

The Effect Of Reading The Quran On Health

Syaripah Aini

Sekolah Tinggi Agama Islam Negeri Mandailing Natal

E-Mail: syaripahaini@stain-madina.ac.id

Abstact

This study reveals how the effects of reading the Koran on health, both physical health and mental health. Because when we read the Koran, it can have a positive effect on him, we will feel there is a feeling of satisfaction and peace of mind about the life we live. Likewise, it will have an effect on the health of the body, because it can improve blood circulation and can stabilize blood sugar levels in the body. That is how it is felt by everyone who reads the Koran correctly. Reading the Qur'an filled with a sense of belief in Allah will lead to a process of self-surrender to the Creator which will bring about a passive state for the reader's body. In addition, reading the Koran like this will also cause a healthy placebo effect and reading the Koran itself can be a form of relaxation, which is called the transcendence meditation method. This relaxation does not focus on the process of relaxing muscles or other processes of physical relaxation, but on phrases that are repeated in a regular rhythm accompanied by self-surrender to God.

Key words: Effect, Reading the Quran, Health

Abstrak

Penelitian ini mengungkap bagaimana pengaruh membaca Al-Quran terhadap kesehatan, baik kesehatan fisik maupun kesehatan mental. Karena ketika kita membaca Al-Quran dapat memberikan dampak positif padanya, kita akan merasakan adanya perasaan puas dan tenteram terhadap kehidupan yang kita jalani. Begitu juga dengan kesehatan tubuh, karena dapat memperlancar peredaran darah dan dapat menstabilkan kadar gula darah dalam tubuh. Hal itulah yang dirasakan setiap orang yang membaca Al-Quran dengan benar. Membaca Al-Qur'an yang dipenuhi rasa keimanan kepada Allah akan menimbulkan proses penyerahan diri kepada Sang Pencipta yang akan menimbulkan keadaan pasif bagi tubuh pembacanya. Selain itu, membaca Alquran seperti ini juga akan menimbulkan efek plasebo yang menyehatkan dan membaca Alquran sendiri dapat menjadi salah satu bentuk relaksasi yang disebut dengan metode meditasi transendensi. Relaksasi ini tidak terfokus pada proses relaksasi otot atau proses relaksasi fisik lainnya, melainkan pada ungkapan-ungkapan yang diulang-ulang dalam ritme yang teratur disertai penyerahan diri kepada Tuhan.

A. Introduction

Along with the very rapid development of the times, it has resulted in many problems arising, because in this era we can easily receive information, besides that it is very difficult to filter out which information is correct, accurate and complete, as a

result of this. Mental disorders occur in many communities from various backgrounds, ranging from children, adolescents, to adults. In today's modern era, many changes have occurred in various aspects of life. Starting from the economic, educational, traditional and cultural aspects, which are experiencing rapid progress. Not infrequently, it can make some people who are unable to adapt to the progress of the times, their mental health is disturbed.

One of the things that must be owned by an individual at this time where mental health is very vulnerable to disturbances is a strong understanding of religion. According to Maslow and Mitelmann, individuals who are normal and mentally healthy have criteria including 1) Having a sense of security; 2) Having self-assessment and rational insight; 3) Have appropriate spontaneity and emotionality; 4) Having contact with reality efficiently; 5) Have a healthy body drive and desire, and be able to fulfill and satisfy it; 6) Have sufficient self-knowledge; 7) Have adequate life goals; 8) Has the ability to learn from his life experiences; 9) The ability to meet the demands and needs of the group; 10) There is a healthy emancipatory attitude towards groups and culture; 11) There is integration in personality. (Kartini and Kartono, 2009: 56). From these definitions and criteria, it does not include elements of spirituality or religion as part of mental health.

According to Daradjat, mental health is the realization of genuine harmony between the functions of the soul and the creation of self-adjustment between humans and themselves and their environment, based on faith and piety, and aims to achieve a meaningful and happy life in the world. and the hereafter (Zakiah Daradjat, 1995: 78).

According to Jalaluddin in his book "Psychology of Religion" states that: "Health of the soul is a state of mind that is always in a calm, safe and serene state, and efforts to seek inner peace can be carried out, among other things, through adjustments in total surrender to God. (Jalaluddin. 2016: 37)

With the understanding that has been explained by several researchers, mental health cannot be separated from a religious perspective, because one of the human dimensions is the religious dimension, diversity is one of human existence which is expressed in the form of confession or belief or the truth of the religion adhered to. in attitude and behavior. It can be found in any human, both in the period (past-present-date), or in the geographical range where humans are located. As we have understood, humans have the potential to be able to believe in and fear God Almighty. On the other hand, Allah has also sent down revelations through His Messengers and has shown signs in the universe for humans to think about so that (so) humans have faith and fear Him. In this diversity, humans can feel their lives become meaningful. He found out about his origins, the basis of his life, his way of life, and it became clear where his life was going. It must be realized by individuals that having a strong understanding of religion is important.

Spiritual health is a condition a person feels calm through relationship with oneself, others and the creator. Someone is doing active life with happiness and serenity with setting goals in life, how to achieve them, and feel satisfied with achievement. The spiritual aspect of Islam consists of 3 things (Alu Bassam, 2019; Heydari et al., 2016)

First, The attribute of spiritual health is to love the Creator, defined relationship with the Most High God, the creator universe all living things including human beings, know whatever happens. Man worships Him directly with prayer, remembrance, reading the Koran, obeying His commands, remember Him in every activity and feel close to Him where and whenever.

Second, Psychological balance that is a believer will not experiencing depression, disappointment, or excessive stress. There is serenity, hope, trust, meaning, and purpose, and satisfaction spiritual in his life, absolute faith in Him. Sure everything that happens by the Will of the creator, so balance occurs.

Third, Duty-based living is an acknowledgment that Sang Creator as the only God and is guidance is the best way of life lived, there is understanding, responsibility responsible for carrying out obligations to be closer to God. Maintain behavior to do good based on teachings his book is compassionate towards all creatures, and always fights get rid of feelings of anger and resentment.

Examining the differences between the Islamic concept of spiritual and health religion as well as other ideologies, are important for designing appropriate nursing care appropriate and useful for Muslim patients in meeting their spiritual needs they. Spiritual health is a nursing responsibility, is part of the holistic nursing approach. Spiritual health is a concept subjective, highly personal, abstract, and complex, in nursing to be important and difficult task. Behavioral manifestations of spiritual health called spiritual well-being. Spiritual well-being becomes a goal in life relationship with God, self, community, proven spirituality and Religion influences and is related to heart surgery, death, immune system function, recovery from physical and psychological illness, and adaptation to chronic disease (Asadzandi, 2020; Heydari et al., 2016).

B. Research Mhetods

Research methods are procedures for solving a problem by means of research. As a study that formulates the basic principles of Islamic law from the perspective of the Qur'an, this research is library research, namely looking for data related to research in the form of the Qur'an, tafsir books and books, journals and documents that aim to analyze the verses of the Koran relating to shirk in Islam.

In general, the data needed in a research must come from primary data and secondary data. Primary data is data obtained directly from the source, so in this research the primary data consists of the Koran and tafsir books which discuss the basic principles of Islamic law. Meanwhile, secondary data is data that has been collected and

systematized by other parties related to the discussion. This research is qualitative research with descriptive analysis and content analysis.

C. Discussion

The Qur'an As Medicine

Allah has explained that the Koran is medicine, this is contained in the letter Yunus verse 57:

يَا أَيُّهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِنْ رَبِّكُمْ وَشِفَاءٌ لِمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

"O people, indeed there has come to you a lesson from your Lord, and a cure for all diseases that are in the chest and guidance and mercy for those who believe."

The mention of the word "dada" is defined as the heart, and this shows that the divine revelations function to heal spiritual ailments, such as: doubt, envy and arrogance. In the Qur'an, the heart is shown as a container that accommodates feelings of love and hate, will and reject. Even the heart is considered capable of giving birth to calm or anxiety. As for the next meaning, where the word Syifa' specifically meant in the Qur'an is only a part of the verse or letter that describes medicine and healing for his servant, and this is in accordance with the letter al-Isra' verse 82 which reads as follows:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

"And We sent down from the Koran something that is antidote and mercy for those who believe and the Koran does not add to the wrongdoers other than losses."

Those who believe, and for those who do not believe in them there are plugs in their ears." If we look at the Koran in the previous verse, the Arabic language used to define medicine is asy-shifa, even if we look again in Arabic. In the dictionary, medicine can be interpreted by the word al-dawa', so why does the Koran not use the word al-dawa' to define the word medicine?, because in Arabic the word al-dawa' only means medicine and healing is only physical. Meanwhile, the word asy -syfa has a deeper, different meaning, this word is more precisely defined as an antidote, its nature is more an antidote to all diseases, and is global, external and internal.

Several studies have explained that reading the Koran tends to be effective for treating mental illness such as reducing stress and making individuals calmer, in a study conducted by a student at Gadjah Mada University, in his research the researcher used an experimental method with a pretest-posttest control group design. The experimental group and the control group each consisted of 10 Islamic boarding school students. Measurement of stress levels using the Depression Anxiety Stress Scale (DASS) and measurement of immunity using a hematology analyzer with a microscopic slide

method. Quantitative analysis using mixed design ANOVA. The results showed that reading intuitive reflective Al Fatihah can reduce depression ($F = 15.34, p < 0.05$) and increase immunity ($F = 25.6, p < 0.05$). (Soedirjo, Moeljono, and Latipun, 2005: 123)

Research shows that reading intuitive reflective al-Fatihah can change the subject's perception of problems in his life. Subjects begin to see what is happening to them using God's anchor perspective. Experimental subjects who managed to cling to God's anchor experienced a significant reduction in depression and an increase in immunity. These changes can not be separated from the feeling of calm after reading the Koran. This is just one study on the importance of reading the Koran for mental health, many other studies have proven that the Koran is ash-shifa.

The Effect of Reading the Koran on Body Health

Reading the Koran is a form of remembrance that is highly recommended by Islam for its people in addition to saying tahmid, tasbih, tahlil and takbir. If it is seen that reading the Koran is a form of dhikr and then it is analogous to transcendence meditation in providing positive benefits for the human body.

Today many are starting to realize the miracles or benefits of every worship ordered by Allah SWT. Particularly in the world of health and medicine, many scientists, both Muslims and non-Muslims, have finally discovered that there are many benefits to the body after performing certain acts of worship such as prayer (both obligatory and sunnah), ablution, fasting, remembrance by mentioning names. Him or by reading the Koran and others. And dhikr is a form of religious relaxation that can provide a relaxation response. In addition, from a study it was found that religious factors can be involved in increasing life expectancy, reducing the use of alcohol, cigarettes and drugs, reducing depression, anger and anxiety, reducing blood pressure and improving the quality of life for cancer and heart disease patients (Purwanto, 2006:39).

Al-Qur'an murotal therapy is proven to reduce pain levels. This is based on research conducted by Hidayah (2013) and (Handayani et al, 2014) showing that there is an effect of giving Al-Qur'an murotal therapy on pain levels. In both studies, the group that was given Al-Qur'an murotal therapy had lower levels of pain than the group that was not given Al-Quran murotal therapy.

Reading the Qur'an filled with a sense of belief in Allah will lead to a process of self-surrender to the Creator which will bring about a passive state for the reader's body. In addition, reading the Koran like this will also cause a healthy placebo effect and reading the Koran itself can be a form of relaxation, which is called the transcendence meditation method. This relaxation does not focus on the process of relaxing muscles or other processes of physical relaxation, but on phrases that are repeated in a regular rhythm accompanied by self-surrender to God. When the phrase is repeated, the body will experience a relaxation process which basically activates the parasympathetic nerves which will reduce all body responses that have been raised by

the sympathetic nerves (Purwanto, 2006:42). When relaxing, the mind will be less tense and reduce the "fight or flight" response, so that the amount of adrenaline released is also reduced

blood circulation also improves (vitahealth, 2006:10).

A recent study found that reading the Koran tartil for 10 minutes can reduce the pain felt by mothers who give birth via Caesarean section. This is according to the results of a 2009 class of 2009 student of the Faculty of Medicine and Health Sciences (FKIK) Muhammadiyah University of Yogyakarta (UMY), Hasto Andi Irawan. As many as 16 out of 31 female patients who had their data taken at Nur Hidayah Hospital, Yogyakarta, claimed to have experienced a decrease in pain due to surgery at various levels, after reading the verses of the holy Koran. This is thought to be because the body gets stimulation from other, stronger nerves, so it can beat the pain it feels. When reading, voicing and listening to the verses of the Koran, there are 3 types of nerves in the body that are activated.

The same thing was also revealed by Iranian researchers who wrote in the Journal of Sabzevar Univeristy Medical Science, Spring 2003, Volume 10, number 1 (27). In an article entitled "The Effect of Reading the Koran on Patient's Vital Signs Before Surgery" it was found the effect of reading the Koran on the body's physiological reaction to stress before surgery. The study randomly assigned 61 patients to two groups. The subjects' vital signs were measured from 8:00-9:00 pm, before surgery. The first group listened to Surat an-Nur, al-Maidah and ast-Taubah (15 minutes each time) via cell phone. While the second group was not heard reading the Koran. The findings showed that there was no significant difference between pulse (heart rate), respiration and blood pressure in the first stage between the two groups. However, the difference between pulse and exhalation in the second stage is significant. Also, differences were marked between the first and second stage variations in blood pressure in the two groups. In conclusion, listening to the recitation of the Koran induces a decrease in the body's physiological response to stress (pressure).

Dr. Al Qadhi found, reading the Koran aloud, will have a tremendous influence on brain cells to restore balance. Subsequent research, proving cancer cells can be destroyed by using sound frequencies alone. This proves that reading the Koran has a great impact on the process of healing a disease of the caliber of cancer, of course it has to be with faith and trust. Not only that, viruses and germs also stop vibrating when the holy verses of the Koran are recited, and at the same time, healthy cells become active.

Muslims must be more diligent in reading the Koran, because in another study, it was found that the sound that has the most powerful influence on body cells is the voice of the owner of the body itself. It is also written in Surat Al-Araf 7: 55:

أَدْعُوا رَبَّكُمْ تَضَرُّعًا وَخُفْيَةً إِنَّهُ لَا يُحِبُّ الْمُعْتَدِينَ

"Pray to your Lord with humility and a soft voice. Indeed, Allah does not like those who transgress."

For that, you should read the Koran in the morning and at night before going to bed, to restore the body's system back to normal. Reduce listening to frenetic music, replace it with murottal which clearly has a healing effect. Improve reading the Koran (read tartil, fulfill the Law of Tajwid), because the effect of our own sound is the most powerful in healing.

The sound from the therapy of the Qur'an is a sound wave that enters the circuit primary acoustics through the outer ear. Human primary acoustic circuitry involves auditory nerve, brainstem, medial geniculate body of the thalamus and cortex hearing. Involvement of brain functions in various aspects of sound waves from the strains of the holy verses of the Koran: amogdala, cingulate gyrus and the medial orbitotal cortex are involved in processing emotional behavior. Because these structures were found to have auditory projections, brain activity mainly in the frontal lobe, activates the inferior frontal gyrus, Brodmann area inferior neocortex, insula superior anterior, ventral striatum, gyrus heschl, and rolandic operculum (Nizamie & Tikka, 2014).

Contemporary studies show sound is a form of energy in motion as a wave. When sound waves reach the ear, it is articulated Hearing is processed, starting with recognition and ending with response brain-understanding, imagination, desire, fear, love, hatred and all human feelings that are influenced by sound, whether it is meaningful in himself or newly formed special memories. Healing through therapy of the holy verses of the Qur'an is treatment with faith and remembering Allah, has a very strong influence in making psychotic patients respond to the treatment given. Reading the Qur'an aloud will treat psychological pressure that has a positive effect than reading Al-Qur'an in the heart (Kamali et al., 2018).

Al-Qur'an murottal therapy is one of the spiritual therapies which has a therapeutic effect on anyone who listens to it. Therapy murottal Al-Qur'an including therapy involving auditory stimulation/hearing through the strains of murottal sound or reading verses of Al-Koran. According to experts, the sound stimulation occurs in function the brain that regulates emotions through the vagus nervous system and limbic system. There is stimulation through hearing, by listening to verses The holy Al-Qur'an will stimulate an increase in the formation of endorphins in a descending control system. This increase causes relaxation in the muscles, so that the pain felt can be relieved or reduced. In addition, the therapy of the Qur'an will stimulate the system hypothalamus to produce neuropeptides, resulting in a decrease the hormones cortisol, epinephrine, norepinephrine, and dopamine, which exert their effects the emergence of a feeling of comfort in one's body (Julianto et al., 2016). Therapy Spiritually the Qur'an becomes a medicine and an antidote for someone whose soul is broken experiencing anxiety, unstable and mentally healthy. Sound goes into in the brain through the auditory system, in the form of vibrations, and when the patient listen to the verses of the Qur'an then the

vibrations that reach the brain have positive impact on cells in the body (Rosyanti et al., 2017).

Benefits of Reading the Koran on Mental Health

The Koran is a great gift from Allah which was revealed to the Prophet Muhammad to save mankind in the universe. Reading the Koran correctly will get God's endless grace, let us only read the Koran but only by listening to recitations of the Koran from our cellphones or other things that God has given His grace. In my Da'wah Journal, I explained that the verse above stated that if we remember Allah, our hearts will be at peace.

Scientifically, listening to and reading the Qur'an can cause calming effect, promotes relaxation, and eliminates distractions negative both physically and psychologically. In addition there will be stimulation the release of brain endorphins, which are very important for health and positive changes in mood and memory. Next long-term effects of listening to and reading the Qur'an, can improve concentration, always focus on thoughts and experiences positive, can avoid negative thoughts, can reduce depression, stress, and anxiety, so that it becomes a solution in non-pharmacological treatment by continuing to provide the therapy being undertaken and complementing the existing therapy (Babamohamadi et al., 2015).

Remembering here we equate it with reading the Koran. Because by reading the Koran we will remember the power of Allah swt., and as narrated by Abu Hurairah RA, namely: "That Rasulullah (saw) said: Whoever hears one verse from Allah's book (Quran) written for him one double goodness. Who reads it, for him the light of the Day of Judgment. As narrated by Abu Hurairah ra., that the Messenger of Allah said: "Whoever hears a verse from the book of Allah (the Koran), then a quick goodness is written for him. Whoever reads it (the Quran) too, a light will illuminate it on the Day of Judgment."

Henry Guntur, stated that reading is a process that is used and carried out by the reader to get the message that the written media writer wants to convey to the reader. Allah reveals that the Koran is not aimless, but Allah sent down this noble book, namely to bring humanity from despair to the light of Islam and to improve human life. Every Muslim is convinced that reading the Koran is a noble deed in the sight of Allah and will be rewarded.

If you pay close attention, reading the Koran over and over again, it turns out that there are many extraordinary benefits and benefits, both physically and psychologically. First, reading the Koran repeatedly can increase brain intelligence and also improve one's memory. Because by repeating it, the brain will be honed and eventually get used to doing the job. The more often we repeat it, the stronger one's memory will be. Second, getting used to reading the Koran, can cure various kinds of physical and psychological problems. When a person reads the Koran, he will feel peace

of mind, automatically the calm that is obtained from reading the Koran can repair all damaged body systems, with Allah's permission the disease will be cured.

One of the studies that examined the effect of reading the Koran on mental health was a study conducted on mosque congregations, through interviews and research it was concluded that congregations who regularly carry out their prayers tend to have a good level of mental health. This is because worship is done as self-protection in the face of various kinds of pressures in life. This is in line with a study conducted by Zwingmann et al (2006) on breast cancer patients in Germany. The results showed that problem solving through religion can overcome depression in breast cancer patients in Germany.

Dr. Al Qadhi, through his long and serious research at the Florida Great Clinic in the United States, succeeded in proving that just by listening to the recitation of the verses of the Koran, a Muslim, whether they speak Arabic or not, can feel enormous physiological changes. Reducing depression, sadness, gaining peace of mind, warding off various kinds of diseases are the general influences felt by the people who are the objects of his research. The psychiatrist's discovery was not haphazard. His research is supported with the help of the latest electronic equipment to detect blood pressure, heart rate, muscle endurance, and skin resistance to electricity. From the results of the trial, he concluded that reading the Koran had a major effect of up to 97% in giving birth to peace of mind and healing ailments. (Zakiah Daradjat, 1995: 201)

The above is also reinforced by other studies conducted by different doctors. In a research report presented at the North American Islamic Medical Conference in 1984, it was stated that the Koran was proven to be able to bring peace to 97% of those who listened to it.

The conclusion of the trial results was further strengthened by Muhammad Salim's research published by Boston University. The object of his research was 5 volunteers consisting of 3 men and 2 women. The five people did not understand Arabic at all and they were not told that what they would be listening to was the Koran.

The research, which was conducted 210 times, was divided into two sessions, namely reading the Koran in tartil and reciting Arabic instead of the Koran. In conclusion, respondents get up to 65% calm when listening to the Koran recitation and only 35% get calm when listening to Arabic that is not from the Koran.

The Koran has a big influence if it is heard to babies. This was disclosed by Dr. Nurhayati from Malaysia at an Islamic Counseling and Psychotherapy Seminar in Malaysia in 1997. According to her research, babies aged 48 hours who were listened to verses from the Koran from a tape recorder showed a smiling response and became calmer. What a joy and a great pleasure, we have the Koran. Besides being a worship in reading it, reading it has a big influence on our physical and spiritual lives. If listening to classical music can affect one's intellectual intelligence (IQ) and emotional

intelligence (EQ), reading the Koran is more than that. Apart from affecting IQ and EQ, reading the Koran affects spiritual intelligence (SQ).

In Islamic patients with psychological disorders, consider Al-Qur'an as a fundamental part of their belief that the Qur'an is a book of healing from psychological illness. Patients also believe that healing with the Koran is very necessary, although dependent on psychological treatment and medicine. The reading of the holy verses of the Koran includes aspects prayer is a solution for psychological health that needs attention (Hatami et al., 2013). Among all mental health disorders in In the general population, anxiety is the most common. Anxiety disorder defined as subjective feelings of tension, apprehension, nervousness, and worry accompanied by physiological disturbances. Effects of anxiety are decreased quality of life, functional impairment, and productivity lower. Several non-pharmacological interventions address anxiety is the Recitation of the Holy Quran which contributes to the release of endorphins by stimulating alpha brain waves. Quran therapy can reduce stress, eliminate negative emotions, and create a sense of relaxation (Ghiasi & Sacred, 2018).

Few studies systematically review studies that assess effect listen to the recitation of the Qur'an on anxiety in various aspects life. Religion is an important and socio-emotional resource Listening to the holy verses of the Koran is a major part of religious life (Bradshaw et al., 2015). One of the most beautiful aspects of magic Al-Quran is reading and listening to the chanting of verses of Al-Quran. The findings reveal a positive effect of listening to deep Qur'an recitation reduce anxiety. Listening to the Koran without rhythm has an effect positive impact on the mental health of personnel in universities of medical sciences (Mahjoobet al., 2016)

Stress is a negative emotional experience that comes with cognitive, physiological, cognitive, and behavioral changes. When someone is experiencing stress. Physiologically, the hormones adrenaline and cortisol will increased. Excess and increase of the hormone adrenaline and cortisol results in an increase in the faster rate, increase blood pressure, headache, increase blood sugar, in the long run for a long time will suppress the immune system in a person (Nugroho & Kusrohmaniah, 2019).

D. Conclusions

Many concepts of peace of mind, mental health, and treatment of mental health disorders. Some of them are contained in the verses of the Koran. For example in :”. 28), (QS An Nahl 16:97), (An-Nisa verses 142-147), (QS Ar-Ruum 30). Scientific evidence about the powerful influence of the Koran on peace of mind and mental health.

Research conducted by Ahmad al-Qadhi regarding the influence of the verses of the Koran on human psychological and physiological conditions. He proved, the Koran is able to create inner peace (psychological) and reduce nervous tensions (physiological), so that by reading the Koran more often, our mentality will be increasingly educated in a more positive direction and the body will feel healthier.

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