

# A Study of Ways to Mental Peace and Anxiety Control from Koran's Perspective

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## ABSTRACT

Certainly, every man becomes involved in difficulties and experiences anxiety and worry and in some cases, releasing from it is beyond man's ability. In other words, exerting pressures beyond his ability causes anxiety that is beyond man's power in the long term. Thus, the best way to deliver from anxiety and worry is prayer and veneration with the glorious God and trusting in Him. Communication with God who has power over everything making man hopeful is achieved under the patronage of faith in God, peace and tranquility substituting anxieties, apprehensions and fear. As degrees of faith become completer and God's memory becomes greater in heart, peace becomes greater and worry becomes lesser as far as a heart, which is filled with God's kindness has no attachment to anything and anybody but Him as well as has no anxiety and worry. God addresses it with this characteristic as "Ah! Thou soul at peace! Return unto thy Lord content in His good pleasure!" (Al-Fajr, Verses 27-30). Koran and its luminous and life-giving program lead society toward health. God has referred to man's individual and social health as well as physical and mental health in various verses.

**KEYWORDS:** Mental Peace, Anxiety Control, Koran

## INTRODUCTION

Certainly, every man becomes involved in difficulties and experiences anxiety and worry and in some cases, releasing from it is beyond man's ability. In other words, exerting pressures beyond his ability causes anxiety that is beyond man's power in the long term. Thus, the best way to deliver from anxiety and worry is prayer and veneration with the glorious God and trusting in Him, because prayer is communicating with God, the one who is the omnipotent and is closer to His servant than jugular vein and if man wants something from Him, He will grant to him. Communication with God who has power over everything making man hopeful [1].

According to conducted researches in different countries, beliefs, religious tenets and veneration had a positive effect on individuals' health and their role has been proved in curing many diseases such as cancer, cardiovascular, pulmonary and rheumatoid ones. Pier believes that individuals with religious tenets are less contacted mental reaction with grief and anxiety. Alexis Carrels has declared his religious patients more curable. The result of one study in Italy on 27100 patients indicated that 'religious patients' improvement percentage is higher [2].

In Javadi's study, religious and health view in Iran and the world is also studied. He, from 50 researches, concluded that religious men live better, act more positive and have greater physical and mental health [3]. The relation between religion and health is an undeniable issue that foreign researchers have suggested it explicitly. "Real religious man does not surrender to anxiety and maintain their personality balance and are always ready to confront with unpleasant problems that might occur to them." William James said, the American philosopher and psychologist.

Thomas Hayslop has considered prayer as the most important peaceful factor in mental problems. He has pointed out that prayer as the creator of the strongest power for men. In addition, Alexis Carrel goes further and regards religious tenets as the means of overcoming problems. Psychologists and philosophers are not the only ones to consider the effectiveness of religion on mental health and overcoming anxiety. Ernest Poole, general surgery specialist from Pennsylvania University, has introduced "hope" and "faith" as the most important factor of curing man [4]. As degrees of faith become completer and God's memory becomes greater in heart, peace becomes greater and worry becomes lesser as "Who have believed and whose hearts have rest in the remembrance of Allah" (Ar-Rad, Verse 28).

God, in the verse 124 of Taha Surah, also mentions that "he who turneth away from remembrance of Me, his will be a narrow life and I shall bring him blind to the assembly on the Day of Resurrection" [5].

Healthy man mentally is a person whose nature is dominant over him and the hallmark of the dominance is inner peace. "He it is Who sent down peace of reassurance into the hearts of the believers" (Al-Fath, Verse 4).

### Ways to reach peace

#### Remembrance of God

The way to reach heart peace that is the preliminary step of mental health is the remembrance of God in the sense of seeing Him in all situations supervising us. In Koran, 260times the word "zikr" is mentioned in the sense of "remembrance". The way to reach heart peace that is the preliminary step of mental health is the remembrance of God

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and seeing Him in all situations supervising us. “Verily, in the remembrance of Allah do hearts find rest!” (Al-Rad, Verse 28).

### **Worship (Prayer, Fast, Zakat)**

God has made worships such as prayer, fast and zakat obligatory. Conducting the worships regularly at certain times teaches the believer obeying God and His precepts and makes him to regard God with complete humility in works.

Koran in the holy surah of Al-Rad mentions “Verily, in the remembrance of Allah do hearts find rest!” and in the holy surah of Taha mentions “keep up prayer for My remembrance”.

When we position the two verses with each other, we conclude that “prayer” has various effects to create heart assurance and peace.

### **Fast**

Fast is a great help for man in terms of reinforcing his soul and spirit. “O ye who believe! Fasting is prescribes to you as it was prescribed to those before you, that ye may self-restraint.” The continuance of the practice of controlling lusts and dominating them for one month reinforces man’s will. When man’s will becomes strong, it no longer shows weakness feeling against adversities and problems, but solves them with complete peace.

### **Zakat**

Zakat is a kind of worship that is obligatory for Muslims by Islam. Its purpose is paying part of property to the needy people or consuming part of wealth in the public interest. The work makes the spirit of cooperation and participation alive with others especially the poor at the same time keeps away the spirit of jealousy and selfishness from man.

Koran in the holy surah of Al-Baqara suggests four factors of peacefulness that zakat is one of them. “Lo! Those who believe and do good works and establish worship and pay the poor-due their reward is with their Lord and there shall no fear come upon them neither shall they grieve.”

### **Prayer**

Prayer is man’s communication with God. Prayer before the Forbearing and the Sage God is one of the steps of forbearance in the hurricane of life events [6]. Prayer gives man self-confidence, keeps him away from despair and disappointment, invites him to greater effort, brings him out of worry and grants him peace. In a hadith, it is mentioned that prayer is the key of mercy and light in darkness [1]. Furthermore, the verses of 186 of Al-Baqara and 77 of Al-Furqan have dealt with the importance of prayer.

### **Trust in God**

Trust in the Supreme God is one of the ways to reach mental peace. It is obtained from the various verses of Koran that trusting in God is a faithful deed, trusting in God who is the best disposer of affairs and He sufficeth.” (Al-Nisa, verses 173 & 81; Al-Anaam, verse 102). Therefore, Allah loves those who put their trust in Him (Aal-e-Imran, verse 159).

### **Patience**

Going toward God should be a fly to the object of worship. Thus, we should be patient. God states that “be sure we shall test you with something of fear and hunger, some loss in goods or lives or the fruits, but give glad tidings to those who patiently preserve who say when afflicted with calamity: “to Allah we belong and to Him is our return” (Al-Baqara, verses 155 & 156).

“No kind of calamity can occur, except by the leave of Allah and if any one believes in Allah, (Allah) guides his heart (aright): for Allah knows all things” (At-Taghabun, verse 11).

Moreover, religious verses and teachings mostly lead man to maintain peace, good opinion, assurance, certainty, humility, modesty, sympathy, cooperation, self-respect and strength of heart [7].

### **Hope**

One of the factors creating peace in individuals is hope for a bright future. Hope gives man joy and freshness. On the contrary, hopelessness gives man the feeling of disappointment, degradation, weakness and inability. Despaired man is always defeated and hopeful man is always winner in all situations.

In Koran, many verses are concerned with hope. For example, in the holy surah of Yusuf, it is mentioned that “O my sons! Go ye and enquire about Joseph and his brother and never give up hope of Allah’s Soothing Mercy: truly no one despairs of Allah’s Soothing Mercy except those who have no faith.”

### **Reformation**

If man reforms himself so that corrects his behavior and morals, the fruit of the reformation is reaching mental peace. Koran in the holy surah of mentions that “O ye children of Adam! Whenever there come to you messengers from amongst you, rehearsing My signs unto you, those who are righteous and mend – on them shall be no fear nor shall they grieve.” According to this verse, it can be expressed that making attempt in reforming ourselves and others keeps fear and grief away from man’s heart and no insecurity, threat and fear comes to him in this world and afterlife, because purifying and making self bring Allah’s satisfaction and consequently man’s security of the next world is guaranteed.

## **MATERIALS AND METHODS**

This research is conducted using man’s life-giving source namely “Koran”, trusted scientific articles, search of different sources in trusted websites and library studies.

### **Conclusion**

Koran and its luminous and life-giving program lead society toward health. Cure-seeking teaching from Koran is a fact that God, the Merciful one has referred to it in the context of Koran. God has referred to man's individual and social health as well as physical and mental health in various verses that according to them, it can be the best way to cure diseases and the most comprehensive hygienic instruction against such damage. Greater cognition of the effects of Koran in men's mental health can help us in recognizing it better and using it more in curing mental diseases and controlling anxiety. It also opens new ways for us in using divine revelation.

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