

Quranic Study of the Effects and Consequences of Mental Health in the Family

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Abstract:

Introduction: The most important goal of Islamic teachings is human growth and achieving happiness. The prerequisite for this evolution is that humans have mental health, for this purpose, the Quran contains the necessary guidelines for ensuring mental health and preventing mental illnesses in humans. The aim of this article is to familiarize ourselves with the effects and consequences of mental health in humans from the perspective of the Quran.

Research Method: The research was conducted using a library and descriptive method and citing verses of the Quran. In this study, the components of human mental health were examined from the perspective of the Quran by referring to scientific sources.

Findings: The results showed that peace of mind, as one of the important dimensions of mental health from the perspective of the Quran, has numerous effects on human life. These effects include the ability to deal with crises, the ability to be patient and endure hardships, the ability to understand the future and be optimistic about it, the ability to accept responsibility, the ability to establish good relationships with others, and the choice of realistic goals. The behavioral results of faith in God include doing righteous deeds, piety and piety, trusting in God, not being attached to the world, and the opening of the heart. The emotional results of faith in God include peace, expansion of mind, and happiness, increased mental energy and the ability to adapt to the environment, reducing fear and anxiety, increasing decision-making power and social participation, and increasing human capacity for death.

Conclusion: The Quran guides humans to achieve peace of mind and mental health by providing the necessary instructions and guidance.

Keyword: faith in God, mental health, mental health, Quran, peace of mind

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