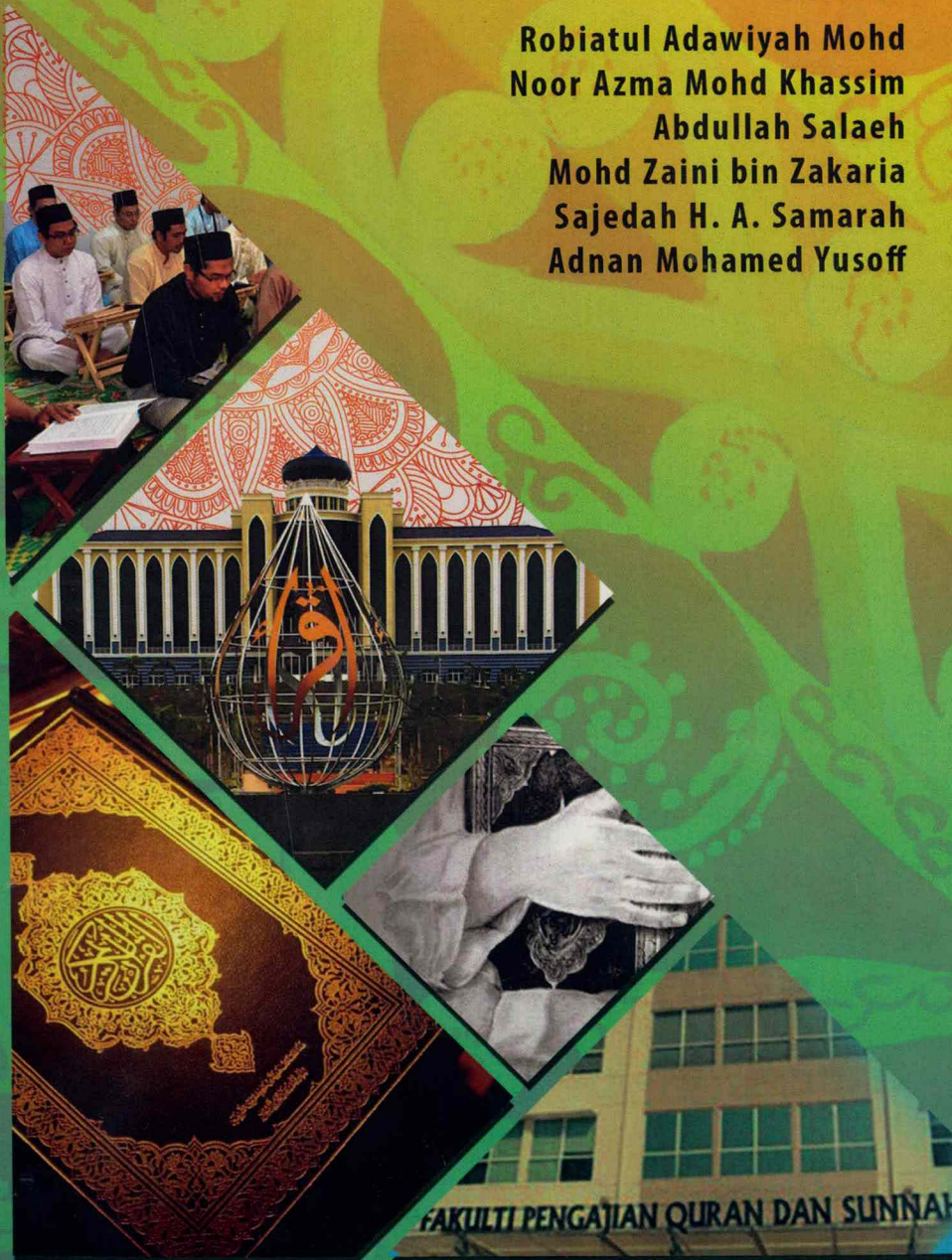


IMPLEMENTING QURANIC VALUES IN SOCIETY

Editors

Robiatul Adawiyah Mohd
Noor Azma Mohd Khassim
Abdullah Salaeh
Mohd Zaini bin Zakaria
Sajedah H. A. Samarah
Adnan Mohamed Yusoff



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Adnan Mohamed Yusoff

THE HOLY QURAN

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RESEARCH OF ONTOLOGIES IN

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Robiatul Adawiyah Azman (USIM)

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PRESERVATION AND THE RESTORATION OF MENTAL HEALTH FROM THE QUR'ANIC PERSPECTIVE

Dr. Abdul Latif Abdul Razak,

ABSTRACT

The Qur'an is the comprehensive guidance, not only for Muslims, but also for the whole mankind. It is revealed for the benefits of the people in every corner and aspect of their lives. One of the aspects is in the preservation and restoration of mental health. This paper aims at analyzing the significance of the Qur'an and Sunnah, i.e. their teachings in preserving mental health as well as in restoring its healthy state. It is an attempt to explore the richness of Qur'an in offering such an important resource in the area, so that it can be benefitted by the people at large. This study also will benefit from the works of early Muslim scholars in the area of counseling and psychotherapy on the assumption that their writings are inspired by their understanding of the two main sources of Islam. It is hoped that this paper will enlighten us on the importance of revelation in the preservation and the restoration of mental health.

Keywords: *Qur'an, mental health, Islam, preservation*

INTRODUCTION

The Qur'an is the comprehensive guidance, not only for Muslims, but also for the whole mankind. It is revealed for the benefits of the people (Al-Anbiya':107), explaining every corner and aspect of human lives (Al-Nahl:39). One of the aspects is in the preservation and restoration of mental health. One may argue that where is in the Qur'an speaks about mental health and what is the term used? Indeed those who are in the field of mental health and, at the same time having knowledge of the Qur'an, will notice so many verses that relates to the subject matter. He might conclude that this Holy Book is the book about mental health. It is very important to note that when the Qur'an speaks about mental health, it goes to the root and source of mental health namely, the spiritual health. This is in line with the Qur'anic view of man as a dual entity comprises of material body (*jasad*) and soul (*rûh*). Of these two components, the soul is mostly the determinant of the state of human bodily and mental health. This will be discussed thoroughly after we briefly know how different schools of Western psychology look at causes of mental disturbance and their treatments.

CAUSES AND TREATMENTS OF MENTAL ILLNESSES FROM DIFFERENT SCHOOLS OF WESTERN PSYCHOLOGY.

There are many schools or perspectives of psychological therapy which have arisen in the West. Among the leading approaches are Psychoanalysis, Behaviorism, Cognitive Psychology, and Humanistic counseling. Each perspective has its own distinct worldviews and approaches with regard to the nature of man, causes of psychological problems as well as their treatments. In