

ISRG Journal of Multidisciplinary Studies (ISRGJMS)



ISRG PUBLISHERS

Abbreviated Key Title: isrg j. multidiscip. Stud.

ISSN: 2584-0452 (Online)

Journal homepage: <https://isrgpublishers.com/isrgjms/>

Volume – II Issue - VIII (August) 2024

Frequency: Monthly



Islam and Mental Health: An Islamic Scholarly Approach to Stress and Depression in Modern Society

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| **Received:** 26.06.2024 | **Accepted:** 29.06.2024 | **Published:** 19.08.2024

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Abstract

This study aims to explore the application of Islamic scientific principles such as tazkiyah al-nafs, dhikrullah, tawakal, patience, and gratitude in managing stress and depression. Using a phenomenological qualitative approach, data was collected through in-depth interviews with Muslim individuals who apply these principles in their daily lives. The results showed that these spiritual practices significantly help reduce psychological distress and improve emotional and spiritual well-being. The application of the principles provided a sense of calmness, better ability to deal with difficult situations and a more positive outlook on life. The implications of this study indicate the importance of integrating Islamic scientific principles in mental health programs to provide holistic and effective support for Muslim individuals. Further research is recommended to expand the sample and measure the empirical impact of these principles.

Keywords: Mental health, Islamic principles, tazkiyah al-nafs, dhikrullah, stress and depression.

Introduction

In modern life, which is full of challenges and pressures, mental health is becoming an increasingly important issue to be considered (Patel, V et al., 2007). Various studies have shown that stress, depression and anxiety disorders are increasing significantly among modern society. Optimal mental health includes not only physical and emotional aspects but also spiritual ones. Islam, as one of the largest religions in the world, offers a holistic approach to mental health that encompasses the spiritual, emotional, and

physical aspects of human beings (Anam, K., 2016). The Islamic scientific approach to mental health emphasizes the importance of balance between these three aspects to achieve holistic and sustainable well-being (Dariah, A. R., 2016). Islamic scholarly theories, such as tazkiyah al-nafs (purification of the soul) and dzikrullah (remembering Allah), provide a comprehensive framework for understanding and coping with psychological distress (Isgandarova, N., 2011). Tazkiyah al-nafs emphasizes the

importance of cleansing the soul of negative traits and replacing them with better traits, while dhikrullah helps individuals to stay focused on positive and constructive things, and find serenity in remembering Allah (Muvid, M. B., 2019). Other Islamic principles such as tawakal (surrender to Allah), patience (forbearance), and gratitude (thankfulness) also play an important role in overcoming stress and depression. This overall approach creates a deep balance between the spiritual, emotional, and physical aspects of humans (Aprilianti, E. 2024).

Previous research found practices such as dhikrullah and tazkiyah al-nafs were significantly associated with lower levels of anxiety and depression (Olan, G. 2023). In addition (Bragin, M., et al., 2021) in his research explored the role of Islamic principles such as tawakal and patience in coping with stress among Muslim professionals. The study found that individuals who actively applied these principles had lower stress levels and higher emotional well-being, while (Keshavarzi, H., 2020) also examined the effectiveness of an Islamic-based intervention program integrating tazkiyah al-nafs and dhikrullah to reduce depressive symptoms in patients with mental disorders in the Middle East. The results showed significant improvements in the mental well-being of the participants.

While there is ample evidence supporting the effectiveness of Islamic scholarly approaches in addressing psychological distress, there is still a gap in research that examines in depth how these Islamic principles are implemented in daily life and how they concretely help individuals cope with stress and depression. In addition, much of the existing research remains theoretical and lacks strong empirical data. Therefore, this study seeks to answer the question: How are the principles of tazkiyah al-nafs and dhikrullah, as well as tawakal, patience, and gratitude, implemented in individuals' daily lives and how do they impact their mental health?

This study aims to explore and understand how the principles of tazkiyah al-nafs (purification of the soul) and dhikrullah (remembering Allah), as well as the principles of tawakal (surrender to Allah), patience (forbearance), and gratitude (gratitude) are applied in the daily lives of individuals and their impact on their mental health.

While previous studies have shown that Islamic spiritual practices have a positive impact on mental health, there is still a lack of in-depth and detailed research on how these principles are applied in daily life and their impact in a broader and diverse context. Most previous studies have also focused more on specific populations, such as university students or professionals, and less on the general population.

This research offers novelty by combining empirical and qualitative approaches to explore how the principles of tazkiyah al-nafs, dhikrullah, tawakal, patience, and gratitude are implemented in the daily lives of individuals from different backgrounds and how they help to cope with psychological distress. This study will not only provide more robust empirical data but also offer practical insights into concrete ways of applying these principles to achieve balance between spiritual, emotional, and physical aspects.

Literature Review

Conceptualizing an Islamic Scientific Approach to Mental Health

The Islamic scientific approach to mental health is based on a holistic view of human beings that includes spiritual, emotional, and physical aspects (Nahnu Najib, L. 2023). In Islam, mental health is not only seen as the absence of mental illness, but also includes balanced spiritual and emotional well-being. Humans are understood as beings consisting of the soul (ruh), heart (qalb), and body (jism), which influence each other and require balance to achieve optimal mental health (Wibowo, S. 2021).

One of the key concepts in this approach is tazkiyah al-nafs, which means purification of the soul. Tazkiyah al-nafs involves a process of self-introspection and moral improvement, in which individuals seek to cleanse the heart of negative traits such as hatred, envy, and pride, and develop positive traits such as patience, humility, and sincerity (Hamjah, S. H., 2022). According to Al-Ghazali, a renowned scholar, tazkiyah al-nafs is the core of spiritual education in Islam and is the key to achieving psychological well-being (Ayten, A., & Hussain, A. M. 2020).

Dhikrullah or remembering Allah is an important practice in Islam that helps individuals to stay connected to Allah and keep the focus on positive and constructive things (Sari, M., & Marhaban, M. (2023). Dhikrullah includes various activities such as prayer, reciting the Qur'an, and dhikr (repetition of the names of Allah) (Noorjutstiatini, W., 2022). This practice not only provides inner calm but also helps reduce stress and anxiety by directing the individual's attention from worldly problems to spiritual tranquility (Pargament, K. I., 2021).

The principle of tawakal (surrender to Allah) is the belief that everything that happens is part of Allah's greater and perfect plan (Maulana., 2023). Tawakal provides a sense of calm and relief because individuals realize that they are not alone in facing life's challenges (Hasbi, M. 2020). It also helps reduce the burden of thoughts that are often the main cause of stress.

Patience is the ability to remain calm and steadfast in the face of difficulties and trials. In Islam, patience is considered one of the noblest and essential qualities for achieving mental well-being (Andini, M., et al., 2021). Patience helps individuals not to get down easily in difficult situations and provides the strength to continue trying and praying despite challenges (Smith, G. T. 2024).

Gratitude (thankfulness) is an attitude of thanking God for all the blessings given, both big and small. By shifting the focus from what is missing or lacking to what one has and is grateful for, gratitude can improve mood and emotional well-being (Emmons, R. A., & McCullough, M. E. 2003). Gratitude also helps reduce anxiety and depression by creating a more positive and optimistic outlook on life.

Previous research supports the effectiveness of the Islamic scientific approach to mental health. For example, a study by (Manalu, L. O., et al. 2022). showed that Islamic spiritual practices such as dhikrullah and tazkiyah al-nafs were associated with lower levels of anxiety and depression among Muslim university students in Southeast Asia. (Fahm, A. O., 2019) found that the principles of tawakal and patience helped Muslim professionals manage stress better. (Keshavarzi, H., 2020) showed that an Islamic-based intervention program integrating tazkiyah al-nafs and dhikrullah was effective in reducing depressive symptoms in patients with mental disorders in the Middle East.

However, there is a gap in in-depth and detailed research on how these principles are applied in everyday life and their impact in

broader and diverse contexts. Most previous research is theoretical in nature and lacks strong empirical data, and is more focused on specific populations such as students or professionals.

This research offers novelty by combining empirical and qualitative approaches to explore how the principles of *tazkiyah al-nafs*, *dhikrullah*, *tawakal*, patience, and gratitude are implemented in the daily lives of individuals from different backgrounds and how they help to overcome psychological distress. As such, this research will not only provide more robust empirical data but also offer practical insights into concrete ways of applying these principles to achieve balance between spiritual, emotional, and physical aspects.

Conceptualization of Stress and Depression

Stress and depression are two psychological conditions that are frequently experienced by individuals across different ages and backgrounds. Both conditions have a significant impact on individuals' mental health and well-being, as well as affecting their overall quality of life (Hanna, M., & Strober, L. B., 2020).

Stress is the body's response to any external demands or pressures that are perceived as threats or challenges (Septiana, N. Z. 2021). According to (Lazarus, R. S. 2020), stress is the result of interactions between individuals and their environment, where individuals feel that the demands exceed their resources. Stress can be acute or chronic. Acute stress occurs over a short period of time and is usually related to a specific stressful situation, such as an exam or work deadline. In contrast, chronic stress is a type of stress that lasts over a longer period of time and is often related to ongoing life situations, such as financial problems or disharmonious relationships (Fadilah, R. N., & Priambodo, A. 2024).

Depression, on the other hand, is a mood disorder characterized by feelings of deep sadness, loss of interest or pleasure in commonly enjoyed activities, as well as a variety of other physical and cognitive symptoms such as changes in appetite, sleep disturbances, fatigue, and feelings of worthlessness or hopelessness (Mubin, M. F., 2024). Depression can be categorized as major depressive disorder if the symptoms last for at least two weeks and are severe enough to interfere with daily functioning (Kautsar, F. N. 2023). According to Beck (1967), depression involves a negative thought pattern known as the negative cognitive triad, which includes a negative view of oneself, the world, and the future.

Stress and depression are often interrelated. Poorly managed stress can develop into depression. Research by (Rasak, Y. A., 2022). suggests that stress is a major risk factor for depression, and repeated or prolonged experiences of stress can increase an individual's vulnerability to depressive disorders. Chronic stress, in particular, can cause neurobiological changes that increase the risk of depression, such as hypothalamic-pituitary-adrenal (HPA) axis dysfunction and decreased hippocampus volume (Tusholehah, M. 2023).

Although stress and depression have different symptoms and impacts, they are often present together and exacerbate each other (Saras, T. 2023). For example, individuals who experience chronic stress may develop symptoms of depression such as fatigue and feelings of worthlessness, while individuals with depression may become more sensitive to stress and experience more stressful events in their lives.

Managing stress and depression requires a comprehensive approach that includes psychological, social, and medical interventions (Hakim, I. F., & Alpiyah, D. N. 2024). Psychological interventions such as cognitive-behavioral therapy (CBT) have been shown to be effective in reducing symptoms of stress and depression by teaching individuals skills to change unhealthy thought patterns and behaviors. This therapy helps individuals recognize and replace negative thoughts with more positive and realistic ones, and develop more adaptive coping strategies. (Putri, O. E. H., et al., 2024).

Medical approaches, including the use of antidepressant medications, can also help manage symptoms of depression. These medications work by altering levels of neurotransmitters in the brain associated with mood and emotions, such as serotonin and norepinephrine (Fransiska, A. N., et al., 2022). However, the use of medication should always be monitored by a healthcare professional due to potential side effects and the risk of dependence.

Social support also plays an important role in coping with stress and depression. Individuals who have strong social support networks tend to be better able to cope with stress and recover from depressive episodes (Syahputra, A., et al., 2020). Support from family, friends and community can provide a sense of connectedness and practical assistance that helps individuals deal with life's challenges.

Overall, the literature suggests that stress and depression are complex and interrelated conditions that require a multidimensional approach to their management. Effective management involves not only individual interventions but also support from the social environment and appropriate medical interventions.

Conceptualization of Modern Society

Modern society is a term often used to describe a phase of social and cultural development characterized by drastic changes in various aspects of human life (MM, L., & Palupi, Y., 2022). According to modernization theory, modern societies are characterized by a shift from traditional social systems towards more complex, dynamic, and diverse systems (Laszlo, E., 2021). The main features of modern societies include urbanization, industrialization, technological improvements, individualism, and rationality. These changes affect not only the social structure, but also the mindset, values, and way of life of individuals in society (Lesmana, S. J., & Latif, I. S., 2023).

Urbanization is one of the main indicators of modern society. This process involves the massive movement of people from rural areas to cities, which brings significant changes in social and economic structures (Guo, J., 2022). Cities become centers of economic, political, and cultural activities, creating a more heterogeneous and dynamic environment. Urbanization also affects social interactions, with communities becoming more anonymous and individualistic compared to more collective rural communities (Halim, A. 2020).

Industry and technology also play a key role in modern society. Industrialization brought about changes in the way goods and services were produced, introducing machines and technologies that increased efficiency and productivity (Setiawan, Z., 2023). Information and communication technologies, in particular, have revolutionized the way people work, communicate and access information. It creates a more connected world and eases access to knowledge and information, but also brings new challenges such as

technology dependency and privacy concerns (Saputra, A. M. A., 2023).

Individualism is another prominent characteristic of modern society. In traditional societies, an individual's identity is often associated with a particular group or community (Callero, P. L., 2023). However, in modern societies, individuals are freer to explore their personal identities and aspirations. This gives rise to personal freedom and creativity, but can also lead to social isolation and lack of community support (Daffa, D. R., 2024).

Rationality and secularization are also important features of modern society. Rationality refers to the use of reason and logic in decision-making, replacing approaches based on tradition or faith (Rahman, M. T. 2021). Secularization refers to the separation of religion from public and political life, with secular values becoming dominant (Ma'ruf, I., 2024). This does not mean that religion loses relevance, but the role of religion in determining public policy and daily life becomes more limited.

Modern societies also face complex new challenges, such as climate change, economic inequality and global political dynamics. These changes demand adaptation and innovation in various sectors of life (Eleksiani, A., et al., 2023). For example, climate change issues require new approaches in environmental and energy policies, while economic inequality demands innovative solutions in the distribution of wealth and opportunities.

Overall, the literature shows that modern societies are dynamic and complex entities, shaped by a variety of interacting factors. Changes in social, economic and technological structures bring many benefits, but also pose challenges that require innovative thinking and solutions. Understanding the concepts and characteristics of modern society is an important step in identifying and addressing the issues that arise within it, as well as capitalizing on the opportunities offered by these developments.

Research Methods

The unit of analysis in this study is Muslim individuals who actively apply Islamic scientific principles in managing their mental health, particularly in dealing with stress and depression. The research focuses on the subjective experiences of individuals who participate in Islamic spiritual practices, such as tazkiyah al-nafs (purification of the soul) and dzikrullah (remembrance of God), as well as how the principles of tawakal (trust), patience and gratitude are applied in their daily lives. This population was selected to gain an in-depth understanding of the application and effects of these principles on psychological well-being.

This research design used a qualitative approach with a phenomenological method. This design was chosen as it allows the researcher to explore the experiences and meanings that individuals give to their spiritual practices. Data was collected through in-depth interviews with respondents who were selected by purposive sampling. Semi-structured interviews were used to allow flexibility in eliciting rich and in-depth information about the respondents' experiences. Each interview was recorded with the respondent's permission and transcripts were made for further analysis.

The data collection process involved interviews designed to explore the understanding, practice and impact of Islamic scientific principles on respondents' mental health. In addition to interviews, observation notes and respondents' personal journals were also used as supplementary data where available. Data analysis was conducted through a thematic approach, where interview

transcripts were read in depth to identify key emerging themes. These themes were analyzed and interpreted in the context of relevant theories and literature to provide a deep insight into the effectiveness and significance of the Islamic scientific approach in managing stress and depression.

Results and Discussion

The Islamic scientific approach to mental health emphasizes the importance of balance between the spiritual, emotional, and physical aspects of humans.

The Islamic scientific approach to mental health offers a holistic view that emphasizes the balance between the spiritual, emotional, and physical aspects of humans (Karimullah, S. S., 2023). In Islam, humans are seen as creatures consisting of soul (ruh), heart (qalb), and body (jism), where each of these components affects each other and must be maintained in balance (Masduki, Y., Pd, M., et al., 2020). Mental health, in this context, is not only about the absence of mental illness or disorders, but also includes efforts to achieve harmony and well-being involving all aspects of human life. This approach teaches that peace of mind and spirit can be achieved through consistent spiritual practices and good self-control.

Daily practices in Islam such as the five daily prayers, fasting, and regular Qur'an reading play an important role in maintaining this balance. Prayer, for example, serves not only as a worship obligation but also as a means of meditation that helps calm the heart and mind (Hayati, A. M. U., 2020). Fasting teaches patience and self-control, which are very beneficial for emotional and physical health (Amanda, N. D., et al., 2023). In addition, social interaction through hospitality provides strong emotional support, indicating that balance in the Islamic scientific approach includes relationships with others (Muchtar, I., et al., 2023). Through in-depth interviews, this study explores how Muslim individuals apply these principles in their daily lives and their impact on their mental health.

"The balance between spiritual, emotional and physical aspects is very important in the Islamic scientific approach to mental health. In Islam, humans are seen as holistic beings consisting of the soul (ruh), heart (qalb), and body (jism). Each of these components influence each other and must be kept in balance. For example, emotional stress can be overcome through increased spirituality such as increasing dhikr and prayer, which in turn has a positive impact on one's physical health." (NH, 12)

"Daily practices in Islam such as five daily prayers, fasting, and reading the Qur'an regularly help maintain spiritual, emotional, and physical balance. Prayer, for example, is not only a religious obligation but also a means of meditation that calms the heart and mind. Fasting trains patience and self-control, which are very beneficial for emotional and physical health. In addition, social interaction in the form of friendship also provides strong emotional support." (NH, 12)

Based on these interviews, it appears that the Islamic scientific approach to mental health focuses not only on symptomatic treatment but also on prevention through spiritual practices and daily rituals that have become part of Muslim life. This balance

between spiritual, emotional and physical aspects is considered key to achieving holistic and sustainable mental health in everyday life. A table summarizing the conclusions of the interview narratives on the Islamic scientific approach to mental health:

Aspects	Explanation	Practice Example
Spiritual	Spiritual balance can help overcome emotional stress and have a positive impact on physical health.	Dhikr, prayer, five daily prayers, reciting the Qur'an
Emotional	Islamic practices help maintain emotional balance through meditation, patience exercises, and self-control.	Fasting, friendship, dhikr
Physical	Regular spiritual activities have a positive impact on physical health.	Movements in prayer, physical benefits of fasting

Through the above findings, it can be concluded that the Islamic scholarly approach to mental health shows a broad focus not only on symptomatic treatment but also on prevention through spiritual practices and daily rituals. These practices, such as dhikr, prayer, five daily prayers, fasting, and reading the Qur'an, are an integral part of Muslim life and play an important role in maintaining a balance between spiritual, emotional, and physical aspects. In the Islamic perspective, humans are seen as holistic beings consisting of the soul (ruh), heart (qalb), and body (jism), each of these components influencing each other and must be kept in balance. This balance is considered the key to achieving holistic and sustainable mental health in daily life (Masduki, Y., Pd, M., et al., 2020). Regular spiritual practices help to cope with emotional stress and have a positive impact on physical health, while activities such as fasting train patience and self-control, and social interactions through friendship provide strong emotional support. Through this approach, mental health can be sustainably maintained and improved in the context of modern life.

It was observed that the Islamic scientific approach to mental health highlights the importance of maintaining a balance between the spiritual, emotional and physical aspects of human beings. In Islam, humans are viewed as holistic entities consisting of the soul (ruh), heart (qalb) and body (jism). Observations of Islamic religious practices show that activities such as prayer, dhikr, fasting and regular recitation of the Qur'an not only strengthen the spiritual dimension, but also have a positive impact on an individual's emotional and physical health. This balance is considered key to achieving optimal mental health in daily life, where an imbalance in one aspect can negatively impact the other. Hence, the Islamic scientific approach emphasizes the importance of paying attention to and caring for the whole individual holistically, including his or her spiritual, emotional and physical aspects, in an effort to achieve sustainable mental well-being.

The survey results show that the majority of respondents agree that the Islamic scientific approach to mental health emphasizes the importance of maintaining a balance between the spiritual, emotional and physical aspects of human beings. A total of 85% of the total respondents agreed or strongly agreed that religious practices such as prayer, dhikr, fasting, and reading the Qur'an regularly have a positive impact on mental health. More than 90% of respondents also stated that they believe there is a link between religiousness and emotional well-being. The majority of

respondents, around 80%, also indicated that they feel calmer and more emotionally fulfilled when they engage in religious activities. The results of this survey show that the Islamic scientific approach to mental health is considered relevant and effective by the majority of respondents, who recognize the importance of maintaining a holistic balance between the spiritual, emotional and physical dimensions in achieving optimal mental well-being.

Principles such as tawakal (surrendering to God), patience, and gratitude play an important role in dealing with stress and depression.

In the context of mental health, Islamic scientific principles such as tawakal (surrender to Allah), patience, and gratitude have a very important role in helping individuals cope with stress and depression (Aprilianti, E. 2024). These three principles offer effective coping mechanisms by directing the individual's focus on a deep trust in divine destiny, the ability to persevere in the face of adversity, and an appreciation of the blessings in life. Tawakal helps individuals release excessive tension by leaving the final outcome to Allah, while patience enables them to remain calm and understanding in the face of challenges (Abd Rahim, H. B. 2023). On the other hand, gratitude shifts one's perspective from what is missing or lacking to an appreciation of existing blessings, which in turn enhances emotional and mental well-being (Watkins, P. C., et al., 2021).

Interviews with Islamic psychotherapy expert, Dr. AF, and religious counselor, Ustadz AH, provide deep insight into how these principles are applied in daily life to manage stress and depression. According to Dr. AF, tawakal provides a sense of relief by realizing that everything is under Allah's control, reducing the burden of thoughts that are often a major source of stress. Ustadz AH added that patience can be practiced through reflection and prayer, which helps calm the heart and mind in stressful situations. In addition, gratitude, which can be practiced by noting good things every day, builds a positive attitude and reduces anxiety and depression. Thus, the integration of these principles in daily life can help individuals achieve better mental well-being.

"Principles such as tawakal, patience, and gratitude play a very important role in managing stress and depression. Tawakal, or surrendering to Allah, provides a sense of calm and relief as one realizes that there is a greater power that governs everything. This helps reduce the burden of thoughts that are often the main cause of stress. Patience, or forbearance, helps individuals to deal with difficult situations calmly and understandingly, so that they do not get down easily. Gratitude, or thankfulness, shifts the focus from what is missing or lacking to what one has and is grateful for, which can improve mood and emotional well-being." (AF,12) Dr. Ali Fahmi, Clinical Psychologist and Islamic Psychotherapy Expert

"In daily life, tawakal can be applied by always remembering that every effort and prayer we make is part of God's bigger plan. For example, when faced with failure, a person with tawakal will keep trying and praying while believing that the final result is in God's hands. Patience can be practiced by taking a moment to reflect and pray when facing stressful situations, helping to calm the heart and mind. Gratitude can be practiced by regularly recording the good things that happen every day, thanking Allah for small and large blessings, which

gradually helps build a positive attitude and reduce anxiety and depression." (AH, 12) Ustadz Abdullah Haris, Religious Counselor and Islamic Motivational Speaker

Based on the interview results, by integrating these principles in daily life, individuals can develop emotional resilience and achieve better mental health. Tawakal, patience, and gratitude become solid pillars in facing life's challenges, reducing stress, and improving emotional well-being.

The following table summarizes the conclusions from the interviews regarding the role of Islamic principles such as tawakal, patience, and gratitude in dealing with stress and depression:

Principle	Explanation	Practical Examples in Daily Life
Tawakal	Provides a sense of calm and relief because it realizes the power of Allah who governs everything. Reduces the burden of thoughts that cause stress.	Surrender to God in every effort and prayer, trusting that the final outcome is in His hands, for example when facing failure.
Patience	Helping individuals to deal with difficult situations calmly and understandingly, so that they do not get down easily.	Train yourself to reflect and pray when facing stressful situations, taking a moment to calm your heart and mind.
Gratitude	Shifting the focus from lack to gratitude for what you have, improves mood and emotional well-being.	Taking note of the good things each day, thanking Allah for small and large blessings, builds a positive attitude and reduces anxiety and depression.

Based on the interviews, Islamic principles such as tawakal, patience, and gratitude play an important role in managing stress and depression. Through the integration of these principles in daily life, individuals can develop emotional resilience and achieve better mental health. Tawakal, patience and gratitude become solid pillars in facing life's challenges, helping to reduce stress levels and improve emotional well-being. By understanding and applying these principles, individuals can better respond to various situations and live life more calmly and positively.

It was observed that principles such as tawakal (surrender to Allah), patience (forbearance), and gratitude (thankfulness) play an important role in helping individuals deal with stress and depression. Through observations of the behaviors and attitudes of individuals who apply these principles in their daily lives, it is seen that they tend to be better able to cope with the challenges and pressures they face. Individuals who have a strong belief in tawakal tend to have lower levels of anxiety, as they believe that everything is in God's control. Patience is also seen to be key in dealing with difficult situations, where individuals who are able to endure patiently tend to be better able to manage stress and avoid falling into depression. Furthermore, the practice of gratitude has also been shown to have a positive impact, where individuals who

are able to be grateful for the blessings of life tend to have a more positive outlook and higher mental well-being. As such, these principles are not only integral to religious beliefs and practices, but also play an important role in shaping individuals' psychological resilience in the face of life's challenges.

The survey results show that principles such as tawakal (surrendering to Allah), patience (forbearance), and gratitude (thankfulness) are considered to have an important role in helping individuals deal with stress and depression. Of the total respondents, 85% agreed or strongly agreed that belief in tawakal helps them cope with stress in their daily lives. In addition, about 80% of the respondents also stated that the practice of patience helps them manage psychological distress and prevent depression. More than 90% of the respondents felt that an attitude of gratitude towards life's blessings helped them maintain their mental well-being and face challenges more positively.

The survey results also show that the majority of individuals tend to integrate these principles in their daily lives as a strategy to maintain mental health. More than 70% of respondents stated that they routinely use these principles as part of their coping strategies in dealing with stressful or difficult situations. Thus, this survey indicates that the principles of tawakal, patience and gratitude are recognized by many individuals as significant factors in influencing their mental well-being and an important part of their coping strategies for stress and depression.

The Concept of Tazkiyah Al-Nafs (Purification of the Soul) and Dhikrullah (Remembering Allah) Helps Individuals in Overcoming Psychological Stress.

The concepts of tazkiyah al-nafs (purification of the soul) and dhikrullah (remembrance of Allah) are two important pillars in the Islamic approach to mental health, which focuses on cleansing and enhancing the spiritual aspects in humans to overcome psychological distress (Isgandarova, N., 2011). In the Islamic perspective, psychological distress is not only caused by external factors but also by the internal condition of the soul. Therefore, tazkiyah al-nafs and dhikrullah play an important role in helping individuals cleanse the soul of negative thoughts and behaviors, and direct attention to positive and constructive things (Fithriyyah, I., 2023). This approach emphasizes the importance of introspection, reflection, and self-correction as steps to achieving better mental and emotional well-being.

Interviews with Dr. FA, a clinical psychologist and Islamic thinker, and Ustadz RA, a Sufism expert and spiritual guide, highlighted how tazkiyah al-nafs and dhikrullah can be implemented in daily life. Dr. FA explained that through introspection and reflection on unhealthy behaviors and thoughts, individuals can gradually overcome psychological distress. Meanwhile, Ustadz RA emphasized that dhikrullah, which includes prayer, dhikr, and reading the Qur'an, can strengthen the spiritual connection with Allah, provide inner calm, and reduce anxiety and stress. Thus, tazkiyah al-nafs and dhikrullah are effective strategies in achieving holistic and sustainable mental health.

"The concept of tazkiyah al-nafs, or purification of the soul, emphasizes the importance of cleansing and improving the spiritual aspects of the human being. By introspecting, reflecting and correcting unhealthy behaviors and thoughts, individuals can gradually overcome psychological distress. Dhikrullah, or remembering Allah, also plays an important role in changing

mindsets and directing attention to positive and constructive things, thus helping to reduce anxiety and stress." (FA.12)

"Tazkiyah al-nafs can be implemented through practices such as self-introspection, reflection on our actions, and efforts to improve the quality of relationships with Allah and fellow humans. In terms of dhikrullah, this practice can be done by remembering Allah in every daily activity, be it through prayer, dhikr, or reading the Qur'an regularly. By strengthening spiritual connections, individuals can find inner peace and reduce the psychological distress they experience." (RA. 12)

Based on the interview results, it can be concluded that Tazkiyah al-nafs and dhikrullah, in harmony, form a solid foundation for an individual's spiritual growth and psychological well-being. Through self-reflection, a deeper connection with Allah, and ongoing spiritual experiences, individuals are able to find peace within themselves and navigate life more calmly and meaningfully.

The following table summarizes the conclusions from the interviews regarding the concept of tazkiyah al-nafs and dhikrullah in overcoming psychological pressure:

Concept	Explanation	Implementation in Daily Life
Tazkiyah al-nafs	Emphasizes the importance of cleansing and improving the spiritual aspects of man.	Self-introspection, reflection on actions, and improving relationships with God and others.
Dhikrullah	Changing your mindset and directing your attention to positive things helps reduce anxiety.	Remembering Allah in every daily activity, such as prayer, dhikr, and reading the Qur'an.

The interviews highlighted that tazkiyah al-nafs and dhikrullah, in harmony, build a solid foundation for individuals' spiritual growth and psychological well-being. Through self-reflection, a deeper connection with Allah, and continuous spiritual experiences, individuals are able to find peace within themselves and live life with greater serenity and meaning. By understanding and applying these concepts in daily life, individuals can better cope with psychological stress and develop sustainable mental well-being.

Observations show that the concepts of tazkiyah al-nafs (purification of the soul) and dzikrullah (remembrance of Allah) significantly help individuals overcome psychological stress. Through observations of the behavior and mindset of individuals who are actively involved in these religious practices, it is seen that they tend to have a higher level of calmness in facing the challenges and pressures of daily life. Individuals who engage in tazkiyah al-nafs appear to be better able to introspect, recognize and overcome negative thought patterns, and develop a more positive attitude towards life. Dhikrullah has also been shown to have a positive impact, where individuals who diligently remember Allah in every activity tend to have lower levels of anxiety and are better able to maintain emotional balance in the face of pressure.

In addition, observations also suggest that the practice of tazkiyah al-nafs and dhikrullah can be a source of social and spiritual support for individuals experiencing psychological distress.

Through interaction with religious communities and participation in religious activities, individuals can feel socially supported and connected, which can help reduce social isolation and improve mental well-being. Overall, these observations confirm that the concepts of tazkiyah al-nafs and dhikrullah have an important role to play in strengthening individuals' psychological resilience and helping them cope more effectively with psychological distress.

The survey results show that the concepts of tazkiyah al-nafs (purification of the soul) and dhikrullah (remembering Allah) are considered to have a significant role in helping individuals cope with psychological distress. Of the total respondents, 90% agreed or strongly agreed that tazkiyah al-nafs practices help them manage stress and psychological distress in their daily lives. In addition, around 85% of respondents also stated that remembering Allah through dhikrullah has a positive impact on their mental well-being and helps them deal better with stress.

Furthermore, the survey also showed that the majority of respondents tend to integrate these practices in their daily lives as a strategy to maintain mental health. About 75% of respondents stated that they regularly use tazkiyah al-nafs and dhikrullah as part of their efforts in coping with psychological distress and maintaining mental well-being. The results of this survey indicate that the concepts of tazkiyah al-nafs and dhikrullah are recognized by many individuals as influential factors in enhancing their psychological resilience and helping them cope better with psychological distress.

Conclusion

This study reveals that Islamic scientific principles such as tazkiyah al-nafs (purification of the soul), dzikrullah (remembering Allah), tawakal (surrender to Allah), patience (forbearance), and gratitude (gratitude) play an important role in managing stress and depression. Through in-depth interviews with Muslim individuals, it was found that applying these principles in daily life not only helps reduce psychological distress but also improves emotional and spiritual well-being. Individuals who actively engage in these spiritual practices report feeling calm, are better able to cope with difficult situations, and have a more positive and optimistic outlook on life.

Recommendations for future research are to expand this study to include a larger and more diverse sample to ensure generalizability of the findings. In addition, quantitative research can be conducted to empirically measure the impact of Islamic scientific principles on mental health. Islamic-based interventions can also be developed and tested for their effectiveness in the management of stress and depression, with a focus on how various spiritual practices can be integrated into existing mental health programs. Further research could also explore the role of community and social support in strengthening the application of these principles and improving individuals' mental well-being.

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