

Improving the mental health of people from the perspective of religion

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Abstract: According to the World Health Organization definition, health refers to the welfare of complete physical, mental, social, and possession of an efficient and productive life. Humans are exposed to various stresses and strains in the moments of everyday life. Which gradually reduced his mental and physical faculties and provide the basis for mental and physical illnesses? Communication with the source of life and appeal to him helps her healing human spirit powers. Since human nature is divine, therefore need to worship god and this requirement does not change over time. Ignoring the nature needs damages the mental health. Therefore, philosophy of God adoration responds to constitutional needs and Maintain and promotion the mental health. This study aimed to investigate the effect of the Quran in prayer, methods of cognitive, behavioral and emotional .coping with failure and difficulties In order to control the specific urgent internal and external needs has been done on humans' mental health. This study is a review of numerous articles and has been cited Quranic verses. Since human and life is one of the major issues discussed in the Holy Quran, Therefore, psychological and mental health of human cannot be unimportant for Quran.

Keywords: Mental health, Quran, prayer, stresscoping strategies

INTRODUCTION

In the twenty-first century that is the era of tumultuous human stress, Promotion of public health to develop the scientific, political, cultural and economical aspect, considered as One of the most important issues in each country and Undoubtedly, security and human health can be achieve through the four dimensions of health, physical, mental, social and spiritual [1]. Among the important issues in the field of health, is Paying attention to the individuals mental health. Mental health includes a wide range of concepts than can contain from the lack of a sense of sickness to satisfaction and Enjoying life. Comfortable and self-acceptance is one of the main symptoms of mental health [2]. Verses that there are in the Qur'an about human psyche, is signs to guide them to identify themselves and various character and to achieve the correct way to refine and educate their souls by the signs. Religious psychotherapy is New Approach in the treatment of mental illness and emotional disorders [3]. Everyone Subscription in the praying of God lead us to Our common factorial human beings, rooted in human nature. Know in gall the facts is in God's sight and If the issue of mental health is a branch of science and education. Therefore it is available in the sight of God perfect and right. Tell the

truth that all of knowledge is God's and Iameerie (molk-2)

Prayer favorable effects on mental health

The Beautiful aspects of worship, is prayer [4]. Prayer is One of the methods for mentioned and remembrance of God and The best way to communicate with the origin of the universe in His presence. In several verses directly is referred to the role of prayer in relaxation, healing the heart and vitality spirit. Among the first orders come to Moses, 'Implementation prayer to remember me' (taha4, 14).and Worshipers who believe in the Resurrection, Remember the resurrection clean the man, and all the problems is lost. (baghare-26). Since prayer nature, throw human to remember God as the most powerful deterrent ,have ,The inhibitory effect of prostitution and denied. Only pray if with negligence, coercion and duress, the effect would not be comforting in life. As mentioned in the Holy Qur'an, If you prayer with mentioned and remembrance of God, it can comfort your hearts. As well as the effect of prayer on the spirit is studied in science So that the long axis of human size decreases, the amount of exposure to electromagnetic radiation is also low. The time prostrates the man long axis and followed of the impact electricity is low [5]. After contact with the ground

occurs forehead, during prostrate because the rest of the body are related on the ground. Discharge is made easier and human from psychological, physical diseases and even cancer remains safe. Field discharge electricity method in the same way that the human body is at the time of prayer and prays toward Mecca, because this is the best position and will feel more comfortable. Studies conducted up to now have shown that religion plays an effective role in promotion of mental health. There search examines the relationship between the way of implementation of prayer and major depressive disorder, patients were referred to Sun. hospitals in Isfahan. The results of study have shown the relationship between the way of the implementation prayer in a 6-month before the major depression and the prevalence of the disease [6].

The effect of prayer on Mental Health

The best way to treat major mental is mentioned God. Because praying God, polished the heart. It eliminates fear. So remember me to answer you were veiled in the Qur'an that which is a healing and a mercy for the believers. Not only adds to the wicked, loss. (baghare-148). Prayer to God is one of the meaning full facts and constructive positive aspects of human .And the most important factors of growth and human development. "If you had an important objective first for reaching out resort to pray then you leave it to God. Prophets resorted to prayer to achieve target. This was answered Prayer Adam and Eve (araaf-23). Noah's prayer (noah-26, 27). Abraham's prayer (shoara-83, 87.momtahene-4, 5). Solomon's Prayer (naml-9). Prayer of Ayoub (ania-83). Prayer of the Prophet Jonah (ania-87).The prayer of Moses (ghasas-16, 24).Prayer Imam Zakaria (alemran-38) also listed. The Quran states to facilitate the hard work: Oh, open my chest, Easy mission or me, Knots do not let other to understand my speech.

Prayer effects in the field of mental health

The effects of prayer in the field of mental health can mentioned to the reduction of stress and relaxation, the unity of personality, increase confidence, Lack of guilt, or loss and get meaning to life. It is recommended that every Muslim and every human toward God and hope to god answer to the prayers and the Divine Mercy is not discouraged. Do not despair of God's mercy, indeed, apart from unbelievers disappointing. nobody reject the Divine Mercy (yosouf-87).Recently, many researchers studies on effectiveness of prayer in addition to current treatments for conditions such as depression, marital problems, drug addiction and cardiovascular disease .The utility reported. Mathews [7]. In a review of more than 200 studies regarding the relationship between religion and health found that prayer is effective in the health of body and mind, He showed that fewer patients are those who pray and better deal with the disease than people who do not

pray. Miller [8] believes that prayer helps people to easily pass through difficult situations.

Coping strategies

Coping strategies or coping with the crisis is trying behavioral, emotional and cognitive to control pressure, certainly those who do not have effective coping strategies are at greater risk of mental and physical health problems. Islamic teachings cited the ways to deal with frustration and coping strategies to deal with difficulties. The following methods of cognitive, behavioral and emotionalis mentioned.

METHODOLOGICAL

It pays to change, improve understanding and trust in one's thinking about existence and its start and end.Andon the other hand its impact on the provision of mental health is confirmed. In this way, one emphasized to the world and Social life. Cognitive coping ways in individual ability with emotional problems and stress response is effective. The research of Watson and other did not confirm the result of this hypothesis [9]. Ellis was said the religious increase conflicts. They found with a sample of 351 subjects that, People with intrinsic religious orientation are logic in cognitive. They show higher fertility compromise and have Greater mental health. One of the possible out comes in this regard is the role of cognitive factors in mental health. A person with a religious perspective looking at the world, it is easy for him to bear a lot of problems and his understanding of religious helps him in the event of life have better power to deal. Therefore, to improve the mental health need to understand, Causes of religious practice, Understanding their relationship with religious principles, Establish the principles of religion by himself, The benefits of having an ideology and Conscious assimilation of religious values that All of these factors is on the level of knowledge in the field of epistemology and the choice of himself.

BEHAVIORAL METHODS

Healthy behaviors, predicts health. The cognitive evaluation and recognitions that have role on healthy behaviors, in the Stress process and health play an important role. As a result, we can say that physical and mental health of people affected by cognitive appraisal and coping strategies. In this way the instructions and recommendations to deal with problems such as customs treatment, interaction is desired.

- Patience and restraint: People of faith, be patient. And mention God through prayer and Seek. God is a stead fast supporter (baghare 153-155., alemran200)
- Emphasis on the love of parents: Lord, as my parents raised me from childhood with love, you have the right to give them mercy and compassion (asra 24.baghare 83.loghman14)

Verses the veil on women and their role in the mental health of women (nor31.ahzab59)

EMOTIONAL APPROACH

Quran introduced the philosophy of faith and aims to develop the emotional and rational and opposition to it known as the emotional and intellectual retardation. Who opposed the religion of Abraham, Except that their lives are thrown into irrationality (baghare.130) it's a kind of emotional connection with God and religion parents. Seek help in patience and prayed to God, Prayer with the heart is very large and difficult Except God worshipers (baghare.45). Who will answer the prayers of desperation in distress? And destroys their suffering and sorrow and you success or son the earth is a Muslim. Is there a God with God and Few noted the fact. (naml62) Khosravi study [10] showed that there is a positive relationship between mental health and coping strategies, The Unger [11] believes that the use of effective coping strategies and positive Reduce the negative effects of stress.

CONCLUSION

Whatever the community needs to make further progress in political, economic, sports and the so on, investments in the field of mental health is more required. The necessity of growth and human development is physical, psychological and social health. The need for religion to provide mental health is universal. The man is super material that for continue their survival and do not fall in the grip of emptiness, purposelessness and fading moral values needs to pray. The stretching of modern industrial societies to banality and relaxation the foundations of faith communities under the social welfare and overcoming materials on all aspects of human has increased the necessity of turning to prayer and in addition the prayer is a symbol of religion, Include indicators that considered for mental health. When people are under stress they must have the sufficient coping skills, So that they can reduce the effects of stress on the body and mind. If the stress is managed, and there is an effective coping skill, definitely person will be able to collate the needs and challenges of life better. Therefore in Islamic teachings to deal with failures, problems and finally, for access to mental health, intellectual trends have an important role, So that mental health is a condition of eternal salvation. Healthy mental back to your Lord while you are satisfied and are satisfied with you (fajr 27-30) [12]

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