

Effect of the holy Quran in Soul Appeasement and Treatment of Anxiety

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Abstract

The holy Quran is a fascinating book that creates several positive effects on the reader. Such impacts have been reported by a lot of researchers and can even be felt by reading the holy book either in its original version or in its translated version.

In this paper, we try to expose some related works on the appraisal of the Soul and on the reduction of anxiety, based on the reading or listening of the holy Quran.

The reported results of those research works have unanimously shown that the holy Quran does have a real impact on the reduction of anxiety by treating different negative psychological feelings and depressive disorders. Moreover, it provides hope, confidence and motivation.

Keywords: Holy Quran, Soul Appraisal, Treatment of Anxiety.

Experimental studies

Four experimental studies were reported by several researchers to try evaluate the effect of holy Quran recitation on the reduction of anxiety. Those studies are described as follows:

Study 1

The first study was conducted in 2016, with the objective of determining the effect of the Quran recitation on mental health of the medical staff of Mazandaran University of Medical Sciences.

Hence, 80 medical staff of the University were gathered according to inclusion criteria's. Inclusion criteria's were (i) complete satisfaction to study, (ii) no having mental or physical disorders. Then participants were randomly distributed into two groups (40 participants in control and experimental group). Experimental group listened to some verses of the Holy Quran for 3 months at the beginning of each working day for 3 minutes, while the control group didn't receive the Quran recitation.

Results showed that the mean of mental health and all its domains, after hearing the verses of the Quran, in experimental group (listening to the Quran) was higher than the control (not listening to the Quran) group ($p < .05$) (Darabinia, 2017).

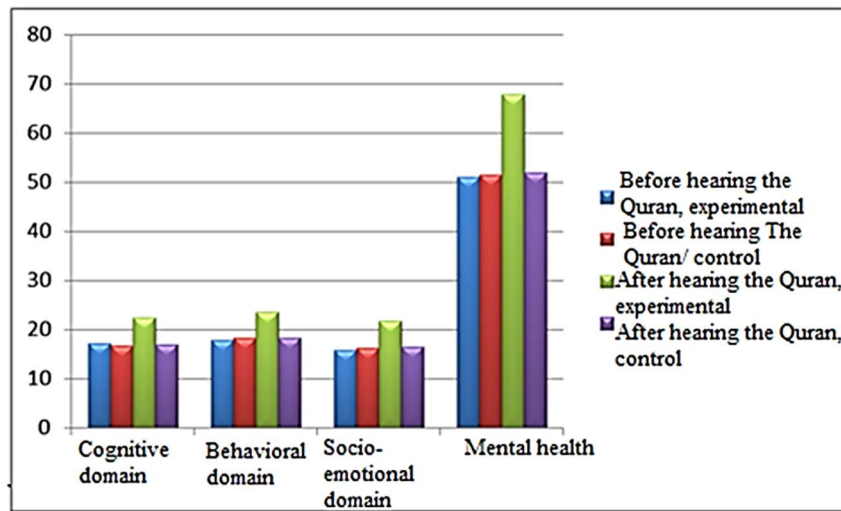


Figure 1. The mean of mental health before and after the playing verses of the Quran (Darabinia, 2017). We can notice that the mental health is better after Quran recitation (see difference between histograms green and blue). (Darabinia, 2017)

Their study revealed the positive effect of hearing the Quran on the mental health of participants. As a conclusion and on the basis of their findings; it can be deduced that hearing the Quran recitations improves the mental state of people.

Furthermore, regarding the close connection of the teaching staff with the students of the University where the experiments were done, **they showed that hearing the Quran can make the staff to feel more satisfied and do their tasks with more optimism**; thus, the students will be pleased as well. As a consequence, they recommended the use of Quran recitations to reinforce positive emotions and psychological comfort for the University staffs (Darabinia, 2017).

Study 2

Another review study was performed by Ashraf Ghiasi on articles published between January 1990 and September 2017. Several online databases including Scopus and Google Scholar were searched with the keywords of “Quran,” “anxiety,” “clinical trial.” The risk of bias across all included studies was assessed using the Cochrane Collaboration’s risk of bias tool.

In their study, the authors reported that from 973 articles found in the initial search, 28 randomized controlled trials and quasi-experiments were selected for the systematic review. Also, In most studies, State-Trait Anxiety Inventory was used to measure participants’ anxiety.

The results of this review revealed a positive effect of listening to Holy Quran recitation in reducing anxiety in various settings (Ghiasi, 2018).

The current evidence indicates that listening to Holy Quran recitation is a useful non-pharmacological treatment for reducing anxiety. However, due to the limited number of studies in this area, further research is needed to obtain more accurate evidence (Ghiasi, 2018).

Study 3

Another different research work evaluated the effect of Quranic therapy on psychological diseases. The experiments have been conducted on 121 patients from both genders. There were different sessions with the patients, who were given some verses from the Holy Quran for listening during a specific time. Thereafter, every patient was given a remedy program. This study aimed to measure the effectiveness of patients to receive treatment through Quran. The results of the effectiveness factor came after ability and willingness and gave a result of 92.6% for those who support the fact that the Quran has a significant healing influence. **The authors report that some of the patients who regularly attended Quranic therapy sessions have been successfully cured;** and 81.8% of the sample believe that Quranic therapy supports their health needs. They also concluded by stating that this study has empirically proved that the sound of the Holy Quran is an effective treatment for spiritual and psychological issues (Saged, 2020).

Study 4

In 2022, Gavvani et al. (Gavvani, 2022) tried to evaluate the effects of listening to Quran recitation on reducing preoperative anxiety, since such anxiety is a very common unpleasant reaction among patients waiting to undergo a surgery. A systematic review, for collecting the data, was performed in Medline, EMBASE, Cochrane Library, PsycINFO, Arab World Research Source, and other relevant databases.

Randomized trials about the effects of listening to Quran on preoperative anxiety reduction in elective surgery were selected without language or date restriction.

The Cochran's Q statistic and the I² index with 50% threshold were used for calculating the heterogeneity and inconsistency index. Furthermore, subgroup analysis was conducted based on the surgery type and the funnel plot was used to assess the possibility of publication bias. Basically, twelve studies were included in the qualitative synthesis and nine were included in the quantitative synthesis.

The meta-analysis showed a significant anxiety reduction with listening to Quran recitation. The heterogeneity between the included studies was statistically significant ($Q = 23.05$, $I^2 = 65.29$, $p = 0.003$). The pooled effect size of anxiety was $d = -8.893$ (95% confidence interval (CI) = -10.763 to -7.022) ($p < 0.001$). So, the analysis showed that listening to Quran recitation reduces anxiety in both major and minor surgeries.

The findings of this statistical investigation indicated that listening to Quran recitation can be considered as a non-invasive and peaceful intervention to reduce preoperative anxiety among patients waiting to undergo a surgery (Gavvani, 2022).

Summary of the four studies

In study 1, the researchers showed that hearing the Quran can make the staff to feel more satisfied and do their tasks with more optimism.

In study 2, the results revealed a positive effect of listening to Holy Quran recitation in reducing anxiety in various settings.

In study 3, the authors reported that some of the patients who regularly attended Quranic therapy sessions have been successfully cured.

In study 4, the results indicated that listening to Quran recitation can be considered as a non-invasive and peaceful intervention to reduce preoperative anxiety.

Hence, the four experiments have shown that the listening of Quran recitation does have a real positive impact on the soul appraisal and anxiety reduction.

Quran effect in coping with anxiety

The way people cope with anxious events represents a major factor in whether or not their health is affected. For Instance, if we take the example of divorce, most people would say that divorce is one of the most destructing life crises, since it affects all the family and generates a serious stressful environment (Ayad, 2008).

That is, let us look at the Talaq chapter (verses 2 and 3) in the Quran. Reading these verses makes you feel as if a merciful hand is caressing you and giving you hope for the future. In fact, the verses are filled with positive attitude - assurances from Allah that things will get better, that there is a foreseeable end to the current problems and sadness (Ayad, 2008).

فَإِذَا بَلَغْنَ أَجَلَهُنَّ فَأَمْسِكُوهُنَّ بِمَعْرُوفٍ أَوْ فَارُقُوهُنَّ بِمَعْرُوفٍ وَأَشْهِدُوا ذَوَيْ عَدْلٍ مِّنكُمْ وَأَقِيمُوا الشَّهَادَةَ لِلَّهِ ۚ
ذَٰلِكُمْ يُوعَظُ بِهِ مَن كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ ۚ وَمَن يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا ﴿٢﴾ وَيَرْزُقْهُ مِنْ حَيْثُ لَا
يَحْتَسِبُ ۚ وَمَن يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ ۚ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ ۚ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا ﴿٣﴾ (65:2-3)

Translation: So when they are about to reach their appointed term, hold them back with kindness or separate them with kindness, and make two just men among you as witnesses, and establish the testimony for Allah; with this is advised whoever believes in Allah and the Last Day; **and whoever fears Allah – Allah will create for him a way of deliverance (2). And will provide him sustenance from a place he had never expected; and whoever relies on Allah – then Allah is Sufficient for him;** indeed Allah will accomplish His command; indeed Allah has set a proper measure for all things (3). [65:2-3]

Amazingly, by only reading these verses, with a sincere belief in Allah's promises, power, mercy and wisdom, is sufficient to reduce stress and give hope, which will help the depressed persons to cope with an anxious situation, even in the most difficult situations (Ayad, 2008).

In a psychological point of view, the cognitive appraisal as introduced by Professor Richard Lazarus (Lazarus, 1984), could describe how different changes and various encountered circumstances influence individuals. So, some people perceive any problem as menacing and stressful; while others approach their problem with a fighting spirit, favoring adjustment and adaptation. Thus, perceiving stressful situations as harmful complicates our ability to cope with these situations. On the other hand, seeing them as challenging enables us to deal efficiently with the events (Ayad, 2008).

However, for believers, the way of coping with emotions depends primarily on the degree of faith. A deep trust in Allah, associated with the fact that this world is transient, can give a real strength and feeling of peace and satisfaction. A true believer never falls into despair, since Allah is present and since He promises to reward patience in this life and in the hereafter (Ayad, 2008). See the following verse of the Quran:

قُلْ لَّن يُصِيبِنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا ۚ وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ﴿٩:٥١﴾

Translation: Say: "Nothing will happen to us except what Allah has decreed for us: He is our protector": and on Allah let the Believers put their trust. (Quran 9: 51)

In this way, the fact of reading the Quran, associated with a great faith in Allah, can influence the response to a stressful situation, in changing the fear or anxiety into calm, peace and hope. It also highly contributes in improving the coping attitude by producing a relaxing feeling and by calming down the stress.

Discussion

In this scientific survey, we discovered some real positive effects of the holy Quran (reading, listening or recitation) on the appeasement of anxiety and the improvement of motivation in stressful or difficult situations.

What could be the secret in such spiritual strength? Is it only the effect of words? But what types of words could influence so deeply the soul and treat many psychological pains? Sincerely, we do not see any possible cause except the fact that the holy Quran should be sent down by a Super Power Creator (Allah, praise be upon Him) who embedded all the necessary treatment required in such situations in His holy book.

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