

The Positive Mental Health in Quranic Perspective: Its Concept and Methods of Promotion

*Ibrahim Shogar^a

^aKulliyah of Science, International Islamic University Malaysia.

*Corresponding author: shogar@ium.edu.my

Introduction: Healthcare professionals are making a considerable effort to deal with the impacts of our stressful conditions caused by the challenges of the globalised world's competitive and busy life. The rapid changes in social and environmental conditions are also worsening the situation. Anxiety, stress and depression, which affect the mind, are the typical outcomes of such situation. These facts have shifted the attention of medical research and practice towards the notion of "positive mental health" rather than the theory of "mental illness", which dominated this field. The World Health Organization (WHO) is contributing to develop this notion. In her work '*Current Concepts of Positive Mental Health*', Marie Jahoda (1958) identifies several approaches in defining positive mental health. The common factor of all such approaches has a resilient mind that enables individuals to cope with the normal stresses of life to realize their potentials and work productively to contribute to community development. The key question, however, is how a resilient mind can be built in a society?

Method: This question necessitates the search for methods, mechanisms and basic factors for mental health promotion. This paper presupposes that the Quranic approach on mental health provides insights to deal with such questions. It aims to present the concept and methods of promoting positive mental health from the Islamic perspective. It investigates the Quranic approach on building a resilient mind that can cope with the various challenges of life. The paper presupposes that the holy Qur'an, adopting the method of prevention and promotion (P&P), manages the question of mental health in a more effective manner than the secular scientific approach. Nevertheless, mental health is mainly related to cultural values and other environmental factors rather than biological ones.

Results: For that purpose, the Quranic verses related to mental health (about 34 times) will be collected, classified and analysed. The analytic method of the quantitative approach will be adopted. It is expected that the paper's conclusions will introduce an alternative perspective, which contributes immensely to the development of effective methods for fostering a resilient mind that promotes mental health.

Keywords: Mental Health, Resilient Mind, Qur'anic Approach, Prevention and Promotion, Stress, Harith al-Muhasibi