

ABSTRACT FOR 3rd WORLD CONGRESS ON INTEGRATION AND ISLAMICISATION 2021

MENTAL HEALTH & WELL BEING IN THE 4th INDUSTRIAL REVOLUTION

Held from 4-6 June 2021

**INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA,
KUANTAN, PAHANG, MALAYSIA**

Editorial Information

Scientific Committee/Abstract Editors

Assoc. Prof. Dr. Nora Mat Zin
Asst. Prof. Dr. Sarah Rahmat
Asst. Prof. Dr. Edre Mohammad Aidid
Asst. Prof. Dr. Azrul Safuan Mohd Ali
Asst. Prof. Dr. Muhammad Salahuddin Haris @ Harith
Asst. Prof. Dr. Syahrir Zaini

List of Reviewers

Theme 1

Asst. Prof. Dr. Azrul Safuan Mohd Ali (Section Editor)
Assoc. Prof. Dr. Abdurezak Abdulahi Hashi
Assoc. Prof. Dr. Che Suraya Mohd Zin
Asst. Prof. Dr. Izzat Fahimuddin Mohamed Suffian
Asst. Prof. Dr. Shaiful Ehsan Shalihin
Asst. Prof. Dr. Mohamad Firdaus Mohamad Ismail

Theme 2

Asst. Prof. Dr. Muhammad Salahuddin Haris @ Harith (Section Editor)
Asst. Prof. Dr. Ramzi Bendebka
Asst. Prof. Dr. Munirah Sha'ban
Assoc. Prof. Dr. Zarina Zainuddin
Asst. Prof. Dr. Rosliza Mohd Salim
Asst. Prof. Dr. Intan Azura Shahdan
Asst. Prof. Dr. Syahrir Zaini

Theme 3

Asst. Prof. Dr. Sarah Rahmat (Section Editor)
Assoc. Prof. Dr. Nora Mat Zin
Asst. Prof. Dr. Rozanizam Zakaria
Asst. Prof. Dr. Muhamad Ashraf Rostam
Asst. Prof. Dr. Siti Roshaidai Mohd Arifin
Asst. Prof. Dr. Mohamed Hassan Abdelaziz Elnaem

Theme 4

Asst. Prof. Dr. Edre Mohammad Aidid (Section Editor)
Asst. Prof. Dr. Nur Jannah Hassan @ Mohamed (Section Editor)
Asst. Prof. Dr. Ssuna Salim
Asst. Prof. Dr. Ahmad Nabil Md Rosli
Asst. Prof. Dr. Ali Sabri Radeef Al-Ani
Asst. Prof. Dr. Che Anuar Che Mohamad

TABLE OF CONTENTS

Abstract No	Title	Page
PP229	An Assessment of Knowledge, Attitude, and Practice towards Depression and Video Games among International Islamic University Malaysia Students	61
PP242	Validation of Smartphone Use Questionnaire (SUQ) into the Malay Language	62
PP244	Psychometric Properties of The Malay-Version of Peer Pressure Scale Questionnaire	63
OP245	Overwhelmed Yet Striving; The Story of IIUM Medical Students	64
OP247	IMARET Fundraising During the COVID-19 Pandemic: An Online Analysis of Facebook Engagement and Funds Raised	65
OP266	The Level of Emotional Intelligence in Medical Imaging Students	66
THEME 4: INTEGRATION OF SPIRITUALITY & MENTAL HEALTH		67
OP17	The Effectiveness of Contemplation on Conceptual Metaphor in Cognitive Spiritual Therapy	68
OP38	Quran and Human Heart in Cognitive Behavioural Therapy	69
OP50	Content Validation of Spiritual Intelligence Scale for Muslim Nurses (SIS-MN): A Fuzzy Delphi Method	70
OP86	Perception of Religious Substance-use Prohibition is Negatively Associated with Vape-trying Among School-going Adolescents	71
OP91	The need of nurses on spiritual preparedness as a religious coping mechanism when in a disaster response	72
PP93	Igbo Migration, Integration and Islamization in Gusau Town Zamfara State, North-western Nigeria During the 20th Century	73
PP95	Practice of Tahajjud among Undergraduate Medical Students in International Islamic University Malaysia (IIUM) and its Relationship with Poor Sleep Quality	74
OP100	The Mental Health Benefit of Religion and Spirituality in People Living with Bipolar Disorder in Malaysia	75
OP103	An Islamic Perspective on Food and Nutrition and the Relevancy of Al-Ghazali's Spiritual View on Modern Practices	76
OP106	Development of the Muslim Prayer Ability Scale (MPAS)	77
OP114	How spiritual is music therapy? A case study on the application of music therapy in Islamic civilization medicine	78
OP116	Managing Financial Stress through Islamic Wealth Management: An Appreciation of Hifz al-Mal	79
PP124	Review of Current Update and Islamic Perspective: Common Mental Health Challenges amongst Undergraduate Universities Students in South East Asia	80
OP126	Psycho-Spiritual States of Emotions and Their Interventions within Qur'anic Narratives	81
PP127	Source of Stressors among Medical Students in Malaysia: A Brief Review	82
PP145	Proteomic Profiling in Schizophrenia: A Brief Review	83
OP153	Preserving Mental Health and Well-Being amidst a Litigious Society: The Way Forward for Muslim Medical Professionals	84
PP156	A Study on Prevalence of Depression among Adults Attending International Islamic University of Malaysia (IIUM) Family Health Clinic, Kuantan, Pahang	85
OP160	Harmonisation and Islamisation of Law in Ahmad Ibrahim Kulliyah of Laws: An Appraisal	86
PP161	The Influence of Halalan Tayyiban on Muslim Decent Spiritual Life and its Relation to al-Ghazali's Concept of Breaking the Two Desires	87
OP163	Preliminary Study on Selected Qur'anic Verses (Chapter 1-10) on Hearing Sciences: A Thematic Analysis	88
OP170	Transition Process into Adult Independent Living among Teenagers Living at Shelter Home	89
OP171	Clinical Applications of Maqasid al Shari'ah in Healthcare: An Overview	90

TABLE OF CONTENTS

Abstract No	Title	Page
PP172	Factors of Mental Health in the Quran: A Thematic Analysis	91
OP173	Islamic Principles Governing Self Integrity towards Sustainable Construction Industry	92
OP174	Good Health and Happiness through Responsible Architecture	93
OP186	Muslim Dietitian-Patient Spiritual Conversations and Its' Challenges: A Cross-Sectional Study	94
PP203	"I need help": A Study of Spiritual Distress among People Diagnosed with Bipolar Disorder in Malaysia	95
PP211	Microbiome Dysbiosis In Depression: A Systematic Review	96
PP216	Psycho-educational Affirmations from the Quran on Sadness to Prevent/Treat Depression for Muslim Clients of Cognitive Behaviour Therapy Approach	97
OP217	A Proposal of Psychological Well Being Dimensions in Islamic Perspective	98
OP222	The Association between Physical Activity Status and Mental Wellbeing among Overweight and Obese Female Students	99
OP226	Mental Health Burden from COVID-19: Findings from a Single Hybrid Hospital in Northwest Malaysia	100
OP228	Predictors of Subjective Well Being Among Malaysian University Hospital Staff: A Cross-Sectional Study	101
OP230	Sadness, Psychoreligio-Spiritual Dimension and Cultural Misperception: Implication for Psychotherapeutic Practice of the Healthcare	102
OP232	Healthcare Practitioners' Views on Postnatal Mental Illness among Postnatal Mothers in Malaysia	103
OP234	Incident of Sihir upon Prophet Muhammad PBUH: Analyses of Narrations, Mental Capacity, and Its Implication on Revelation	104
OP236	Motivational Interviewing Approach in Overcoming Drug Addicts Distrust	105
PP237	Patient Trying to Tell Something Else: Severe Stress during COVID19 Pandemic	106
PP239	Tele-Counselling Services for Clients During Covid19 Pandemic	107
OP240	"My Soul is Empty...": The Intensive Care Patients' and The Family Members' Experience of Spiritual Care	108
OP241	A Review of the Incidence of Depression and the Practice of Coping by the Patients with Diabetes	109
OP243	Theosophical Elements in Iqbal's Magnum Opus "The Reconstruction of Religious Thought in Islam": A Preliminary Review	110
OP248	Community Mental Health Service in Malaysia from the Perspective of Maqasid Shariah	111
OP252	Investigating Perception of Muslims with Hearing Impairment towards Islamic Understanding and Practice	112
OP253	INSPIRE: Islamic Spiritual Care Awareness Program for Medical Personnel at SASMEC @IIUM: Our Experience	113
OP257	Recovery of Obsessive-Compulsive Disorder (OCD) In Al-Quran: An Analysis	114
OP260	Tadabbur al-Quran and its Implications for the Well-Being of the Mind and Emotions in the Situation of the Movement Control Order	115
OP261	Preliminary Findings of Auditory Brainstem Response using Dhikr Stimulus on a Healthy-normal Hearing Adult	116
PP263	The Concept of Resilience and Spirituality among Cancer Surviving Women	117
OP267	Understanding Crisis from Various Religions' Perspective: An Exploratory Study towards Developing a Religious-Based Self-Care Practices for Wellbeing	118
OP274	The Positive Mental Health in Quranic Perspective: Its Concept and Methods of Promotion	119
OP278	Meaning of Life and Life Satisfaction among International Students during the Covid-19 Pandemic	120
PP148	Impact of Medical and Spiritual Counselling on the Mental Health of Parent During Their Child's Illness	121
OP175	The Table of Self-Accountability According to the Purposes of Shariah and Its Impact on the Integrity of An Individual and Society	122

THEME 4:

INTEGRATION OF SPIRITUALITY & MENTAL HEALTH

OP 274

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

Ibrahim Shogar*

Kulliyyah of Science, International Islamic University Malaysia, Jalan Sultan Ahmad Shah, Bandar Indera Mahkota, 25200 Kuantan, Pahang

*Corresponding author's email: shogar@iium.edu.my

ABSTRACT

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? 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. 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