



## THE ROLE OF QURANIC VERSES IN ENHANCING SOUL TRANQUILITY AND MENTAL HEALTH

### PERAN AYAT AL-QURAN DALAM MENINGKATKAN KETENANGAN JIWA DAN KESEHATAN MENTAL

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#### Abstract

This study delves into the significant impact of Quranic verses on fostering mental and spiritual health, focusing particularly on enhancing soul tranquility through spiritual therapy. In the face of rising mental health issues such as stress, anxiety, and depression, incorporating spiritual dimensions within psychotherapy has proven to be essential. Utilizing a comprehensive literature review methodology, this research scrutinized various academic sources to evaluate the effectiveness of integrating Quranic verses in contemporary psychotherapy practices. The findings reveal that embedding spiritual elements notably promotes soul tranquility, reduces stress symptoms, and improves overall life quality. This underscores the Quran's pivotal role in supporting both psychological therapy and spiritual well-being, validating the verses' utility as therapeutic tools. The study suggests that future research should expand on the exploration of these spiritual practices in varied clinical settings to further confirm their benefits in enhancing mental health. The inclusion of spiritual values in clinical practice not only aids in mental health recovery but also meets modern therapeutic demands, providing a holistic approach to maintaining mental and soul tranquility.

**Keywords :** benefits of remembrance, psychological health, quality of life enhancement, religious therapy, spiritual support

#### Abstrak

Penelitian ini mengkaji dampak signifikan ayat-ayat Al-Quran dalam meningkatkan kesehatan mental dan spiritual, khususnya dalam meningkatkan ketenangan jiwa melalui terapi spiritual. Menghadapi peningkatan masalah kesehatan mental seperti stres, kecemasan, dan depresi, pentingnya integrasi dimensi spiritual dalam praktek psikoterapi menjadi semakin esensial. Dengan menggunakan



metodologi tinjauan literatur yang komprehensif, penelitian ini menganalisis berbagai sumber akademik untuk menilai efektivitas pengintegrasian ayat-ayat Al-Quran dalam praktik psikoterapi modern. Hasil penelitian menunjukkan bahwa penyertaan elemen-elemen spiritual secara nyata mendukung ketenangan jiwa, mengurangi gejala stres, dan meningkatkan kualitas hidup secara keseluruhan. Ini menegaskan peran penting Al-Quran dalam mendukung terapi psikologis dan kesejahteraan spiritual, memvalidasi kegunaan ayat-ayat tersebut sebagai alat terapeutik. Penelitian ini merekomendasikan agar penelitian masa depan lebih lanjut mengeksplorasi potensi praktik spiritual ini dalam berbagai pengaturan klinis untuk lebih memperdalam pemahaman tentang manfaatnya dalam meningkatkan kesehatan mental. Integrasi nilai-nilai spiritual dalam praktek klinis tidak hanya mendukung pemulihan kesehatan mental tetapi juga memenuhi tuntutan terapeutik modern, memberikan pendekatan holistik untuk memelihara kesehatan mental dan ketenangan jiwa.

**Kata Kunci :** dukungan spiritual, kesehatan psikologis, manfaat dzikir, peningkatan kualitas hidup, terapi keagamaan

## 1. INTRODUCTION

There is an urgent need to explore psychotherapy approaches that do not solely focus on the physical aspects but also the spiritual. Spiritual therapy with Quranic verses offers a holistic approach that not only provides inner peace but also complete mental recovery. This approach aligns with previous research indicating that the integration of religious values in modern therapy has the potential to reduce symptoms of stress and anxiety, as well as improve patients' quality of life (Rosmarin et al., 2019). This serves as empirical evidence that incorporating spiritual aspects can complement conventional psychotherapeutic interventions, thus creating an interdisciplinary model in the field of mental health.

Furthermore, the integration of Al-Quran teachings and rational science has been identified as a framework that supports a holistic approach in various scholarly contexts. For instance, Hilmi et al. (2024) reviewed the history and conceptualization of integrating Al-Quran studies with rational science, providing a theoretical basis for the application of religious values in clinical practice and education. Thus, this approach is not limited to theological understanding efforts but is also extended as a therapeutic intervention tool that adapts to the demands of the modern age. This demonstrates that the application of spiritual therapy based on religious texts can be built on an integrative foundation between Islamic tradition and contemporary scientific methods.

Additionally, research on the psychological impact within the context of religious education, such as that conducted by Fawwaz and Nasution (2024), reveals that the practices of memorizing and internalizing Quranic verses have a significant psychological impact on individuals. These findings imply that the process of internalizing religious messages in daily life contributes to emotional stability and mental recovery. Although their study focused more on the pesantren environment, the underlying psychological mechanisms are relevant for developing spiritual therapy in a broader clinical context. Thus, this research has the potential to provide practical recommendations for mental health practitioners to integrate an approach based on religious values, particularly in response to the challenges of stress and pressures of modern life.

Therefore, through the synthesis of existing literature and qualitative method approaches in literature studies, this research aims to evaluate the effectiveness of spiritual therapy based on religious texts. This approach is expected not only to present an alternative in modern



psychotherapy but also to build a bridge between religious tradition and clinical practice through the integration of Al-Quran values in mental and spiritual healing.

## 2. RESEARCH METHOD

In this study, we utilized a literature review to collect and analyze the use of Quranic verses and Hadiths in spiritual therapy and mental health. We selected and reviewed sources from academic journals, books, and relevant online articles related to religious psychology and Islamic psychotherapy. The chosen sources were analyzed for their strengths and weaknesses in the context of the research, and findings from various sources were synthesized to evaluate the effectiveness of religious texts in modern psychotherapy practices. Ethical and theological considerations were also taken into account to ensure respect for Islamic principles in the analysis and application. The results from this review are expected to be useful for practitioners and researchers in the fields of mental health and religious psychology.

## 3. RESULTS AND DISCUSSION

### Quranic Verses Discussing Soul Tranquility

In exploring the depths of soul tranquility, the mentioned Quranic verses provide various perspectives and profound spiritual guidance. Each verse has specific relevance in facilitating tranquility both in personal and therapeutic contexts.

#### A. Verse on Allah's Presence (Al-Baqarah 2:248):

وَقَالَ لَهُمْ نَبِيُّهُمْ إِنَّ آيَةَ مُلْكِهِ أَنْ يَأْتِيَكُمُ التَّابُوتُ فِيهِ سَكِينَةٌ مِّن رَّبِّكُمْ وَبَقِيَّةٌ مِّمَّا تَرَكَ آلُ مُوسَىٰ وَآلُ هَارُونَ تَحْمِلُهُ الْمَلَائِكَةُ ۚ إِنَّ فِي ذَلِكَ لَآيَةً لَّكُمْ إِن كُنتُمْ مُّؤْمِنِينَ

"And their Prophet said to them, 'Indeed, a sign of his kingship is that the chest containing tranquility from your Lord and the remnants of the family of Moses and the family of Aaron will come to you, carried by angels. Indeed, in that is a sign for you if you are believers.'" This verse depicts the return of the Ark as a sign of peace and tranquility granted by Allah through angels, illustrating how Allah imparts tranquility through clear and symbolic signs to those who believe.

#### B. Verse on Allah's Presence (Al-Baqarah 2:248):

ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَىٰ رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَنْزَلَ جُنُودًا لَّمْ تَرَوْهَا وَعَذَّبَ الَّذِينَ كَفَرُوا ۚ وَذَلِكَ جَزَاءُ الْكَافِرِينَ

"Then Allah sent down His tranquility upon His Messenger and upon the believers and sent down armies you did not see and punished those who disbelieved, and that is the recompense of the disbelievers." This verse emphasizes the tranquility Allah bestowed on the Prophet and the believers when facing challenges, highlighting the unseen support through "armies you did not see," assuring that Allah continuously supports His followers in unseen ways.

#### C. Verse on Tranquility (Al-Fath 48:4):

اللَّهُ وَكَانَ ۖ وَالْأَرْضُ السَّمُوتِ جُنُودُ ۖ وَاللَّهُ ۖ إِيْمَانُهُمْ مَّعَ إِيْمَانًا لِّيَزِدَّاؤُوا الْمُؤْمِنِينَ قُلُوبَ فِي السَّكِينَةِ أَنْزَلَ الَّذِي هُوَ حَكِيمًا عَلِيمًا

"It is He who sent down tranquility into the hearts of the believers that they would increase in faith along with their [present] faith. And to Allah belong the armies of the heavens and the earth, and ever is Allah Knowing and Wise." This verse specifically shows how Allah increases the believers' faith by sending tranquility into their hearts, clarifying the concept that faith and soul tranquility are interconnected and strengthen each other.

#### D. Ayat al-Kursi (Al-Baqarah 2:255):

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ لَهُ مَا فِي السَّمُوتِ وَمَا فِي الْأَرْضِ ۚ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ



إِلَّا بِإِذْنِهِ ۖ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۖ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمٰوٰتِ  
وَالْاَرْضَ ۖ وَلَا يَـُٔودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ

"Allah! There is no deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass nothing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great." Ayat al-Kursi is a powerful protection prayer that describes Allah's control and dominion over all things. Its power in providing tranquility and security is unparalleled, often used to overcome anxiety and fear.

E. Verse on Patience (Al-Baqarah 2:155-157):

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالتَّمْرِ ۖ وَبَشِيرٍ الصَّابِرِينَ  
الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ  
الْمُهْتَدُونَ ۚ هُمْ وَأُولَٰئِكَ ۖ وَرَحْمَةٌ مِّن رَّبِّهِمْ ۖ مِّن صَلَواتٍ عَلَيْهِمْ وَأُولَٰئِكَ

"And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient, who, when disaster strikes them, say, 'Indeed we belong to Allah, and indeed to Him we will return.' Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided." These verses offer comfort and perspective that hardships are part of life, and being patient through them brings Allah's blessings and mercy. It teaches that patience is key to maintaining soul tranquility amidst trials.

F. Verse on Wisdom (Al-Baqarah 2:269):

يُؤْتِي الْحِكْمَةَ مَن يَشَاءُ ۚ وَمَن يُؤْتَ الْحِكْمَةَ فَقَدْ أُوتِيَ خَيْرًا كَثِيرًا ۚ وَمَا يَذَّكَّرُ إِلَّا أُولُو الْأَلْبَابِ

"He gives wisdom to whom He wills, and whoever has been given wisdom has certainly been given much good. And none will remember except those of understanding." This verse emphasizes the importance of wisdom in life and maintaining relationships, which brings peace and tranquility of the soul. Wisdom in decision-making and living according to Quranic principles is a major source of tranquility.

G. Verse on Sincerity (Ash-Sharh 94:5-6):

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا  
إِنَّ مَعَ الْعُسْرِ يُسْرًا

"For indeed, with hardship [will be] ease. Indeed, with hardship [will be] ease." This verse reminds that ease follows hardship. It offers an optimistic message that soul tranquility can be achieved by living life with sincerity and striving hard in all matters.

H. Verse on Prayer (Al-Baqarah 2:186):

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ ۖ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

"And when My servants ask you concerning Me, indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided." This verse asserts that Allah is always near and responsive to prayer, offering tranquility in knowing that every plea before Allah is never ignored and teaches the importance of continual communication with Allah for soul tranquility.

I. Verse on Love and Compassion (Ar-Rum 30:21):

لَقَوْمٍ لَّءَالِيَتِ ذَٰلِكَ فِي إِنَّ ۖ وَرَحْمَةً مَّوَدَّةَ بَيْنِكُمْ ۖ وَجَعَلَ لَهَا لَتَسْكُنُوا أَرْوَاجًا أَنفُسِكُمْ مِّن لَّكُمْ خَلْقٌ أَن ۚ عَالِيَتِهِ ۚ وَمَن  
يَتَفَكَّرُونَ



"And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed, in that are signs for a people who give thought." This verse highlights love and compassion as signs of Allah's greatness, offering peace and tranquility in relationships. Valuing the relationships and affection granted by Allah is key to maintaining soul tranquility.

J. Verse on Love for Parents (Al-Isra 17:23):

أَفِ لَّهُمَا نَقْلٌ فَلَا يَلَاحُظُهُمَا أَوْ أَحَدُهُمَا الْكَبِيرَ عِنْدَكَ يَبْلُغَنَّ إِمَّا إِحْسَانًا وَبِالْوَالِدَيْنِ إِيَّاهُ إِلَّا تَعْبُدُوا إِلَّا رَبَّكَ وَقَضَىٰ  
كَرِيمًا قَوْلًا لَهُمَا وَقُلْ تَنْهَرُهُمَا وَلَا

"And your Lord has decreed that you worship none but Him, and to parents, good treatment. Whether one or both of them reach old age [while] with you, say not to them a word of disrespect, nor repel them but speak to them a noble word." This verse focuses on the importance of respecting parents as part of worship and as a means to attain soul tranquility through dutiful acts and respect for them.

K. Verse on Gratitude (Ibrahim 14:7):

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

"And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.'" This verse teaches that a grateful attitude brings about an increase in blessings. Recognizing and appreciating Allah's favors is an effective way to achieve soul tranquility.

L. Verse on Tolerance (Al-Hujurat 49:11):

يَا أَيُّهَا الَّذِينَ ءَامَنُوا لَا يَسْخَرُ قَوْمٌ مِّن قَوْمٍ عَسَىٰ أَن يَكُونُوا خَيْرًا مِّنْهُمْ وَلَا نِسَاءٌ مِّن نِّسَاءٍ عَسَىٰ أَن يَكُنَّ خَيْرًا مِّنْهُنَّ وَلَا تَلْمِزُوا أَنفُسَكُمْ وَلَا تَنَابَزُوا بِالْأَلْقَابِ بِئْسَ الْأَسْمُ الْفُسُوقُ بَعْدَ الْإِيمَانِ وَمَن لَّمْ يَتُبْ فَأُولَٰئِكَ هُمُ الظَّالِمُونَ

"O you who have believed, let not a people ridicule [another] people; perhaps they may be better than them; nor let women ridicule [other] women; perhaps they may be better than them. And do not insult one another and do not call each other by [offensive] nicknames. Wretched is the name of disobedience after [one's] faith. And whoever does not repent - then those are indeed the wrongdoers." This verse teaches the importance of tolerance and avoiding ridicule, which brings peace to social interactions and helps maintain soul tranquility.

Each of these verses not only carries messages of soul tranquility but also offers practical guidance on how to integrate them into daily life. Using these verses in spiritual therapy or personal meditation can help in overcoming anxiety, boosting faith, and maintaining harmony in various aspects of life.

## How Quranic Verses are Used in the Context of Spiritual Therapy

In spiritual therapy that integrates Islamic principles, Quranic verses are used as a source of strength, comfort, and guidance. Here is a detailed discussion of how various previously mentioned verses can be used in the context of spiritual therapy:

A. Using Quranic Verses as Affirmations and Meditation

Verses like Ayat al-Kursi (Al-Baqarah 2:255) and verses about tranquility of the heart (Ar-Ra'd 13:28) are very effective when used as affirmations. The approach of using verses as affirmations and meditation has been supported by various studies showing that activities of listening, reading, and contemplating verses like Ayat al-Kursi (Al-Baqarah 2:255) and other tranquility-inducing verses play a crucial role in reducing anxiety and stress. Within a therapy or counseling framework, these practices help individuals build feelings of protection, peace, and spiritual closeness to Allah, directly contributing to enhanced emotional stability and mental well-being.





Studies by Rasool (2023) mention that approaches involving the activities of listening, memorizing, and deepening the understanding of Quranic verses can serve as sources of optimism and effective therapeutic tools, especially for individuals experiencing mental disorders. These findings align with the systematic review by Moulai et al. (2023), which states that meditation by listening to and reflecting on sacred verses can organize thoughts and enhance mental productivity, positively impacting in reducing levels of stress, anxiety, and depression. The findings by Rozali et al. (2022) also reinforce the empirical evidence that spiritual activities like reading, memorizing, or listening to the Quran can have significant therapeutic effects in enhancing overall mental health.

Not only limited to reducing stress and anxiety, other research indicates that the practice of reading sacred verses can be integrated with modern therapy interventions to achieve a more stable mental state. For instance, Darabinia et al. (2017) found that reading the Quran could be adapted as one strategy to reduce mental stress experienced by healthcare professionals, thus opening opportunities for broader application in therapy environments that support the use of religious approaches. The integration between spiritual practices and modern therapy methodologies supports the understanding that using verses as affirmations not only strengthens the human connection with religious values but also offers tangible benefits in the context of psychological health.

Overall, the evidence accumulated in the literature indicates that meditation based on reading and reflection of Quranic verses is a holistic approach that can improve the quality of life and mental health. This approach aligns with efforts to integrate religious and therapeutic aspects in counseling, emphasizing the crucial role of spirituality in supporting individual psychological well-being.

#### B. Therapy Based on Patience and Resilience

Discussing therapy based on patience and resilience with reference to verses Al-Baqarah 155-157 is supported by numerous studies that emphasize the relationship between the concept of patience in Islam and its ability to enhance individual resilience in facing life's difficulties. For example, Sevilgen and Tolan (2024) demonstrate a positive relationship between patience and resilience, where patience acts as a mediator between problem-focused coping styles and improvement. This finding supports the idea that applying the principle of patience in therapy sessions can help clients develop the ability to handle challenges and stress in life.

In the Islamic context, Zulfeqar (2024) proposes a psychological model of resilience inspired by the thoughts of Ibn Taimiyyah, where patience, acceptance, and acknowledgment of God's grand plan are considered key elements that support psychological endurance. This model provides a theoretical basis for integrating the verses of patience into modern therapy practices, allowing clients to view each trial as part of a transformation process towards greater good.

Furthermore, research by Hapsari et al. (2021) on positive psychology training based on Islamic values affirms that strengthening resilience in individuals can be achieved through the cultivation of patience, optimism, and perseverance sourced from Islamic teachings. Value-based interventions provide a holistic framework in approaching psychological issues, where therapists can encourage clients to interpret each negative experience as part of a more comprehensive plan in life.

Additionally, the Islamic approach to counseling outlined by Hamjah and Akhir (2013) emphasizes the importance of integrating spiritual values, including patience, into the therapy



process. This approach aims to create a therapeutic environment where clients feel valued and understood within the context of their religious beliefs, thus enhancing therapy effectiveness through the validation of spiritual experiences and the enhancement of faith-based coping capacities.

By synthesizing findings from various sources, it can be concluded that applying therapy based on patience and resilience, referring to the concepts contained in verses Al-Baqarah 155-157, provides a solid basis for developing spiritually integrated psychological interventions. This approach not only helps clients overcome stress and difficulties but also strengthens their faith foundation, resulting in a deeper and more meaningful psychological transformation.

#### C. Using Verses to Address Fear and Anxiety

In the context of using Quranic verses to address fear and anxiety, therapeutic approaches referencing verses such as Surah At-Taubah 9:26 and Al-Fath 48:4 demonstrate that narratives of divine majesty and tranquility can provide spiritual strength for individuals feeling isolated in emotional distress. When used in therapy sessions, these verses allow clients to internalize the concept of Allah's presence as a protector who is always accompanying, similar to the imagination of an 'unseen army' symbolizing boundless divine support.

Studies on the semantic structure in Surah At-Taubah examined by Syarifaturrahmatullah (2021) reveal that the use of language and symbolism in these verses offers many layers of meaning. This linguistic approach provides a solid basis for therapists to explain how symbolic interpretation can open space for relaxation and mental strengthening. By delving into the meaning of each verse particle, therapists can help clients understand that every event they experience is within the framework of divine will, thereby minimizing fear and anxiety by enhancing belief and tranquility of heart.

Further, the psychotherapy perspective studied through the approach of Al-Ghazālī in the work of Ibrahim et al. (2022) shows that the use of spiritual values and specific *maqāmāt* in sacred texts can be an effective strategy in reducing stress. This approach not only brings clients closer to faith values but also integrates visual imagery of divine protection as a symbol of strength that overcomes psychological burdens. This concept aligns with discussions on *taqwa* that invite individuals to feel the divine presence in every aspect of life, thus helping them feel safer and supported in facing challenges.

Thus, the use of specific verses from the Quran in the therapy process not only provides a theological foundation but also stimulates deep psychological processes through spiritual strengthening. The integration of textual and symbolic information contained in these verses, supported by linguistic and psychotherapy studies, offers a holistic approach to addressing fear and anxiety, while also strengthening clients' faith that they are always under greater and everlasting protection.

#### D. Strengthening Relationships Through Verses on Love and Compassion

In the practice of therapy and counseling, the application of principles of love and compassion, which are core to the Quranic verses—such as in Ar-Rum 30:21 emphasizing the importance of love and compassion, and Al-Isra 23 calling for kindness to parents—can be used as a foundation in enhancing clients' interpersonal relationships. The concept of love (*al-mawaddah*) in the Quran not only serves as a spiritual foundation but also as an ethical framework that supports the development of empathy, gratitude, and appreciation for others (Darmawan et al., 2024). Consistent application of these values in daily life can be a strategy



in therapy to strengthen interpersonal bonds and encourage clients to internalize pro-social social values (Silke et al., 2018).

This therapeutic approach aligns with findings that understanding and applying religious values can enhance the quality of interpersonal relationships. For example, studies in the context of Islamic family law outline the principles of justice and compassion that underlie relationships among family members (Sofiandi et al., 2024). These values also inspire therapists to relate the teachings of the Quran with psychotherapy practices, where the application of love and compassion can help clients develop empathetic attitudes and gratitude, which are important components in forming harmonious and supportive relationships (Badruzaman, 2021).

Thus, integrating religious messages—especially verses emphasizing love, empathy, and appreciation—into therapy sessions can support clients' emotional and social growth. These concepts provide a strong moral foundation, while research on the development of empathy and pro-social behavior has reinforced the understanding that the application of compassion values can enhance social cohesion and psychological well-being (Silke et al., 2018), offering ethical and moral guidance relevant in the context of modern life challenges (Jaiyeoba et al., 2024). Therapists can use discussions on these values to stimulate clients' reflections on how these principles can be applied in daily interactions, thereby gradually building stronger and more meaningful interpersonal relationships.

#### E. Developing Wisdom and Sincerity

Discussions on developing wisdom (*hikmah*) and sincerity in the context of decision-making have a strong foundation on the principles of Islamic ethics reflected in Quranic verses, such as Al-Baqarah 2:269 and Ash-Sharh 94:5–6. Both concepts not only serve as spiritual guidance but also influence moral behavior as well as personal and social integrity. The emphasis on *hikmah* provides a framework for making decisions accurately and comprehensively, while sincerity directs individuals to act with genuine intent, adhere to agreements, and uphold honesty in interpersonal interactions (Aulia et al., 2024).

In the context of its application to client guidance, the principle of sincerity can be linked to the application of Islamic values in everyday decision-making. Integrating this concept into counseling or educational management practices, for example, encourages clients to not only perform external obligations but also to internalize inner values such as honesty and genuine intent (Mursidin, 2023). Thus, an ethical approach based on these verses can help build holistic character, encompassing moral responsibility, loyalty to agreements, and exemplary behavior in facing challenges wisely (Kamaruding et al., 2023).

Recent studies in the field of Islamic management and psychology affirm that the application of ethical principles from the Quran, including *hikmah* and sincerity, can be strategic guidelines in decision-making and policy formulation. Research in Islamic management shows that sincere intentions and sincerity in work and stakeholder relations are fundamental values that enhance accountability and justice in every decision-making process (Kamaruding et al., 2023). Moreover, studies on Islamic leadership emphasize the role of *hikmah* in aligning spiritual values with worldly leadership practices, which in turn supports the creation of a just and integrity-based social order (Ruhullah & Ushama, 2025).

In addition, the Islamic psychology perspective offers practical approaches to developing resilience and skills in facing hardship through self-reflection and the reinforcement of moral values derived from Quranic verses. By emphasizing the importance of introspection and the application of values such as sincerity in facing challenges, researchers have shown





that integrating these principles can contribute significantly to mental and emotional preparedness in dealing with the complexities of modern life (Mursidin, 2023). This is highly relevant in counseling and education, where character development based on integrity, commitment to agreements, and courage in making ethical and wise decisions is key to individual and societal success.

#### F. Supplication as a Therapeutic Tool

The discussion of supplication (du'a) as a therapeutic tool within the context of Islamic spirituality can be seen through the application of Al-Baqarah 2:186, which emphasizes that Allah is always near and responds to the prayers of His servants. This verse not only highlights the aspect of petitioning but also contains deep reflective meaning, allowing individuals to build a more intimate relationship with the Creator. In a spiritual therapy framework, the practice of du'a becomes a means for clients to express emotions, reflect on life experiences, and find inner peace that is psychologically beneficial.

In clinical practice and counseling based on Islamic values, du'a has been integrated as an intervention method to support mental and emotional recovery. Keskinoglu and Ekşi (2019) explain how spiritual resources, including du'a, can be used in counseling sessions to help clients build self-awareness and find meaning in life. At the same time, Tahir and Husna (2023) highlight the concept of therapy in Islam that not only emphasizes supplication but also involves deep reflection through du'a, dhikr, and Quranic recitation to strengthen spiritual connection and improve psychological conditions.

Furthermore, the Islamic psychology perspective states that du'a is a crucial healing element, as discussed by Nulhakim (2023). In this framework, du'a and other religious practices like dhikr and tawakkul are seen as methods of internal transformation that can help individuals overcome feelings of alienation or identity dissociation. This approach not only enhances self-understanding but also allows clients to feel the presence and support of the Divine, ultimately breaking feelings of loneliness and isolation.

Overall, the integration of du'a in spiritual therapy demonstrates how religious practices can be structured as holistic psychological interventions, emphasizing that the spiritual aspect plays a significant role in maintaining mental health. Thus, du'a is not only regarded as a means of communication with God but also as a strategic tool for resolving internal conflicts and enhancing emotional well-being through deep reflection.

#### G. Using Verses to Cultivate Gratitude

The use of Quranic verses to cultivate gratitude—such as in Surah Ibrahim 14:7—can serve as a therapeutic tool to help individuals develop a sustainable attitude of thankfulness. Gratitude has numerous proven benefits in various aspects of psychological and emotional well-being. It has been shown to be a significant predictor of psychological well-being among workers. In a study, Wafiah and Mangundjaya (2023) confirmed that gratitude can enhance elements of psychological well-being, facilitating various activities that contribute positively in work environments.

Furthermore, research shows that gratitude practices, such as keeping a gratitude journal, have a positive impact on individual well-being. In the context of children in conflict with the law, the application of gratitude journaling effectively increased feelings of gratitude and reduced negative emotions, positively contributing to their mental health (Al-Fayed et al., 2021). The same applies to other groups in various contexts. For instance, Tarihoran et al. (2021) reported that gratitude serves as a strong mediator for life satisfaction, which became increasingly relevant during online learning situations.



During the pandemic, studies showed that increasing gratitude had a significant impact on psychological health and could be an effective tool for coping with stress and anxiety during challenging phases like the New Normal (Rifayanti et al., 2021). In this case, daily reflection on received blessings, along with the use of selected verses, can reinforce gratitude and enhance overall well-being (Rahayu & Setiawati, 2019). Research by Heryana et al. (2022) also shows that spiritual practices based on dhikr can bring calmness and have a positive influence on mental health, indicating the importance of spiritual interventions in cultivating gratitude.

Through a combination of various therapy methods and spiritually-based approaches, individuals can be taught to focus on the positives in their lives, contributing to improved quality of life and emotional health. By engaging in practices such as gratitude journaling or daily reflection, individuals do not only entrust their mental health to medical interventions but also integrate a deep spiritual dimension into the process (Sari et al., 2020).

In therapy practice, the integration of these verses should be conducted in a way that respects each client's beliefs and uniqueness, collaborating with them to find the best way to apply these principles to their lives and specific challenges. This form of spiritual therapy not only helps in addressing psychological problems but also deepens the spiritual experience, providing relief and new insight for the client.

#### 4. CONCLUSION

The conclusion of this study shows that the integration of Quranic verses in spiritual therapy offers a significant holistic approach in enhancing mental and spiritual health. The research findings confirm that spiritual practices such as dhikr, contemplation, and prayer within the context of therapy have a positive impact on reducing symptoms of stress and anxiety as well as improving quality of life. Additionally, the application of spiritual values in clinical practice demonstrates that religious aspects can serve as important supporters in the healing and mental recovery process.

This study also finds that spiritual therapy relying on religious texts is not only relevant in a religious context but can also be adapted as an effective therapeutic intervention tool in facing modern challenges. This indicates that there is compatibility between the teachings of the Quran and modern psychological science in supporting mental health.

Therefore, it is recommended to conduct further, more extensive research on the effectiveness of Quran-based spiritual practices in diverse clinical contexts, to explore the full potential of this approach in psychotherapy. Future research could investigate the long-term impact of this spiritual therapy in treating specific psychological disorders and assess its effectiveness compared to conventional therapies, providing more comprehensive data regarding its usefulness in broader clinical practice.

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