareness (Rajab 2010). Similarly, Ema Fitriya demonstrates that practices such as *tazkiyat al-nafs*, *muraqabah*, and *dhikr* contribute to emotional regulation and psychological harmony within the framework of Islamic spirituality and contemporary psychology (Fitriya, Ma, and Hikam 2024). Other studies also identify *dhikr* as a form of Islamic mindfulness that supports psychological calmness and self-awareness in modern life (Applebaum 2023).

From the perspective of digital culture, the relevance of Sufi spirituality becomes increasingly significant because excessive digital engagement often weakens self-awareness, emotional stability, and existential meaning. Constant exposure to digital stimuli creates distraction, emotional fatigue, and compulsive behavioral patterns that reduce individuals' ability to attain inner balance. In this context, Sufi spiritual practices offer an alternative psycho-spiritual approach by emphasizing contemplation, self-restraint, spiritual awareness, and emotional discipline.

The findings of this conceptual analysis suggest that Sufism provides a holistic perspective on mental health that differs from dominant behavioristic approaches in digital detox discourse. While most digital detox strategies primarily focus on reducing screen time and regulating digital behavior, Sufi spirituality addresses deeper existential dimensions, including meaning in life, spiritual consciousness, and inner tranquility. Therefore, Sufi practices may serve not only as spiritual rituals but also as conceptual psycho-spiritual mechanisms for strengthening mental well-being in the technological era.

Furthermore, the conceptual findings indicate that Sufi spiritual practices are closely associated with the development of *spiritual well-being*, which plays an important role in maintaining mental health amidst digital overstimulation. *Spiritual well-being* refers to an individual's sense of meaning, inner peace, connectedness, and existential balance, all of which are often disrupted by excessive engagement with digital technology (Fisher 2016). Recent studies in psychology and spirituality demonstrate that individuals with higher levels of spiritual well-being tend to possess stronger emotional resilience, lower psychological distress, and more adaptive coping mechanisms in dealing with stress and anxiety (Mulholland and Hanifah 2026). In this regard, Sufi practices such as *dhikr*, *muraqabah*, and *mubasabah* may function as forms of spiritual coping that strengthen self-awareness and restore existential meaning in contemporary digital life. This finding is consistent with recent studies emphasizing that Islamic spiritual practices contribute positively to emotional stability, psychological tranquility, and meaning-centered well-being (Fitriya et al. 2024; Farah R. Zahir 2025).

From the perspective of contemporary psychology, the relevance of Sufi spirituality can also be understood through theories of self-regulation and mindfulness-based intervention. Excessive digital exposure frequently produces *techno-stress*, emotional fatigue, compulsive behavior, and attentional fragmentation, which weaken individuals' capacity for emotional control and reflective awareness (Tarafdar et al. 2019). Sufi practices emphasize disciplined self-control, contemplative awareness, and inner regulation, which conceptually parallel psychological mechanisms of emotional regulation and mindfulness. In contemporary psychological discourse, mindfulness is understood as a form of present-moment awareness that supports attentional stability, emotional regulation, and psychological well-being (Malek et al. 2022); (Applebaum 2023); (Fourianalisyawati 2018). Similarly, *muraqabah* and *dhikr* cultivate reflective awareness and spiritual attentiveness that

may reduce cognitive overload and emotional distress caused by continuous digital stimulation. Emotional regulation theory also suggests that individuals possessing reflective awareness, attentional control, and self-regulatory capacity are generally more capable of managing stress, anxiety, emotional exhaustion, and compulsive behaviors effectively. Contemporary psychological studies demonstrate that reflective self-regulation contributes positively to emotional resilience, adaptive coping, and psychological well-being in stressful environments (Bekerom et al. 2025); (Zaid et al. 2025). Moreover, difficulties in emotion regulation are strongly associated with compulsive and maladaptive behavioral patterns, including obsessive and addictive tendencies in digital contexts.

However, unlike secular mindfulness approaches that primarily focus on attentional awareness, Sufi spirituality integrates transcendental consciousness and spiritual meaning into the process of psychological regulation. This integrative dimension suggests that Sufi-based digital detox may provide a more holistic framework that addresses not only behavioral dependency on technology, but also existential emptiness, spiritual alienation, and the loss of meaning frequently experienced in contemporary digital culture. Therefore, the findings of this conceptual analysis position Sufi spirituality not merely as a religious ritual tradition, but as a psycho-spiritual framework that contributes to emotional resilience, spiritual well-being, and holistic mental health in the technological era.

The Role Of Digital Detox

The concept of digital detox is emerging as an important component in improving mental health. Digital detox interventions, which involve intentional pauses from technology use, have emerged as a potential solution to address the negative impact of smartphone overuse on mental health and well-being. While some studies have found positive effects of digital detox on outcomes such as well-being and social relationships, others have reported mixed or even negative results (Radtke et al. 2022). Digital detox helps individuals reflect on their lives without the constant distractions of the digital world, making space for introspection, meditation, and a deeper connection with their spiritual aspects. By temporarily disabling exposure to digital content, one can focus on developing self-awareness, being with loved ones, and strengthening connections with religious or spiritual values.

Digital detox is emerging as an important strategy to combat the negative impacts of overuse of technology in the digital age. Research shows that long-term consumption of digital media, especially among millennials, can lead to physical and psychological problems (Astuti and Subandiah 2020). While technological advancements offer many benefits, they also present challenges such as privacy concerns and addiction (Muh David Balya Al 2023). To address this issue, digital detox methods such as limiting social media scrolling and commenting can help reduce dependency and addiction. However, not all millennials do digital detox due to misconceptions about the practice (Astuti and Subandiah 2020).

Psychologically, digital detox is also proven to improve mental well-being, reduce anxiety, improve sleep, and restore productivity that is often interrupted by digital distractions. In an era of information overload and the need to stay connected, digital detox helps create the necessary pause to maintain a balance between digital life and real-life experiences, including the search for meaning, spirituality, and emotional well-being (Astuti and Subandiah 2020).

Toward A Sufi-Based Psycho-Spiritual Framework For Digital Detox

The findings of this conceptual study indicate that contemporary digital detox discourse remains largely dominated by behavioristic and productivity-oriented approaches that emphasize reducing screen time, limiting social media use, and regulating digital behavior. Although these approaches contribute positively to psychological well-being, most digital detox models primarily focus on behavioral management and technological consumption without sufficiently addressing deeper existential and spiritual dimensions of human life. In many cases, excessive digital engagement is not merely associated with technological dependence, but also with emotional exhaustion, loss of meaning, spiritual alienation, and weakened self-awareness caused by continuous exposure to digital stimuli and hyperconnectivity. Therefore, mental health problems in the digital era require a more holistic framework that integrates psychological, emotional, and spiritual dimensions simultaneously.

In this context, Sufi spirituality offers an alternative psycho-spiritual perspective for reconstructing digital detox practices. Within the Sufi tradition, human beings are understood not merely as biological or psychological entities, but also as spiritual beings possessing inner consciousness (*qalb*) and spiritual potential that require continuous purification (*tazkiyat al-nafs*). Classical Sufi scholars such as Abu Hamid al-Ghazali emphasize that spiritual imbalance

and excessive attachment to worldly distractions can distance individuals from inner tranquility and existential meaning. From this perspective, the digital environment may function not only as a technological space but also as a source of psychological distraction that weakens contemplative awareness, emotional balance, and spiritual connectedness (I. Al-Ghazali 1998a).

The analysis further demonstrates that Sufi spiritual practices possess conceptual relevance as mechanisms of psycho-spiritual digital detox. Practices such as *muraqabah*, *muhasabah*, and *dhikr* can be interpreted as forms of spiritual self-regulation that contribute to reducing the negative psychological effects of excessive digital engagement. Conceptually, these practices function not only as religious rituals, but also as mechanisms for strengthening self-awareness, emotional regulation, attentional control, and existential reflection in the midst of digital overstimulation.

Table 1. Sufi Spiritual Practices as Psycho-Spiritual Mechanisms of Digital Detox

Sufi Spiritual Practice	Psycho-Spiritual Function	Digital Detox Mechanism	Mental Health Contribution
Muraqabah	Developing transcendental self-awareness and attentional control	Reducing compulsive digital behavior and excessive online engagement through reflective awareness	Enhances mindfulness, emotional regulation, and inner calmness
Muhasabah	Encouraging reflective self-evaluation and behavioral awareness	Facilitating conscious regulation of screen time and digital consumption patterns	Strengthens self-control, emotional balance, and existential reflection
Dhikr	Cultivating spiritual connectedness and emotional stabilization	Reducing cognitive overstimulation, digital fatigue, and psychological tension	Lowers stress and anxiety while improving psychological tranquility
Tazkiyat al-Nafs	Purification of the self from excessive worldly attachment	Limiting unhealthy technological dependency and compulsive gratification	Supports spiritual well-being, meaning in life, and psychological resilience

The conceptual mapping above demonstrates that Sufi spiritual practices operate not merely as ritualistic religious activities, but as psycho-spiritual mechanisms capable of addressing the psychological consequences of excessive digital engagement. Through the cultivation of self-awareness, contemplative reflection, emotional regulation, and spiritual connectedness, these practices contribute to a more holistic model of digital detox that integrates behavioral, psychological, and existential dimensions simultaneously.

The practice of *muraqabah* develops continuous self-awareness through the consciousness of divine presence and inner observation. In the context of digital culture, *muraqabah* encourages individuals to become more mindful of their behavioral patterns, emotional reactions, and compulsive interactions with digital media. This spiritual attentiveness contributes to strengthening reflective consciousness and reducing impulsive digital consumption. From a psychological perspective, *muraqabah* shares similarities with mindfulness-based approaches that emphasize present-moment awareness and attentional regulation, although Sufi spirituality extends this awareness toward transcendental consciousness and spiritual accountability.

Meanwhile, *mubasabah* functions as a reflective mechanism through which individuals critically evaluate their behaviors, intentions, and daily activities. In relation to digital detox, *mubasabah* enables individuals to reflect upon the psychological and spiritual consequences of excessive technology use, including emotional fatigue, distraction, anxiety, and reduced quality of social and spiritual life (I. Al-Ghazali 1998b). This reflective process contributes to the development of self-control and conscious behavioral adjustment, which are essential elements in reducing unhealthy digital dependency.

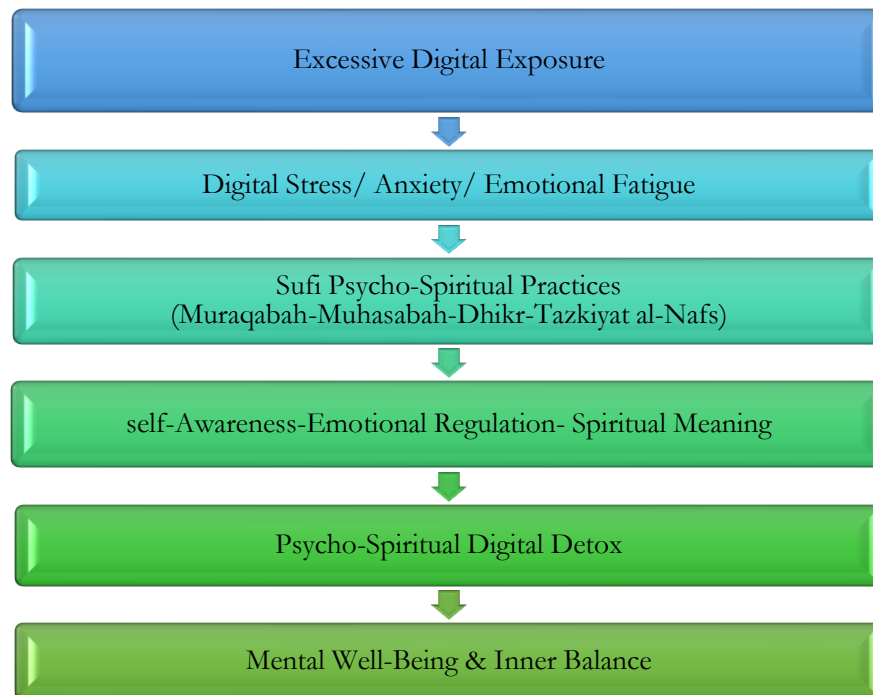
Similarly, *dhikr* practices conceptually function as mechanisms of emotional stabilization and spiritual relaxation. Contemporary psychological studies increasingly show that contemplative and repetitive spiritual practices contribute to reducing stress, stabilizing attention, and strengthening emotional resilience. In the Sufi tradition, *dhikr* is understood as a process of reconnecting the self with spiritual consciousness through repetitive remembrance of God (Pedak 2025). In the context of digital overload, *dhikr* may help reduce cognitive overstimulation, emotional tension, and mental fatigue caused by continuous digital exposure. Breath-centered *dhikr*, in particular, possesses similarities with meditative breathing practices in contemporary psychology because it encourages calm attention, emotional awareness, and psychological relaxation (Pedak 2025).

Conceptually, the integration between Sufi spiritual practices and digital detox can be understood through several interconnected psycho-spiritual mechanisms. *Muraqabah* functions as a mechanism of reflective awareness that reduces compulsive digital behavior; *mubasabah* operates as a form of critical self-evaluation that encourages conscious regulation of digital consumption; while *dhikr* contributes to emotional stabilization and cognitive calmness amidst continuous digital stimulation. Through these mechanisms, Sufi spirituality not only limits excessive technological engagement but also reconstructs inner awareness, spiritual connectedness, and psychological balance.

From the perspective of mental health, these Sufi spiritual practices contribute to the cultivation of spiritual well-being, emotional balance, and existential meaning. This finding is consistent with previous studies demonstrating that spirituality and contemplative practices positively influence psychological resilience, stress reduction, and emotional regulation. Rajab explains that Sufism contains psycho-spiritual dimensions that contribute to mental well-being through inner purification and spiritual awareness (Rajab 2010). Likewise, Fitriya et al. demonstrate that practices such as *tazkiyat al-nafs*, *muraqabah*, and *dhikr* are closely related to emotional regulation and psychological harmony within the framework of Islamic spirituality and contemporary psychology (Fitriya, Ma, and Hikam 2024). Other contemporary studies also identify Islamic contemplative practices as forms of spiritual mindfulness capable of strengthening self-awareness and psychological stability in modern life (Zahir 2025).

Based on these findings, this study proposes a Sufi-based psycho-spiritual framework for digital detox that integrates spiritual awareness, emotional regulation, contemplative reflection, and existential meaning into mental health strategies in the digital era. Unlike dominant behavioristic approaches that focus primarily on reducing technological exposure, this framework emphasizes the reconstruction of inner consciousness and spiritual balance as the foundation for healthier digital engagement. Thus, Sufi-based digital detox is not merely oriented toward limiting technology use, but toward restoring psychological tranquility, spiritual awareness, and meaningful human existence amidst contemporary digital culture.

Figure 1. Conceptual Framework of Sufi-Based Psycho-Spiritual Digital Detox



The framework illustrates that excessive digital engagement contributes to psychological distress, emotional fatigue, and spiritual disconnection. Sufi spiritual practices function as psycho-spiritual interventions that strengthen self-awareness, emotional regulation, contemplative consciousness, and existential meaning, ultimately contributing to healthier digital behavior and mental well-being.

This conceptual framework suggests that excessive digital exposure contributes to emotional exhaustion, attentional fragmentation, and existential disconnection. Sufi spiritual practices then function as psycho-spiritual interventions that strengthen self-awareness, emotional regulation, contemplative reflection, and spiritual meaning, which subsequently contribute to healthier and more balanced digital engagement.

Therefore, the novelty of this study lies in the conceptual integration of Sufi spirituality and digital detox discourse through a psycho-spiritual mental health framework that emphasizes not only behavioral regulation, but also spiritual consciousness, existential meaning, and inner psychological balance in the digital era.

CONCLUSION

This study demonstrates that Sufi spiritual practices possess conceptual relevance as a psycho-spiritual digital detox framework in addressing mental health problems in the digital

technological era. The findings indicate that contemporary digital detox discourse has largely been developed through behavioristic and psychological approaches that primarily focus on reducing screen time, controlling online behavior, and limiting technological dependency. Although such approaches contribute to mental well-being, the spiritual dimension, meaning in life, self-awareness, and existential aspects of human experience have not yet received sufficient attention.

Through a qualitative conceptual approach based on library research, this study finds that Sufi practices such as *muraqabah*, *muhasabah*, *dhikr*, and *tazkiyat al-nafs* can be understood as psycho-spiritual mechanisms that function to strengthen reflective awareness, emotional regulation, self-control, and inner tranquility amid excessive digital exposure. These practices also demonstrate conceptual connections with contemporary psychological constructs, including mindfulness, self-regulation, emotional regulation, and holistic mental health. However, Sufism offers a deeper transcendental dimension through spiritual orientation and the search for meaning in life.

This article contributes to the development of a conceptual digital detox framework grounded in Sufi spirituality by integrating spiritual, psychological, and existential dimensions within a holistic approach. Unlike conventional digital detox models that primarily emphasize the control of digital behavior, the framework proposed in this study positions the restoration of inner awareness, emotional balance, and spiritual well-being as central foundations for cultivating a healthier relationship with digital technology. Therefore, this study is expected to enrich interdisciplinary scholarship connecting Sufism, mental health, and digital culture, while also offering an alternative perspective for addressing the psychological challenges faced by modern society in the technological era.

Nevertheless, this study remains conceptual in nature and is based primarily on literature review; therefore, it has not empirically examined the effectiveness of Sufism-based digital detox practices. Accordingly, future research is recommended to develop field-based studies using either qualitative or quantitative approaches in order to investigate the implementation and effectiveness of Sufi spiritual practices within the context of mental health and contemporary digital culture.

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