THE ISLAMIC WORLDVIEW, ETHICS AND CIVILIZATION
Issues in Contemporary Interdisciplinary Discourse

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The Islamic Worldview on the Preservation and Restoration of Mental Health

Abdul Latif Abdul Razak

Introduction

Worldview is defined as "a comprehensive conception or apprehension of the world especially from a specific standpoint." This comprehensive conception is indeed the manifestation or the product of one's belief. If the person is a Muslim, his worldview is therefore the Islamic worldview. He or she is supposed to see and interpret everything in this world from an Islamic perspective. Meanwhile, 'mental health' refers to a state of emotional and psychological well-being that enables an individual to function effectively in the society. Preserving it is one of the objectives of Sharī'ah (Maqāsid al-Sharī'ah). Worldview and mental health are significantly related. This is best explained by the A-B-C theory of personality. A is the existence of a fact which is an event that activates one's reaction. B is the belief or the worldview of the individual, while C is the emotional and behavioural consequence or reaction. The reaction can be either appropriate or inappropriate. A (the activating event) does not cause C (the emotional and behavioural consequence). Instead, B, which is the person's view about A, largely, causes C. For example, if a person experiences depression after a divorce, it may not be the divorce itself that causes the depressive reaction, but the person’s view about being a failure, being rejected, or losing a mate. It is the view about rejection and failure that is mainly responsible for the depression, not the actual event of the divorce. It is therefore very clear that