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Mental Health and Spiritual Well-Being in the Qurān: Addressing Modern Psychological Challenges through Islamic Teachings

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Abstract

The study explores the link between Islamic teachings and mental well being. Islamic practices like *Tawakkul* (reliance on Allah), *Shukr* (gratitude), *Sabr* (patience) and *Dhikr* (remembrance of Allah) are foundations to develop psychological well being and spiritual development. The practical teachings are based on Qur'an and Sunnah which help individuals to compete with depression, anxiety, adverse circumstances and multiple adverse challenges in life. The Islamic concept *Tawakkul* develops trust in Allah's will and wisdom and decrease stress and depression like feelings, *Sabr* improve emotional regulation and consistency during life difficult challenges and adverse circumstances. The other Islamic concept *Shukr* is linked with positive psychology that increases mental well-being and satisfaction. Moreover, *Dhikr* helps to develop spiritual grooming and keeps the heart alive, active and connects man with its creator. Furthermore, Islamic practices like *Salah* (prayer), *Sawm* (fasting), and *Zakat* (charity) maintain systematic ways of sustainability and grooming mental well being and incorporate discipline, social connectedness and empathy among individuals and societies. The practical application of Islamic teachings in daily life works as modern psychological frameworks. Cognitive-behavioral therapy (CBT) shows the role of practical application in maintaining mental health. The study also focuses on other important Islamic concepts like *Tazkiyah* (soul purification) and *Ihsan* (excellence in worship) which play their roles to improve emotional resilience and self-awareness during difficulties and hardships. Islamic teachings provide deep understanding to manage mental health with spiritual guidance and awareness. The practical strategies develop people in maintaining mental stability, spiritual fulfillment, and emotional well-being in the contemporary world.

Keywords: Tawakkul, Sabr, Shukr, Dhikr, Islamic practices, Mental health, Tazkiyah, Islamic psychology

Introduction

Islamic beliefs and principles provide a practical approach to mental and social well-being of human. These teachings address spiritual and psychological dimensions of life. Islam provides a framework to improve mental health which is attached with key basic concepts like *Tawakkul*, *Shukr*, *Sabr*, and *Dhikr*. All are comprehensively

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mentioned in the Qur'an and *Sunnah*. These concepts describe practical strategies for developing resilience and emotional stability which aim to help people to meet successfully with life's challenges via deep spiritual connection and personal development. The study explores in depth these basic Islamic teachings and their practical applications and provides a comprehensive understanding for developing mental health in contemporary psychological perspective and challenges.

Tawakkul or reliance on Allah is an Islamic concept which is to have trust in God's wisdom and will in all ups and downs of life. It promotes peace and reduces anxiety in the face of uncertain situations and depression. The Qur'an describes this as, "And whoever relies upon Allah, He will suffice him."¹ This reliance creates a strong mindset of people for their firm belief in divine plan. In result, it decrease stress and increase resilience by addressing challenges as part of a greater Allah's purpose. Same as Sabr or patience is emphasizes as an important trait in Islam to endure hardship with calmness and tranquility. The Qur'an mentions it, "Indeed, Allah is with the patient,"² and narrate patience as a way to get strength in the face of adverse circumstances. Patience in Islam promotes emotional regulation and encourages peoples to practically develop a long-term mindset on their difficult times which ultimately support mental well-being.

Another necessary aspect of mental health is *Shukr* or gratitude that connects closely with principles in contemporary positive psychology. The Qur'an develops gratitude, "If you are grateful, I will surely increase you [in favor],"³ highlighting that a grateful mindset can cause to increase Allah's favor and blessings. This idea links with modern psychological findings that align gratitude with satisfaction, resilience and optimism⁴. Similarly, Dhikr or remembrance of Allah develops a form of spiritual mindfulness which helps to maintain emotional balance. The Qur'an describes, "Unquestionably, by the remembrance of Allah hearts are assured,"⁵ highlighting the therapeutic value of Allah's Dhikr in getting peace and tranquility, same as mindfulness practices in psychology but in a spiritual framework.

Islamic practices like prayer (*Salah*), fasting (*Sawm*), and charity (*Zakat* and *Sadaqah*) develop structured ways to foster spiritual and mental health. *Salah* offers regular intervals for reflection and spiritual connection which reinforces psychological stability and a sense of purpose and regularity⁶. Fasting, specifically in Ramadan develops self-discipline, empathy, resilience and offer understanding in managing desires and maintain emotional control.⁷ Charity also considers as a way to develop psychological health by decreasing stress and developing social connectedness via acts of empathy and kindness.

The connection of Islamic teachings with modern therapeutic models develops a comprehensive strategy for mental health care which is beneficial for Muslim clients' spiritual values and growth. Islamic counseling approaches often incorporate cognitive-behavioral strategies what links with *Tawakkul*, to foster acceptance and resilience in uncertain times.⁸

Moreover, *Tazkiyah* (purification of the soul) develops a way to inner peace by competing negative human traits such as jealousy, anger, and pride.⁹

Islamic mental health care framework is grounded in divine guidance and practical techniques to address the needs of person regarding spiritually, emotionally and socially. The potential of Islamic teachings contribute comprehensively to modern

mental health discussions, specifically in supporting Muslims to maintain spiritual fulfillment, emotional resilience and mental well-being in contemporary fast and complex world.

Mental Health in Islam: Key Concepts

Tawakkul (Resilience on Allah)

The Qur'an promotes reliance on Allah that can decrease stress and anxiety. Tawakkul develops a mindset to trust in Allah's plan, wisdom and outcomes that can make a sense of peace during life's uncertainties and challenges. Qur'an states, "And whoever relies upon Allah, He will suffice him."¹⁰

Sabr (Patience)

Patience is an important aspect in Islamic teachings which is mentioned as a way to compete life's challenges. Sabr prepare people to confront adversity with peace and calmness that is specifically helpful in managing psychological distress successfully. Qur'an says, "Indeed, Allah is with the patient."¹¹

Shukr (Gratitude)

Gratitude is also an important aspect of mental well-being as it is acknowledged by positive psychology. The Qur'an develops a high emphasis on gratitude that promotes contentment and satisfaction. Qur'an describes it as, "If you are grateful, I will surely increase you [in favor]."¹²

Dhikr (Remembrance of Allah)

Remembrance of Allah or dhikr is mentioned in the Qur'an as a way to comfort and peace for heart that supports contemporary psychological practices such as mindfulness. Qur'an mentions it as, "Unquestionably, by the remembrance of Allah hearts are assured."¹³

Islamic Practices for Mental and Spiritual Health

Prayer (Salah)

Regular prayer is a basic pillar of Islam and a structured practice that links with routines in psychotherapy. Salah develops a connection with Allah that offers a regular opportunity to reflect and spiritually recharge. Allah says, "And establish prayer for My remembrance."¹⁴

Fasting (Sawm)

Fasting in Ramadan and at other times is a way to maintain self-control, mental clarity and empathy. Fasting fosters resilience and helps people to control desires and compete with mental distress. Allah mentions it as, "O you who have believed, decreed upon you is fasting...that you may become righteous."¹⁵

Charity (Zakat and Sadaqah)

Charity has many psychological benefits like increasing happiness and decreasing stress. Giving to needy develops humility and empathy and reinforces positive emotions and social connectedness. Qur'an says, "Those who spend in prosperity and adversity and who restrain anger and pardon people – and Allah loves the doers of good."¹⁶

Islamic Counseling Models in Contemporary Psychology

The connection of Islamic teachings with modern therapeutic models develops a unique strategy to mental health that helps Muslim clients' spiritual needs. Islamic counseling

highlights the importance of connecting one's soul (nafs) with Allah's guidance which is a process that can increase mental resilience.

Cognitive-Behavioral Therapy (CBT) and Tawakkul: Same as to cognitive reframing in CBT tawakkul lead towards reliance on Allah and acceptance of outcome which can decrease anxiety and develop resilience in uncertain and adverse circumstances.¹⁷

Positive Psychology and Shukr: Practicing gratitude which is taught by the Qur'an links with positive psychology strategies that increase happiness and mental well being.¹⁸

Tazkiyah (Purification of the Soul)

Tazkiyah or purification of the soul is an important concept in Islamic spirituality. It is the active process of cleaning heart and soul from impurities like arrogance, jealousy, anger and greed to get internal peace and proximity with Allah. This model is important for mental well being because it deals with psychological and spiritual challenges by developing self-discipline and self-awareness. In modern world, stress, depression and anxiety are extensively found. Tazkiyah reveals a way to emotional resilience through divine connection and self-improvement. Allah says: *"He has succeeded who purifies it [the soul], and he has failed who instills it with corruption"*¹⁹. By focusing on decreasing negative traits people can mitigate mental pressures and build a strong base for mental health. Strategies to develop Tazkiyah include being in the remembrance of Allah (dhikr) and practicing gratitude, seeking forgiveness, and refraining from harmful acts. Mindfulness meditation in a secular understanding has a same calming effect; however Tazkiyah develops further by linking individual with divine who fosters lasting internal peace and mental fortitude.

Ihsan (Excellence in Worship)

Ihsan is known as "excellence in worship," in understood as worshipping Allah as if one sees Him, and it is mentioned in Hadith: *"Worship Allah as if you see Him, for even if you do not see Him, He surely sees you."*²⁰ This Islamic concept develops a higher level of mindfulness and intentionality in individual's worship and life acts. In mental health terminology, Ihsan motivates people to remain present and connected with their spiritual practices that foster a sense of purpose.

The Muslims who practice Ihsan in routine life can be like to modern therapeutic mindfulness practices that emphasize being fully present and active in every moment. However, Ihsan also adds a spiritual dimension that focuses individual's awareness on Allah. This consistent reminder of divine presence provides a source of strength, comfort and a motivation for one's accountability and self-regulation in life. As people work to perfect their actions and keep strong connection with Allah they develop a mindset of positivity, resilience and patience which is essential for mental health.

Tawbah (Repentance and Forgiveness)

Tawbah or repentance is an Islamic concept that increases self-reflection and forgiveness. It provides a chance to Muslims to acknowledge their evils and seek forgiveness from Allah which is essential and for making positive changes in life. In Islamic psychology, Tawbah considers as a therapeutic model for competing with guilt and improving mental healing. In the Qur'an it is mentioned: *"Say, 'O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of*

*Allah.*²¹ It emphasizes Allah's readiness to forgive and relieve from mental burden of guilt and crime.

Psychologically, repentance is considered to decrease feelings of guilt and stress and anxiety that are often connected with mental health challenges. With confessing one's mistakes and shortcomings to Allah, people find peace, emotional release, and the retrieve courage to move forward in life. The concept therapeutic forgiveness, which is letting go of guilt, empowers people to reclaim their mental peace and live without the worries of past mistakes. Tawbah develops an opportunity for personal revival and a means to grow emotional resilience by promoting a cycle of consistent self-improvement.

Qadr (Divine Decree and Predestination)

Islamic basic belief in Qadr or divine decree holds that everything happens in human life by the will of Allah. For mental health care, this belief incorporates a framework for competing with life's difficulties and uncertainties. To understand that events are part of a bigger God's plan can increase comfort and decrease anxiety. The Qur'an describes it as: *"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."*²² Acceptance of Qadr is an act of trust in divine wisdom and a source to manage uncertainty and stress.

Psychologically, accepting Qadr (God's will) can help decrease the feelings of anxiety and hopelessness that often is seen life's challenges. This does not give meanings that people do not have agency; rather it emphasizes a good balance between effort and trust in Allah. When efforts do not provide expected results, belief in Qadr gives peace and comfort because people know that there is wisdom behind every outcome in life. This belief increases resilience which helps Muslims in managing the pressure to bear adverse outcomes and reduce worries about future and accept past challenges. Instead of feeling the loss or unexpected outcome self failure, people put this thing on God, and maintain their peace of mind and heart.

Suhbah (Positive Companionship)

Suhbah or positive companionship reveals the value of strong and healthy relationships. Islam develops close ties with family members, friends, and community members as social support and connection is very important for mental health. The Prophet Muhammad (PBUH) said: *"A person is upon the religion of his close friend, so let one of you look at whom he befriends."*²³ This Hadith guides Muslims to choose friends who positively influence their behavior and mental well being.

Studies in psychology highlight that social support is an important predictors of mental health which reduces risks of anxiety and depression. Positive companionship helps people with a support network for emotional validation and a sense of belonging. In Islamic concept of good Suhbah develops an environment of compassion, accountability and encouragement and promotes positive mental habits which increase resilience. By keeping relations with those people who uplift their spirits and encourage righteous acts, people are better equipped to compete successfully with life's challenges.

Ikhlas (Sincerity)

Ikhlas or sincerity is an important aspect of Islamic character and mental health. It develops purity in intention and in all human actions and detached it from external validation. Ikhlas links with self-acceptance and authenticity in order to improve and

maintain mental health. It helps people to decrease the stress that is attached with social pressures and issues. The religious concept of Ikhlas is stated by Muslim scholar Al-Ghazali, who emphasizes that sincerity, originates from acting exclusively for Allah's pleasure rather than getting any worldly gains.²⁴

In psychology, Ikhlas prepares people to live authentically and free from the external need to conform to social standards. This is specifically relevant in contemporary era where people usually experience depression and anxiety from trying to fulfill the expectations of others. Ikhlas develops people to consider in depth on their own purpose and values. It results in reducing internal conflicts and develops greater mental satisfaction and peace. Through applying this people become free from the cycle of getting external approvals that foster self-worth based on inner conviction instead of external validation.

Murabbi (Spiritual Mentorship)

The Islamic concept of murabbi or spiritual mentor is known as a more knowledgeable personality who guides other people for their journey of personal growth and self-purification. A murabbi gives support, guidance and encouragement in the therapeutic relationship in contemporary psychology. Ibn al-Qayyim, a classical Muslim scholar highlights the importance of mentorship in fostering spiritual and mental resilience, emphasizing that it can be transformative for individuals seeking mental and spiritual stability²⁵.

Mentorship provides a safe space for individuals to discuss their struggles, gain insights, and receive personalized guidance. In Islam, a murabbi can play a role in helping individuals manage anxiety, overcome personal challenges, and improve their character. This model reinforces the value of trust and accountability, where the mentor aids in the mentee's journey of self-improvement and healing. Additionally, the process of learning from a murabbi cultivates humility, patience, and gratitude—traits that significantly contribute to mental well-being.

Istighfar (Seeking Forgiveness)

Istighfar or seeking forgiveness is a repentance concept in Islam that motivates people to consistently seek for Allah's mercy and forgiveness for mistakes and evil doings. Allah says: "*And seek forgiveness of your Lord and repent to Him. Indeed, my Lord is Merciful and Loving.*"²⁶ This practice has therapeutic connection which enables Muslims to think upon on their actions and recognize their evil doings and mistakes which actively seek forgiveness. Istighfar is same as to practices in psychology that link with self-compassion and forgiveness which improve emotional and mental healing.

Istighfar prepare a person to have a feelings shame and of guilt which can otherwise be mentally damaging. It develops a sense of accountability and humility while also reduces anxiety and depressive feelings that are attached with guilt. Practicing Istighfar regularly helps to refresh mind and allows people to let go of the past things and focus on moving forward progressively and positively. Istighfar develops a cycle of self-renewal which enables people to maintain mental resilience and peace.

Each of these Islamic models supports the improvement and sustainability of mental health through religious guidelines which foster resilience, a sense of purpose and emotional strength. Practical applications of Islamic guidelines to address mental

health issues and challenges can be witnessed in case studies relevant to the counseling of Muslim clients. For instance, use of Qur'anic verses and Ahadith to guide Muslim clients how to overcome grief, marital conflicts, and anxiety management highlights the therapeutic role of these Islamic practical teachings.

Conclusion

Islamic teachings develop a comprehensive framework for mental well being to improve human experience spiritually, socially and psychologically. Core Islamic teachings such as Tawakkul (reliance on Allah), Sabr (patience), Shukr (gratitude), and Dhikr (remembrance of Allah) enable Muslims with tools to compete with life's challenges and develop resilience and internal peace. These Islamic teachings are in line with modern psychological techniques and approaches that enhance mental health via spiritual practices and reliance on divine wisdom. Moreover, Islamic basic pillars such as Salah (prayer), Sawm (fasting), and actions of charity develop mental stability by improving self-discipline, empathy, and gratitude. These good qualities are interlinked with positive psychology's emphasis on emotional regulation and mindfulness.

With the in depth understanding and use of spiritual teachings, Islamic mental health strategies serve as a comprehensive framework to traditional therapeutic models. Islamic counseling builds on concepts and ideas such as cognitive reframing via Tawakkul and connect positive psychology with Shukr which offer Muslim clients culturally relevant tools and methods to manage stress, guilt and enhance self-awareness. Practices like Tazkiyah (soul purification) and Ihsan (excellence in worship) improve self-awareness and purpose of life by contributing the practical approach for mental health. Islamic belief in Qadr (predestination) and the attainment of good Suhbah (positive companionship) further emphasize the Muslim approach to mental well being by giving comfort and social support during adverse circumstances and problems. Islamic principles and beliefs present a multi-dimensional approach and perspective on improving and maintaining mental well being which harmonizes with modern therapeutic practices while honoring Muslim spiritual and cultural. These approaches support people well-being and increase resilience and spiritual fulfillment which help Muslims to get emotional balance and purpose in a complex world



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