

Mental Health Awareness Among Students of IIUM

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By:
Dr. Mohd Abbas Abdul Razak

Department of Inter-Disciplinary Studies
Kulliyah of Islamic Revealed Knowledge and Human Sciences
International Islamic University Malaysia
(maarji@iium.edu.my)

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Abstract

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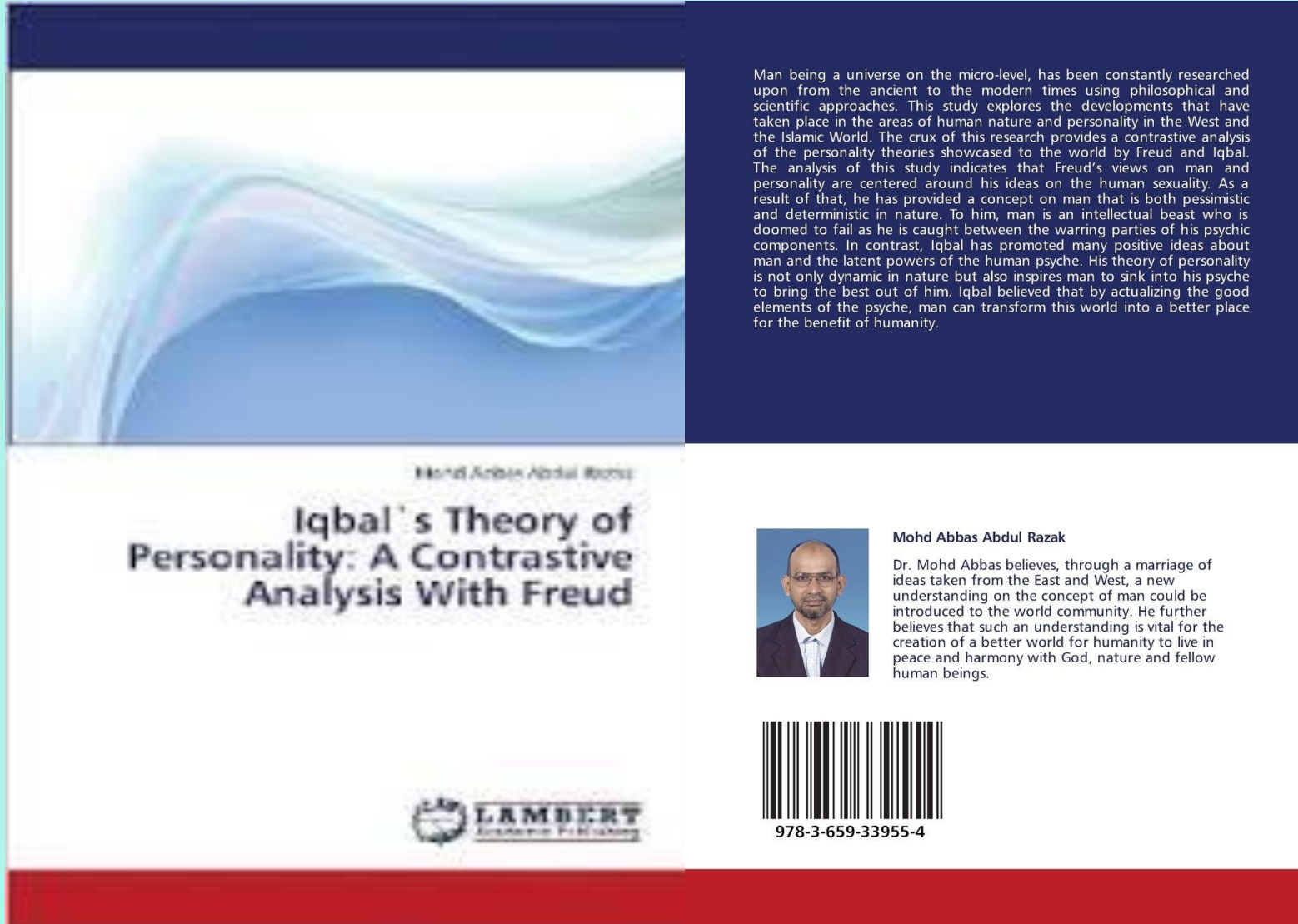
Due to the phenomenal increase in issues related to mental illness in Malaysia and elsewhere in the world, this presentation appeals to the students of IIUM to pay a serious attention to their state of mental health. It has come to the knowledge of the presenters during their counseling sessions with students who go through stress, anxiety, and other mild psychopathological symptoms, that most students are not aware of the importance of maintaining a good balance in their bodily, psychological and spiritual needs. The ultimate aim of this presentation is to bring to the awareness of the students that in their pursuit for academic excellence they should not undermine the importance of enjoying a good level of mental health. It is the contention of the presenters that spirituality plays a vital role in averting all forms of mental illness.

My Research Works

- 1. Konsepsi Pendidikan Akhlaq Menurut Muhammad Iqbal, 1992, Banda Aceh, Indonesia**
- 2. Human Nature: A Comparative Analysis between Western and Islamic Psychology, 1997, IIUM**
- 3. Contribution of Iqbal's Dynamic Personality Theory to Islamic Psychology: A Contrastive Analysis with Freud and Selected Mainstream Western Psychology, 2011, IIUM**

My Book on Iqbal:

Iqbal's Theory of Personality: A Contrastive Analysis with Freud, Lambert Academic Publishing, Germany, 2013.



Man being a universe on the micro-level, has been constantly researched upon from the ancient to the modern times using philosophical and scientific approaches. This study explores the developments that have taken place in the areas of human nature and personality in the West and the Islamic World. The crux of this research provides a contrastive analysis of the personality theories showcased to the world by Freud and Iqbal. The analysis of this study indicates that Freud's views on man and personality are centered around his ideas on the human sexuality. As a result of that, he has provided a concept on man that is both pessimistic and deterministic in nature. To him, man is an intellectual beast who is doomed to fail as he is caught between the warring parties of his psychic components. In contrast, Iqbal has promoted many positive ideas about man and the latent powers of the human psyche. His theory of personality is not only dynamic in nature but also inspires man to sink into his psyche to bring the best out of him. Iqbal believed that by actualizing the good elements of the psyche, man can transform this world into a better place for the benefit of humanity.

Mohd Abbas Abdul Razak

Dr. Mohd Abbas believes, through a marriage of ideas taken from the East and West, a new understanding on the concept of man could be introduced to the world community. He further believes that such an understanding is vital for the creation of a better world for humanity to live in peace and harmony with God, nature and fellow human beings.



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Mental Health According to WHO's Fact sheet No. 220 (2014):

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. Mental health and well-being are fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.

(<http://www.who.int/mediacentre/factsheets/fs220/en/>). Mental health: strengthening our response

Retrieved on the 7th. of January, 2016

Malaysian Mental Health Association Deputy President,
Datuk Dr. Andrew Mohanraj said:

Cardiovascular disease is currently the No. 1 disability that decreases the productive years of individuals. "But according to the World Health Organization (WHO) finding, depression will soon overtake cardiovascular disease in determining the disability-adjustment life year (Daly) of individuals within the workforce of a country.

(Star, 2nd April, p. Nation 15, Malaysia)

MH Does not mean totally free from psychological Challenges

- An individual who enjoys a good level of mental is not totally free from all psychological challenges in his/her life. In other words, mental does not explain the absence of normal day-to-day psychological problems in life like stress, anxiety, frustration, etc. People diagnosed of having serious mental health problems are those who are unable to cope with normal daily matters with regard to their psychological well-being

At what stage MH becomes a problem

- Individuals faced with mental disorder for their inability to control their feelings and emotions are people classified as those who need the help of a counselor, psychologist, physician and therapist in overcoming their problems. The list on what is a mental health problem is ever expanding due to the complexity of human lives during this era of industrialization and globalization

Common Cases of MH

Among the more common cases of mental health are anxiety, grief, stress, mood disorder, learning disabilities, addiction of all kind, relationship problems, ADHD etc.

Hasan Langgulung

- According to Hasan Langgulung (1934-2008), mental health in Islam describes the condition of the human psyche which feels content and tranquil by abiding the good morals of Islam in life. He further believes that the Islamic emphasis on good morals and avoidance of bad habits and degrading conducts in life in a way explains the fact that following good morals will lead one to a good state of mental health and on the contrary bad habits and conduct will lead one to a bad state of mental health (Kreativitas dan Pendidikan,1991)

The Spiritual Heart(*Qalb*) & Mental Health

“Beware! There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt and that is the heart.”

(Narrated by Imam Bukhari cited in Khan), 1986, Vol. 1: 44)

Avoid Envy & Jealousy

- One among the many causes of human mental illness is caused by the feeling of frustration and despair which arise due to envy and jealousy present in the human psyche. The effect of these negative emotions in man causes the human psyche to experience anxiety and depression. The Qur'an which works as a remedy and a healing for the human soul, advises man not to compare his condition and situation with others who are in a better situation with envy and jealousy

(refer Surah Al- Nisa 4: 32)

(Mohd Abbas Abdul Razak,1997)

Students of IIUM

- Many students are not aware of Mental Health issues
- Students of Natural Sciences experience more stress than students of Social Sciences
- Those who are from the Faculty of Education, Dept. of Guidance & Counseling and Dept. of Psychology are more informed on Mental Health issues and on how to deal with them

Causes of Poor Mental Health

- Nature of the course that demands a lot of the students' time and effort
- Poor time management
- Having no balanced lifestyle between studies and other life activities
- Facing family and financial crises
- Feeling homesick
- Foreign students are not well-adjusted to the local environment
- Personality type and relationship problem

Cont.

- Peer pressure
- Multitasking
- Anxiety over employability after completing studies

Islamic Approach

- Islamic Psychology not only teaches on how to problems related to treat mental illness, but also teaches the precautionary efforts that can be taken to avert mental illness
- Muslim therapists and counselors state that mild cases of mental illness can be cured by religious rituals, but severe cases need the intervention of psychedelic drugs
- Long term usage of psychedelic drugs can cause dependency and addiction

Joyce Meyer

A positive attitude gives you power
over your
circumstances instead of your
circumstances having
power over you

Mental Health According to Islamic Psychology

Mental health in the context of Islamic psychology does not only describe the state of an individual who is free from psychopathology, but it also pays much attention on the many positive aspects through which mental health can be maintained and improved

(Mohd Abbas Abdul Razak, 1997)

Keys to Good Mental Health

- Prevention is better than cure
- Don't wait until the situation becomes serious
- Consult Counselors, Psychologists & Psychiatrist
- Don't over pressurize yourself. Take one day at a time
- Set realistic goals for yourself
- Prayers, Zikr, Reading of the Qur'an
- Be in the company of good people
- Be in contact with Family Members
- Participating in Usrah/Discussion Group
- Avoid Isolation
- Balanced Diet & Regular Exercise

Syukran Jazilan

Terima Kasih

Thank You