



Study on the Effect of Reading Activities and Listening to Al-Quran on Human Mental Health

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Abstract. Health problems are a major concern for creating people's welfare, both physical and mental health. The intended mental health is a mental emotional disorder, which includes stress and depression. Spiritual education as a human need in life, which is related to worship such as activities related to the Qur'an. Literacy studies need to be carried out regarding the influence of the Qur'anic book on the human body related to the human mind that can influence mental, emotional, and memory health. The results obtained based on literature studies in this study indicate that the Qur'an has a positive impact on mental health and is able to delay cognitive aging (memory enhancement).

Keywords: *Al-Quran; mental health; depression*

INTRODUCTION

Today health problems are a major concern for creating people's welfare, both physical and mental health. Mental disorders, such as schizophrenia, have a high global prevalence, which is 0.7-1% of the total population worldwide [1]. Schizophrenia is included in severe mental disorders characterized by impaired ability to assess reality and bad insights with symptoms such as hallucinations, wahan, disruption of thought processes and thinking abilities, and strange behaviors such as catatonic [2].

Mental disorders are not only serious mental disorders that require more serious treatment and care through mental hospitals, but mental health related to emotions (mental emotional disorders). People with mental emotional disorders can experience more serious disorders and can attack regardless of age and gender.

Kurniawan and Sulistyarini [2], reported that in the category of mental emotional disorders the population aged over 15 years,

DIY was ranked third after Central Sulawesi (11.6%) and South Sulawesi and West Java (9.3%), with the prevalence of cases 8.1%.

These mental emotional disorders can include depression, excessive stress, and the emergence of concerns that are influenced by learning pressure, work, and social. The burden associated with mental disorders in children and adolescents is quite large, and it is made worse by stigma and discrimination [3]. The survey results on working age in several developed countries such as Australia and America show that currently it is estimated that one in six working ages experiences problematic mental conditions [4].

Mental disorders in the form of depression are related to the mind and may affect memory. This can be seen in students who have difficulty learning and understanding the lesson when in a depressed state. Santri in Jagad Alimusirry's hut are generally at the level of high school education and hold the title of student / student, so that the material is poorly understood, a pile of tasks, and a

narrow learning period can increase stress and cause depression in students, which is a small example unwittingly from emotional disorders.

Spiritual education is needed to guide people closer to the creator, reconcile the heart, and bring calm in life. More spiritual education is taught within the scope of Islamic boarding school education. Islamic boarding schools teach the habit of reading the Koran to know the Koran itself. Religion and the Qur'an are an inseparable part of Muslim daily life [5]. This is because the Quran is a holy word of God and is a guide for humans on earth [6]. Al Quran contains important advice and guidance that is intended so that humans are able to achieve happiness in living the afterlife [7]. The happiness is in the form of life welfare and body health.

Ibnu Katsir Says,

“وَشِفَاءٌ لِّمَا فِي الصُّدُورِ” أي: من الشُّبُهَةِ وَالشُّكُوكِ، وَهُوَ إِزَالَةٌ مَا فِيهَا مِنْ رَجَسٍ وَدَنَسٍ

"Syifa for chest diseases" means, syubhat disease, doubt. His heart is cleansed from every unclean and filth. "(Tafsir Ibn Kathir, 4/274).

In this verse, Allah said,

قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقْرٌ

Say: "The Qur'an is a guide and an antidote to believers. And those who don't believe in their ears have blockages. (QS. Fushilat: 44)

The meaning of these two verses is complementary. Global information in Fushilat, detailed with a statement in Yunus's letter. So that what is meant by the Koran as syifa for those who believe, is a remedy for all liver diseases.

Many studies have been carried out regarding the role of the Qur'an on brain activity and human thinking abilities. Literacy studies need to be carried out regarding the influence of the Koran on mental health

METHOD

This study uses a literature review to reveal how the Koran relates to human mental health. The literature used includes the Al-Quran and research articles as the primary sources of research. By comparing various exposures from the literature. The author analyzes, identifies and reviews to produce a more objective view of the role of the Koran on human mental health.

RESULT AND DISCUSSION

The Book of the Koran

In language, the Qur'an comes from the word qara'a, yaqra'u, qira'atan, wa qur'anah which means to gather or collect [8]. So, the Qur'an is defined as a neatly structured reading or collection of letters. Whereas according to the term, the Qur'an is the word of Allah SWT. which is unmatched, handed down to the prophet Muhammad Muhammad SAW through the intermediary of the angel Jibril and written on the Mushaf (pages). Then it is conveyed to us in a spiritual manner and reading and studying it is a charity

worship, which starts from surah Al-Fatihah and ends with the letter An-Nas.

A. *Music in the Koran*

Music in the field of psychology is considered a separate language that has a specific area of the brain [9]. The area can be activated by listening to harmonic melodies [10]. Some facts show music effects in improving learning [11], music can increase IQ [12], reading, mathematical, memory skills in children [13].

The Qur'an has harmonic music related to memory. the recitation of the Qur'an cannot be categorized into a fast tempo or slow like music, however, listening to the reading is often able to improve the mental development of listeners [14].

Effect of the Koran on Mental Health

Reading the Qur'an is very useful for health. This is because the verses of the Qur'an contain the chants of the holy kalam Allah swt. to the prophet Muhammad SAW, can give peace to both the physical and spiritual readers. The Qur'an has a unique harmony that is not shared by other sets of sentences. The verses contained in the Qur'an contain words that are full of kindness so as to have a positive effect and provide peace. When listening to Qur'an recitation, a series of Al-Qur'an sound waves that reach the brain will have a positive effect on the responsiveness of the cells. The brain will respond to the right harmoni in accordance with the nature of Allah SWT [15].

Islamic concern about mental health is very large, can be seen through tradition in the family of the Prophet and the Al Quran [15]. Prophet Muhammad SAW taught and gave many tips so that the heart becomes calm and peaceful, this shows that mental health is the main thing in life. Many verses of the Qur'an contain guidance on how humans in life in this world are free from anxiety, tension, and depression. Research conducted by Chalfant and Heller in Hawari (1997) shows that 40% of people who experience mental anxiety are brought to a religious expert to get treatment.

The psychological effects of the recitation of the Qur'an are divided into two types, namely the first is the effect of the meaning or meaning of the verse that is recited for those who understand it or know it, while for non-Islamic effects it can be obtained from reading the meaning. The second is the reading of the words in the Koran that do not require understanding from the listener. The effect of listening to a calm voice can give a positive stimulus and avoid the thought of stress [16] that makes the stress felt by students and students can be reduced. Moreover some of the santri of the Islamic boarding school Jagad 'Alimusirry are in a learning state while looking for money (work) so that the level of stress experienced is getting higher.

A study from a doctor in Florida named Qadhi found that when reading the verses of the Koran it would feel calm. Listening to recitation of the Koran can create a calm mood and reduce the patient's worries before performing hemodialysis [17]. Listening to the recitation of the Qur'an can reduce anxiety [18-20].

When conducting listening to the Koran, one of the dominant brain waves produced is theta waves in the parietal and temporal area. Theta waves will be produced by the body when the human body is in strong emotions and at the highest point of concentration. This theta wave occurs in the human subconscious mind and all material related to emotions, both positive and negative emotions, are stored in the subconscious mind [21]. Communication with God is also in this phase. Religious activities such as prayer, meditation produce this wave. So many say that in this theta wave there is a God Spot point [22-24].

CONCLUSION

Based on the description above, it can be concluded that: The Koran contains implied "music", which influences the reader and listener without considering the meaning and beliefs possessed and the activities of listening, reading, and memorizing the Koran affect the mental health of individuals, with provide calm and reduce anxiety and stress so that it can be used as a therapy for mental emotional disorders

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