

The Influence Of Islamic Treatments On Individual Health And Wellbeing

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Abstract

This study aims to identify the influence of Islamic practices such as prayer, remembrance and worship on the health and well-being of individuals. Literature highlights show that spiritual practices in Islam can reduce stress and help improve well-being. This study uses a qualitative literature review approach to analyze Islamic practices' implications on physical and mental health. The main findings show that there is a positive relationship between Islamic spiritual practices and stress reduction, increased calmness, and individual well-being. The results of this study are expected to increase understanding of the benefits of Islamic practice in holistic self-development that includes physical and spiritual aspects. However, further research with a quantitative approach is recommended to measure the impact more objective and empirical.

Keywords: Treatment; Islam; Health; Well-being.

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Abstrak

Kajian ini bertujuan mengenalpasti pengaruh amalan Islam seperti doa, zikir dan ibadat ke atas kesihatan dan kesejahteraan individu. Sorotan literatur menunjukkan bahawa amalan kerohanian dalam Islam berupaya mengurangkan tekanan dan membantu peningkatan kesejahteraan. Kajian ini menggunakan pendekatan kualitatif melalui tinjauan literatur bagi menganalisis implikasi amalan Islam ke atas kesihatan fizikal dan mental. Dapatan utama menunjukkan terdapat hubungan positif antara amalan kerohanian Islam dengan

pengurangan tekanan, peningkatan ketenangan dan kesejahteraan individu. Hasil kajian ini diharap dapat meningkatkan kefahaman tentang faedah amalan Islam dalam pembangunan diri yang holistik merangkumi aspek jasmani dan rohani. Walau bagaimanapun, kajian lanjutan dengan pendekatan kuantitatif disarankan bagi mengukur impak secara lebih objektif dan empirikal.

Kata Kunci : Rawatan; Islam; Kesihatan; Kesejahteraan.

A. Intorduction

The history of Islamic medicine has a rich and important heritage in understanding the development of medicine in the Islamic world from the beginning of the 7th century AD until modern times. Islamic medicine in the early stages was heavily influenced by the concepts of Galen and Hippocrates, two major figures in classical Greek medicine (Ismail Saad, 1985). There are several Muslim figures who are a reference in this field of medicine. Among them is Abu Ali Al-Hussain Ibn Abdullah Ibn Hasan Ibn Ali Ibn Sina (980-1037) who is from Uzbekistan and the Western world knows him better by the name of Avicenna. The book "Al-Qanun fi al-Tibb (1012)" authored by Ibn Sina is among the books of medicine that is a reference worldwide. Another figure is Abū al-Walīd Muḥammad Ibn 'Aḥmad Ibn Rušd (1126-1198) who is a reference in philosophy, medicine,

mathematics, theology, astronomy, and science. Ibn Rušd or better known as Averroes in the West played an important role in Islamic medical research. The influence of Islamic practices on the health and well-being of individuals has become an increasingly in-demand topic. Islamic worship such as prayer, dhikr, and worship are believed to have a positive effect on physical and mental health. Research has shown that this practice can be effective in promoting well-being and reducing mental health issues (Sabry & Vohra, 2013; Padela & Zaidi, 2018; Pakzad et al., 2020). For example, Islamic spirituality and meditation were found to play an important role in the management of psychiatric disorders, contributing to the modification of psychotherapy techniques and cognitive restructuring (Sabry & Vohra, 2013). In addition, Islamic traditions have been associated with health gaps among

American Muslims, highlighting the need to understand the influence of Islamic beliefs and practices on health outcomes (Padela & Zaidi, 2018). In addition, the role of religion, specifically in the Islamic lifestyle, has been associated with positive mental health outcomes, indicating the potential link between Islamic practices and overall well-being (Khayom et al., 2022; Eryilmaz & KULA, 2018). Studies have also explored the effects of Islamic-based interventions on depression and anxiety, suggesting that these interventions can have a beneficial effect on mental health (Azhari et al., 2022). Furthermore, the relationship between Islamic religion, work ethic, and work performance has been examined, explaining the challenges faced in maintaining work performance, especially in Muslim countries (Zahrah et al., 2016). It is important to note that the influence of Islamic practice on health extends beyond the well-being of the individual to include wider societal implications. For example, the forced rejection of online learning by Islamic religious education teachers during the COVID-19 pandemic reflects the intersection of the Islamic faith with

contemporary challenges, highlighting the need for a better understanding

B. Research Methods

This study uses a qualitative methodology with a review of the literature to determine the effect of Islamic treatment on an individual's health and well-being. Prayers, dhikr, prayers, Islamic treatment, and other matters related to Islamic spirituality are resources collected from books, journals and scientific articles. The analysis was also enhanced with statistical data on the health and well-being of Muslims.

Online library searches in journal and library databases, as well as manual searches in libraries for additional reference, are used to collect data. Data analysis uses qualitative content analysis, which identifies themes and patterns from various collected data sources. Moreover, an analysis of the literature was carried out to formulate the main conclusions of the study and give a theoretical interpretation.

Each reference and data from various sources is also reviewed to ensure the authenticity of the data.

C. Results and Discussion

Islamic Treatment: Prayer, Zikir, Prayer and Fasting

The influence of Islamic care on the health and well-being of individuals is becoming an increasingly in-demand topic in various fields such as psychology, medicine, and nursing. Wahidin & Maghfur (2021) discusses the impact of religiosity on mental health, highlighting the relationship between Islam and human behavior, pathology, health, and spirituality. This provides a basis for understanding the potential impact of Islamic care practices such as prayer, dhikr, and fasting on mental well-being. In addition, Ardiansyah et al. (2022) emphasize the positive influence of meeting spiritual needs on the healing process and spiritual well-being of individuals with health disorders, specifically in the context of palliative care for cancer patients.

Furthermore, there are studies that suggest that good communication and attention in the family can have a significant impact on the psychological well-being of the patient. This highlights the potential role of Islamic care, which often emphasizes the value of family and support, in contributing to the overall

well-being of the individual. In addition, a study by Tubalawony & Prabawati (2020) shows that self-care and active lifestyle modifications, which are often encouraged in Islamic teachings such as maintaining personal hygiene and a healthy lifestyle, can lead to improved quality of life for individuals with chronic diseases, like diabetes mellitus.

Additionally, a study by Ditiaharman et al. (2022) emphasizes the importance of health literacy in influencing the well-being of individuals and communities. This shows that promoting health literacy in the context of Islamic care practices such as educating individuals about the health benefits of certain Islamic rituals such as fasting (fasting) and personal hygiene can potentially contribute to better health outcomes and overall well-being.

The review of the literature is important in providing valuable insights into the potential influence of Islamic care practices on the health and well-being of individuals. It emphasizes the need for further research to explore the specific effects of Islamic care, including prayer, dhikr to God, fasting, and other practices, on mental, physical and spiritual well-being.

Health Effects on Islamic Treatment

A review of the literature on psychosocial care in hospitals Elasari et al. (2021) emphasizes the importance of holistic care, including psychological, social, and spiritual aspects, through therapeutic communication. This is in line with the concept of Diabetes Self-Management Education (DSME) (Kurniawati et al., 2021), which aims to support decision-making, personal care, problem solving, and active collaboration with healthcare teams to improve clinical outcomes and quality of life. In addition, the perspective of community welfare in the context of Maqasid Shariah Fauzi et al. (2022) highlights the balance between material and spiritual well-being, emphasizing the importance of holistic care. Furthermore, the use of virtual reality to reduce Yulianti & Mulyono preoperative anxiety (2021) demonstrates the potential of non-pharmacological interventions in improving patient well-being. Finally, the provision of healthcare management for COVID-19 patients Putri et al. (2022) reflects the evolving nature of healthcare delivery, emphasizing the need for a customizable and comprehensive care approach.

The study collectively emphasizes the importance of a comprehensive care approach that includes psychosocial, spiritual, and educational aspects to improve the well-being and health outcomes of individuals. They highlight the importance of addressing the various dimensions of care, from psychosocial support to self-management education and innovative interventions, to promoting well-being and holistic health.

These studies provide a comprehensive understanding of the influence of various aspects of Islamic care on the health and well-being of individuals, encompassing psychosocial, educational and spiritual dimensions.

Theories Related to Islamic Treatment

The study by Rahman et al. (2018) highlights the important role of Islamic medical care practices in ensuring the well-being of Muslim patients, emphasizing the multidisciplinary component in determining patient satisfaction (Rahman et al., 2018). In addition, a critical study by Habib et al. (2020) aimed to raise awareness of Islamic practices and their impact on the quality of health-related life outcomes among Muslim patients, demonstrating

the association of Islamic principles in healthcare settings (Habib et al., 2020).

Furthermore, a study by Hassan et al. (2020) highlights the importance of healthcare professionals understanding how Islamic beliefs influence health-related perceptions and healthcare-seeking behaviors, particularly in the context of providing maternity care for Muslim women in the UK (Hassan et al., 2020). This emphasizes the importance of cultural and religious considerations in the delivery of health care. In addition, research by Zailani et al. (2016) focuses on predicting the satisfaction of Muslim medical tourists towards Malaysia's Islamic-friendly hospitals, explaining the importance of Islamic medical ethics in improving patient satisfaction (Zailani et al., 2016).

There are other studies that delve into the ethical dilemmas faced by Muslim mental health physicians, as highlighted in a study by (Elzamzamy & Keshavarzi, 2019), which discusses the value conflicts experienced by Muslim mental health physicians in Islamic legal and ethical discourses (Elzamzamy & Keshavarzi, 2019). This demonstrates the intersection of professional ethics and Islamic values in mental health

practice, emphasizing the need for a nuanced understanding of Islamic principles in healthcare settings.

In addition, a study by Firdaus et al. (2020) explores the influence of Islamic philosophy on the beliefs and practices of patients with diabetes mellitus and its musculoskeletal manifestations, further outlining the impact of Islamic beliefs on health-related behaviors and practices (Firdaus et al., 2020). Additionally, research by Arifin et al. (2022) emphasizes the implementation of Islamic medical practices to address the holistic needs of patients, encompassing physical, emotional, mental, and spiritual aspects (Arifin et al., 2022).

Existing studies outline the important influence of Islamic principles and practices on healthcare, patient satisfaction, and individual well-being. Understanding and integrating Islamic values into healthcare delivery is essential to address the various cultural and religious needs of patients, ultimately contributing to better health outcomes and overall well-being.

The relationship between Islamic care and individual health and wellness has been the subject of interest in various research studies. For example,

Raudatussalamah et al. (2022) explores the influence of Integrative Islamic Personality on the well-being of students, showing a positive relationship between Islamic care and individual welfare (Raudatussalamah et al., 2022). In addition, a study by Fatmawati et al. (2020) shows the effects of health education on attitudes and preventive actions in patients with diabetes, highlighting the importance of care in promoting health-related behaviors (Fatmawati et al., 2020). Furthermore, a study conducted by Kurniawati et al. (2021) highlighted the influence of Diabetes Self-Management Education on the self-management of diabetic patients, further outlining the role of Islamic care in health management (Kurniawati et al., 2021).

Additionally, a study by Harahap (2021) reveals the significant influence of health education on the improvement of knowledge, attitudes, skills, and practices in mothers caring for children with acute respiratory infections, demonstrating the positive effects of care on health-related practices (Harahap, 2021). In addition, research by Noviyanti et al. (2021) demonstrates the effectiveness of implementing diabetes

self-management education/support in improving personal care behaviors in people with type 2 diabetes mellitus, thus supporting the positive influence of care on health management (Noviyanti et al., 2021).

Furthermore, a review of the literature by Lumbangaol & Ratnaningsih (2020) emphasizes the importance of psychological well-being in the workplace and its impact on various aspects of an individual's life, emphasizing the importance of care in promoting overall well-being (Lumbangaol & Ratnaningsih, 2020). In addition, Elasari et al. (2021) defines psychosocial care as psychological, social and spiritual care through therapeutic communication and a holistic approach, further outlining the comprehensive nature of care in addressing individual needs (Elasari et al., 2021).

The findings showed a positive relationship between Islamic care and individual health and well-being. These findings underline the important influence of Islamic care, health education, and self-management programs in promoting positive health-related behaviors and overall well-being.

D. Conclusion

Based on the literature review and the findings of this study, Islamic care practices such as prayer, dhikr, prayer, and fasting were found to have a positive effect on the health and well-being of individuals. Previous studies have shown that this Islamic practice can reduce stress and improve overall well-being (Sarkingobir et al., 2022; Ryff, 1989; Koburtay et al., 2022; Sumitro, 2021). For example, a study by Sarkingobir et al. (2022) highlights the positive impact of Islamic spirituality on modern well-being, emphasizing the role of Islamic practice in promoting psychological and emotional well-being (Sarkingobir et al., 2022). In addition, Lekhak et al. (2020) found a statistically significant positive effect of prayer, demonstrating the cognitive benefits of Islamic care practices (Ryff, 1989). Furthermore, Jung & Ellison (2021) reinforce the beneficial effects of religion, including Islamic care practices, on mental well-being in later life (Koburtay et al., 2022).

This study also shows that Islamic care practices play an important role in promoting holistic well-being, encompassing physical, mental and cognitive aspects. This practice is rooted

in the teachings of Islam and has been shown to contribute to the overall health and well-being of the individual. In addition, research shows that Islamic care practices align with the principles of positive functioning and psychological well-being, as highlighted by Ryff (1989) and (Koburtay et al., 2022; Sumitro, 2021; Adinugraha et al., 2021). This alignment further supports the notion that Islamic care practices have a meaningful impact on the well-being of individuals.

However, it is important to acknowledge the limitations of existing research and the need for further investigation. While the current literature provides valuable insights into the positive effects of Islamic care practices on health and well-being, there is a need for a more comprehensive study to explore the long-term implications and potential variations across different populations. In addition, future research should consider cultural and contextual factors that may influence the relationship between Islamic care practices and well-being, as highlighted by Sumitro (2021) and (Adinugraha et al., 2021).

In conclusion, the literature study shows the significant influence of Islamic care practices on the health and well-being of individuals. This practice has been associated with reduced stress, cognitive benefits, and an overall improvement in psychological well-being. However, further studies are needed to deepen our understanding of the long-term effects and cultural variations in the relationship between Islamic care practices and well-being.

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