

## **SPIRITUAL IMPACTS OF ISLAMIC BELIEFS AND WORSHIPS TO ADDRESS PSYCHOLOGICAL PROBLEMS**

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### **Abstract**

*Islam is an Arabic word means peace and submission to the will of Allah(Hussain,1998).and the Shariah is all about the instructions of Islam (Nasr2003, p. 75). Concept of faith in Islam calls Iman which works like an internal state of satisfaction that all followers strive for but only few achieve. This understanding of religion itself can be an indication to fear and love of Allah which leads to more complete submission and true peace of lasting purity'' (Husain 1998, p. 282). In Quran several verses described the spiritual Impacts of the teachings of Islam'' The Quran says (13:28): ''Verily the satisfaction of hearts lies in the Remembrance of Allah'' The qualities of spiritual believers are described. ''But as for those who feared to stand before their Lord and controlled their souls from desire,! The Garden will be their home (Quran 79:40-41)'' . ''And those who submit their wills, they are those truly on the right path (Quran, 72:14)'' .This feeling of reward and guidance creates patience in sufferings. Islamic belief and prayers can produce spiritual energy that may be effective in resolving many psychological problems, such as stress, anxiety, tension and anger and aggression which can cause harm the patient as well as the other people in surroundings. Islamic beliefs and prayers can also be integrated into mainstream healing of religious and social affairs of society. This integration can help to activate, transform, and invigorate the process of peace at both individual and social level. This paper provides methods that can be used for the explicit integration of Islamic beliefs and prayers with self satisfaction and social peace*

**Keywords:** *Anger, Anxiety, Beliefs, Spirituality, Stress*

### **Introduction**

Islamic beliefs (Aqaid) and prayers (Salah) can provide Muslim individuals with spiritual energy that can help them in resolving many psychological problems. Muslim may apply their spiritual energy of beliefs to reduce the effect of their psychological issues (Hamdan2010). This study evaluates the role of spiritual energy of Islamic beliefs in healing or somehow reducing the psychological disorders of individuals. Islam is the only religion defines as peace and submission. The one submits the will before the will of Allah calls Muslims must demonstrate as symbol of peace just the instructions of Islam caused peace for its followers. Instructions of Islam are given through revelation now preserved in form of Quran demonstrates and taught by Prophet Muhammad (SAW). For Muslims no other religion will be acceptable other than Islam which is perfect in instructions and complete code of life for the followers for both internal and external matters of life. Islam is a universal religion and is distinguished by being suitable for all human beings of all times and places because Allah Almighty has attributed the prophet of Islam Muhammad (SAW) as peace and blessings for all human beings. The book of Allah called Quran reveled to prophet Muhammad (SAW) attributed as truth which confirms the previous revelations as well (Al-Quran, 5:48).

Traditionally, Muslims hold fast to six fundamental faiths which include; the Oneness of Allah, His prophets as messenger, some of them attributed with scriptures or books with being the Muhammad (SAW) as last messenger and sealed of prophet hood; Allah has revealed Holy Scriptures and Quran is the last revelation just as Muhammad (SAW) is last messenger; revelations of Allah was sent on prophets through angels which exists and perform the duties assigned by Allah; having faith in them as creation of Allah is a part of Iman or faith even if people cannot see them; another faith in life after death on the Day of Judgment, when Allah will determine the final destination and life of individuals according to their acts performed in material world, another core precept is that Allah's will and knowledge is absolute. He knows what is good or bad for human beings.

Everything happens to human beings good or bad is the will of Allah and decided in predestination or fate, though they also have free will.

### **Beliefs or Faith**

Faith provides skeleton to the soul. Just as bones give a structure to a frail envelop like skin to carry the body, in a similar manner faith adds substance to the spirit. This way it attains size be it big or small, thin or robust. In fact, faith is directly proportional to the strength of the spirit. The other name of spiritual strength is peace of heart. Quran gives a simple remedy to a diseased inner tumultuous heart and that is *zikr of Allah* which leads to serenity of *Qulb*. The life as it is spent amongst relations, economic and social nuances under the direct light of religious belief makes a person learn the art of balance and equity. When he succeeds he is rewarded for being on the right path. The directions of spending time of life in this world come from the religion. Islam provides a complete code of life and essentially focuses on the acceptance of deeds by Allah Islam as a religion emerges through abstractions. The existence of Allah, man's soul, life in the hereafter and the fountain of spiritualism i.e. faith – all ethereally manufacture over-whelming feelings. It therefore remains a constant struggle to transcend from the materialism of the physical world to the realization of all that is termed as spiritual.

### **Oneness of Allah as Belief**

Islam declared as monotheistic religion based on beliefs in Allah's oneness which is considered the cornerstone of the entire faith of Islam. All prophets starting from Adam A.S. till the last prophet Muhammad (SAW) proclaimed that there is no God except Allah. But with the passage of time teachings of these religions extinguished and now the only monotheistic religion in its correct form is Islam. And this concept is emphasized in Quran again and again. According to Muslim scholars all of the teachings of the Quran deal directly or indirectly with the belief in Oneness of Allah even in the discussion of other beliefs the teachings touch the existence of Allah as One.

Islam is acquainted with the belief in the existence of God as One who stands not only as creator but as a sustainer and lord of the universe, human are required with an instinctive ability to recognize and understand the truth that he has a

Creator and a God. The knowledge of Islamic monotheism is the most dignified of all brushwood of acquaintance. It also has the greatest appeal. It is all of these because it is comprehension of Allah, His names, attributes and rights upon His believers. In addition, it is the notch to the path that leads to Allah and the foundation of His hallowed Laws. According to Quran all the messengers of Allah gave the message of the worship of One Allah (Al-Quran21:25).

### **Angels**

Belief in angel requires to have faith in unseen creature of Allah which performs duties assigned by Allah, including worship and praise of Allah, providing nourishment and knowledge to creations, parting soul from the bodies of human beings at the time of their departure from this material world, conveying message of Allah to the messengers and many other tasks instructed by Allah. They do not have any form, desire or gender but to obey and praise Allah. They have created by Noor called pure light and blessed with the unbendable and natural proclivity to always obey Allah (Al-Quran, 21: 19-20)

### **The Belief in the Scriptures**

Another belief in revealed Books and scriptures, these scriptures and Books are considered as written document gave by Allah as guiding principles. These books were sent down through angels of Allah. Muslims are required to believe in previously revealed Books only in the sagacity of admitting that, before the Qur'an, Allah had also sent down books along with His Prophets .The Qur'an as the final revelation is enough for the believers to follow as real teachings of previous books were lost or corrupted.

### **The Belief in the Messengers**

Another belief is in prophet hood and messenger ship among which Prophet Muhammad (SAW) as the last, final and sealed of Prophets. All the messengers of Allah came with targeted missions and holy scripts were revealed to them for their assistance. The commands documented, thus became a full time reference point. One could always go back to the words for interpretations with the passage of time. The life of the prophets on the other hand is made exemplary as documentaries for live-referencing. What they did and said on different occasions

is food for thought. All the prophets came to the world as worldly beings and not angels to assure mankind that the path of worldly life has a value which transcends to hereafter. All the Messengers of Allah belong to the same group and on a similarity with each other. To believe in them is part of faith in Islam because all messengers gave the message of Islam. Muslims are required to believe that the Prophets of the past had come to definite people for assured periods of time, while Muhammad (SAW) was sent for the all human beings of all times. And the regulation imparted through the Prophets of the past was not complete. Often times are why the teachings of the earlier Prophets, after the trail off of a certain period of time were lost. At last the most perfect code of direction was imparted to mankind through Muhammad (saw) and all previous codes were automatically abrogated. Messengers are exquisitely protected from inaccuracy in conveying the message of the Allah; A Muslim is to believe that everything the messenger said was accurate. Therefore, he is obliged to believe in all prophets of Allah.

### **The Belief in the Last Day**

Muslims are required to believe in life after death and Day of Judgment The next belief is therefore blended with the previous one i.e. belief in the Day of Judgment, when every human being will be held accountable before God in His court. To believe in life after death and last Day creates sense of responsibility in human beings about their acts. Belief in last day describes that this world is temporary and one day will come to an end. According to Quran all human beings will be brought back to Allah the Exalted. Everyone will be given reward or punished what he had earned, and no one will be dealt with unjustly (Al- Quran 2:281).And Allah will bring all of humanity from start to end before Him to be judged for their deeds. People who had belief in Allah and lived their lives in this world according to the teachings of messengers will be given reward of Paradise abiding therein forever. The people who disbelieved Allah and rejected the message of messengers will enter in hell fire as punishment of their sins. Allah has sent us His messengers to put in order ourselves for that Day. A day where every human being since the beginning of creation will stand for arithmetic and he/she will be held accountant for every single thing they did. Allah the Exalted said: (Verily, these disbelievers love the material life of this world, and put at the

back a heavy Day (Al- Quran 76:27). Allah again said in Quran that no doubt the Day of Judgment will be a Hard Day- Far from uncomplicated for the disbelievers (Al-Quran, 74:9-10).

### **Belief in Predestination**

Belief in al-qadar or predestination requires having patience in will of Allah especially in time of trouble. One must believe that Allah has the knowledge of everything before it came into being, and what will happen to it afterwards. Everything happen to creation is all in accordance to His comprehension and calculation. *Allah* says:"Verily, We have created all things with Qadar."(Al-Quran, 54:49). Everything which occurred, occurring, and will occur is known to Allah before it came into continuation. The *Messenger of Allah* said:"A person is not a Muslim until he believes in Qadar, its good and its evil consequences – until he knows that whatever happened to him would have never missed him, and what missed him would never have occurred." (Tirmizi #2144). Man is given fraction of will in an otherwise predestined life. When, where, how long, how much are all questions which create suspense in his life. These unknown fears make us submit more to the Grand Will and to the realization of our tiny worth.

### **Major Psychological Problems**

Psychology has been perceived as the study of the mind or human behavior (Corinne. H, Paul J. H, 2006).Word psychology is a combination two Greek words psyche and logos. Psyche means soul and logo means study (Corinne. H, Paul J. H, 2006). Therefore, by this definition psychology will be the study of the soul. The word "soul" in the Webster dictionary, means the spiritual fraction of a human beings. Therefore, psychologists study human spirituality or religious affairs of human beings. (Hyman.C,Handal.P.J.2006).Some psychologists do not accept the study of religion and spiritual part of human beings (Patel.C.J; Shikongo. A. E .E 2006) rather have focused on human behavior as tool for psychology. Some psychologists accept religion as a form of pathology (Elkins, 1988), while other psychologists accepted the less role of religion in mental health and psychological wellbeing of the people (Ellis, 1980; Watters, 1992).Some recent studies have accepted and spirituality as an essential part of human well-being. Within the domain of psychology, from over 15 years the general strain

theory (GST) is one of the leading psychological theories of crime (Agnew, 1992, 2001, 2006a) which argue the role of strain or stress to negative emotions that consequently escort to crime also linked with anger (Agnew, 2001). Some other studies have sought after to theory of Angew's (1997) with mixed results. Most of them are agree with few or no significant differences in the strain-crime process (Broidy, 2001; Hay, 2003; Jang, 2007; Jang & Johnson, 2005; Piquero & Sealock, 2004; Robbers, 2004; Sharp, Brewster, & RedHawk Love, 2005). Mazerolle (1998), however, did find major gender differences in crime-specific equations, and has continued to find some experience of strain, both expressively and behaviorally, is gendered. The gendered experiences comprise procedures of both angry disposition and symptoms of depression cause to suicide attempts consumption of wine and hostility by male, and two with higher female chipping in suicidal thoughts and in succession away from home (CDC, 2006). GST results states that people are pressured into crime because of pessimistic trial or state of affairs they practice (Agnew, 2006). The psychologists suggest that nervous tension include a multiplicity of negative emotions. These emotions may be cause of the crime depending on personality of the individual and the atmosphere. Usually people endeavor to find out noncriminal ways to handle with sprain. If they be deficient in the possessions to cope with strain, it will lead them towards unconstructive behavior, and then individuals will be more likely to reply to strain and consequential emotions with crime (Shelley K. M, 2011). Anger can cause other mental disorders such as depression, anxiety, self-pity, self-harm. Angry people cannot make effective decision, take more risks, and even cause physical problems of high blood pressure, diabetes, stroke, gastro and cancer (Maxwell, Sukhodolsky, Chow, & Wong, 2005). Angry thoughts and lack of self-control have been independently identified as hazard factors for hostility (DeWall, Baumeister, Stillman, & Gailliot, 2007).

Anger can be most influential factor for crime than other psychological disorder because angry people have not as much of control on sensation, therefore they are unable to discuss and resolve problems peacefully and realistically. Moreover, anger creates a sagacity of power and a craving for revenge (Agnew, 1992, 2001). Anger blinds reason, and leads to moral disorders (Cosgrave, B. (2007) Angry thoughts may lead to increases aggression by minimizing self-regulation

capacity.(Whitmer and Banich.2010). Reactive aggression is driven by anger response to perceived frustration or threat. In youth, reactive aggression is frequently linked with lack of self-control (Card, N. A., Little, T. D. 2006). The strongest effect of anger will undoubtedly an aggressive behavior (Berkowitz, 1990) and aggression was obtained from feelings of anxiety (Nederlof A. F., Muris P., Hovens J. E.2014).All the mentioned psychological problems are result of lack in self-control and spiritual power. In recent few years a major growth of investigate in the function of spirituality and religion is escalating to help professionals for the physical and mental health of individuals specially in psychiatry (Blass, 2001; Breakey,2001; Coyle, 2001; Puchalski, 2001),and social work (Epple, 2003; Prest, Russel, &D , Souza, 1999).

### **Psychology, Spirituality and Religion**

Recently the increased interest in the function of spirituality and religion in physical and mental health of people has resulted many disciplines in this regard example is psychiatry (Patel C.J; Shikongo.A.E.E.2006). A survey report identifies the preference of therapists in using spiritual tools for therapy.(Sprey,2001). In contrast another report rejected the role of spirituality in psychology with the motive that clinical practice should be guided by proved methods or theories (Huey and Briton, 2002). (Koenig, 2001; Larson & Larson, 2003; Myers, 2000; Seybold & Hill, 2001, C.I Patel C.J; Shikongo.A.E.E, 2006). Some psychologists have accepted the religion as field of human diversity as well as religious and spiritual matters as indicators of human mind (Tisdale, 2003).

Recent study found connection between religion and spirituality, but discuss the variation in use as well (Piedmont et al.2009).These studies indicate the relationship between religion and spirituality, but enough unique in to their separate usage. In addition, the opinions have found differences in spirituality and religion, indicating their functions (Dowling et al.2003; Piedmont et al.2009; Shahabi .L.2002; Takahashi and Ide 2003; Zinnbauer et al.; Piedmontetal 2009).Religion can be perceived a relationship between the human and the divine, and an ultimate reality. Different religions along with their different beliefs, rituals, and customs have different constituent association with their religions accordingly. The majority of these religions have been helpful in attracting

believers through a framework in which believers can find answers to the great questions of being: “Why am I here?”, “Why is there suffering?”, “what happens when I die?” (Woll M. L, Daniel B. Hinshaw, MD, FACS, and Timothy.2008). Spirituality, on the other hand, give a reason and connotation to life and may relate to the dimensions of beliefs, rituals and morals. These dimensions may express the formal religion. Spirituality is considered to be a universal human trait in that all humans are spiritual beings just as good or bad. In an Islamic context, there is no difference between religion and spirituality because there is no partition between thoughts and action (Nasr 1987). Islam as religion consider as code of life Spirituality in Islam perceived as essential part to influence the Muslims , including their beliefs ,rituals, life-style and ways of thinking (Abu-Raiya and Pargament,2011).

Islam consists of five pillars that include the central foundations of the religion. These pillars are obligated for the faithful Muslims (Sachedin. 2005). Faith provides skeleton to the soul. Just as bones give a structure to a delicate envelop like skin to carry the body, in a similar manner faith adds substance to the spirit. This way it attains sizes of big or small, thin or strong. In fact, faith is directly proportional to the strength of the spirit. The other name of spiritual strength is peace of heart. Quran gives a simple remedy to a diseased inner confused heart and that is *zikr of Allah* (Quranic verses) which leads to tranquility of Qulb or heart (Ryan, R. M., &Huta, V.2009). The life as it is spent amongst relations, economic and social requirements under the direct light of religious belief makes a person to be trained in the art of balance and equity. When he succeeds, he is rewarded for being on the right path. The directions of spending time of life in this world come from the religion. (Ryan, R. M., &Huta, V. 2009). Islam provides a complete code of life and essentially focuses on the acceptance of deeds by Allah (F. Schuon.1969). Islam as a religion emerges through abstractions. It therefore remains a constant struggle to transcend from the materialism of the physical world to the realization of all that is termed as spiritual. Religion can be a tool to travel through the journey of this material to next the eternal world, at the same time structures the relationship with Allah. Religion consists of proportions of the Islamic revelation are called the Sacred Law, pathway Truth. (Nasr,A.H,1966).

### **Spiritual Impacts of Islamic Beliefs**

The collision of Islamic creeds on the psychological and cultural configuration of individuals and society are precise as analytical ideal category where diversity is ignored (Nasr, S. H. 1981). Islam offers a parallel development of the individual and the society. Every individual is under obligation to observe the rights of the others. The life of a human is divided simply into three phases. The stage of being a responsibility as children, secondly to gain responsibility as parents and third stage to be a liability where it is to take care of the old and experience the financial and emotional burden. At this stage the young parents are sandwiched in between the responsibilities of the pleasures of their children and their needs and to look after the parents by giving them time, attention and spending on them for their health issues. However there need to maintain the balance between the material and spiritual needs. Once the concept of religiosity takes supreme hold of a person, it all becomes a spiritual pleasure as well as worldly contentment (Vaughan-Lee, L. 1994).

Islamic belief affects on the psychological configuration of individuals as well as on the development and safeguarding of the community of Muslims (Shelley, Louise I. 1981). Within the Islamic domain the purpose of religion is to apply the order of Allah and to institute a system for “outward peace and “harmony and inwardly to the Origin of Human beings through the journey towards the actual destination (Tanner, R. E. S. 1983). In Islam, the ulemas, (religious scholars), work as peace corps between humans and God (Allah). Muslims may seek advice from religious scholars on the subject of religious provisions. Thus cannot provide treatment of dying process, because there is no intervention allowed on behalf of the dying (Sachedin. 2005). Islamic spiritual system is based on the words of Allah as expressed in the Quran. The development of the Muslims spiritual life must be based on the acts of worship and living according to the teachings of the Qur’an. (Ahmad. F..M.B; Abdullah. A, 2011).

These beliefs can provide solid opinion of theory of God (Allah). The first belief is in oneness God (Allah) the owner, Master and Sustainer of everything (taw-hīd). There is only one lord, who is a mighty king of the entire universe and everyone and everything falls under His commands. For a Muslim the sufferings

and sorrows are the trail from Allah and will be rewarded, which can be a delicate state of awareness of Allah (Al-Ghazali.1991). Then beliefs in the existence of divine and unseen beings, the angels, creatures of God appointed for different tasks, including keeping records of human beings (Al-Ghazali, A. H. 2007). This belief provides the concept of spiritual networking that works like a motivation of Allah's help for everyone as empirical evidence. This belief helps in having support of divine authority by angels. The third belief is in prophet hood and the revealed scriptures, among them Quran believed to be the last and only unaffected version of the revelation of God (Allah). All the messengers of Allah came with targeted missions and holy scripts were revealed to them for their assistance. The commands documented, thus became a full time reference point. One could always go back to the words for changing interpretations with the passage of time. The lives of the prophets on the other hand are made exemplary as documentaries for live-referencing. What they did and said on different occasions is food for thought. All the prophets came to the world as worldly beings and not angels to assure mankind that the path of worldly life has a value which transcends to hereafter. In this regard the belief of life after death is more important than the life in present world (Quran, 6:32). Islamic teachings view death decision of Allah (Quran, 2:153–137) at an appointed time death will occur (Qu'ran,3:145). By these references death has been taken transfer of segment from this material to next everlasting life. This concept of continuous life removes the threat or fear from anything that can cause harm.

Pain in Islam has been taken for self-purification of sin or wrongdoing. Muslims believe that they belong to Allah and problem or pain works like a trail from Allah to test their believe and trust on Him (Sachedina,2005). A Muslim believes that grief, disaster, hardship, is trails of Allah. It is accepted by Muslims that pain, problem and suffering can lessen the previous sins. Suffering are taken as mercy from God (Allah) to remove previous wrongdoings and reward in next life. This belief creates tolerance and patience in him which can minimize the stress, strain or anxiety in any problem. This type of patience and trust on God (Allah) in hardship, disaster, and fear are believed to convert suffering to blessing (Watt 1979). In Islamic system of beliefs human beings are different from animals on the basis of awareness of right and wrong called wisdom. If any person did wrong

with someone is expected to seek forgiveness as Allah will not forgive violation of human feeling and rights (Rehamn. F, 1998). This belief can support to prevent the criminal activities in society. Suicide is forbidden in Islam (Qur'an 4:29) as God (Allah) is Creator and Master of life. Muslims are not considered to be their own masters to commit suicide (Hai AH, Asad H, 2000). This belief can help to control the emotions at the time of stress and strain in order to discourage the negative behavior, such as drinking, abusing, violence, and even suicide attempts as well. Islamic teachings give the criteria that human beings are ranked according to their piety and fear of Allah. (Musawi Lari 1997). This criterion is favorable for tolerance and patience in crises and problem. Religious faiths help in balancing mental health (Motahhari. M. 1997). Musawai describes that the belief of life after death can minimize the stress of hardships and problems on the promise of reward in hereafter (1997). The belief in life here after protect us from death anxiety as well (Motahhari 1994a). For Muslims the hardships, problems, and strain in this world can cause reward in the hereafter which can lesser their anxiety and stress in the time of problem. Anger has been taken as negative feeling from Satan in Islam, one must try to control negative feelings at the time of anger. For this purpose Quran has suggested to seek refuge from Allah (Al-Quran. Fusilat:36) or make ablution, take shower, changing of place or posture (Bukhari, 1998) in order to control the negative emotions. These practices can help in controlling the negative effects of anger.

### **Conclusion**

From the above discussion we conclude that people suffering from psychological disorders are not always looking to receive direct religious or spiritual care from their health experts. But the health expert can understand and listen to him or her and provide them the spiritual religious remedies for such disorders. In Islam religious scholars work as Peace Corps between humans and God (Allah). Muslims may consult religious scholars regarding religious supplies. The development of the Muslims spiritual life must be based on the acts of worship and living the religion according to the teachings of the Qur'an.

Person who believes in one God trusts that nothing wrong will happen to him, as his belief in only one God saves him from disappointment. Similarly he feels the

presence of angels to give him satisfaction and support. He has role models to follow their lives, and we know prophets' lives were full of trials and hardships, so when he/she compares his/her problems with the hardships of prophets people, he/she comes to know that even the most beloved to God are also tested. So he accepts these trials as a test from God for His most beloveds. Islam believes in two lives, life of this world and the life hereafter, thus gives its followers the hope and contentment. For Muslims the hardships, problems, and strain in this world can cause reward in the hereafter which can lesser their anxiety and stress in the time of problem.

The belief of predestination gives the feeling of pleasure that anything good is the bounty or blessing, and anything bad is a trail from Allah which will be rewarded. So if these articles of faith are truly followed, they can help a person to cure his psychological disorders.

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