

## **ABSTRACT**

**Background:** *Adolescence is a transition period so that it can experience emotional improvement and be vulnerable to stress. Stress can have an impact on individuals both physically, psychologically, socially, spiritually, and threaten the balance of physiology. The results of the preliminary study carried out were 5 male students and 6 female students who experienced stress in people. The level of stress felt by adolescents can be reduced by spiritual activity, namely reading the letter Al Fatihah. Reading reflective intuitively Al Fatihah can provide motivation so that it no longer feels hopeless in living life.*

**Research Purpose:** *The purpose of this study was to determine the effect of Al Fatihah Letter on Youth Stress Levels at MA Al Ma'had An-Nur.*

**Research Methods:** *This type of research is quasi-experimental research. The sample of this study amounted to 98 respondents, divided into 48 respondents in the intervention group and 48 respondents in the control group taken using purposive sampling technique. Data collection was carried out by giving the 42 Depression Anxiety Stress Scale questionnaire (DASS 42). Data analysis using Mann Whitney Test.*

**Results:** *The mean stress level of the intervention group was 42.98 and the control group was 56.02. The results of the Mann Ehitney Test statistic are p value 0.023 ( $p > 0.05$ ) which means there is a difference between the intervention group and the control group.*

**Conclusion:** *: These results indicate that the Al Fatihah intervention in the intervention group was able to reduce student stress better than not given the Al Fatihah intervention in the control group.*

**Keywords:** *Stress, Adolescence, Al Fatihah*