

Study the ways to make Hope in the Mental Health According to Quran View

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Received: May 14, 2015

Accepted: August 27, 2015

ABSTRACT

Hope is one of important issues in human lives, as humans are looking for happiness, naturally. God brings in his book, Quran, instructions and guidance on all aspects of human life, that guide him to happiness both in this world and the hereafter. The goal of this article is Study the ways to make hope in the mental health, according to Quran view. This study in descriptive- analytic method concludes that we have factors that increase hope in humans such as: Zikr (remembrance of God), belief in religious principles, and

KEYWORDS: Hope, Hopefulness, Quran, Human

INTRODUCTION

Hope is a mental and motivating mode for working and efforts of humans. Hope that is achieved of knowledge and understanding of the origin and the resurrection, also is the basis of all useful efforts of human and is the origin of reform in the community and get someone to eternal bliss, as hopelessness to God and the day of Judgment is the origin of corruption and crimes and leading human to eternal misery.

Generally, Hope is the main capital of human life. Anyone who hopes to the future, feels has everything, and anyone doesn't hope to the future, by mental insecurity, concerns, moreover selfish temptations, even in the peak of material power, hasn't anything. Whenever a person hopes to a bright future, he feels good and happy mood. In addition, his motivation was created at work, and forced him to work correctly in his life.

This article tries to study the ways to make Hope in the mental health, according to Quran view, and this question is answered that: what is Quran solution for reinforcement and hope induction? In addition, concludes: Zikr (remembrance of God), vigil and ... are factors of strengthening of Hope.

1. Analysis of words

1-1. Raja

1-1-1. Literal and idiomatic meaning

«Raja» is from the root «R.J.V» and means desire, wish, Expectation for good things, Expectation of people goodness, Hope to gain joyful things. Its other meaning is «Khof», means: fear, because, «Raja» and «Khof», are attendant to each other. [1]

In addition is in the meaning of delay, and is in contrast with desperation, and has repeated in traditions that «Raja» is in the meaning of expectation and hope. [2]

«Raja» means an assumption that has felicity the factor of happiness to be occurred. [3]

«Raja» is: the heart joy, because of beloved expectation, in condition that its occurrence to be possible, and have a reasonable reason, and human expectation is because, most of its devices are prepared. In this condition, the name of Hope, on this expectation will be true. [4]

2. «Tarbiat» (Training):

2-1. Literal and idiomatic meaning:

There are different definitions of training, and this difference is because of the root of this word. Some know it a derivation of «R.B.V» and others know it a derivation of «R.B.B». «R.B.V» means: the excess, so, training «Tarbiat» in (Bab of tafil) is in the meaning of adding, development and preparation of growth of object. [5]

Training, idiomatically means: (predispose) the condition to pullulate, in order to its functioning as help him to

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reach to completeness.[6]

3. The roles of Hope in human training

One of doctrine that make true training to be certain is the creation of Hope. One of factors to save human is Hope to the future, without any doubt, Hope to the future has the basic role in all sections. Islam also, has emphasis on this issue, as there is the best worship the evolvement expectancy, and the disappointments as one of the biggest sins. [7]

Holy Quran: Disappointment makes triumph people to be failed, so, disappointment is of the great sins, and is one of the believer's characteristics.

[9] (وَلَا تَأْيِسُوا مِنَ رُوحِ اللَّهِ إِنَّهُ لَا يَأْتِيَنَّ سُنَّ مِنْ رُوحِ اللَّهِ إِلَّا الْقَوْمَ الْكَافِرُونَ)

Imam Ali (A):

[10]: «الْفَقِيهَ كُلُّ الْفَقِيهَةِ مَنْ لَمْ يُقْبَطِ النَّاسَ مِنْ رَحْمَةِ اللَّهِ وَ لَمْ يُؤْيِسْهُمْ مِنْ رُوحِ اللَّهِ وَ لَمْ يُؤْمِنْهُمْ مِنْ مَكْرِ اللَّهِ.»

4. The Hope functions in human evolution:

The lovely enthusiasm has important and formative role in human attention to perfection. Meanwhile we shouldn't forget the positive function of Hope, anybody who fears God, will reach to satisfaction position, that is a kind of perfection, and his soul is in calmness and has not no soul anxiety. This person is able to reach the (Jannat-Zaat) position or (Legh- Allah), because, has reached to the science of God magnificence, in addition, hopes to God himself, however, the natural human who attends to perfection, instinctively, and the hope condition has existed on him.

The perfect person always is looking for absolute perfection, for this person, Hope will be the perfection, because he is in the way to reach (Legh- Allah), and it is other than unreal Hope that is found in usual persons.

Things that are used of the Quran in the cognitive discussion, educational and moral teachings about this issue is the attention to «Khof», «Raja» and also «Heaven and Hell» as two instruments in the way of human perfection. [11]

5. Educational effects of Hope in mental health

Humans are God complex creation in different dimensions, one of those is mental health. Belief and faith to God, doing the religious acts by persons, has effective role in his physical and psychological integrity, and also in their formation of personality, and to have a healthy Life. Faith and Hope have well effects in individual and social life, such as:

5-1. Peace of the human psyche:

Peace is anybody hopes. Peace means human establishment in his intention and determination and haven't any anxiety and concern. The Holy Quran, among the waves of anxieties and concerns, introduce Hope to God and his Zikr as the best relaxing and healing drug for hearts, in addition, God knows it as his great blessing and of the faith characteristics.[12] (أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ) [13]

5-2.Happiness and optimism to the world:

One of other signs of Hope in life is optimism to the world and the creation of the world because, a faithful and hopeful, that, he sees his creation, targeted, and introduce the target as: blessing, development and felicity. This kind of people is preparing the field of development and excellence for themselves and the others. [14]

5-3. Increasing Mental Energy:

One of other effects of Hope is that, it increases the Mental Energy, so, increase human efforts. Actually, Hope is the displaying of human abilities. Having contrasting skills and true contrasting to difficulties are of Characteristic of healthy and hopeful persons. [15]

5-4. Reducing the fear and anxiety

Everybody who loses the hope to affair Improvement and correction, will has Fear and anxiety about the future. Hopefulness can reduce his fearing and anxiety. [16]

5-5. Increase the power of determination and social partnership:

Increase the social partnerships and power of determination can increase the spirit hope and Hope, make a

person decide in hard conditions, such as risk in real position, that human decisions are related to his perceptions of danger, and this makes person to decide according to the mentioned position and its related expectations. [17]

5-6. Increase of human capacity toward death:

Human life has pleasure and displeasure, and most of them are preventive, after more efforts. Hope, creates resistant might, makes the bitter to be sweet and makes the difficulties even the death to be unimportant in his view. Psychologists, believe, most of mental diseases that makes by mental discomforts, are seen in unbelieving and hopeless people. Whatever a person to be more hopeful and faithful, is protected more. Only because of lack of faith and hopelessness, mental and neurological diseases are spread, in this era. [18]

6. Hope to God from the religious perspective:

6-1. Blessing of the world and hereafter.

Anybody who hopes to God, God also, treats according to his hope. So, reach to blessing of the world and hereafter, depends on hope to God and having good impression to him and in other hand, exclusion of blessing of the world and hereafter is because of Hopelessness and suspicion to God. [19]

6-2. The source of salvation

In Islam, beside recommendations to faith and good works, it is emphasized much on Hope to God, as far as; good thought to God makes salvation, and bad thought to God makes destruction and atrocities. [20]

Prophet (PBUH): The price of paradise is good thought to God,
«لَا يَمُوتَنَّ أَحَدُكُمْ إِلَّا وَهُوَ يُحْسِنُ الظَّنَّ بِاللَّهِ فَإِنَّ حُسْنَ الظَّنِّ بِاللَّهِ ثَمَرُ الْجَنَّةِ» [21] (None of you dies, unless takes good thought to God, certainly, The price of paradise is good thought to God)

This issue introduced as one of the conditions to reach to the blessing of the world and hereafter, and because the God is «Karim», so, is modest to do against the thought of his creatures about his forgiveness. [22]

6-3. Accepted condition of prayer:

One of condition of acceptance of prayer is heart presence of prayer, and his trust is only to God, so, look at the creatures only as an instrument, otherwise, he is a hidden polytheist, and it is obstacle for acceptance of prayer. Anybody who rely on others except God, God leaves him on that. [23]

Imam Sadegh (A): «Whenever anybody of you wants anything of God, must be disappointed of others, and hope only to God, in this condition, God will give him everything.»[24]

7. Quran cognitive strategies to increase Hope:

In Quran, desirable Hope, proposed as a comprehensive theory, because God corrects people vision and belief by expression of the ideological strategies, and through behavioral strategies, corrects human behaviors.

7-1. Ideological strategies:

The purpose of ideological strategies is the cognitive methodsto increase and strengthen of Hope in humans, and it is about a person vision and belief of existence, the beginning and the end of the world, The role of the divine prophets, and in other hand, evaluation of its effects on the increase or decrease of the real hope of human that consider: person belief of existence, the beginning and the end of the world, the role of God's prophets, and in other hand, to evaluate its effects on increase or decrease of real hope in human beings.

7-1-1. Belief on monotheism and its influence on hope

Belief on monotheism makes human beings haven't no worry and their only hope to be on God. In other words, monotheism, integrates the elements of human soul and ghost, and unifies his thought power for reception and recognition toward one source. In contrary, polytheism, or in other words the sources of fear, benefit and harm, makes disintegration of human soul and division of his power of awareness in different dimensions.

Finally, leads to his disarticulation of unions of human personality and results his psychopathy, so, human, apprehends the case of refuting to God, through monotheism, this person always is thinking to God and has entirely calm heart. (الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ) [25]

Therefore, Hope is characterized in human beings for emanation of God characteristic, and human beings to be rescued of soul disorder and mental irregulars. [26]

7-1-2. Faith to prophecy and its effects on hope consolidation:

Human beings to have a healthy life, needs God sending of prophets. Totally, prophets and God religions can be hope promising to the future, under the faith, piety, soul and body purification and righteous acts. Hope is God names phenomenon, that according to the Quran verses is accomplished through prophecy, so, faith to prophecy, gives us this Hope that by following these human samples, especially through (OsvehHsaneh) to be the symbol of God names and his adjective emanation, completely, and leads to his real Hope.[27], (لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ [27], [28] لِمَنْ كَانَ يَرْجُوا اللَّهَ وَ الْيَوْمَ الْآخِرَ وَ ذَكَرَ اللَّهَ كَثِيرًا).

7-1-3. Belief in the Resurrection and its effects on hope consolidation:

Belief in the resurrection, causes loss and destruction of despair and hopelessness, and makes human to be hopeful that his tries does not remain unanswered. Faith full person believes, his Life does not end only in this world, but humans have another life ahead after death, and there, they will be granted to many of their needs and appropriate desires. In the Qur'an view, eternal life is in the hereafter, and there is comfort, tranquility and absolute security.[29]

7-2. Behavioral strategies:

The purpose of behavioral strategies is practical methods for increasing and strengthening hope in human, these strategies in Quran, have been introduced in both individual and social terms, until human beings, help to increase the Hope in society in addition to enrichment of hope in them. It is worth mentioning, all worship and religious practice, involved in flaming and strengthening the light of hope in the heart, but the role of below strategies are more effective and more eternal, as the most fundamental and universal teachings.

7-2-1. Individual strategies:

7-2-1-1. Zikr and God remembrance:

The main reason of the anxiety and mental and spiritual distress of people is failing of God remembrance. The linking of mind and heart to Godis occurred by the Zikr of God and is established. (فَاذْكُرُونِي أَذْكُرْكُمْ) [30]

7-2-1-2. God fearing (Hopeful fearing):

There is in many verses of the Qur'an, that man should only fear God, and this fear must always be on him, (فَلَا تَخَافُوهُمْ وَخَافُوا اللَّهَ إِن كُنْتُمْ مُؤْمِنِينَ) [31]

Because this kind of fear, in condition of penetration depth in human, keeps him from committing obscene acts and in fact, it is hopeful fearing that causes the consolidation of the foundations of human hope.

7-2-1-3. Repentance to Allah:

Repentance to Allah is one way to avoid disappointment.

(وَهُوَ الَّذِي يَقْبَلُ التَّوْبَةَ عَنْ عِبَادِهِ وَيَعْفُو عَنِ السَّيِّئَاتِ) [32], Since the man have been rebelled with sin, and lost his Hope, can regain his composure, with repentance, and consolidate his Hope.

(يَهْدِي إِلَيْهِ مَنْ أَنَابَ* الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ۗ إِنَّ تَطْمَئِنُّ الْقُلُوبَ) [33]

7-2-1-4. lucubration and nightlife:

God introduces the lucubration and nightlife, hopeful, and introduces the night Prayer and nightlife as promising factors.

(أَمَّنْ هُوَ قَانِتٌ آنَاءَ اللَّيْلِ سَاجِدًا وَقَائِمًا يَحْذَرُ الْأَجْرَةَ وَيَرْجُو رَحْمَةَ رَبِّهِ) [34]

In this time, Hopeful persons, looks towards God and call him

7-2-2. Social strategies:

7-2-2-1. Infagh in the way of Allah:

One of the most important effects of Infagh is eliminate social tensions and depression due to poverty, because, sincerely, makes the Disinfection and purification of the soul:

(خُذْ مِنْ أَمْوَالِهِمْ صَدَقَةً تُطَهِّرُهُمْ وَتُزَكِّيهِمْ بِهَا) [35]

And not only purify the human soul, the evil of avarice and selfishness of the poor, but cause its growth, and grow up of the moral charity and blessings and human virtues: (الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ ابْتِغَاءَ مَرْضَاتِ اللَّهِ وَتَثْبِيتًا مِنْ أَنفُسِهِمْ) [36]

It is dominated the true peace and stability of spirit, but the people that their Infagh is associated with harassment or is with Hypocrisy.

7-2-2-2. Enjoining the good and forbid evil

Enjoining the good and forbid evil is the symbol of interest in health of society and existence of the spirit of joy and hope among the community. Leaving of enjoining the good is the predisposing of disbelieving, and it is one of the causes of hopelessness.

[37] (وَالَّذِينَ كَفَرُوا بِآيَاتِ اللَّهِ وَلِقَائِهِ أُولَئِكَ يَئِسُوا مِن رَّحْمَتِي)

So, to increase and strengthen the spirit of hope in themselves and others, the enjoining the good and forbid evil is necessary to eradication of hopelessness.

7-2-2-3. Beneficence:

In Quran view the righteous person is who hopes to God kindness and believe to his promise, so, anybody who hopes to God kindness, must be righteous.

Conclusion:

1-Hope is a mental condition, and attention to the future is its source. Due to the fact that in the future can benefit from gifts, consequently, a pleasant feeling is alive in his heart, and makes him to try.

2- Quran knows the Hope as important factor to movement and human life, and says: each human behavior needs a motivation; in this case, Hope is very important.

3- Hope has constructive role in the spiritual and religious affairs.

4- The real Hope put the human in the course of evolution, when he himself growth enough at the heart of its actions.

5- Because of believe in monotheism, the life itself will complete.

6- believe in prophecy and have a good sample, help us to make Hope in our lives.

7- Believe in resurrection and hope, create an optimal balance and harmony within human beings.

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