



Mental Health Education in the Quran

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ABSTRACT

Mental health has become an increasingly important issue in contemporary society due to rapid social, technological, and cultural changes that contribute to psychological challenges such as anxiety, stress, and depression. This study aims to explore the concept and principles of mental health education as presented in the Holy Quran and to examine its relevance to individual, family, and societal well-being. The research employs an inductive thematic approach by collecting and analyzing Quranic verses related to mental health, supported by classical Quranic exegesis and relevant scholarly literature. The findings reveal that the Quran presents a comprehensive framework for mental health by integrating spiritual, psychological, and moral dimensions. Mental health in the Quran is closely associated with inner peace, emotional balance, and spiritual well-being, all of which are achieved through faith in Allah, sincere worship, remembrance of Allah (*dhikr*), patience, prayer, trust in divine decree (*tawakkul*), and contentment with His will (*ridā*). These principles serve not only as preventive measures against psychological distress but also as therapeutic guidance for overcoming emotional and mental difficulties. The study concludes that the Quran offers a holistic educational model for nurturing mental health that harmonizes spiritual values with psychological resilience. Consequently, integrating Quranic teachings into mental health education can contribute significantly to promoting psychological stability, strengthening moral character, and enhancing the overall quality of life in contemporary Muslim communities.

Kata Kunci

Mental health, Mental Health Education in the Quran.

INTRODUCTION

Praise be to Allah, who has blessed us with the gifts of faith, Islam, spiritual excellence (*Ihsan*), and health. Peace and blessings be upon the Messenger of Allah—my beloved, the Chosen One, Muhammad (peace and blessings be upon him)—and upon all his family and companions. To proceed: The blessing of mental health bestowed by Allah is among the greatest gifts we can receive. It represents the capacity for emotional and mental balance, enabling us to navigate life's challenges with confidence and inner peace. In Islam, Allah emphasizes the importance of caring for oneself and one's well-being; prioritizing mental health is not merely a personal responsibility but also an act of worship and a means of drawing closer to Allah. Mental health is

influenced by various factors, including environment, life experiences, and social support. However, acknowledging that God has bestowed this gift upon us encourages us to preserve and care for it more effectively. We are called upon to be grateful for this blessing and to strive to maintain and enhance it. In this context, it is crucial to understand how to preserve mental health and the role that faith and spirituality play in bolstering and supporting it.

Mental health education is fundamental to human growth and flourishing. It is the process that enables us to understand ourselves and our emotions, equipping us with the necessary tools to cope with the challenges and stressors we may encounter in life. By fostering the ability to express emotions and manage psychological stress, mental health education can boost self-confidence and enhance the capacity to build healthy, positive relationships with others. Learning to handle emotions effectively strengthens the connection between body, mind, and spirit, leading to a more balanced and happy life. Mental health education benefits not only the individual but also society as a whole; individuals with good mental health can become effective, positive members of their communities. It is essential to prioritize mental health education in both formal schooling and daily life. Fostering these values and skills from an early age can positively influence an individual's character development, mindset, and actions.

RESEARCH METHODE

The researcher employed an inductive thematic approach, gathering relevant verses and linking them to mental health education as presented in the Holy Quran. The study documents each verse by its Surah and number, providing a concise explanation tailored to the topic from a mental health perspective. Regarding the thematic scope, the researcher has limited the study to outlining mental health education within the Quran—specifically covering concepts and the importance of mental health education, as well as its underlying principles as derived from the Quran.

The research problem is addressed through the following questions:

1. What are the concepts and significance of mental health education?
2. What are the principles of mental health education found in the Quran?

The current research aims to:

1. Elucidate the concepts of mental health education in the Quran, highlighting their importance regarding all aspects of human life.
2. Outline the principles of mental health education in the Quran as they apply to the individual, the family, and society.

3. Explore the promotion of mental health through care, in light of the teachings found in the Quran.

RESULT AND DISCUSSION

Concepts of Mental Health Education and Its Importance

Regarding the definition of "concepts," researchers' views have varied. Al-Husseini (2007, p. 11) defined concepts as "a group or category of specific objects, events, or symbols clustered together based on shared characteristics that distinguish them from other groups or categories." Qashta (2008, p. 43) defined them as "the mental image associated with linguistic terms – whether words, phrases, or processes – comprising a name and a verbal meaning." Meanwhile, Zaitoun (1999, p. 78) defined them as "the meaning and understanding formed by an individual, associated with a specific word (term), phrase, or process." The researcher concluded that a concept is a mental representation of objects sharing common attributes that distinguish them from others, and which bears a name and a verbal meaning.

The Concept of Health

Linguistic meaning: Health is the opposite of illness and the absence of disease; it signifies well-being, freedom from sickness, and liberation from any defect or infirmity. Terminologically, it is defined as "improving a person's physical, psychological, mental, and living conditions – it is not merely the absence of disease" (Warda, 2006, p. 20).

The Global Arabic Encyclopedia defines health as a state free from disease, encompassing physical, mental, and social well-being. A healthy individual is one who experiences physical wellness, maintains a realistic outlook on life, and interacts positively with others; good health enables people to enjoy life and provides them with the opportunities to fully achieve their life goals (Global Arabic Encyclopedia website). Perkins defined health as a state of relative balance in bodily functions resulting from the body's adaptation to the harmful factors to which it is exposed (Al-Ta'amneh, 2005). Health is viewed as an individual sense of well-being, enabling the person to strike an appropriate balance between internal needs and external environmental demands (Radwan, 2002). It is defined not merely as the absence of disease, but as a holistic concept and a state of complete physical and psychological well-being; various factors – such as cultural and economic elements – influence and reinforce this concept of health (Phil, 2004).

The Concept of Mental Health

The World Health Organization's expert committee on mental health defines it as an individual's ability to establish harmonious relationships with

others and to participate positively in the changes occurring within their social and physical environments (Qattash & Hassan, 2004). It entails complete harmony and integration among various psychological functions, the ability to cope with the ordinary psychological crises that arise in life, and a positive sense of happiness and competence (Hajar & Al-Amin, 1998). Psychological integration encompasses the cohesive, integrated functioning of the personality across physical, mental, emotional, and social dimensions, alongside the enjoyment of health and the manifestations of physical and psychological growth. Adjustment encompasses self-satisfaction, as well as adjustment within family, educational, social, and vocational contexts (Ramzi Fawzi Abu Ghazala, 2022).

The Concept of Mental Health in the Quran

The Holy Quran presents a comprehensive vision of mental health, regarding the "complete human being" as one who maintains psychological and spiritual balance. It elucidates the nature of inner peace and psychological stability, highlighting the importance of achieving good mental health. The concepts of mental health and spiritual well-being are prominently featured in the Quran, which advocates for psychological stability and spiritual balance as the foundation for a happy and fulfilling life. Through various verses, the Quran underscores the significance of inner peace and mental and spiritual stability. Quranic verses foster a profound understanding of inner contentment and spiritual serenity, encouraging patience, forgiveness, compassion, and inner peace as the basis for a fruitful life.

Principles of Mental Health Nurturing in the Quran

The Holy Quran provides guidance on a number of principles for fostering general mental health—principles that ensure the psychological well-being of the Muslim individual and serve as a formidable bulwark against the ravages of mental illnesses. These include:

Instilling Faith in the Heart

Faith in Allah the Almighty has a profound impact on the believer's soul; it fosters and reinforces self-confidence, enhances the capacity for patience and endurance in the face of life's hardships, and instills a sense of security and tranquility. It restores calm and peace of mind, while filling the individual with a sense of happiness. Allah the Almighty says: "Those who believe and do not mix their belief with injustice—for them is security, and they are [rightly] guided" (Al-An'am: 82). This means that those who devoted their worship sincerely to Allah alone—associating no partners with Him—are the ones who will be secure on the Day of Resurrection and rightly guided in both this world and the Hereafter (Tafsir Ibn Kathir, 2009).

This verse highlights a fundamental concept regarding mental health education from an Islamic perspective. It can be interpreted through several important educational concepts:

- A. **Islamic Ethics and Mental Health Education:** The verse indicates that true faith requires refraining from injustice and causing harm to others. This represents a moral value that serves as a foundation for good mental health.
- B. **Security and Psychological Stability:** The verse suggests that those who maintain their faith without tainting it with injustice will attain security and guidance. This sense of security contributes to psychological stability and inner peace.
- C. **Guidance Toward Positive Mental Health:** The verse offers direct guidance on maintaining sincere faith and avoiding injustice toward others. This guidance encourages positive behavior and good mental health.

Performing Acts of Worship and Religious Rituals

The Holy Quran directs Muslims to perform acts of worship as a form of both psychological and physical therapy. Prayer serves as a call to purify one's inner self, shun indecency and wrongdoing, and cultivate noble character traits; it brings peace of conscience, fosters composure in all matters, and restores vitality. Furthermore, it offers health benefits to the worshipper, such as strengthening joints and muscles and aiding digestion. Notably, prolonged, reverent prostration has a remarkable ability to lower high blood pressure [2]. The Almighty says: "O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient" (Al-Baqarah: 153). Having finished explaining the command to show gratitude, the Almighty proceeded to address the subject of patience, guiding believers to seek aid through both patience and prayer. For a servant of God is either in a state of blessing—for which he should be grateful—or in a state of adversity—for which he should be patient. This is reflected in the Hadith: "How remarkable is the affair of the believer! Allah decrees nothing for him but that it is good for him: if he experiences ease and shows gratitude, it is good for him; and if he experiences hardship and shows patience, it is good for him."

The verse cited from Surah Al-Baqarah embodies a profound concept regarding mental well-being and spiritual companionship. Through it, one can understand the positive impact of patience and prayer on fostering mental health:

- A. **A Call to Patience and Prayer:** The verse invites believers to seek strength through patience and prayer when facing challenges and hardships. This

highlights the importance of patience as a psychological resource and prayer as a source of inner strength and solace.

- B. Spiritual and Emotional Support: Patience enhances the capacity to withstand psychological stress and negative emotions, while prayer serves as a means for reflection, relaxation, and spiritual connection.
- C. Faith in Divine Support: The verse indicates that God is with the patient, instilling a sense of strength and divine backing; this, in turn, helps bolster mental health and spiritual stability.

Constantly remembering Allah in all situations – through the tongue, the heart, and one's actions.

Allah—Glory be to Him—has made frequent remembrance of Him a source of tranquility and comfort for the heart. The Almighty says: "Those who have believed and whose hearts find peace in the remembrance of Allah – truly, it is in the remembrance of Allah that hearts find peace" (Ar-Ra'd: 28). He then mentioned a characteristic of the believers: "{Those who have believed and whose hearts find peace in the remembrance of Allah}" – meaning that their anxiety and agitation vanish, and they are filled with joy and delight. "{Truly, it is in the remembrance of Allah that hearts find peace}" – meaning that the heart is truly meant to find peace in nothing other than His remembrance; for there is nothing more delightful, desirable, or sweet to the heart than the love of its Creator, intimacy with Him, and knowing Him. Indeed, the extent of one's remembrance of Allah corresponds to the depth of one's knowledge of Him and love for Him.

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- A. A Call to Patience and Prayer: The verse invites believers to seek strength through patience and prayer when facing challenges and hardships. This highlights the importance of patience as a psychological resource and prayer as a source of inner strength and solace.
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Contentment with God's Decree and Predestination:

What instills tranquility in the human soul—motivating it to work, to continue progressing and achieving, and to avoid despair or despondency—is the belief that the sorrows, hardships, and trials one faces all fall within the realm of the divine decree and predestination ordained by God Almighty. The Almighty says: "No disaster strikes upon the earth or among yourselves except that it is in a register before We bring it into being—indeed that, for Allah, is easy" (Al-Hadid: 22).

This noble verse from Surah Al-Hadid teaches us a profound lesson regarding mental well-being and acceptance. Through it, we can understand the importance of psychological preparedness and trust in God's decree:

- A. Trust in Divine Decree and Destiny: The verse teaches us that any calamity befalling a person—whether on earth or within themselves—is recorded in God's Book before it occurs. This fosters trust in God's will and the conviction that there is wisdom behind whatever happens.
- B. Optimism and Positive Thinking: Believing that everything is preordained fosters optimism and encourages positive thinking, which in turn has a beneficial impact on mental health.
- C. Acceptance and Psychological Preparedness: Understanding that events unfold according to God's will aids in accepting what occurs and strengthens one's psychological readiness to face challenges.

CONCLUSION

The foregoing discussion demonstrates that the Holy Quran attaches great importance to the believer's physical, mental, psychological, and spiritual well-being. It offers both prevention and treatment as methods to safeguard the human self against the ailments and maladies that may afflict a person. Consequently, it is essential to adopt a therapeutic-educational perspective when interpreting the verses of Allah—Mighty and Majestic—that highlight the importance of heeding Quranic guidance and rulings to address the psychological ailments and afflictions that may arise. In the modern era, the human psyche has been exposed to a range of psychological disorders that threaten the integrity of an individual's conduct in their relationships with their Lord, themselves, and others. Prominent among these disorders are depression, anxiety, hysteria, obsessive thoughts, feelings of weakness and frailty, and intense fear of the creatures surrounding human beings.

The Holy Quran offers comprehensive guidance on positive behavior and the proper way to navigate events and challenges, thereby contributing to the enhancement of an individual's mental and spiritual well-being. The cultivation

of mental health within the Quran represents a profound and significant aspect of the divine message. The Holy Quran serves not merely as a guide for worship and ethics, but also as a repository of wisdom and direction that positively impacts an individual's mental and spiritual health. This approach to mental well-being extends beyond specific scriptural texts to encompass the Islamic lifestyle, which fosters balance and inner peace through prayer, the remembrance of God (*dhikr*), and charitable deeds.

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