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# Review Literature about Influence of Prayer and *Dhikr* in Improving Mental Health Based on the Qur'an Surah Ar-Ra'd Verse 28

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## Abstract

*This article discusses the influence of prayer and dhikr in improving mental health based on the Qur'an Surah Ar-Ra'd verse 28. This verse describes the peace that can be achieved by believers by remembering Allah. This study aims to explore how prayer and dhikr can be a tool to improve psychological well-being, reduce stress, and improve the emotional balance of individuals. The methods used in this study is studies qualitative . The results of this study indicate that prayer and dhikr have a positive effect on reducing anxiety, depression, and increasing feelings of peace and satisfaction. It is recommended that individuals experiencing mental health problems can integrate prayer and dhikr into their daily lives as an easily accessible and effective form of therapy.*

**Keywords :** Prayer; Dhikr; Mental Health; Al-Qur'an Ar'rad Verse 28

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## Introduction

Everyone has the hope to be healthy, both physically and spiritually (mind and soul). These two elements are a unity that cannot be separated. Even someone who appears physically healthy is not necessarily mentally healthy [1]. Everyone's worst nightmare is to suffer from a mental health illness, and not everyone wants that.

People now days face increasing mental burdens, which cause them to feel depressed, anxious, and unhappy. Several factors cause this condition, including unstable circumstances, increasing human needs for life, the emergence of selfishness and individualism, and competition in life [2]. The problems faced by humans sometimes feel very heavy and difficult to solve. This is also often a source of disturbing stress. individual mental health. So when humans are tested they will definitely feel anxiety in their hearts. In facing these problems, humans will look for solutions that can help them free themselves from anxiety, one of which is by getting closer to Allah.

One of the most important things for humans is their health. Many people hope to always be physically and mentally healthy, but that will not happen. Because every organism must experience health problems and even death. Disease is a problem related to the organs of the body. In addition, this condition can be associated with mental disorders known as mental health disorders.

Mental health is an integral part of overall well-being. In this increasingly complex world, stress and anxiety have become common problems that affect many people. Various efforts have been made to overcome this problem, including psychological therapy, drugs, and relaxation techniques. Psychological conflict, which is an imbalance between social demands and mental readiness, can occur in human life. This psychological conflict can cause deviant behavior, anxiety, loneliness, boredom, and depression, even making people desperate to commit suicide [3]. Depression and stress still interfere with the mind which can damage the immune system. If we are in negative emotions such as sadness, hatred, despair, jealousy, anxiety and little gratitude, our immune system becomes weak. In a study in the US, 28 out of 32 patients underwent stress and tragic lives before being attacked. This mental stress means that the immune system is not normal. John Hopkin Medical School doctors found that emotional

and bad moods tend to suffer from serious diseases such as cancer, high blood pressure, heart and short time [21].

However, as religious people, many individuals seek solutions in the form of spirituality. Religion is a guide to life that includes human instructions in all areas of life, including maintaining and developing a healthy mind. To achieve a healthy mentality, religion has several functions as a guide for humans. Namely maintaining nature, maintaining the soul, maintaining reason, maintaining descendants [4]. The Qur'an as a source of life guidance provides many instructions for maintaining a balance in life, one of which is through prayer and dhikr. Surah Ar-Ra'd verse 28, which reads "Remember, only by remembering Allah the heart becomes calm," emphasizes the importance of dhikr in achieving peace of heart and mind.

As a Muslim life, the Quran and Hadith have a special way to create perfect mental health with the real model of the Messenger of Allah [5]. The Prophet Muhammad SAW is also the most ideal example for al-Nafsu al-Muthmainnah, this is an indicator of high mental health. Young people who do not want to practice religion are more likely to be negatively affected by life events, which can lead to depression more quickly. Even when this anxiety and this initial depression, it cannot be ignored because if it continues, it will get worse and lead to serious depression, this is not only a negative impact on it but also but also but also it but also [6].

Mental health is an important aspect of human life that affects physical, emotional, and social well-being [7]. Amidst the increasingly complex and fast-paced pressures of life, many individuals face major challenges in maintaining their mental stability. Stress, anxiety, depression, and emotional tension have become common problems that affect many people, regardless of age, background, or social status. Various approaches have been developed to help overcome these mental health problems, both through psychological therapy, medical treatment, and relaxation techniques.

People who suffer from mental health disorders need to be taken care of more for a long time, this of course requires significant costs. Sedatives are especially needed for people with severe depression. This is not a problem for people with adequate economy, but for those who have inadequate economy, it

is certainly a concern because they ultimately like to give in situations that really worsen the situation and endanger society. Other people in the environment. However, along with the growing awareness of the importance of spirituality in everyday life, many people are starting to look for ways to maintain mental health by integrating religious practices, one of which is through prayer and dhikr. In Islamic teachings, prayer and dhikr are forms of worship that are highly recommended and have a high position. The main symptoms or striking symptoms of mental disorders lie in the psychological aspect, but the main cause can come from physical (Somatogenic), from the social environment (Sociogenic) or from psychological factors (Psychogenic). Usually there is not just one cause, but several causes that come from various aspects that interact with each other or occur simultaneously so that disorders arise physique or mental.

Prayer is a direct communication between the servant and the Creator, which provides hope, peace, and solutions in facing life's problems. While dhikr, which means remembering Allah, is a practice that involves repeating sentences of praise to Allah [8]. Dhikr has extraordinary power in calming the heart and mind, as well as improving mental and spiritual well-being. In depth, Sayyid Quathb explains that the nature of a believer must remember and establish a relationship with God. It is not described by the words of a believer when he understands this nature. Even a follower will not feel lonely because he will feel that there is always someone who comes and comforts him. Because all of God's creations are under His protection [9].

Prayer plays an important role in the therapy of mental disorders, so that it can prevent someone from feeling something wrong with their soul. The prayer can be effective if it is carried out at the right time and with good ethics as exemplified by the Prophet Muhammad. Prayer applies to people who are devout and serious. According to Linda O Riordan RN quoted by Rachmawati (2022), the founder and director of Healthy Potentials, an integrative health organization in the United States, in a book entitled *The Art of Sufi Healing* said: the frequency of prayer is the same as the frequency of reading scriptures, has a positive correlation with health, the more often you pray, the better your health. [25] With the existence of faith and belief being a very important aspect for human spirituality, by praying a person can place faith in God for everything.

Therefore, prayer must have a close relationship with human mental health in the Islamic perspective.

The Qur'an, as a book of guidance for Muslims, provides a lot of advice related to the importance of maintaining peace of mind and soul. Someone who loses sight of his divine nature is susceptible to mental disorders. In Islam, mental health is very important and is part of the concept of safety including physical, spiritual and mental health. Islam also provides a complete concept of mental health through the teachings of the Qur'an and Hadith. Islam teaches that peace of mind and spirit can be achieved through a solid relationship with Allah SWT [10]. There are five aspects provided by the Qur'an, namely guidance, wisdom, healing, light, and soul.

From the soul in the Qur'an is always called NAFS and is found 297 times, used in several forms and different meanings. The mufrad form (tugal) is 140 times, the plural form has two versions, namely Nufus twice and anfus 153 times, and in the form of fi'i there are 2 times. This is due to the diversity of meanings of the words NAFS in its source, 36, namely the verses of the Qur'an[21]. The verse of the Qur'an that mentions peace of mind is the Ar-Ra'd verse 28. The 13th chapter in the Qur'an consists of 43 verses, 885 sentences and 3506 letters and is a Makkiyyah letter, namely a verse that was revealed in the Mecca period, 33 except verse 31 which is classified as a Madaniyah verse because it was revealed in the Medina period.

QS Ar-Rad verse 28 which reads:

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

“ Those who believe and whose hearts are at peace with the remembrance of Allah SWT. Remember, that only by remembering Allah SWT will hearts always be at peace”. (QS. Ar-Ra'd: 28)

This verse explicitly states that dhikr or remembering Allah can provide peace and tranquility of the heart. Psychologically, a calm and peaceful mental state is the foundation for good mental health [10]. This verse also shows that remembering Allah, either through prayer or dhikr, can function as a

psychological therapy that helps overcome feelings of restlessness, anxiety, and stress. The best way out and solution to all of a person's life problems is to fear Allah. The peace obtained from prayer is a manifestation of Allah's greatness, which always changes the heart of a servant. A person will feel peace in his heart because he has conveyed everything that is on his mind to the Lord of the Universe.

Dhikr in the sense of referring to the name of God and done regularly, often called *wiride*. Basically, *he is Dhikr* means he interacts with God. Dhikr is divided into two. First of all, use it through the mouth and in the heart, it is to memorize the heart of Dhikr, and to reflect on the meaning of the heart while remembering God. Second, using behavior, namely goodness and morality and memorizing the great power of God. Biopsychologically, dhikr can make a person calm to relax the hard work of the sympathetic nervous system and activate the work of the parasympathetic nerves. In addition to Dhikr, there are many acts of worship that can be taken to create peace, such as prayer, fasting, zakat and reading the Quran. In addition to those mentioned in the Quran, all acts of worship are also scientifically proven to make the soul calm. From the deeds of the show, accompanied by faith makes the human soul calm, of course, accompanied by worship with sincerity, sincerity and only expecting His goodness and pleasure. The term remembrance is the practice of practicing *qauliyah* by reading to remember God. Remembering Allah SWT is a series of faith, Islam and *ihsan* which can be something important and special from the Qur'an and Sunnah.

In addition to dhikr, the way to always remember the Creator is by praying. Prayer is one way for humans to calm their restless hearts due to trials. In facing these problems, humans will express their essence as servants who need help For overcome the problem . Humans with their weak characteristics (weak) are very easy to complain when they get a test, even though Allah has tested them so that they can get closer to Him. Allah will not test humans beyond their capabilities, so in facing tests humans should get closer to Allah, and to obtain peace of mind, praying is one of the solutions.

The reason why someone does not get blessings or peace of mind from praying is because of the lack of solemnity or lack of focus of the individual when

praying, and not involving his heart when praying. Prayers that are born from the sincerity of a person's heart, even though they have just been vomited, can be realized in an instant and can erase the anxiety in the heart. In every prayer, humans tend to offer everything to Allah and make Him their support when the heart is restless, when feelings are hurt, and when facing disappointment.

Based on this, this study aims to explore the influence of prayer and dhikr in increase mental health , based on understanding regarding Surah Ar-Ra'd verse 28. This research will also discuss how the practice prayer and dhikr can become alternative therapy for individuals facing various mental health issues, and shows scientific evidence that shows a relationship positive between spirituality and mental health . Thus, this study is expected to contribute to further understanding of importance integration spirituality in effort maintaining and improving mental health in the context of Islamic teachings.

## Method

Research methods used in study This is approach qualitative with type study review literature (literature review). Research This aiming For analyze influence prayer and dhikr to mental health based on Surah Ar-Ra'd verse 28 in the Koran. The main data used in study This is the text of the Koran, especially Surah Ar-Ra'd verse 28, which will analyzed through interpretation for understand meaning and context. In addition, the literature addition in the form of books, journals scientific, articles and studies Islamic psychology will collected as source secondary For delve deeper connection between prayer, dhikr, and mental health.

data collection process begins with identify relevant literature related with prayer , dhikr, and mental health, as well as studies that relate spiritual practices in Islam with improvement mental well-being . Furthermore, data from the interpretation of the Qur'an and literature found will analyzed in a way descriptive For explore How prayer and dhikr can functioning as therapy psychological in Islam. In terms of this , emphasis given in Surah Ar-Ra'd verse 28, which states that only with remembering Allah heart will become calm down, as base For understand How prayer and dhikr can calm soul and improve mental health.

Study This No only rely on religious texts, but also pay attention to perspective Islamic psychology and findings scientific support influence practice prayer and dhikr to mental health. With Thus, the results from study This expected can give contribution significant in show connection positive between spirituality and mental health in context Islamic teachings, as well as give alternative therapy for individuals who experience mental disorders.

## **Result and Discussion**

Those who truly have good mental health are those who believe and dedicate themselves to God Almighty and try to achieve religious values consciously, so that their lives can live in their religion. He also has a sense of developing his potential, such as talent, capacity, nature, and other positive personal qualities. So, he also tries to inhibit and reduce his negative qualities, because he is aware that this may be the source of different disorders and mental illnesses. The author's area of interest is mental health, because many types of life problems interfere with today's society. Many changes occur in the era of globalization increasing various problems, both moral, ethical and others. When a person experiences difficulties without seeking religious advice, mental health problems can occur. When faith is stable and the purpose of life is directed to God, strengthening the spiritual dimension is done by emphasizing Sharia law. Worship practices such as prayer, fasting, zakat, hajj are educational efforts to shape human personality. Dhikr and prayer are the main acts of worship of Muslims and even become the core of worship. Dhikr is made for the heart and soul to be calm. The Messenger of Allah taught to always remember and pray to strengthen his relationship with Allah SWT and get closer to Him at all times. With prayer, a servant can express his heart, pour out his worries and complain to the Creator. This will bring a calm effect because of the belief that God will help him provide a solution to the problem being faced. The request made to Allah SWT must be accompanied by patience and humility and openness of heart in order to obtain goodness and benefits that are on His side. In praying to Allah SWT, it is very important to be based on solemnity and tadharu in facing Him. This aims for a person to get and achieve something he wants.

The significant positive correlation of the analysis results shows that individuals who regularly pray tend to have better mental health. This shows



that the practice of prayer can act as an effective coping method, such as in dealing with stress and emotions that are often experienced by humans. The high perception of the influence of prayer has a real positive impact from this practice. This indicates that individual beliefs and perceptions regarding the effectiveness of prayer can increase the perceived mental health benefits[26]. Meanwhile, according to the results of Rochma's research (2021), there is a significant relationship between dhikr and an average/mean score of 36, the average result is between a score of 33 - 36 which is included in the moderate criteria, while the peace of mind of the congregation with an average/mean score of 35, the average result is between a score of 34-39 and is also included in the moderate criteria. There is a significant positive relationship between dhikr and the peace of mind of the congregation of the Al-Khasaniyah and Al-Kamal Mojokerto taklim assemblies. This is based on a correlation of 610 with a significance value of 0.001, significance level  $\alpha = 0.05$ , so 0.001[27].

For strengthen connection between findings and implications practical for practice mental health in study this is important For highlight How prayer and dhikr No only as spiritual practice, but also as a strategy that can applied in practice clinical For support mental well-being. Based on Surah Ar-Ra'd verse 28 which states, "Remember, only with remembering Allah heart become calm down," can understood that dhikr and prayer in Islam has strength For overcome feeling anxious, restless, and stressed — problems frequent mental health experienced by many people. Findings from literature show that spiritual practices such as prayer and dhikr can give impact positive to welfare psychological someone. Based on studies previously, activities This No only impact on peace inner, but also can to ease stress and anxiety with activate system nerve lowering parasympathetic tension physical. In the context of this, prayer and dhikr Can considered as form non- pharmacological therapy that does not need cost high, and can accessed by whom only, so that give a practical solution For increase mental health, especially for those who don't own access easy to therapy medical or psychological.

Implications practical from findings This is implementation prayer and dhikr in context treatment disturbance mental health, such as stress, anxiety, and depression. As example, professionals mental health, such as psychologist or counselor, can integrate technique prayer and dhikr in session therapy they, with

teach patient For practice *dhikr* as form mental relaxation. This can become complementary approach with therapy psychological others, such as therapy behavior cognitive (CBT), as well as give additional strategy patient For face mental stress. More further research this also shows importance development of community- based mental health programs spirituality in society. For example, institutions mental health or House Sick can provide room or time special For patient undergo session *dhikr* or prayer as part from maintenance comprehensive they. Approach this is also relevant with population holding firm religious values, which feel more comfortable overcome problem their mental health through spiritual practices.

With Thus, the findings from study This can strengthen argumentation that prayer and *dhikr*, based on Understanding Surah Ar-Ra'd verse 28, potentially become integral part in management and improvement mental health, especially in Islamic framework. This is open road for development intervention better mental health inclusive, holistic , and based on spiritual principles that can give calm soul and healing psychological.

### **Health Soul According to QS. Ar-Rad Paragraph 28**

According to QS. Ar-Rad verse 28 explains that *dhikr* is a way of remembering Allah SWT. This section emphasizes the spiritual side and can affect a person's mental health [11]. A person can achieve inner and spiritual peace through verbal, inner, and physical *dhikr*. This shows that practicing Islam is a broad effort to maintain spiritual conditions and obligations in worship, supporting mental health in facing various obstacles in life.

Sayyid Qutb quoted by Anni and Nury said that as a beautiful representation of a devoted heart because it radiates calm, serenity and peace in the surrounding environment. Religious people feel inner peace because of their closeness to God so that they feel comfortable and calm. They also feel a sense of protection from Allah. Because believers understand that everything belongs to Allah, the source of all wisdom, faith can increase peace and tranquility in the world [12]. In addition , being close to God is not only a form of love for Him, but also a need to improve physical and spiritual health and help humans gain inner peace. In addition, frequent *dhikr* can help cure physical and mental illnesses.

According to Sayyid Quthb, peace of mind is a sense of calm in different circumstances both joy and sadness, in scope and narrow, fortunate to have joy or not. Calm does not mean suspicion, do not do departure from religious rules and do not feel confused by the very scary day (the day of judgment) [13]. Sayyid Quthb also emphasized that the most miserable person on earth is the one who does not feel at peace when he deals with God and with his surroundings. There is nothing more miserable than a person who does not know the meaning of life and where he is going [9].

The tranquility of remembering Allah in the hearts of believers is a deep reality that is known by those whose hearts are filled with the brightness and joy of faith, and then establish a relationship with Allah. They know this reality, but cannot express it in words to those who do not know it, because it cannot be described in words. It creeps and penetrates into the heart, causing pleasure, joy, calmness, tranquility, and peace. In this realm of being, he does not feel alone, in fact he always feels that there is someone accompanying and comforting him. Because everything around him is a friend. Because, what is around him is Allah's creation, which he himself is under His protection [9].

Allah knows the conservation of the Qalbu for the sake of religion, without himself. When the believers are in the mood, God knows the sincerity of those who can resist emotions and are willing to sign an emotional contract to continue to undergo the punishment of the Prophet in a state of obedience, patience and submission. Then, God gives their hearts to their hearts. The position in question is the love that God has for his servants with tenderness and sensitivity, so that he can extinguish the heartbreaking disturbances and emotions cold, peaceful, calm and tenth. Therefore, the reward of the followers at that time is peace which is a victory and opens the door to other victories. For Ghanimah or war booty is one of these victories the manifestation of such victories [9].

According to Shihab, the very act of mentioning God's name as a sign of gratitude and remembrance of the Emperor - something that even outside of his anger can lead to long-term spiritual peace [19]. This illustrates how a servant's heart can become stable and calm through a deep connection with God and gratitude for His infinite goodness. Nahar believes that the secret of spiritual

peace is the regular practice of prayer or dhikr [20]. One can draw closer to Allah SWT, deepen one's sense of security, and strengthen one's faith by regularly remembering and mentioning His name. In addition to being a religious ritual practice, dhikr is also a discipline that improves mental health, helps ward off or distance oneself from sin, and maintains the balance of the soul. Practicing dhikr and implementing Islamic teachings in daily life can provide a solid foundation in developing a healthy and steady mindset within the framework of Islamic religious education.

Surah Ar-Ra'd verse 28 reads:

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

“ Those who believe and whose hearts are at peace with the remembrance of Allah SWT. Remember, that only by remembering Allah SWT will hearts always be at peace”. (QS. Ar-Ra'd: 28)

This verse clearly shows that dhikr, which is remembering Allah, has the power to calm the heart and mind [14]. In this context, “the heart becomes calm” refers to a stable mental state, free from anxiety and emotional stress. As humans, we often face various kinds of life tests that can cause stress, anxiety, or even depression. Therefore, this verse provides an indication that remembering Allah through prayer and dhikr can be a means to relieve these feelings and achieve inner peace. In the Islamic view, prayer and dhikr not only function as rituals of worship, but also as a way to heal the heart and improve psychological well-being. When a person remembers Allah, whether in the form of prayer or dhikr, he will feel peace and security, which in turn reduces the negative impact of stress and anxiety.

The mental health perspective also shows that Dhikr contains deep psychological factors, so in the short term, it can arouse feelings of optimism in a person [13].

## Prayer and Dhikr as a Psychological Relaxation Mechanism

Several scientific studies have shown that prayer and dhikr can serve as effective psychological relaxation mechanisms. *Dhikr*, as a form of verbal meditation, distracts the mind from worldly concerns and helps individuals focus on a higher power. Through the repetition of calming dhikr phrases, such as "*Subhanallah*," "*Alhamdulillah*," and "*Allahu Akbar*," one can reduce anxiety and stress levels. This is based on the concept that focusing on God can distract from the problems at hand, provide a sense of calm, and reduce emotional tension.

Zikir is a calming of the heart and a soothing of the soul as well as an intelligent mind. So it is natural that in facing this complex life if without the role of zikr it will cause problems and chaos. With the power of reason without Zikr, they believe they will be able to create the reality of their lives according to their own wishes. In order to **achieve** a calm soul, Zikir **has** important **role** in human life, **because** Zikir is a psychological need for people who crave peace of mind, besides that it can also provide advice to the human soul to promote good things to do well by preventing it from remembering Allah SWT [25].

The definition of prayer is to ask or request help from Allah SWT, but that does not mean that only those affected by disasters are worthy of prayer. As Muslims, we are worthy of prayer even in good health. Prayer is a request for God to accompany humility to obtain good and profit from Him [8].

According to Ibn Kathir, QS. Ar- Ra'd : 28 indicates people who believe in peace by remembering Allah. Dhikr or remembering Allah encompasses all forms of worship such as praying, reading the Quran and praying. A peaceful heart is the result of strong faith and a close relationship with God. Ibn Kathir emphasizes that peace cannot be obtained from worldly things, but only from a sincere relationship with God [23].

Research in psychology also reveals that meditative activities, such as dhikr, can reduce the level of stress hormones (cortisol) in the body. When someone focuses on the words of dhikr attentively, this can reduce the body's physiological response to stress, which has an impact on improving mental health. The impact of prayer therapy for people with depression has a good

effect, making them able to accept what is happening, and get closer to Allah, so that they can calm their hearts and minds.

Methods of remembering to calm the soul a) Dhikr mouth Dhikr is said through the mouth, some do it with a strong voice and melody that likes the sound slowly. This Dhikr can help a person focus and connect the spiritual aspect of the rhythm of breathing that is often applied in meditation or religious practices to achieve inner peace. c) Dhikr position of Dhikr in a certain position, not moving at all for a certain time or Dhikr, the position refers to the practice of remembering God in various positions or situations of the body. This can be done in various conditions such as sitting, standing, lying down or Bahlan when they do their daily activities. D) Dhikr Qolbu does not have a heart. Aims to cleanse and calm the heart and maintain spiritual awareness in all daily activities. e) Sirri Dhikr or the secret process of this memory is very secret when this Dhikr is only done Dhikr and God knows. No other creature can explore even angels even if they do not know it. The goal is to deepen one's personal relationship with God without having to be shared with others [14].

## **Prayer and Dhikr to Increase Mental Resilience**

Prayer and dhikr can also increase a person's mental resilience, which is the ability to cope with the pressures and challenges of life. In Islam, prayer is not only a request to Allah, but also a means of building a deeper relationship with Him, which provides a sense of peace and confidence. When someone feels stressed or anxious, prayer can provide hope and comfort, and strengthen the sense of confidence that Allah will provide help. In addition, dhikr can form a deep inner calm, which makes individuals more able to face stressful situations or emotional problems with a cool head and a calmer heart. This process will increase the individual's ability to manage emotions and think more clearly in facing various life challenges.

Peace of mind comes from the remembrance of Allah which can form good character, such as patience, calm and perseverance. These values are very important to form those who are not only academic but also with solid character and character. This helps to form good emotional stabilizers. By teaching these values, we can help develop a balance between intellectual intelligence and

mental intelligence and form individuals with inner peace and emotional stability.

McClain-Jacobson and Al (2004) also stated that the higher the level of spirituality, the level of psychological distress such as stress, depression, despair, desire to die and suicide in patients with serious illnesses [24]. Therefore, when someone has high spirituality to avoid behavior that is harmful to him. Because it is not a form of gratitude or dedication to your God. Someone with high spirituality, emotions will automatically be more stable and when the individual's emotions are stable, the individual will not be easily stressed.

In addition, prayer also plays an important role in creating a sense of self-confidence and a great sense of optimism (hope for healing). According to Mental Health, prayer and dhikr here contain very deep psychotherapeutic elements. This psychotherapeutic therapy is no less important than psychiatric psychotherapy, because it contains a lot of spiritual power that can awaken and build a sense of trust and optimism. Viewed from a mental health perspective, prayer and dhikr have significant psychotherapeutic elements. This psychoreligious therapy is no less important than psychiatric psychotherapy because it contains spiritual power that can awaken a sense of self-confidence and optimism (hope for healing). Psychologically, there will be a growing appreciation of the presence of Allah SWT in every aspect of life. He does not feel alone in the world, because there is a Being who is All-Hearing of all the difficulties faced. The calmness of dhikrullah will bring a significant relaxation impact for someone undergoing the healing process.

## **The Effect of Prayer and Dhikr on Reducing Anxiety and Depression**

Based on previous studies, both based on Islamic teachings and psychology, it is known that prayer and dhikr have a significant effect on reducing anxiety and depression. This spiritual practice has a positive impact on mental health by creating feelings of calm, security, and protection. In this context, dhikr can be considered a simple yet very effective form of therapy in reducing negative psychological symptoms.

Several studies have shown that people who regularly perform prayers and dhikr have lower levels of anxiety compared to those who do not. This is because dhikr functions as a tool to calm the mind and heart, which in turn reduces the symptoms of stress and anxiety that are commonly experienced by many people.

Dhikr is a way to remember, motivate, control, and worship Allah Subhanahu Wa Ta'ala. Dhikr brings a person into a situation that makes one aware of the importance of closeness to Allah Subhanahu Wa Ta'ala, that the closer one is to Him, the more aware one is of His greatness, and is under supervision and protection that will never disappear. By doing dhikr, a person will always feel close to Him. And always feeling protected will avoid bad actions.

The process of dhikr affects mental health, especially related to the respiratory aspect. It implies awareness or attention practiced by emphasizing the breath. Performed with paid breathing helps reduce stress, achieve inner peace, improve concentration, increase endurance and attitude towards the environment and develop personal understanding and personal control. The relationship between spiritual and mental health lies in the way the individual goes to a greater power. Such resignation is thought to lead to an optimistic attitude that brings positive emotions, such as happiness, satisfaction, success, feelings of love and feelings of security [14].

A person whose soul is calm and peaceful means that the person feels balance in his/her soul functions or a person who does not experience any mental disorders whatsoever so that he/she can think positively, be wise in facing problems, be able to adapt to the situations faced and be able to feel happiness in life.

### **Prayer and Dhikr as an Affordable Source of Calm**

Factors that influence mental health are parenting, environmental health problems and socio-economic factors [15]. One of the positive aspects of prayer and dhikr as a tool to improve mental health is that both can be done anytime and anywhere [16]. It does not require high costs, this therapy is easily accessible to anyone, without being constrained by economic or social factors. Therefore,



prayer and dhikr can be an effective alternative treatment for individuals who do not have access to conventional mental health services.

The prayer method is one of the most important efforts for everyone who is suffering from illness, whether physical or mental illness. Medical treatment is not the only way to recover from illness, but hanging all hopes and abilities to recover from suffering to God who is all-powerful is the best thing. Humans can only try, including doctors who provide treatment, but the only one who can heal is God through prayers offered by humans.

By regularly praying and remembering Allah, a person not only strengthens his spiritual connection with Allah, but also gains great psychological benefits, such as increased inner peace, reduced anxiety, and recovery from feelings of depression or sadness.

### **Integration of Prayer and Dhikr in Daily Life**

In Islam, religion and science are two things that go hand in hand and are inseparable. What Islam teaches in relation to mental health can of course be explained in terms of science. The practice of religious teachings, in addition to being able to provide curative therapy, also has a preventive aspect against mental disorders [22].

According to Khairunnas Rajab, the habit of a Muslim in remembering Allah Subhanahu wa ta'ala, such as reading Takbir, Tahmid, Tasbih, Tahlil and Istighfar can be an antidote to detoxification for all mental illnesses, healthy chaotic minds among them and their environment [17].

It is important to note that the influence of prayer and dhikr on mental health can not only be felt when done in a ritual context alone. On the contrary, the integration of prayer and dhikr in everyday life, both in formal and informal forms, can help individuals to maintain mental calmness all the time [18]. For example, saying dhikr when facing difficulties, or doing prayers before going to bed to calm the mind and heart, can provide great psychological benefits.

The value of faith as a basis for calm and emotional stability. Faith provides a strong moral foundation and the belief that everything that happens

is part of God's wise plan. And remember that true peace comes from a relationship with God. For example, in the context of education, showing the importance of integrating spiritual values into daily activities, to develop a balance between the academic and spiritual aspects of their lives.

Psychologically it will influence individuals to always remember Allah SWT in their daily lives, lives and behavior. By remembering, a person will feel the presence of Allah SWT who is the most gracious and the most loving who gives life. So, by remembering, a person will remember Allah SWT and feel that every step will always be accompanied by Allah SWT, so that a person's soul will feel calm.

Furthermore, this practice can also strengthen one's mental resilience, because by remembering Allah, one feels closer to Him, feels stronger to face challenges, and feels less alone in living life.

## Conclusion

This study shows that prayer and dhikr have a significant influence on mental health, both in the context of religion and psychology. Based on Surah Ar-Ra'd verse 28, we can understand that remembering Allah through prayer and dhikr can bring peace and tranquility of the heart. Psychologically, it serves to reduce stress, anxiety, and improve emotional well-being. Therefore, the practice of prayer and dhikr can be used as an alternative or additional method in an effort to maintain mental health, which is easily accessible to every individual.

Based on the results of the discussion above, it can be concluded that prayer and dhikr own significant influence in improving mental health, especially in relieving anxiety, stress, and depression. Surah Ar-Ra'd verse 28 gives a clear indication that by remembering Allah through prayer and dhikr , heart will become calm, which in turn has a positive impact on one's mental health. This practice not only provides spiritual peace, but can also be considered a simple yet effective form of psychological therapy. Therefore, it is important for every individual to integrate prayer and dhikr in life everyday as an effort to maintain mental and emotional health .

Review literature about influence prayer and dhikr in increase mental health based on the Qur'an Surah Ar-Ra'd Verse 28 shows potential big this spiritual practice in create calm heart and improve welfare psychological. However, existing research moment This Still own a number of limitations, such as lack of study quantitative which can provide measurable and objective data, and variation in method prayer and dhikr practiced by individuals, which inhibits generalization results research. In addition, the definition different mental health in every study also becomes challenge in understand impact practice This in a way comprehensive. For that, direction future research should focus on development studies quantitative and experimental that can measure impact prayer and dhikr with more objective, and longitudinal study that observed influence term length. Research interdisciplinary between Psychology, medicine, and religious studies are also important For understand impact prayer and dhikr in more context holistic, while development instrument more measurements specific to mental health in the context of worship will the more enrich results research. In addition, research that pays attention to context social and cultural place practice prayer and dhikr done will give more insight in about variability the impact. With a more approach structured and comprehensive, future research can give better understanding clear about How prayer and dhikr can contribute to the improvement mental health.

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**Muhammad Nor:** Conceptualization, Methodology, Writing – review & editing, Supervision, Project administration.

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