

INFLUENCE OF ISLAM ON MENTAL HEALTH

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ABSTRACT

Mental health disorder is a psychological disease caused by a person's inability to deal with problems. The research method used in this study uses the type of literature review method. The research article search strategy is to use the Google Scholar search engine. The journals obtained from Google Scholar have gone through various ways of selecting the keywords, namely Islamic mental health, and have collected articles used for the literature review. There's 4 literature for this article with the inclusion criteria used to search for literature review sources at this time are the research articles used within the last five years (2017-2022). From the perspective of Islam, health is more than just physical health; but also includes psychological or mental health.

Keywords: *Health disorders, psychology, mental health*

INTRODUCTION

Mental health disorders are psychological diseases caused by a person's inability to deal with problems. Mental health is closely related to the demands a person faces, the problems of life experienced, and one's role in the environment. Mental health disorders affect a person's low productivity. It can even affect physical health and, at worst, cause death. To overcome this, medical treatment and an excellent psychological condition are needed to form good mental health¹.

Religion is a way of life that gives a person direction so they can live a good life and get happiness in the world and hereafter. With religion, a person will have a handle on life. From an Islamic perspective, health is more than just physical health; but also includes mental or mental health. Islam is a comprehensive way of life and contains all aspects of life. Islam influences mental health to achieve happiness and peace in living life. A Muslim who holds fast to religion, when experiencing disappointment, will not feel hopeless and will face it calmly and steadfastly because they believe that life is meaningful. Beliefs like this will cause a devout Muslim to have good mental health still because it avoids anxiety, depression and stress when having a problem².

With the significant growth of the Muslim population worldwide, there is an appropriate increase in the need for appropriate mental health services for groups of patients with mental health disorders. Various studies show the effectiveness of integrating spirituality and religiosity into psychotherapy and how religious beliefs can influence management plans. This article discusses the impact of various beliefs



in Islamic beliefs on bio-psychosocial models for managing different psychiatric disorders, including focusing on modifying psychotherapeutic techniques such as cognitive restructuring. It also features other types of therapy, such as music therapy, meditation therapy, and aromatherapy. The main emphasis remains on ensuring that Muslim psychiatric patients receive ethical, acceptable, and effective treatment³.

The problem of mental health is a big problem that cannot be underestimated. Religion affects mental health, especially in Islam. Mental health must be done to prevent unwanted behaviors in society. Therefore, the purpose of this literature review is to determine the influence of Islam on mental health.

METHODS

The research method used in this study uses the type of literature review method. The research article search strategy is to use the *Google Scholar* search engine. The journals obtained from *Google Scholar* have gone through various ways of selecting the keywords, namely Islamic mental health, and have collected articles used for the literature review. The inclusion criteria used to search for literature review sources at this time are the research articles used within the last five years (2017-2022). And, of course, it has a full journal without any missing parts. This is done to ensure that the existing data is not too old or there is insufficient information.

No	Title	Writer	Research methods	Results
1.	The Influence of Islam on the Mental Health of Its Adherents	Climate Salji, Inas Dhia Fauziah, Nabila Salma Putri, Najma Zalfa Zuhri	The research method we use is qualitative. Data collection techniques were used to review various literature and articles related to our discussed topics. Sources of research data in the form of primary data and secondary data.	<p>1. Based on our interviews with informants with educational backgrounds in the field of psychology, mental can be defined as the process of thinking or feeling something that is not visible to the naked eye. A person who is said to be mentally healthy, physically, socially, and productively functions well. When there is a disturbed function of biological, social, and activity health and productivity, then this can be called a mental disorder</p> <p>2. In psychological research, animals are used in experiments. Under the pretext that humans and</p>



No	Title	Writer	Research methods	Results
				<p>animals have many similarities in terms of brain and thought, one of them is the mouse. This is a research model from the perspective of science. Therefore, psychological researchers provide a theory of child development from a child himself.</p> <p>3. In some studies, it is said that servitude activities do not negatively affect life. Repetitive servitude activities form a very healthy mental routine. Like when someone is fasting. Islam teaches procedures that must be fulfilled for fasting people, such as not eating, drinking, having sex, having to restrain lust, and multiplying valuable activities. Without realizing it, when these activities are carried out regularly, it will build a good mentality for yourself.</p>
2.	Improving the Mental Health of Children and Adolescents through Islamic Worship	Layla Takhfa Lubis, Laras Sati, Naura Najla Adhinda, Hera Yulianirta, Bahril Hidayat	Descriptive Analysis	Based on the results of the literature research study in this article shows that individual children and adolescents who understand worship and carry out Islamic worship can overcome problems in the life they are experiencing, are grateful and productive, adapt to the environment, maintain relationships with the environment and God so that they tend to have standards. Good mental health. The implementation of worship in the context of Islam, such as the implementation of remembrance, reading the Qur'an, especially prayer, is a way to achieve good mental and physical health in adolescents to develop the great



No	Title	Writer	Research methods	Results
				potential of youth as the nation's generation in developing regional potential towards a superior and more advanced Indonesia.
3.	Mental Health from an Islamic Perspective	Purmansyah Ariadi	Literature Review	Religion cannot be separated from human life. Human denial of religion may be due to certain factors caused by their respective personalities and environments. Human nature as a creature created by Allah SWT is that humans are created to have religious instincts, namely the religion of monotheism. If there are people who do not believe in monotheism, then it is not natural. They do not believe in monotheism only because of environmental influences. Al-Quran functions as ash-Syifa or medicine to cure physical and spiritual ailments. In the Qur'an, there is a lot that explains health. Peace of mind can be achieved by remembrance (remembrance) of Allah. Taqwa and good deeds are methods of preventing fear and sadness
4.	Religion and Mental Health in the Perspective of the Psychology of Religion	Abdul Hamid	Literature review	1. Religion is a perceived beneficial relationship with what he believes as a creature or as a higher being than humans. 2. Mental health is preventing a person from mental disorders and diseases. 3. The relationship between psychology and religion concerning the relationship between religion as



No	Title	Writer	Research methods	Results
				belief and mental health. Lies in the attitude of one's surrender to the power of the Highest. Such an attitude of resignation is thought to give a person an optimistic attitude so that positive feelings emerge, such as feelings of happiness, pleasure, satisfaction, success, feeling loved, or feeling safe. In other words, such a condition becomes a human being in his natural condition, according to the nature of the incident, physically and spiritually healthy.

RESULTS AND DISCUSSION

Mental health as a branch of psychiatry has been known since the 19th century, such as in Germany in 1875 AD. In the mid-20th century, mental health science developed and advanced rapidly in line with modern science and technology advances. It is a practical science and is widely practiced in everyday life, both in the form of guidance and counseling carried out in households, schools, offices, institutions, and society. Mental health according to WHO, mental health is a condition of a person's well-being when a person realizes their abilities, can manage stress and adapt well, can work productively, and contribute to the environment².

Religion seems to be inseparable from human life. Human denial of religion may be due to certain factors caused by their respective personalities and environments. However, to cover up or eliminate religious impulses and feelings seems challenging to do; this is because humans have an inner element that tends to encourage them to submit to the unseen substance; this submission is part of the internal human factor in personality psychology called self or self—conscience (the conscience of man). Humans who claim to be servants of Allah must be accustomed to performing mahdhah worship. Like the case of prayer, Etymologically, the word prayer means prayer for goodness.

1. Prayer has an efficient effect on treating the feelings of sadness and anxiety that crush humans
2. Fasting is a means of training to master and control the motivation or emotional impulses and strengthen the desire to beat lust and lust. The Messenger of Allah (SAW) advised young men who

could not get married too fast to help them control their sexuality. In addition, patience to withstand hunger and thirst makes a fasting person feel the suffering of others who are in need, so there is a sense of love for others and encouragement to help the poor.

3. Dhikr the Qur'an explains how important it is to do Dhikr Allah to reassure the hearts of His believing servants.
4. Reading the Qur'an is the holy Kalamullah, revealed by Allah as a guide for humans to distinguish between rights and falsehoods. Reading the Qur'an accompanied by mentadabburi every verse reading can guide the soul to be sincere in charity and tawadhu in acting by the values contained in the Qur'an, and going to Hajj (if able) Hajj can help practice, train the soul to fight, and control lust and lust. The pilgrimage is a therapy for arrogance and pride because, in the practice of the pilgrimage, all humans are equal. The request for forgiveness and coupled with a thunderous atmosphere full of divine chants, makes the atmosphere of the pilgrimage filled with spiritual values that can ignite a high sense of enthusiasm to achieve peace.

In the view of Islam where there are two essential things in harmony between human relations, first, the relationship to God (hablum minallah) vertically and the relationship to humans (hablum minannas) horizontally. This will be obtained by understanding, living, and practicing all His commands and leaving all His prohibitions. Al-Qur'an and Al-Hadith, as the primary sources of Islamic teachings, provide guidance and guidance for humans in maintaining their nature to achieve true happiness. Al-Quran introduces the term calm soul (an-nafsu al-muthmainnah), while Al-hadith mentions the word al-fitrah, both of which are prerequisites for mental health that a Muslim must have. Living with a calm soul must be based on the nature given by Allah Subhanahu Wa Ta'ala, namely the aqeedah of monotheism. Of course, this nature requires something that nurtures and makes it grow for the better. In the Islamic view, mental health is an individual's ability to manage the realization of harmony based on the Al-Qur'an and As-Sunnah as a guide to living the happiness of the world and the hereafter. Many verses of the Qur'an explain mental health; therefore, taking the same verse of the Qur'an with the title, the Qur'an in the letter (Surah Ar-Ra'd [13] verse 28) explains mental health.

الَّذِينَ آمَنُوا لَوْ يُهَمُّهُمُ اللَّهُ إِلَّا اللَّهُ الْقُلُوبُ

"(namely) those who believe and their hearts find peace in the remembrance of Allah. Remember, only in the remembrance of Allah does the heart find peace." (Surat Ar-Ra'd [13] verse 28).

M. Quraish Shihab interprets this verse with peace of mind that can be achieved by remembering Allah (dhikrullah), remembrance that is felt with the heart with the mind and also not verbally. Then the hadith that explains mental health narrated by Ibn Majah

Hadith narrated by Ibn Majah No. 2132

حَدَّثَنَا أَبُو بَكْرِ بْنُ أَبِي شَيْبَةَ حَدَّثَنَا خَالِدُ بْنُ مَخْلَدٍ حَدَّثَنَا عَبْدُ اللَّهِ بْنُ سُلَيْمَانَ عَنْ مُعَاذِ بْنِ عَبْدِ اللَّهِ بْنِ خُبَيْبٍ عَنْ أَبِيهِ عَنْ عَمِّهِ قَالَ كُنَّا فِي مَجْلِسٍ
فَجَاءَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَعَلَى رَأْسِهِ أَثَرُ مَاءٍ فَقَالَ لَهُ بَعْضُنَا تَرَاكَ الْيَوْمَ طَيِّبَ النَّفْسِ فَقَالَ أَجَلٌ وَالْحَمْدُ

For God, then the people abounded in mentioning the rich and said: There is nothing wrong with riches for the one who has reverence, and health is for the one who is pious.

"Has narrated to us Abu Bakr bin Abu Syaibah said, has narrated to us Khalid bin Makhlad said, has narrated to us Abdullah bin Sulaiman from Mu'adh bin Abdullah bin Khubaib from his father from his Uncle he said," We are sitting in an assembly, then the Prophet sallallahu 'alaihi wasallam came, while in his head there was still the remnants of the bath water. Some of us said to him, "Today we see you looking happy," He replied: "True, all praise be to Allah." After that, people drifted away from discussing the problem of wealth until he even said: "It is nothing to be rich for the pious. And health for the pious is better than wealth. And happiness is part of the enjoyment."

The above hadith explains that health for the pious is better than being rich. And happiness is part of the pleasure, explaining that God better and more loves a firm believer than a weak believer, and in each of them, there is goodness.

Religion can have a significant impact on human life, including health. A mentally healthy person will always feel safe and happy in any condition; he will also introspect on everything he does so that he can control himself. The best solution to be able to overcome mental health problems is to practice religious values in daily life; a person's mental health can be characterized by the person's ability to adapt to his environment, being able to develop the potential contained within himself as much as possible to achieve the pleasure of Allah SWT, as well as by developing all aspects of intelligence, both spiritual health, emotional and intellectual intelligence⁴.

The teachings of Islam teach the appreciation of the values of piety and the example the Prophet Muhammad SAW gave. The teachings of Islam guide the mind to be right in thinking through the guidance of revelation (the holy book of Al-Qur'an al Karim). Islam, along with all the instructions in the Qur'an, is a medicine for the soul or a cure for all diseases of the heart that exist in human beings (spiritual). The words of Allah SWT in the letter of Jonah 57). "O mankind, there has come to you advice (religion) from your Lord as a cure for the disease that is in the chest (spiritual), as a guidance and a mercy for the believers"⁵.

CONCLUSIONS AND SUGGESTIONS

Mental health disorders are psychological diseases caused by a person's inability to deal with problems. Mental health disorders affect a person's low productivity. It can even affect physical health and,



in the worst case, can cause death. To overcome this, medical treatment and good psychological conditions are needed so that they can form good mental health as well. In addition to medical treatment, religious guidelines are essential for one's mental health problems.

From the perspective of Islam, health is more than just physical health; but also includes psychological or mental health. Islam is a comprehensive way of life and contains all aspects of life. Islam influences mental health to achieve happiness and peace in life. A Muslim who holds fast to his religion, when he experiences disappointment, will not feel hopeless and will face it calmly and steadfastly because he believes that life is meaningful. Beliefs like this will cause a devout Muslim to have good mental health because he avoids anxiety, depression, and stress when he has problems.

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