

THE EFFECT OF READING AL – QURAN ON MENTAL HEALTH

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Abstract: This article discusses how much influence reading the Koran has on the mental health of an individual, that when an individual reads the Qur'an many psychological effects occur in his body that affects mental health. The writing of this article was assisted by research conducted using literature studies. As for the background of this writing is the rise of mental health cases in Indonesia today and occurs in all groups, ranging from children, adolescents, and adults, especially in millennial adolescence. Also, the background of this article is written on the background of one of the verses of the Koran in Surah Fussilat verse 44 which means "The Koran is a guide and an antidote for believers, and for those who do not believe in them, there is a blockage in their ears. them ", that the Koran is a remedy for all diseases, whether physical or mental.

Keywords: reading, Quran, mental health

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INTRODUCTION

Along with the very rapid development of the times, resulting in many problems that have emerged, because in this era we can easily receive information, besides that it is very difficult to filter which information is correct, accurate and complete, as a result of this, many mental disorders occur in society from various circles, ranging from children, adolescents, and adults. In modern times today, there are many changes in various aspects of life. Starting from the aspects of the economy, education, traditions, and culture, which are progressing rapidly. Not infrequently, it can make some people who are unable to adapt to the progress of the times, their mental health is disturbed.

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One of the things that should be held by an individual today where mental health is very prone to disturbance is a strong understanding of religion. According to Maslow and Mitelmann, normal, mentally healthy individuals have criteria including 1) Have a feeling of security; 2) Having self-assessment and rational insight; 3) Have the right spontaneity and emotionality; 4) Having contact with reality efficiently; 5) Has the drives and desires of a healthy body, and can fulfill and satisfy them; 6) Have sufficient self-knowledge; 7) Having adequate life goals; 8) Having the ability to learn from his life experiences; 9) There is an ability to satisfy the demands and needs of the group; 10) There is a healthy emancipation attitude towards the group and culture; 11) There is integration in personality (In Kartini and Kartono, 2009). From the definition and criteria mentioned, it has not included elements of spirituality or religion as part of mental health.

As according to Daradjat, mental health is the realization of a serious harmony between mental functions and the creation of self-adjustment between humans and themselves and their environment, based on faith and piety, Seta aims to achieve a meaningful and happy life in the world and the hereafter (In Ramayulis, 2013).

According to Dr. Jalaluddin in his book "Psychology of Religion" states that: "Mental health is a state of mind that is always in a state of calm, safety, and serenity, and efforts to find inner calm can be done, among others, through resignation adjustment (complete surrender to God)".

By the understanding that has been described by several researchers, mental health cannot be separated from a religious perspective, because one of the human dimensions is the dimension of religion, diversity is one of human existence that is revealed in the form of recognition or belief or the truth of a religion that is embodied. in his attitude and behavior. This can be found in any human, both in the period (past-present-date), as well as in the geographic range where humans are. As we have understood, humans have the potential to be able to believe and obey Almighty God. On the other hand, God has also sent down revelations through His Messengers and has displayed signs in the universe for humans to think about so that (so) humans believe and fear Him. In this diversity, humans can feel their life to be meaningful. He gets about his origins, the basis of his life, his way of life, and it becomes clear where his life is going. This should be realized by individuals that having a strong understanding of religion is important.

METHOD

The Koran has explained that the Koran is a medicine, it is found in the letter Fussilat verse 44 which means "The Qur'an is a guide and an antidote for the

believers, and for those who do not believe in them there is a blockage in their ears" If we look at the Quran in the previous verse, the Arabic used to define medicine is *asy-shifa*, even though if we look again in the Arabic dictionary, medicine can be defined with the word *Haddaway*, then why does the Qur'an not use the word *addawaa* to define it? said medicine? Because in Arabic the word *Addawa* only means medicine and is healing only physically. Meanwhile, the word *asy-syifa* has a different meaning more deeply, this word is more precisely defined as an antidote, its character is more of an antidote for all diseases, and is global, external and internal.

Several studies have explained that reading the Koran tends to be effective for treating mental illnesses such as reducing stress and making individuals calmer, in a study conducted by one of the Gadjah Mada University students, in his research, researchers used an experimental method with pretest-posttest control group design. The experimental group and the control group each consisted of 10 Islamic boarding school students. Measurement of stress levels using the Depression Anxiety Stress Scale (DASS) and measurement of immunity using a hematology analyzer with a microscopic slide method. Quantitative analysis uses mixed-design ANOVA. The results showed that reading intuitive reflective *Al Fatihah* can reduce depression ($F = 15.34, p < 0.05$) and increase immunity ($F = 25.6, p < 0.05$). Research shows that reading the intuitive reflective *Al Fatihah* can change the subject's perception of problems in his life. Subjects began to see what was happening to them using the perspective of Allah's anchor. The experimental subjects who succeeded in holding fast to Allah's anchor experienced a significant decrease in depression and increased immunity. These changes can not be separated from the feeling of calm after reading the Koran. This is just one of the studies on the importance of reading the Koran on mental health, many other studies prove that the Koran is *ash-shifa*.

FINDINGS AND DISCUSSIONS

Al-Qur'an is the great grace of Allah that was revealed to the Prophet Muhammad to save people in the universe. Reading the Koran properly will get Allah's endless grace, let us only read the *Al-Qur'an* but only by listening to the recitation of the Koran from our cellphones or something else Allah has given His grace. In my *Da'wah Journal* explains the Verse above mentioned that if we remember Allah, the heart will be at ease, remembering here we equate it with reading the Koran. Because by reading the *Qur'an* we will remember the powers of Allah SWT. And as narrated by Abu Hurairah RA, namely: "That The Messenger of Allah (saw) said: whoever hears a verse from the book of Allah (*Al-Qur'an*) is written for him one multiple goodnesses. Who reads it anyway, for him the light of the Day of Judgment. As narrated by Abu Hurairah RA, namely: "That the Messenger of Allah said: whoever hears a verse from the

book of Allah (Al-Qur'an), then it is written for him one fast kindness. Whoever reads it (Al-Qur'an) as well, then the light will illuminate it on the Day of Judgment. Henry Guntur Tarigan (2013: 7) states that reading is a process that is used and carried out by readers to get a message, which the written media writer wants to convey. Allah revealed that the Qur'an was not without purpose, but Allah sent down this noble book, which is to bring mankind from confusion to the light of Islam and to improve human life. Every Muslim is yaqin, that reading the Al-Qur'an is a noble deed in the sight of Allah and will get a reward.

If you look closely, read the Al-Qur'an repeatedly, there are many benefits and extraordinary benefits, both physically and psychologically. First, reciting the Qur'an repeatedly can improve brain intelligence and also improve one's memory. Because by repeating the brain will be honed and eventually get used to doing the job. The more often you repeat, the stronger one's memory will be. Secondly, get used to reading the Qur'an, can heal various kinds of physical and psychological problems. When someone reading the Al-Qur'an will feel peace of mind, automatically the calm that is obtained from reading the Al-Qur'an can repair all damaged body systems, with Allah's permission the disease will be cured.

One of the studies that examined the effect of reading the Koran on mental health was a study conducted on mosque congregations, through a process of interviewing and research, it was concluded that congregations who regularly performed worship tended to have a good level of mental health. This is because worship is carried out as self-protection in the face of various kinds of life pressures. This is in line with research conducted by Zwingmann et al (2006) on cancer patient's breasts in Germany. The results showed that solving problems through religion can overcome depression in patients with breast cancer in Germany.

CONCLUSION AND RECOMMENDATION

Based on this literature study, it proves that individuals who understand and appreciate the implementation of worship can overcome life problems that are being experienced, so they tend to have good mental health. The implementation of worship in the context of Islam, such as praying, zikir, reading the Qur'an, and other worship, can be a way to get mental health.

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