



HUMAN RESILIENCE IN STOICISM: A LITERATURE REVIEW OF EPICTETUS AND MARCUS AURELIUS

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ABSTRACT

This study seeks to provide an explanation related to the concept of human resilience from the perspective of Stoicism as proposed by Epictetus and Marcus Aurelius. In the modern era, which is full of burdens and uncertainty, understanding resilience is very important. Using a literature study method, this review examines various journals related to the Stoic philosophy of Epictetus and Marcus Aurelius. The results of this study indicate that, from a Stoic perspective, resilience relies on a person's ability to manage their inner response to external circumstances, understand the limits of self-control, and develop a wise and sensible attitude. Epictetus emphasizes It is important to distinguish between aspects that are within our control and aspects that are beyond our control as the foundation for achieving peace of mind. Meanwhile, Marcus Aurelius emphasizes the importance of reflection, accepting reality, and living in harmony with nature. In general, the ideas of both provide a solid philosophical foundation for cultivating human resilience, especially when facing mental pressure and problems in modern life.

Keywords: Human resilience; Stoicism; Perspectives of Epictetus & Marcus Aurelius.

1. INTRODUCTION

Self-resilience generally describes how individuals cope with stress or traumatic events in their lives and how they adapt effectively to situations and emerging problems. Individuals who possess mental strength are able to manage pressure and develop into better persons than before. Mental strength distinguishes those who are able to endure and persevere even when confronted with various obstacles and hardships from those who are unable to cope and ultimately fall into disordered or unstable lives (Kasim et al., 2019).

Self-resilience has become a crucial issue in modern life, which is characterized by

psychological pressure, social uncertainty, and moral dilemmas (Amalia, Nur, et al., 2024). Such conditions require a conceptual framework that can provide practical and ethical guidance for individuals in maintaining mental health and moral integrity (Sya'bani et al., 2024).

Stoic philosophy offers a highly relevant perspective, as it emphasizes the importance of self-control, clarity of mind, and acceptance of things beyond one's control (Mulyana et al., 2024). These principles provide a solid foundation for individuals to remain calm and think rationally when facing uncertain situations (Mastory & Syukur, 2025).

The thoughts of Epictetus and Marcus Aurelius were selected as the focus of this study because they emerged from vastly different life backgrounds—one as a former slave and the other as a Roman Emperor—yet both strongly emphasized the importance of self-resilience. Epictetus underscored the dichotomy of control as a logical basis for reducing anxiety (Nur Amalia et al., 2024), while Marcus Aurelius highlighted the significance of daily reflection and awareness of impermanence as means of strengthening character. These differing backgrounds enrich the understanding of how Stoicism can be applied universally, regardless of social status or external conditions (Sila, 2024).

This study is conducted due to its strong relevance to contemporary needs. From a psychological perspective, Stoic principles align with modern therapeutic approaches such as cognitive restructuring and emotional regulation. From a social perspective, Stoicism assists individuals in navigating relational dynamics, environmental pressures, and value differences. Morally, Stoicism offers ethical guidance for maintaining integrity amid less-than-ideal circumstances.

Therefore, this research is essential to present a philosophical framework that is not only theoretical but also practically applicable in fostering strong, flexible, and sustainable self-resilience.

2. RESEARCH METHODE

This study employs a literature review research method, commonly referred to as a Systematic Literature Review (SLR), by tracing theoretical references relevant to the issues or problems under investigation. According to Triandini et al. (2019), the SLR method is used for various purposes, including identifying, reviewing, evaluating, and understanding all existing research on a particular phenomenon or topic through structured and significant research questions.

In Kuhlthau's work published in 2002, the stages of conducting an SLR are outlined in the following sequence:

- 1) Determining the topic;
- 2) Searching for information;
- 3) Defining the research focus;
- 4) Collecting data materials;
- 5) Presenting the data.
- 6) Compiling the report.

Based on these steps, this study begins by formulating well-structured and clearly focused research questions, which are addressed through a comprehensive literature review. These questions serve as guidelines for selecting relevant and essential literature sources. The researchers collect journal articles from Google Scholar, ResearchGate (Academy for Information Technology), SINTA, and DOAJ to ensure that the research is conducted consistently and accurately (Afsari et al., 2021).

The literature employed consists of works related to Stoic philosophical thought, particularly those of Epictetus and Marcus Aurelius. Through this process, a theoretical foundation is established. This theoretical framework is used to examine human self-resilience from the perspective of Stoicism as articulated by Epictetus and Marcus Aurelius.

3. RESULT AND DISCUSSION

Table 1. Literature Study

Researcher Name	Research Title	Research result
(Ubaidillah et al., 2023).	Pandangan Sikap Introvert dalam Filsafat Stoikisme	Research suggests that introversion can be viewed positively by referring to the Stoic philosophy espoused by Marcus Aurelius. Stoic principles of emotional control, focusing on controllable matters, and solitude provide a solid foundation for introverts to achieve happiness, peace, and inner strength. Therefore, introversion should not be viewed as a weakness, but as a potential that can be enhanced through an understanding of Stoic wisdom.
(Rerung et al., 2022).	Membangun Self-Love Pada Anak Usia Remaja Menggunakan Teori Filsafat Stoikisme Marcus Aurelius.	This research emphasizes that Stoic philosophy remains relevant as a guide to life today. Stoic principles support individuals in more wisely coping with anxiety, societal pressures, and identity crises. This journal contributes to the introduction of Stoicism as a means for self-development and as a philosophical framework for fostering mental resilience.
(Khabibullabiba, 2023).	Integrasi Nilai Stoikisme dan Al-Qur'an dalam mengelola emosi negatif.	The integration of Stoic philosophy and Quranic teachings plays a role in overcoming negative emotions in the digital age. Both emphasize the importance of self-control and acceptance of things beyond our control, with

Stoicism demonstrating this through the concept of the Dichotomy of Control, while Islam emphasizes trust and sincerity. Stoicism provides a rational way to understand emotions, while the Quran provides peace of mind through patience, prayer, and remembrance. Amidst the challenges of social media and the flood of information, the combination of these two approaches helps maintain inner calm and deal with stress more wisely.

(Sya'bani et al., 2024).

Etika dalam Stoik

This research shows that Stoic ethics is the foundation of Stoic thought, emphasizing virtue as the path to true happiness. Through the writings of Seneca, Epictetus, and Marcus Aurelius, Stoicism provides principles of self-control, acceptance of fate, and attention to the things we can control. These values have proven crucial in facing modern challenges, building mental resilience, and strengthening the moral foundations of personal and social life.

(Rahmat & Mulyeni, 2025).

Seni Kebahagiaan Hidup
Perspektif Stoikisme

This study concludes that, according to Marcus Aurelius, in the Stoic view, happiness is an art of living based on self-control, rational virtue, and acceptance of fate. Happiness does not come from the accumulation of external things, but from

		internal change in line with nature and logic. Principles such as virtue, apatheia, and the dichotomy of control form the basis of applied ethics that are essential for addressing the moral and psychological challenges of today's world.
(Kusumaningsih, 2025).	Meningkatkan Kualitas diri dengan berpikir positif: Sebuah pendekatan Stoik	This research shows that Stoicism is a practical and relevant way to improve oneself in today's world. By cultivating virtue, practicing rationality, and focusing on controllable issues, one can create positive thought patterns, manage negative emotions, and achieve happiness and a more meaningful life.
(Marzuqotur Rohmah et al., 2024).	Konsep Bahagia Menurut Filsafat Stoikisme Terhadap fenomena Childfree	The childfree phenomenon is often viewed negatively by Indonesian society because it contradicts traditions that consider children a source of happiness and the guardian of generations. However, this analysis shows that parenthood does not always guarantee happiness, as evidenced by the many cases of parents who lack care in their later years. From a stoic perspective, happiness should not depend on factors beyond one's control, including societal perceptions or the presence of children. True happiness comes from the ability to regulate one's own thoughts, reactions, and actions. Therefore, the choice to live a childfree life

is a personal right of couples, a decision that can be made logically, based on their goals, values, and life circumstances.

Stoicism emphasizes that a couple's happiness is not determined by whether or not they have children, but rather by how they approach, manage, and respond to life wisely.

Mazzei, A., Ravazzani, S., Fisichella, C., Butera, A., & Quarantino, L. (2022).	Internal crisis communication strategies: Contingency factors determining an accommodative approach	This research shows that in crisis situations or when organizations face the pressures of digital change, leaders who are able to create narratives and speeches that instill the values of resilience and preparedness will strengthen the organization's orientation towards a fast and adaptive response.
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(Mastory & Syukur, 2025).	Filsafat stoisme dapat melahirkan perasaan skeptis pada hal baik yang akan terjadi	This research shows that Stoicism, which emphasizes self-control, acceptance of the uncontrollable, and making virtue the goal of life, produces a skeptical view of hope for the future. This is because happiness should not depend on uncertain external outcomes. This approach serves as a mental strategy that helps individuals cope with stress, reduce disappointment, and maintain inner calm through acceptance of fate and controlled reactions. Therefore, skepticism in Stoicism is not a form of pessimism, but rather an
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		emotional resilience mechanism that fosters psychological balance and practical ethics in the face of life's uncertainties.
(Nur Amalia et al., 2024).	Keadilan Sosial dalam Epictetus	<p>This research reveals that Epictetus's Stoic thinking, particularly the ideas of oikeiosis, virtue, self-discipline, and acceptance of reality, remain relevant for achieving social justice today.</p> <p>Epictetus asserted that all individuals have equal dignity as rational beings, thus deserving fair treatment regardless of social background. Focusing on the values of virtue, individual responsibility, solidarity, and understanding of injustice, these teachings can serve as a foundation for creating a more sensitive, equal, and discrimination-free society.</p>
(Mulyana et al., 2024).	Logika dalam Stoik	<p>Stoicism emphasizes the use of reason and logic as the primary means to attain truth, wisdom, and happiness by recognizing the difference between controllable and uncontrollable things, maintaining balance in thought and feeling, and avoiding unrealistic expectations through the principle of shared control. Using deductive and inductive methods, Stoicks implemented rationality and virtue in everyday activities, while recognizing the</p>

limitations of our senses and the importance of skepticism in our perceptions. Stoicism remains relevant today because of its teachings on calm in the face of adversity, human unity, leadership, and crisis management, providing a practical guide to living a more calm, meaningful life, focusing on attitudes and reactions within our control.

(Fery, 2025).

Konsep Kebahagiaan Hidup Menurut Marcus Aurelius

This study suggests that Marcus Aurelius's view of happiness is firmly grounded in Stoicism, which encourages living in harmony with nature, utilizing reason, and concentrating on aspects we can control. In his Stoic thoughts written in *Meditations*, Aurelius emphasized that happiness does not come from external factors, but rather from an individual's ability to regulate thoughts, feelings, and perspectives, particularly through an understanding of what can be controlled and the concept of *apatheia*—a state in which a person is free from excessive negative emotions. This study, using a literature analysis method, concludes that happiness can be achieved by living a life in line with human rational nature, distancing oneself from uncontrolled desires, and implementing concrete Stoic practices, so that

		Marcus Aurelius's teachings are still considered highly relevant to addressing problems in modern life.
(Sila, 2024).	Peran Filsafat Stoicisme marcus Aurelius Bagi Kesehatan Mental Generasi Milenial	<p>Mental health is a crucial aspect that influences the quality of human life, including the millennial generation, which currently dominates various social, economic, political, and cultural fields. However, internal and external pressures such as work demands, technological developments, and sociocultural changes have brought this generation's mental health to a worrying point. Stoic philosophy, particularly the reflections of Marcus Aurelius, offers relevant practical principles for addressing these issues. Through its teachings on resilience in the face of adversity, self-control, inner happiness, awareness of limitations, and empathy and humanity, Stoicism provides direction for the millennial generation to view life more clearly and rationally. While not a definitive solution to all psychological problems, Stoicism still makes a significant contribution as a life guide that can help millennials overcome mental stress and find balance amidst the dynamics of the modern era.</p>
(Faiz Al Faroqi et al., 2025)	The Meaning of Happiness in the Philosophy of	This study reveals that the healing practices employed by students to reduce stress

	<p>Stoicism and Its Relevance to Islamic Guidance</p>	<p>have diverse meanings, influenced by each individual's experiences and emotional state. Using a phenomenological approach, this study explains that healing is seen not simply as a vacation or recreational activity, but as a process of seeking inner peace, releasing psychological burdens, and restoring balance to life. The findings of this study indicate that students employ various healing methods, such as solitude, prayer, vacations, conversations with loved ones, or engaging in activities that provide comfort. This study concludes that the meaning of healing is shaped through the interaction of personal experiences, the social environment, and the individual's ability to cope with stress, resulting in each student understanding it in a unique and personal way.</p>
(Gusti et al., 1993)	<p>Teras Philosophy: The Concept of Stoicism in Guiding Modern Life and Islamic Education</p>	<p>This study emphasizes the importance of Stoic principles of wisdom, self-control, courage, justice, and the separation of what can and cannot be controlled in facing the various challenges of today, and their application in Islamic education. Stoicism has been proven effective in managing stress, increasing mental resilience, and developing wise character. Its values</p>

		align with Islamic principles, particularly those related to patience, sincerity, discipline, and responsibility, thus potentially supporting the development of students' morals and spiritual strength. Despite criticism as being too individualistic and idealistic, Stoicism is still considered capable of making a significant contribution to Islamic education and life in the modern era.
(Aulia Azka et al., 2023)	Overthinking on Introvert Personality with a Stoicism Approachh	This study reveals that the principles of Stoicism, particularly regarding the separation between controllable and manageable emotions, can be an effective way to reduce overthinking in people with introverted personalities. Using qualitative methods and a literature review, this study found that introverted individuals are more susceptible to overthinking due to their introverted nature, tendency to think deeply, and habit of solving problems alone. Stoicism plays a role in reducing overthinking by encouraging individuals to focus more attention on things they can control, such as their own responses, perspectives, and behaviors, and to wisely accept things they cannot. In addition, the S-T-A-R (Stop, Think, Assess, Respond) technique has been shown to

		be effective in managing negative emotions and impulsive responses that can lead to overthinking. The conclusion of this study suggests that implementing Stoic principles can provide calm, increase clarity of thought, and help introverted individuals cope with stressful situations in a more rational and emotionally stable manner.
(Nathaya et al., 2025)	Konsep Hukum Alam dalam Pemikiran Stoa : Menelusuri Pengaruh Pemikiran Stoa Pada Perkembangan Konsep Hak Asasi Manusia	This research confirms that Stoicism lays a crucial foundation for the concepts of natural law and human rights. By emphasizing universal rationality (logos), natural equality, virtue, and cosmopolitanism, Stoic teachings form an ethical foundation for human dignity and justice. This thinking subsequently influenced natural rights theory and the recognition of modern human rights, thus Stoicism remains relevant as a moral foundation for the protection of individual rights in contemporary law.
(Wijaya & Ediyono, 2023)	Mengendalikan Emosi Negatif untuk meraih kebahagiaan dengan menerapkan Stoisme	This research shows that Stoicism plays a role in helping individuals achieve happiness by managing negative emotions based on the principles of the dichotomy and trichotomy of control. True happiness is achieved by focusing on the things within our control, especially our thoughts, and cultivating virtues such as wisdom, justice, courage, and

		self-control. By managing emotions effectively, one can live a more calm, logical, and balanced life.
(Ekowati, 2023)	Paradigma Psikologi Komunikasi dalam Memandang permasalahan melalui Nilai-nilai Stoikisme di Kalangan Remaja	Studies show that Stoicism and communication psychology effectively help adolescents navigate life's challenges. Stoicism emphasizes self-control, moral values, and a focus on controllable issues to overcome negative emotions. Meanwhile, communication psychology shapes attitudes and behaviors through healthy communication. The combination of the two helps adolescents become calmer, more optimistic, and more self-controlled in their daily lives.
(Komari & Aisah, 2025)	Meraih Kebahagiaan dengan Perjalanan spiritualitas dan Dikotomi Kendali	This study found that the concepts of happiness according to Al-Ghazali and Stoicism have similarities, namely that both describe inner peace free from negative feelings. Al-Ghazali emphasized the importance of achieving happiness through a spiritual journey towards God with the four points of knowledge, while Stoicism emphasizes logic and the "separation of control," which focuses on aspects that we can control. The combination of these two views suggests that happiness comes from a balance between spirituality and logic.

(Saputra et al., 2023)	Marcus Aurelius' Stoicism and its Solution to Overthinking	This study states that Stoicism, as taught by Marcus Aurelius, can be a solution to the problem of excessive thinking by emphasizing three main points. First, living in accordance with nature, which means accepting everything beyond human control as part of nature's will, so there is no need to question it excessively. Second, when faced with the treatment of others, both their actions and words are beyond our control, so our focus should be on managing our perceptions and the meanings we give them. Third, self-control, where humans use reason to regulate aspects they can control so as not to get caught up in negative thoughts. By applying these three points, excessive thinking can be reduced because humans are directed to pay attention to what they can control, think logically, and maintain a calm inner state.
(Ma'arip & Hambali, 2023)	Stoicism Philosophy and Its Relevance to Human Happiness: A Study of Consumer Happiness in the Digital Metaverse World	This research shows that Stoicism views happiness as the result of self-mastery, knowledge, and acceptance of reality. In the context of the metaverse, perceived happiness is relative: it can provide positive experiences such as freedom of expression and productivity, but it also has the potential to lead to addiction,

		depression, and dependence on technology. Therefore, the importance of Stoicism lies in an individual's ability to maintain reason and self-control to avoid being trapped by the false happiness offered by the digital world.
(Mustakim, Imam. 2025)	Zuhud dan Apatheia Dua wajah pengendalian Diri dalam Lanskap Pendidikan Karakter	This research shows that the concepts of asceticism in Islam and apatheia in Stoicism share similarities in the importance of self-control to achieve spiritual freedom and peace of mind. Asceticism emphasizes liberation from worldly matters for the sake of God's values, while apatheia focuses more on controlling emotions with a rational approach. The combination of these two concepts can enrich contemporary character education by combining spiritual and rational aspects, thus producing wise, calm, and virtuous individuals.

Based on various studies examining Stoic philosophy, it is evident that this tradition continues to adapt and is widely applied across many aspects of modern life. In general, these studies emphasize that Stoic principles—such as distinguishing between what can and cannot be changed, exercising self-control over emotions, accepting fate, employing reason, and focusing on virtue—are highly effective in helping individuals confront increasingly complex psychological and social challenges. For example, among introverted individuals, Stoicism is regarded as an alternative framework for understanding introversion. Research indicates that introversion is not merely a preference for solitude, but rather a potential for reflection, self-awareness, and the attainment of inner peace through mental focus.

Stoic values such as apatheia and contemplation in solitude serve as a strong foundation for the psychological development of introverts in managing emotions and achieving stable happiness (Aulia Azka et al., 2023).

Within the context of adolescence, Stoicism has proven beneficial as a guide for cultivating self-love, inner calm, and self-regulation. Researchers emphasize that adolescents often experience pressure related to identity formation, social expectations, and the influence of digital media. Stoicism offers practical guidance for coping with anxiety, understanding the limits of self-control, and developing a positive mindset. When combined with approaches from communication psychology, Stoicism becomes an effective means of helping adolescents manage emotions, build character, and make wiser decisions. Stoic moral values such as wisdom, courage, justice, and self-control play a crucial role in fostering emotional intelligence and a balanced worldview (Rerung et al., 2022).

Several other scholars have connected Stoicism with Islamic principles, particularly in relation to emotional regulation and the pursuit of inner peace. Stoicism is viewed as compatible with values such as tawakkul (trust in God), patience, sincerity, and remembrance (dhikr) as articulated in the Qur'an. The integration of Stoic ideas with Islamic teachings enables individuals to cope with the overwhelming flow of information and mental pressure in the digital era. Stoicism provides a rational approach to understanding emotions, while Islam offers tranquility through spiritual practices. This combination supports individuals in maintaining inner calm, alleviating negative emotions, and strengthening mental resilience against external influences beyond one's control. Even in the realm of character education, the combination of zuhd and apatheia is considered capable of shaping strong character from both spiritual and rational perspectives (Faiz Al Faroqi et al., 2025).

Stoicism has also been employed to understand modern social phenomena such as the childfree lifestyle, millennial mental health, overthinking, and happiness in the digital and metaverse environments. Research on the childfree phenomenon suggests that happiness should arise from how individuals approach life rather than from adherence to social norms. From a Stoic perspective, choosing a childfree life can be

seen as a rational decision aligned with personal values and life circumstances. For millennials facing work-related stress, rapid technological advancement, and cultural change, Stoic teachings offer a means of emotional regulation. Marcus Aurelius' counsel on steadfastness, acceptance, and inner-derived happiness guides them toward inner peace and a clearer life vision (Marzuqotur Rohmah et al., 2024).

However, some researchers associate Stoicism with the issue of overthinking. Individuals prone to excessive rumination can benefit from Stoic principles that emphasize separating aspects of life that are within one's control from those that are not. The S-T-A-R method (Stop, Think, Assess, Respond) enhances emotional regulation and responses to stress. Studies illustrate how Marcus Aurelius proposed three key ideas for overcoming overthinking: living in accordance with nature, recognizing that others' actions lie beyond our control, and using reason to regulate oneself. These principles serve as practical tools for reducing overthinking and focusing energy on what truly matters (Aulia Azka et al., 2023; Saputra et al., 2023).

In addition, other studies examine Stoicism's contribution to social justice. Epictetus emphasized that all human beings possess equal dignity as rational creatures. Concepts such as *oikeiosis*, virtue, and solidarity form the basis for building a just, caring, and non-discriminatory society. In the context of natural law and human rights, Stoicism has even served as a philosophical foundation for the concepts of dignity and equality. Stoic thought on *logos* and universal rationality influenced theories of natural rights, which later became the basis of modern human rights law (Nur Amalia et al., 2024).

With regard to happiness, numerous studies on Marcus Aurelius affirm that true happiness is achieved through self-control, moral values, and harmony with nature. Happiness is not the result of pursuing wealth, status, or praise, but rather the outcome of managing one's thoughts, simplifying desires, and accepting reality. In the digital and metaverse era, Stoicism helps individuals avoid being trapped in illusory forms of happiness generated by technology, enabling them to distinguish genuine values from superficial ones (Komari & Aisah, 2025; Ma'arip & Hambali, 2023; Wijaya & Ediyono, 2023).

From the perspective of Stoic philosophy, self-resilience is the primary foundation that enables human beings to maintain psychological stability, clarity of mind, and moral integrity when facing trials, uncertainty, and suffering. Epictetus and Marcus Aurelius, two central figures in Stoicism, offer complementary foundations for understanding how individuals can cultivate inner strength to confront life's difficulties (Sya'bani et al., 2024).

Epictetus views self-resilience as a direct outcome of understanding the dichotomy of control that is, a clear distinction between things that lie within one's control, such as beliefs, intentions, emotional responses, and moral actions, and things that lie beyond one's control, including others' opinions, social conditions, fate, and unforeseen events. By focusing entirely on what can be controlled, individuals can eliminate unnecessary sources of anxiety and avoid emotional attachment to unstable external factors. Epictetus' perspective forms the basis of cognitive resilience: the capacity to reshape one's thinking, assess situations rationally, and remain calm even when circumstances are unfavorable. According to Epictetus, self-resilience is not merely about enduring hardship, but rather the result of disciplined inner attitudes that embrace reality, employ reason, and act in accordance with moral principles.

Individuals who are able to maintain self-resilience typically demonstrate strong character, confidence in their own potential, the ability to build positive relationships with others, effective self-control, and awareness of both their strengths and limitations. Highly resilient individuals tend to view challenges as opportunities rather than obstacles to be avoided, making them less prone to discouragement or surrender. This indicates that resilience plays a crucial role in one's Adversity Quotient when confronting various life problems (Apriyani et al., 2023).

Marcus Aurelius advances this idea through a more practical and reflective approach. In *Meditations*, he argues that self-resilience is cultivated through continuous mental practice. Individuals are encouraged to engage regularly in self-reflection, evaluate their intentions, correct negative thoughts, and develop virtues such as patience, courage, and wisdom. Marcus emphasizes awareness of impermanence the understanding that nothing is lasting as a key to enduring hardship. By recognizing that loss, change, and failure are natural parts of the

universe, individuals become less easily shaken. Moreover, Marcus stresses that life's obstacles are not merely barriers to be avoided, but opportunities to strengthen character. The principle often summarized in modern Stoicism as "the obstacle is the way" originates from Marcus' belief that challenges serve as occasions to test and refine virtue (Saputra et al., 2023).

When the findings of various studies are contextualized within the perspectives of Epictetus and Marcus Aurelius, it becomes evident that Stoicism offers a comprehensive and timeless framework for mental resilience. Psychologically, its principles align with modern therapeutic approaches such as cognitive reframing, emotional regulation, and acceptance-based coping. Socially, Stoicism assists individuals in navigating interpersonal dynamics, societal uncertainty, environmental pressures, and value conflicts that frequently arise in contemporary life. Morally, Stoicism provides ethical guidance for preserving integrity even when external realities are imperfect.

Thus, Stoicism is not merely a philosophical theory, but a practical approach to enhancing one's ability to cope with stress, grief, psychological challenges, and even mental health issues. The integration of Epictetus' rational discipline and Marcus Aurelius' reflective practice produces a holistic framework of self-resilience encompassing cognitive, emotional, moral, and existential dimensions—one that remains profoundly relevant for modern individuals confronting the complexities of life. Stoicism ultimately emerges as more than a mindset; it becomes a way of life that guides individuals toward developing mental strength that is resilient, flexible, and sustainable.

4. CONCLUSION

Stoicism places self-resilience at the core of confronting life's challenges, and the ideas of Epictetus and Marcus Aurelius complement one another in shaping this framework. Epictetus emphasizes the importance of recognizing the distinction between what lies within our control—such as thoughts, intentions, and moral actions—and what lies beyond it, including others' opinions, social conditions, and fate. By redirecting attention to what can be controlled, individuals are able to maintain

clarity of mind, reduce anxiety, and develop rational and disciplined cognitive resilience. Marcus Aurelius extends this concept through a reflective and practical approach, stressing the importance of daily mental practice, introspection, and awareness of life's limitations as means of strengthening character. For him, obstacles are not merely barriers but also opportunities to cultivate virtues such as patience, courage, and wisdom.

When combined, their ideas form a robust framework of self-resilience encompassing cognitive, emotional, moral, and existential dimensions. Stoicism remains highly relevant today, aligning with modern therapeutic approaches such as cognitive restructuring and emotional regulation, while also offering ethical guidance for navigating social dynamics and life pressures. Thus, Stoicism is not merely a philosophical theory, but a way of life that guides individuals toward developing mental strength that is solid, adaptive, and sustainable.

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