

Development of the Al-Ḥuzn wa Al-Jazā' Identification Instrument Based on the Thoughts of Abu Zayd al-Balkhī

Tuhfi Fitria Abdullah^{1*}, Putri Anditasari², Cucu Setiawan³, Andi Juwita Amal⁴, Dodo Wirdada⁵, and Firman Rismanto⁶.

¹ UIN Sunan Gunung Djati Bandung, Indonesia; email: tuhffitriaabdullah@gmail.com

² UIN Sunan Gunung Djati Bandung, Indonesia; email: Putrianditasari@uinsgd.ac.id

³ UIN Sunan Gunung Djati Bandung, Indonesia; email: cucusetiawan@uinsgd.ac.id

⁴ Universitas Kebangsaan Malaysia, email: p161892@siswa.ukm.edu.my

⁵ UIN Sunan Gunung Djati Bandung, Indonesia; email: dodowirdada@uinsgd.ac.id

⁶ UIN Sunan Gunung Djati Bandung, Indonesia; email: firnanrismanto@uinsgd.ac.id

Received: date; Revision: date; Accepted: date; Published: date

Abstract : This study aims to construct and explore the dimensional structure of the al-ḥuzn wa al-jazā' identification instrument, grounded in the classical psychosomatic framework of Abu Zayd al-Balkhī. The primary focus is to map emotional indicators that facilitate a preventive-proactive approach to mental health assessment. Utilizing an exploratory quantitative design, data were analyzed through Exploratory Factor Analysis (EFA), yielding a robust KMO value of 0.882. The findings led to the reduction of the instrument from 76 to 49 items, which settled into four distinct factors: Psychological Distress, Cognitive Resilience, Emotional-Physiological Stability, and Behavioral regulation. While the results confirm the hypothesized four-dimensional structure, a substantive shift was observed: cognitive, affective, behavioral, and physical aspects underwent an integrative fusion into a single primary distress factor, whereas adaptive dimensions emerged independently due to the item direction effect. These implications contribute to a more holistic multidimensional measurement model, though the efficacy of reverse-scored items warrants further validation through Confirmatory Factor Analysis (CFA). The originality of this research lies in its successful transformation of 9th-century psychosomatic terminology into a modern psychometric structure that captures an individual's adaptive assets alongside clinical symptoms.

Keywords : *abu zayd al-balkhī; al-ḥuzn wa al-jazā'; exploratory factor analysis*

Abstrak : Penelitian ini bertujuan untuk mengonstruksi dan mengeksplorasi struktur dimensi instrumen identifikasi al-ḥuzn wa al-jazā' berdasarkan kerangka psikosomatik klasik Abu Zayd al-Balkhī. Fokus utama studi ini adalah memetakan indikator kondisi emosional guna melengkapi model penilaian kesehatan mental melalui pendekatan preventif-proaktif. Menggunakan desain kuantitatif eksploratif, data dianalisis menggunakan teknik *Exploratory Factor Analysis* (EFA) dengan nilai KMO



0,882. Hasil penelitian berhasil mereduksi instrumen dari 76 menjadi 49 item yang terdistribusi ke dalam empat faktor utama: Distres Psikologis, Resiliensi Kognitif, Stabilitas Emosional-Fisiologis, dan Regulasi Perilaku. Temuan ini mengonfirmasi hipotesis jumlah empat dimensi, namun menunjukkan pergeseran substansi di mana aspek kognitif, afektif, perilaku, dan fisik berfusi secara integratif ke dalam satu faktor distres primer, sementara faktor adaptif muncul secara mandiri akibat pengaruh item direction effect. Implikasi penelitian ini memberikan kontribusi pada model pengukuran multidimensional yang lebih holistik, meskipun efektivitas penggunaan item reverse memerlukan evaluasi lanjutan melalui *Confirmatory Factor Analysis* (CFA). Orisinalitas penelitian terletak pada transformasi terminologi psikosomatik abad ke-9 ke dalam struktur psikometri modern yang mengintegrasikan dimensi aset adaptif individu di samping gejala klinis.

Kata kunci : *abu zayd al-balkhī; al-ḥuzn wa al-jazāʾ; analisis faktor eksploratori*

Corresponding Author:

Tuhfi Fitria Abdullah

UIN Sunan Gunung Djati Bandung

tuhfitriaabdullah@gmail.com

1. INTRODUCTION

Depression is one of the mental health disorders that continues to rise globally, affecting approximately 332 million individuals (WHO, 2025). In Indonesia, its prevalence reaches 6.5% among individuals aged 15–24 years (Kementerian Kesehatan, 2023). This condition is frequently observed in individuals experiencing psychological distress during the transition to emerging adulthood, particularly when they begin to perceive themselves, their life experiences, and their future in a negative manner. Such cognitive tendencies may lead to the persistence of negative emotions and more broadly influence an individual's psychological condition (Beck & Dozois, 2011; Syed, 2015). This indicates that depressive experiences are not merely associated with mood disturbances, but also involve cognitive processes in how individuals interpret themselves and their surrounding environment.

In its development, depression is understood as a multidimensional disorder involving psychological, behavioral, and physical domains simultaneously (Clack & Ward, 2019; Mutumba et al., 2014; Novick et al., 2013). A similar perspective was articulated earlier by Abu Zayd al-Balkhi through the concept of *al-ḥuzn wa al-jazāʾ*, which conceptualizes emotional disturbances as conditions rooted in cognitive processes and manifested through the interaction between mind and body (*ishtibāk*) (Al-Balkhi, 2003; Badri, 2013). Al-Balkhi explained that maladaptive cognitive perceptions may trigger prolonged sadness, hopelessness, and even physical and behavioral disturbances (Bahaudin & Ardi, 2023; Pramudya, 2023). This conceptual convergence suggests that cognitive approaches to depression have not only developed within modern Western psychology, but were also present in classical Islamic psychological traditions.

Nevertheless, contemporary depression research remains predominantly grounded in instruments derived from Western conceptual frameworks. The study by Hakim and Aristawati (2023), misalnya, menunjukkan bahwa DASS-21 memiliki validitas dan reliabilitas yang memadai untuk mengukur depresi, kecemasan, dan stres pada populasi dewasa awal

Indonesia. for instance, demonstrated that the DASS-21 possesses adequate validity and reliability for measuring depression, anxiety, and stress among Indonesian emerging adults. However, cross-cultural research indicates that standardized instruments may not fully capture variations in depressive expression across different sociocultural contexts (Chan et al., 2007; Dere et al., 2015; Sweetland et al., 2014). These findings suggest that psychometric validity alone is insufficient without considering conceptual and cultural appropriateness in psychological assessment processes.

On the other hand, several studies have begun to examine the thought of Abu Zayd al-Balkhi as an early foundation of Islamic psychology. Arroisi and Himaya (2023) demonstrated that the concept of *al-ḥuzn wa al-jazā'* encompasses the classification of depressive symptoms, maladaptive cognitive patterns, and therapeutic approaches that are cognitive and psychosomatic in nature. Saeed et al. (2024) also position Al-Balkhi as one of the early pioneers of psychotherapy and mental health. However, most of these studies remain largely conceptual and historical in nature, and have not yet been directed toward the development of empirical instruments applicable to contemporary psychological assessment. Therefore, a research gap remains in the absence of an *al-ḥuzn wa al-jazā'* instrument directly developed from Al-Balkhi's conceptual framework.

Addressing this gap, the present study aims to develop an *al-ḥuzn wa al-jazā'* instrument based on the concept formulated by Abu Zayd al-Balkhi and to explore its latent factor structure through Exploratory Factor Analysis (EFA). This approach is grounded in the conceptual alignment between *al-ḥuzn wa al-jazā'* and modern depression constructs, including symptom patterns such as depressed mood, anhedonia, fatigue, cognitive and psychomotor disturbances, as well as the understanding of depression as a condition that depletes physical energy and generates hopelessness (Hussein & Luqman, 2023). This study is expected to contribute theoretically by expanding the understanding of *al-ḥuzn wa al-jazā'* as an alternative perspective in the study of psychological suffering, while also enriching Islamic scholarly discourse through the operationalization of Abu Zayd al-Balkhi's thought into an empirically testable instrument.

The central argument of this study is based on the view of Abū Zayd al-Balkhī, who conceptualized *al-ḥuzn wa al-jazā'* not as a singular symptom, but as a spectrum of layered emotional experiences rooted in cognitive processes and manifested through the mechanism of *ishtibāk* (mind–body interaction) (Al-Balkhi, 2003; Badri, 2013). Based on this theoretical foundation, the hypothesis proposed in this study is that the structure of *al-ḥuzn wa al-jazā'* will form a multidimensional configuration consisting of four interrelated dimensions, namely cognitive, affective, behavioral, and physical aspects. The predicted results of the data analysis are expected to show that the cognitive dimension plays the most central role in explaining construct variance, in line with Al-Balkhi's assumption that disturbances in psychological well-being originate from maladaptive cognitive perceptions, which subsequently trigger affective responses and observable physical and behavioral manifestations in a systematic manner.

2. RESEARCH METHOD

The unit of analysis in this study comprised emerging adults aged 18–40 years. The selection of participants was based on the developmental characteristics of this period as a critical transitional phase and the longest developmental stage characterized by substantial complexity. Theoretically, this period represents a transition from the academic environment to real-world contexts that are characterized by increased life demands and new

responsibilities. Consequently, individuals within this age range are considered highly vulnerable to psychological distress (Rahmah et al., 2023; Wake & Donnell, 2024). This makes emerging adulthood a particularly relevant population for examining the sensitivity of the al-ḥuzn wa al-jazā' instrument developed from the conceptual framework of Abū Zayd al-Balkhī.

This study employed a quantitative approach with an instrument development design through construct exploration. This method was chosen because the primary objective of the study was not to test an established theoretical model (confirmatory analysis), but rather to examine and map latent structures that emerge naturally from field data based on Al-Balkhī's classical conceptualization. The use of Exploratory Factor Analysis (EFA) enabled the researcher to assess the degree of alignment between Al-Balkhī's theoretical propositions and empirical responses obtained from contemporary populations.

Primary data were obtained from 305 respondents who completed the al-ḥuzn wa al-jazā' identification instrument. A sample size of approximately 300 is considered adequate (categorized as good) for factor analysis based on the recommendation of Comrey (1973) as cited in Taherdoost (2020). Similarly, Tabachnick and Fidell (2013) suggest that this sample size meets the minimum requirement for stable factor loadings. In addition to primary data, this study also utilized textual data derived from a literature review of Maṣāliḥ al-Abdān wa al-Anfus by Abū Zayd al-Balkhī, as well as critical annotations from Malik Badri's Abu Zayd al-Balkhī's Sustainance of the Soul: The Cognitive Behavior Therapy of a Ninth Century Physician, which served as the foundation for item operationalization.

The respondents consisted of 305 individuals, all of whom were within the emerging adulthood age range (18–40 years). The sample was predominantly composed of individuals aged 18–29 years (79.7%), with a majority being female (73.1%). The complete demographic characteristics of the respondents are presented in Table 1.

Table 1 Demographic Characteristics of Participants (N=305)

Variable	Frequency	Percentage
Age		
18–29 years	243	79.7
30–40 years	62	20.3
Gender		
Female	223	73.1
Male	82	26.9
Educational Background		
Primary School	4	1.3
Junior High School	1	0.3
Senior High School / Vocational School	95	31.2
Islamic Boarding School (MA/Pesantren)	96	31.5
Diploma (D3)	5	1.6
Bachelor's Degree (S1)	101	33.1
Master's Degree (S2)	3	1
Current Activity		
Student	187	61.3
Working Student	27	8.9
Full-time Employee	58	19
Unemployed	33	10.8

Data collection was conducted through an online survey using a Likert-scale questionnaire developed based on the instrument blueprint. The instrument employed a 5-point frequency scale: 1 = almost never, 2 = very rarely, 3 = sometimes, 4 = very often, and 5 = almost always, to capture the intensity of respondents' experiences for each statement.

The instrument was developed through a systematic procedure grounded in the conceptual analysis of Abu Zayd al-Balkhī's *al-ḥuzn wa al-jazā'*. The initial stage involved construct identification and operationalization, in which indicators were derived from primary texts of Al-Balkhī and translated into measurable dimensions, subsequently formulated into item statements and organized into a blueprint as an initial item classification (Azwar, 2023). Content validity was assessed through expert judgment involving three experts—namely a psychologist, a psychometrician, and a classical Sufi scholar—to ensure conceptual alignment between items and the measured construct (Irwing et al., 2018). Expert feedback was used to revise and refine item wording prior to field testing.

The revised instrument was subsequently administered in a field test to obtain empirical data. Respondents were selected using a quota sampling technique within the 18–40 age range. The quota was established to ensure representation across key demographic characteristics (Creswell & Creswell, 2018). Data analysis was conducted using JASP software version 0.18.3. The analysis began with data suitability testing using the Kaiser-Meyer-Olkin (KMO) measure and Bartlett's Test of Sphericity. This was followed by Exploratory Factor Analysis (EFA) using Principal Axis Factoring with Promax rotation (Gaskin & Happell, 2014; Watkins, 2018). Items with factor loadings below 0.40 were removed from the final model (Hair et al., 2019; Osborne, 2014). Finally, factor labeling and reliability estimation were conducted to assess internal consistency across dimensions.

3. RESULTS AND DISCUSSION

This section presents the results and discussion of the development of the *al-ḥuzn wa al-jazā'* identification instrument based on the conceptual framework of Abu Zayd al-Balkhi. The analysis was conducted using Exploratory Factor Analysis (EFA) to identify factor structures, select items, and interpret the empirically derived dimensions of the construct.

Operationalization of the Concept of Al-Ḥuzn wa Al-Jazā' Based on Abu Zayd al-Balkhī's Thought

The researcher developed the instrument based on Abu Zayd al-Balkhī's conceptual framework, which was operationalized into a series of statements consisting of both favorable and unfavorable items. The initial item pool was systematically organized into a blueprint. This initial instrument also underwent content validity testing by three experts.

Table 2 Blueprint of *al-ḥuzn wa al-jazā'*

No	Aspek	Indikator	Nomor		Total
			Favorable	Unfavorable	
1	Cognitive	Negative self-perception	1, 2	13, 14	4
		Negative outlook on the future	3, 4	15, 16	4
		Loss of meaning in life	5, 6	17, 18	4
		Difficulty seeing solutions	7, 8	19, 20	4
		Pessimistic	9, 10	21, 22	4
		Focus on loss	11, 12	23, 24	4
2	Affective	Deep sadness	25, 26	37, 38	4

		Internal pressure (al-gham)	27,28	39, 40	4
		Despair (al-jaza')	29, 30	41, 42	4
		Loss of peace of mind	31, 32	43, 44	4
		Loss of enthusiasm in activities	33, 34	45, 46	4
		Loss of patience	35, 36	47,48	4
3	Behavior	Withdrawal from social environments	49, 50	55, 56	4
		Loss of behavioral control	51, 52	57, 58	4
		Self-harming behavior	53, 54	59, 60	4
4	Physical	Decreased body energy	61, 62	69, 70	4
		The body's response to internal pressure	63, 64	71, 72	4
		Changes in biological function	65, 66	73, 74	4
		Changes in expression	67, 68	75, 76	4
Number of questions					76

Table 2 shows that the identification of al-ḥuzn wa al-jazā' comprises four aspects: cognitive, affective, behavioral, and physical, with 19 indicators and 76 items. The use of both positive and negative items aims to minimize response bias. In essence, this table represents the initial blueprint of the measurement instrument prior to field testing.

Several key patterns emerge from this instrument development process. First, the cognitive and affective domains are dominant, each consisting of six sub-indicators. Second, the distribution of items is highly balanced, with each indicator represented by four items. Third, a consistent balance between favorable and unfavorable items is maintained across all indicators. This structure yields a theoretically coherent initial instrument draft.

Conceptually, this structure reflects a serious effort to bridge classical 9th-century thought with modern psychological assessment. The broad coverage of domains indicates that the instrument is comprehensive in defining al-ḥuzn wa al-jazā' as a multidimensional construct. However, this structure remains theoretical and requires empirical validation to establish its robustness.

Exploratory Factor Analysis (EFA)

The EFA began by examining whether the dataset met statistical prerequisites for factor extraction.

Table 3 Uji Asumsi

Uji	Nilai
Kaiser–Meyer–Olkin (KMO)	0.882
Bartlett's Test of Sphericity (χ^2)	8712.735
df	1176
Sig.	< 0.001

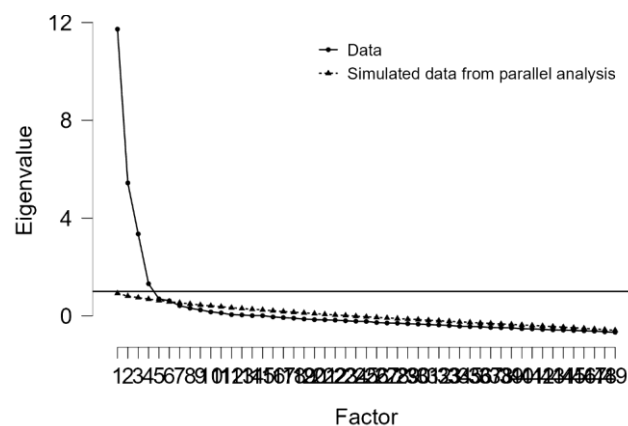
The KMO value of 0.882 indicates meritorious sampling adequacy, while Bartlett's test is statistically significant ($\chi^2 = 8712.735$; $p < 0.001$) indicating sufficient inter-item correlations. These results confirm that the data are appropriate for Exploratory Factor Analysis and suggest that al-ḥuzn wa al-jazā' symptoms in this sample form a statistically coherent structure.

Table 4 Parallel Analysis

Factor	Eigenvalue (Data Asli)	Eigenvalue (Simulasi)	Decision
Factor 1	11.728	0.940	Retained

Factor 2	5.438	0.807	Retained
Factor 3	3.351	0.734	Retained
Factor 4	1.314	0.674	Retained
Factor 5	0.696	0.617	Retained
Factor 6	0.618	0.571	Retained
Factor 7	0.417	0.528	Not Retained

Table 4 indicates that six factors initially meet statistical criteria. However, factor retention was not based solely on statistical output but also on theoretical coherence and interpretability principles (Fabrigar et al., 1999; Timmerman & Lorenzo-seva, 2011). Solutions with five and six factors showed over-factoring, where factors contained only 2–3 items, which is considered psychometrically weak and unstable. Therefore, a four-factor solution was selected due to its greater conceptual clarity and structural stability.



Picture 1 Scree Plot

The Scree Plot visualization in Figure 1 indicates a step decline in eigenvalues across the first four factors. The elbow point emerges at the fourth factor, followed by a progressively flattening trend in subsequent factors. This visual pattern provides additional empirical support for retaining a four-factor solution as a structurally adequate and parsimonious model.

Table 5 Rotated Factor Loadings (Promax)

Item	Faktor 1	Faktor 2	Faktor 3	Faktor 4
29	0.782			
64	0.779			
27	0.770			
61	0.745			
65	0.728			
32	0.768			
28	0.695			
26	0.685			
63	0.654			
66	0.648			
62	0.639			
30	0.626			
33	0.620			
5	0.589			
36	0.585			
1	0.584			

49	0.563		
35	0.552		
67	0.542		
21		0.899	
22		0.851	
19		0.815	
20		0.815	
16		0.687	
23		0.683	
15		0.669	
17		0.640	
24		0.556	
14		0.478	
73			0.663
72			0.639
70			0.636
75			0.624
71			0.618
69			0.611
76			0.571
74			0.550
47			0.528
48			0.516
55			0.410
40			0.406
59			0.708
60			0.706
57			0.691
58			0.643
54			0.510
51			0.501

Based on Table 5, of the initial 76 items, 49 items met the criterion of factor loading ≥ 0.40 without significant cross-loading. These items were distributed across four factors: Factor 1 (20 items), Factor 2 (11 items), Factor 3 (12 items), and Factor 4 (6 items), demonstrating an empirically stable construct structure.

Table 6 Inter-Factor Correlations

	Factor 1	Factor 2	Factor 3	Factor 4
Factor 1	1.000	0.305	0.089	0.369
Factor 2	0.305	1.000	0.236	0.505
Factor 3	0.089	0.236	1.000	0.324
Factor 4	0.369	0.505	0.324	1.000

Table 6 indicates that inter-factor correlations range from low to moderate ($r = 0.089$ – 0.505). The highest correlation is observed between Factor 2 and Factor 4 ($r = 0.505$), whereas the weakest association is found between Factor 1 and Factor 3 ($r = 0.089$). This pattern suggests that each factor represents distinct yet interrelated dimensions, thereby supporting the use of oblique rotation and strengthening the construct validity of the developed instrument.

Overall, the statistical analyses confirm that the collected data are suitable for further examination, as they meet the required technical assumptions. From the initial 76 empirical items, only 49 items remained, demonstrating strong and stable inter-item correlations. All retained items were systematically distributed into four primary dimensions that constitute the instrument structure. Accordingly, the results successfully reduce a complex dataset into a coherent model without compromising its theoretical essence.

Several patterns can be identified in the data reduction process. First, 27 items were eliminated due to insufficient correlations with any factor. Second, the first factor emerged as the dominant dimension, explaining a substantial proportion of symptom variance among respondents. Third, inter-factor correlations remained low to moderate, indicating that each dimension captures a distinct aspect of al-ḥuzn wa al-jazā' while still maintaining conceptual relatedness. These findings suggest that each factor plays a differentiated role without conceptual overlap.

The emergence of four latent factors provides empirical evidence that the concept of al-ḥuzn wa al-jazā' as proposed by Al-Balkhī exhibits a consistent and structured configuration when examined in a contemporary empirical context. This study successfully adapts a ninth-century Islamic psychological framework into a modern, more sensitive psychometric instrument. Nevertheless, as an initial stage of development, the instrument is not yet suitable for clinical diagnosis and requires further validation to strengthen its psychometric properties. The resulting structure nevertheless represents an important foundation for enriching the repertoire of more comprehensive mental health assessment tools.

Factor Naming of Al-Ḥuzn wa Al-Jazā'

The Exploratory Factor Analysis (EFA) procedure applied to the al-ḥuzn wa al-jazā' instrument yielded a stable four-factor structure. Item clustering was determined based on factor loading patterns, which indicate empirical associations between observed indicators and the underlying latent constructs. The distribution of items, factor loadings, and the justification for factor naming are summarized in Table 7.

Table 7 Factor Naming

Factor Naming	Factor Naming	Factor Naming	Naming Justification	Naming Justification
F1	Hopelessness about the future (0.782); physical discomfort due to emotional pressure (0.779); stress related to life problems (0.770); loss of inner peace (0.768)	Clusters items reflecting acute psychological suffering, future hopelessness, and psychophysiological complaints associated with loss.	Naming is based on the simultaneous manifestation of cognitive-affective distress and observable somatic impacts on the body	Psychological Distress
F2	Maintaining hope (0.899); belief that conditions can improve (0.851);	Dominated by reverse-scored items with very high loadings, reflecting cognitive reframing, optimism, and meaning-	Defined as a construct capturing positive cognitive appraisal and future	Cognitive Resilience

	problem-solving orientation (0.815)	making in the context of suffering	orientation as a counter-response to loss.	
F3	Regular sleep patterns (0.663); relaxed bodily state (0.639); sustained energy levels (0.636)	Groups reverse-scored items reflecting preserved biological functioning, energy regulation, and physical calmness despite stress exposure	Label reflects biological resilience (homeostasis) and physiological stability under stress conditions	Emotional and Physiological Stability
F4	Maintaining personal safety (0.708); avoiding self-harm behavior (0.706); behavioral self-regulation (0.691)	Specifically clusters conative/behavioral items related to impulse control, action regulation, and preventive responses to self-destructive behavior	Naming is based on strong loadings on active behavioral inhibition and self-protective regulation.	Behavioral Regulation

Based on Table 7, the EFA results separate the instrument into four distinct psychological dimensions. Factor 1 captures psychological distress accompanied by somatic complaints, whereas Factors 2 and 3 represent individual strengths through reverse-scored indicators reflecting cognitive and physiological functioning. Meanwhile, Factor 4 primarily reflects the conative domain, focusing on how individuals regulate and control their overt behaviors. Overall, this factor structure suggests that the concept of *al-ḥuzn wa al-jazā'* is not limited to symptomatic distress, but also encompasses self-regulatory and defensive psychological systems.

Several notable patterns emerged from the factor naming process. First, Factor 1 represents a broad dimension, encompassing both cognitive and physical symptomatology simultaneously. Second, Factors 2 and 3 are distinctive in that they are predominantly composed of positively oriented or reverse-scored items, indicating relatively preserved psychological functioning. Third, Factor 4 is uniquely characterized by behavioral control and self-harm prevention. This distribution suggests that the developed instrument demonstrates a relatively diverse and functionally differentiated factor structure.

From a theoretical perspective, these findings indicate that the conceptualization of *al-ḥuzn wa al-jazā'* in Al-Balkhī's framework is not restricted to dysfunction or psychological impairment, but also incorporates residual adaptive and resilient functioning. The emergence of adaptive dimensions in this analysis enriches the conceptualization of the assessment model, allowing for a more objective evaluation of individual psychological conditions. This multidimensional structure provides theoretical support for the idea that profound emotional suffering involves a dynamic interaction between psychological vulnerability and individual resilience capacities. These findings are expected to serve as an initial foundation for future studies aimed at further validating a more sensitive and culturally grounded model of *al-ḥuzn wa al-jazā'*.

4. DISCUSSION

This study explored the latent structure of the al-ḥuzn wa al-jazā' instrument developed based on the conceptual framework of Abu Zayd al-Balkhī. The EFA results demonstrated that the data were adequate for further analysis, with a KMO value of 0.882. Of the 76 items initially tested, 49 items were retained and grouped into four factors, namely Psychological Distress, Cognitive Resilience, Emotional Physiological Stability, and Behavioral Regulation. This four-factor structure provides preliminary support for the assumption that the al-ḥuzn wa al-jazā' construct is inherently multidimensional.

The selection of the four-factor solution was guided by considerations of parsimony and conceptual interpretability, which are commonly emphasized in exploratory stages of scale development (Howard, 2016). Despite some reconceptualization in factor labeling, the dominance of items within the Psychological Distress and Cognitive Resilience factors suggests that cognitive processes remain central in explaining construct variance, consistent with Al-Balkhī's theoretical assumptions.

The factor labeling at this stage is tentative and based on item loading patterns as well as conceptual alignment with relevant theoretical frameworks. The first factor was interpreted as Psychological Distress because it reflects a multidimensional pattern of psychological suffering encompassing cognitive, affective, behavioral, and physiological domains. According to Aaron T. Beck (2024), psychological disorders can be understood as an interrelated system, as described in the five-part model linking thoughts, emotions, behaviors, physiological responses, and situational context. Within this framework, changes in one domain influence the others. This is consistent with the indicators of this factor, including negative self-perception, deep sadness, hopelessness, social withdrawal, and changes in energy and biological functioning, all of which collectively represent an integrated distress condition.

The second factor was interpreted as Cognitive Resilience, as it reflects individuals' capacity to maintain adaptive cognitive patterns in the face of adversity. According to Beck (2024), psychological functioning is strongly influenced by how individuals interpret themselves, their experiences, and their future (the cognitive triad), as well as their ability to restructure negative cognitions into more realistic and functional appraisals. In this context, cognitive resilience is reflected in the ability to maintain self-worth, preserve a future-oriented perspective, construct positive meaning in life, and sustain the belief that problems are solvable, as indicated by the relevant items in this factor.

The third factor was interpreted as Emotional–Physiological Stability, as it reflects individuals' capacity to maintain balanced emotional responses and bodily functioning under stress. According to James Gross, emotions involve coordinated changes in subjective experience, behavior, and physiology, thereby necessitating emotion regulation processes to ensure adaptive functioning (Gross, 1998, 2015). In this context, stability is reflected in the ability to remain calm, resist emotional overwhelm, and maintain relatively stable physiological conditions such as energy levels, sleep patterns, and bodily responses, as indicated by the items within this factor.

The fourth factor was interpreted as Behavioral Regulation, as it includes indicators related to the ability to control actions under emotional distress. The highest-loading items reflect self-protective behaviors, including maintaining personal safety, avoiding self-harm, and sustaining behavioral control during episodes of sadness. This interpretation aligns with Bandura's (1997) concept of self-regulation, defined as the individual's capacity to guide and control behavior according to internal standards. Although this factor also includes indicators of potentially destructive behaviors, such as emotional expression through physical actions

and self-harm tendencies, the loading pattern indicates that behavioral regulation remains the dominant dimension. Overall, the separation among factors indicates a relatively clear dimensional differentiation, although these interpretations remain preliminary and require further confirmation through subsequent analyses (Taherdoost, 2016).

In contrast to conventional Western instruments such as the BDI-II or PHQ-9, which primarily focus on identifying psychopathological symptoms or clinically crystallized syndromes (Fried et al., 2022), this study offers an initial contribution toward an instrument that integrates both distress and adaptive dimensions, although the findings remain exploratory. The novelty of this study lies in the inclusion of adaptive dimensions, enabling the simultaneous identification of individuals' internal strengths alongside symptom manifestations an aspect often overlooked in mainstream depression measures.

Substantively, the four-factor structure is classified into (1) Psychological Distress, (2) Cognitive Resilience, (3) Emotional–Physiological Stability, and (4) Behavioral Regulation. This classification is conceptually consistent with the notion of *ishtibāk* in Abu Zayd al-Balkhī's thought, which emphasizes the interconnection between psychological and physiological domains, although this interpretation requires further scholarly elaboration. These findings contribute to the development of a more holistic multidimensional measurement model in mental health psychometrics (Hussein & Luqman, 2023; Saeed et al., 2024).

Functionally, these results provide an initial mapping of the systematic structure of *al-ḥuzn wa al-jazā'*. Their primary contribution lies in theoretical development rather than clinical application or intervention. The emergence of factors dominated by reverse-scored items suggests the possible presence of method effects (Kam, 2023). This also raises important considerations regarding score interpretation validity, particularly due to respondents' cognitive complexity in processing reverse-coded items (Suárez-alvarez et al., 2018). Therefore, the resulting factor structure should be interpreted with caution and requires further verification at the confirmatory stage.

As a future direction, this instrument may serve as an initial framework for subsequent studies aimed at developing psychological screening tools in both research and applied contexts (Boateng et al., 2018). These findings also inform the development of assessment strategies that move beyond symptom-focused evaluation to include adaptive psychological capacities. Given the exploratory nature of this study, the next critical step is to conduct Confirmatory Factor Analysis (CFA) and measurement invariance testing across more diverse populations to ensure the stability and generalizability of the instrument prior to broader application (Husain & Aziz, 2022; Kyriazos, 2018; Zhou, 2022).

5. CONCLUSION

This study demonstrates that the developed instrument reveals a four-factor structure consisting of Psychological Distress, Cognitive Resilience, Emotional–Physiological Stability, and Behavioral Regulation. A key implication of these findings is that individual psychological dynamics are not unidimensional but rather the result of interactions between clinical symptom manifestations and internal protective capacities that can be systematically measured.

The primary contribution of this study lies in the operationalization of the *al-ḥuzn wa al-jazā'* concept within a psychometric framework through an exploratory approach, resulting in an initial model that simultaneously integrates symptom dimensions and adaptive components. Nevertheless, these findings remain preliminary and should be interpreted within the context of ongoing instrument development. Conceptually, this study enriches

psychological research by integrating classical theoretical perspectives with contemporary methodological approaches, thereby expanding the scope of psychological well-being assessment tools.

This study is limited by its exploratory analytical approach and a sample that does not fully represent a broader population. In addition, the emergence of dimensions dominated by reverse-coded items suggests potential method effects that require further investigation. Therefore, future research is strongly recommended to conduct Confirmatory Factor Analysis (CFA) to rigorously test the validity and stability of the proposed four-factor model.

Reference

- Al-Balkhi, A. Z. (2003). *Maşāliḥu al-Abdān wa al-Anfus* (M. al-M. F. lil-B. wa al-D. Al-Islāmiyyah (ed.); Edisi 1434). Pusat Penelitian dan Studi Islam Raja Faisal.
- Arroisi, J., & Himaya, N. N. (2023). Abu Zayd Al-Balkhi's Perspective on Depression: Countering Sadness with Cognitive Theory in the Book of Mashalih al Abdan wa al Anfus. *TAZKIYA Journal of Psychology*, 11(1), 1–12. <https://doi.org/10.15408/tazkiya.v11i1.29913>
- Azwar, S. (2023). *Penyusunan Skala Psikologi Edisi-3* (Edisi-3). Pustaka Belajar.
- Badri, M. (2013). *Abu Zayd al-Balkhi's Sustainance of the Soul The Cognitive Behavior Theraphy of a Ninth century Physician*. The International Institute Of Islamic Thought.
- Bahaudin, M. S., & Ardi, M. (2023). Handling Panic Attacks in Abu Zaid Al-Balkhi ' s Mental Health Review. *Jurnal Syifa Al-Qulub*, 8(1), 50–58.
- Bandura, A. (1997). *Albert Bandura Self Efficacy the Exercise of Control*. W.H. Freeman and Company.
- Beck, A. T., & Dozois, D. J. A. (2011). Cognitive Therapy : Current Status and Future Directions. *Annual Review of Clinical Psychology*, 62, 397–499. <https://doi.org/10.1146/annurev-med-052209-100032>
- Beck, A. T., Rush, A. J., Emery, G., Derubeis, R. J., & Hollon, S. D. (2024). *Cognitive Therapy of Depression* (Second edi). Guilford Press.
- Boateng, G. O., Neilands, T. B., Frongillo, E. A., Melgar-Quiñonez, H. R., & Young, S. L. (2018). Best Practices for Developing and Validating Scales for Health , Social , and Behavioral Research : A Primer. *Front Public Health*, 6, 1–18. <https://doi.org/10.3389/fpubh.2018.00149>
- Chan, B., Parker, G., Tully, L., & Eisenbruch, M. (2007). Cross-Cultural Validation of the DMI-10 Measure of State. *The Journal of Nervous and Mental Disease*, 195(1), 20–25. <https://doi.org/10.1097/01.nmd.0000252008.95227.88>
- Clack, S., & Ward, T. (2019). The Classification and Explanation of Depression. *Behaviour Change*, 36, 41–55. <https://doi.org/10.1017/bec.2019.4>
- Creswell, J. W., & Creswell, J. D. (2018). *Research Design Qualitative, Quantitative, and Mixed Methods Approaches* (Fifth edit). Sage Publications.
- Dere, J., Watters, C. A., Yu, S. C., Bagby, R. M., Ryder, A. G., & Harkness, K. L. (2015). Cross-Cultural Examination of Measurement Invariance of the Beck Depression Inventory-II. *Psychological Assesment*, 27(1), 68–81. <https://doi.org/10.1037/pas0000026>
- Fabrigar, L. R., Wegener, D. T., Maccallum, R. C., & Strahan, E. J. (1999). Evaluating the Use of Exploratory Factor Analysis in Psychological Research. *Psychological Methods*, 4(3), 272–299.
- Fried, E. I., Flake, J. K., & Robinaugh, D. J. (2022). Revisiting the theoretical and methodological foundations of depression measurement. *Nature Reviews Psychology*, 1(6), 358–368. <https://doi.org/10.1038/s44159-022-00050-2>
- Gaskin, C. J., & Happell, B. (2014). On exploratory factor analysis : A review of recent evidence , an assessment of current practice , and recommendations for future use. *International Journal of Nursing Studies*, 51(3), 511–521. <https://doi.org/10.1016/j.ijnurstu.2013.10.005>
- Gross, J. J. (1998). The Emerging Field of Emotion Regulation : An Integrative Review Ih Ih. *Review of General Psychology*, 2(5), 271–299.
- Gross, J. J. (2015). Emotion Regulation : Current Status and Future Prospects. *Psychological Inquiry*,

- 26, 1–26. <https://doi.org/10.1080/1047840X.2014.940781>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2019). *Multivariate Data Analysis* (Eight Edit). Cengage Learning EMEA.
- Hakim, M. A., & Aristawati, N. V. (2023). Mengukur depresi, kecemasan, dan stres pada kelompok dewasa awal di Indonesia: Uji validitas dan reliabilitas konstruk DASS-21. *Jurnal Psikologi Ulayat*, 10(2), 232–250. <https://doi.org/10.24854/jpu553>
- Howard, M. C. (2016). A Review of Exploratory Factor Analysis Decisions and Overview of Current Practices : What We Are Doing and How Can We Improve ? A Review of Exploratory Factor Analysis Decisions and Overview of Current Practices : What We Are Doing and How Can We Improve. *International Journal of Human-Computer Interaction*, 7318(January), 51–62. <https://doi.org/10.1080/10447318.2015.1087664>
- Husain, H., & Aziz, H. (2022). Exploratory Factor Analysis (Efa) And Confirmatory Factor Analysis (Cfa) To Measure The Validity And Reliability Constructs Of Historical Thinking Skills, Tpack And Application Of Historical Thinking Skills. *International Journal Of Education, Psychology And Counselling (IJEPC)*, 7(46), 608–623. <https://doi.org/10.35631/IJEPC.746046>
- Hussein, R. G., & Luqman, M. M. (2023). *Foundations of Islāmic Psychology*. Routledge. <https://doi.org/10.4324/9781003181415>
- Irwing, P., Booth, T., & Hughes, D. J. (2018). *The Wiley Handbook of Psychometric Testing : A Multidisciplinary Reference on Survey, Scale and Test Development* (First Edit). Wiley Online E-Book.
- Kam, C. C. S. (2023). Why Do Regular and Reversed Items Load on Separate Factors ? Response Difficulty vs . Item Extremity. *Educational and Psychological Measurement*, 83(6), 1085–1112. <https://doi.org/10.1177/00131644221143972>
- Kementerian Kesehatan. (2023). Depresi pada Anak Muda di Indonesia. *Kementerian Kesehatan*. <https://repository.badankebijakan.kemkes.go.id/id/eprint/5532>
- Kyriazos, T. A. (2018). Applied Psychometrics : Sample Size and Sample Power Considerations in Factor Analysis (EFA , CFA) and SEM in General. *Psychology*, 9, 2207–2230. <https://doi.org/10.4236/psych.2018.98126>
- Mutumba, M., Tomlinson, M., & Tsai, A. C. (2014). Psychometric properties of instruments for assessing depression among African youth: A systematic review. *Journal of Child and Adolescent Mental Health*, 26(2), 139–156. <https://doi.org/10.2989/17280583.2014.907169>
- Novick, D., Montgomery, W., Aguado, J., Kadziola, Z., Peng, X., Brugnoli, R., & Maria, J. (2013). Which Somatic Symptoms are Associated with an Unfavorable Course in Asian Patients with Major Depressive Disorder ? *Journal of Affective Disorders*, 149(1–3), 182–188. <https://doi.org/10.1016/j.jad.2013.01.020>
- Osborne, J. W. (2014). *Best Practices in Exploratory Factor Analysis*. CreateSpace Independent Publishing.
- Pramudya, A. (2023). *Kitab Kesehatan Mental*. Rene Turos Indonesia.
- Rahmah, A. F., Sukiatni, D. S., & Kusumandari, R. (2023). Quarter Life Crisis pada early adulthood : Bagaimana tingkat resiliensi pada dewasa awal ? *Inner Journal of Psychological Research*, 2(4), 959–967.
- Saeed, S. I., Sr, J. O. A., Kakamad, K., & Najmadden, Z. (2024). Abu Zayd Ahmed ibn Sahl Al-Balkhi (850-934) : A Pioneer in the Field of Psychotherapy and Mental Health. *Cureus Part of Springer NAture*, 16(8), 1–7. <https://doi.org/10.7759/cureus.67998>
- Suárez-alvarez, J., Pedrosa, I., Lozano, L. M., García-cueto, E., Cuesta, M., & Muñiz, J. (2018). Using reversed items in Likert scales : A questionable practice. *Psicothema*, 30(2), 149–158. <https://doi.org/10.7334/psicothema2018.33>
- Sweetland, A. C., Belkin, G. S., & Verdelli, H. (2014). Measuring depression and anxiety in sub-saharan africa. *Depression and Anxiety*, 31, 223–232. <https://doi.org/10.1002/da.22142>
- Syed, M. (2015). Emerging Adulthood : Developmental Stage, Theory, or Nonsense? *Oxford Handbooks Online Emerging*, 1–26. <https://doi.org/10.1093/oxfordhb/9780199795574.013.9>

- Tabachnick, B. G., & Fidell, L. S. (2013). *Using Multivariate Statistics*. Pearson Education. [http://ndl.ethernet.edu.et/bitstream/123456789/27657/1/Barbara G. Tabachnick_2013.pdf](http://ndl.ethernet.edu.et/bitstream/123456789/27657/1/Barbara%20G.%20Tabachnick_2013.pdf)
- Taherdoost, H. (2016). Validity and Reliability of the Research Instrument ; How to Test the Validation of a Questionnaire / Survey in a Research. *International Journal of Academic Research in Management (IJARM)*, 5(3), 28–36.
- Taherdoost, H., Sahibuddin, S., & Jalaliyoon, N. (2020). Exploratory Factor Analysis ; Concepts and Theory. *Mathematics and Computers in Science and Engineering Series*, 27, 375–382.
- Timmerman, M. E., & Lorenzo-seva, U. (2011). Dimensionality Assessment of Ordered Polytomous Items With Parallel Analysis. *Psychological Methods*, 16(2), 209–220. <https://doi.org/10.1037/a0023353>
- Wake, A., & Donnell, A. W. O. (2024). Longitudinal Relationships Between Financial Stress , Career Related Optimism , and Psychological Distress During Emerging Adulthood in Australia. *Youth & Society*, 56(7), 1336–1363. <https://doi.org/10.1177/0044118X241232997>
- Watkins, M. W. (2018). *Exploratory Factor Analysis: A Guide to Best Practice*. <https://doi.org/10.1177/0095798418771807>
- WHO. (2025). *Depressive disorder (depression)*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/depression>
- Zhou, X. (2022). *Evaluation of the Split-data Strategy in Factor Analysis*. University of Illinois Urbana-Champaign.

About the Contributor(s)

Tuhfi Fitria Abdullah is an emerging scholar in the field of Tasawuf and Psychotherapy. Her academic interests are related to Islamic spirituality, Sufism, psychological well-being, spiritual healing, and the application of Islamic values in personal and social life. She completed her earlier education at SDN 08 Selayo, MTsN Kota Solok, and SMA Negeri 2 Sumatera Barat. In addition to her academic activities, she has been actively involved in various student organizations, including PNI HMJ Tasawuf dan Psikoterapi for the 2023–2024 period, Kemendagri DEMA FU for the 2024–2025 period, PAO KMM in 2025, and Kemendikbud DEMA FU for the 2025–2026 period. These experiences reflect her commitment to academic development, leadership, and student organizational engagement.

Email: tuhfitriaabdullah@gmail.com

ORCID ID: <http://orcid.org/xxxx-xxxx-xxxx-xxxx>

Publisher’s Note: Syifa al-Qulub: Jurnal Studi Psikoterapi Sufistik remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.
