

**MENTAL HEALTH AND WELLNESS AMONG MUSLIM STUDENTS:
INTEGRATING ISLAMIC PRACTICES AND MODERN MEDICINE**

Nan Noorhidayu Megat Laksanaⁱ & Nor Nadhira Nor Hishamⁱⁱ

ⁱ (*Corresponding author*). Assistant Professor, Department of Fiqh and Usul al-Fiqh, Abdul Hamid Abu Sulayman, Kulliyah of Islamic Revealed Knowledge and Human Sciences, International Islamic University Malaysia (IIUM). nanhidayu@iium.edu.my

ⁱⁱ Undergraduate Student, Kulliyah of ICT, International Islamic University Malaysia (IIUM). nadhyrasham@gmail.com

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Abstract	<p><i>Physical and mental health are critical aspects of life across societies, and Islamic teachings emphasise their importance as integral to the development of good character and the promotion of peace and comfort. In the context of college students, mental health issues are becoming increasingly prevalent due to academic pressures, social dynamics, and cultural transitions. This paper explores the potential of combining Islamic practices such as prayer (Salat), fasting (Sawm), charity (Zakat), and mindfulness (Dhikr) with evidence-based medical interventions to enhance the mental and physical health outcomes of Muslim students. Using quantitative methods to explore personal experiences and perceptions, with a sample of 70 respondents including students and lecturers. Key questions address how the integration of Islamic practices with medical interventions affects mental and physical health and the role of cultural and religious factors in shaping health behaviours and perceptions. The study hypothesises that integrating these Islamic practices with modern medical approaches can create a robust framework for improving student health and wellness. Preliminary findings reveal that students who incorporate Islamic practices into their daily routines alongside medical treatments show notable improvements in resilience, lower stress levels, and enhanced overall well-being. This suggests that the synergy between Islamic teachings and modern health practices can significantly contribute to better health outcomes. The implications of this study are significant for educational institutions, in which by adopting culturally sensitive strategies that integrate spiritual practices with medical care, institutions will be able to support student development more effectively and foster environments that contribute to the broader goal of JERISAH (Joint Educational Research for Improved Student Achievement and Health). This integrative model not only benefits Muslim students but also offers a framework for developing holistic health initiatives applicable in diverse educational contexts globally.</i></p> <p><i>Keywords: Islamic Practices, Modern Medicine, Mental Health, College Students, Holistic Health</i></p>
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INTRODUCTION

Mental health is a critical aspect of overall well-being and has become increasingly relevant in contemporary discussions about student health and wellness. The growing prevalence of mental health issues among college students, including anxiety, depression, and stress, necessitates a multifaceted approach to understanding and addressing these challenges. In

particular, the integration of traditional practices with modern medical approaches offers a promising avenue for enhancing mental health outcomes.

The rapid pace of modern life, coupled with the pressures of academic and social expectations, has intensified mental health challenges among students. Social media, while a source of connectivity and information, often exacerbates feelings of inadequacy and comparison, contributing to higher levels of stress and anxiety. Given this context, there is an urgent need for comprehensive strategies that address both the psychological and emotional needs of students.

Mental health issues among Malaysian youth have become a significant concern in recent years. The Malaysian Youth Mental Health Index 2023 (MyMHI'23), a collaborative study by the Institute for Youth Research Malaysia (IYRES) and UNICEF Malaysia, surveyed 5,867 youths aged 15 to 30. The study revealed that 52.7% of youths experienced mild anxiety, and 45.3% reported mild depression. Additionally, 10% of respondents had suicidal thoughts or plans, highlighting the severity of the mental health crisis among Malaysian youth (The Star, 2023).

These statistics underscore the urgent need for comprehensive mental health support systems, particularly within educational institutions, to address the growing mental health challenges faced by students in Malaysia. While numerous studies have explored the benefits of Islamic practices and modern medicine independently in promoting health and wellness, there is a notable lack of research examining their integrated application. Specifically, the synergistic effects of combining Islamic spiritual practices with contemporary medical approaches on student mental health remain underexplored. This gap is particularly significant given the rising mental health challenges among students and the potential for culturally tailored interventions to address these issues effectively.

Mental Health

Mental health pertains to an individual's ability to think, feel, and act in a way that enables them to reach their full potential and make a meaningful contribution to their community. Since it is a continuum, all members of the population are affected. Conversely, a wide spectrum of illnesses, psychosocial impairments, and mental states of discomfort are considered mental health issues.

Our psychological, social, and emotional well-being are all parts of our mental health. It influences not just our thoughts, feelings, and behaviours but also our ability to manage stress, interact with people, and make decisions. From infancy and youth to maturity, mental health is crucial at every stage of life. Mental diseases encompass a spectrum of conditions, from moderate to severe, that impact an individual's thinking, emotions, and/or behaviour. Nearly one in five persons suffer from a mental disorder, according to the National Institute of Mental Health. A mental disorder that significantly impairs a person's life and capacity to function is referred to as a serious mental illness (SMI). Contrary to popular belief, having a SMI is not a decision, a shortcoming, or a personal failing. It cannot be "snapped out of" or something that simply "passes" via willpower (National Institute of Mental Health, 2022).

Mental Health and Modern Medicine

Mental health problems encompass a wide range of conditions that significantly impact a person's thoughts, feelings, and behaviours. These issues include depression, anxiety disorders, schizophrenia, and bipolar disorder. Mental health disorders can disrupt daily functioning and overall quality of life, leading to severe emotional and psychological distress. In May 2023, Malaysia passed the Mental Health (Amendment) Bill 2023, which introduced significant reforms which are decriminalization of suicide attempts and empowerment of crisis intervention officers. In September 2023, Prime Minister Anwar Ibrahim announced plans to establish a dedicated mental health institution. This initiative

aims to enhance coordination among government agencies, private sectors, and civil society organizations in addressing mental health issues (Bernama, 2023).

According to statistics from the Malaysian Ministry of Health, the prevalence of mental health issues in Malaysia is alarmingly high. In 2022, it was estimated that approximately 2.3 million Malaysians were experiencing various forms of mental disorders. This figure reflects a growing concern over the widespread nature of mental health challenges within the population. Moreover, the rise in suicide rates further highlights the severity of the mental health crisis in the country. In the same year, over 1,500 suicide cases were reported, with a disproportionate number of these cases involving young individuals aged 15 to 29. This demographic trend underscores a critical area of concern, as mental health issues among youth are often exacerbated by factors such as academic pressures, social isolation, and emerging adulthood challenges.

The increasing suicide rates and high prevalence of mental disorders call for urgent and effective interventions. Addressing this crisis requires a multi-faceted approach that includes improving mental health awareness, expanding access to mental health services, and reducing stigma associated with seeking help. Integrating modern medical practices into this approach is crucial for providing comprehensive care to individuals with mental health conditions.

Modern medicine plays a pivotal role in managing mental health disorders through various methods such as pharmacotherapy, psychotherapy, and integrated care models. Pharmacotherapy involves the use of medications to help regulate mood, reduce symptoms of anxiety and depression, and manage severe mental health conditions like schizophrenia and bipolar disorder. Medications such as antidepressants, anti-anxiety drugs, and antipsychotics are essential tools in stabilising symptoms and improving patients' quality of life.

Psychotherapy, or talk therapy, is another critical component of modern mental health treatment. Techniques such as cognitive-behavioural therapy (CBT), interpersonal therapy (IPT), and dialectical behaviour therapy (DBT) provide patients with strategies to manage their symptoms, cope with stress, and address underlying issues. Therapy can be delivered individually, in groups, or through family counselling, and is often tailored to meet the specific needs of the patient.

Moreover, modern technology, such as telemedicine and mental health apps, is expanding access to care, particularly in underserved or remote areas. Telemedicine allows patients to receive consultations and therapy sessions from mental health professionals without the need for travel, while mental health apps offer tools for self-management, mood tracking, and relaxation techniques.

The implementation of community-based support systems and mental health education in schools and workplaces complements these modern medical approaches. Educating individuals about mental health, promoting open dialogue, and creating supportive environments can help reduce stigma and encourage people to seek help earlier.

These combined efforts highlight the pressing need for an integrated approach that leverages both modern medical practices and community support to address the mental health crisis in Malaysia. Enhanced efforts in mental health promotion, prevention, and treatment, supported by advances in medical science, are essential to effectively tackling this significant public health challenge and improving the well-being of individuals across the country.

Contemporary Fatwas on Mental Health Treatment

Modern Islamic scholars and fatwa bodies have addressed the compatibility of modern mental health treatment with Islamic values.

- i) European Council for Fatwa and Research: 1

¹ European Council for Fatwa and Research (ECFR), <https://www.e-cfr.org/>, viewed on 15th December 2024.

Declares seeking mental health treatment is not only permissible but encouraged in Islam when done with a trustworthy professional. Combining medication with spiritual practices is recommended, especially in serious conditions like depression or anxiety.

ii) Dar al-Ifta al-Misriyyah (Egypt's Fatwa Council):²

Ruled that mental illness is a legitimate medical condition, and not a sign of weak faith or demonic possession. Psychiatric medication is halal, as long as it does not include haram ingredients or cause harm.

iii) Majlis Ugama Islam Singapura (MUIS):³

Encourages the integration of Islamic spiritual counselling with psychological therapies. Provides training for asatizah (religious teachers) to collaborate with licensed mental health professionals.

iv) International Institute of Islamic Thought (IIIT):⁴

Supports the development of an Islamic psychology model that merges prophetic traditions with evidence-based psychological methods.

Mental health and wellness among Muslim students can be greatly improved by integrating Islamic teachings with modern psychological practices. The Prophetic model provides both emotional wisdom and practical tools for dealing with life's challenges. When combined with professional mental health care, this dual approach ensures a holistic and spiritually fulfilling path to wellness.

Islamic Perspective on Mental Health

In Islam, mental health is considered a crucial component of overall well-being, reflecting the religion's holistic view of human health. Islam emphasises that both the body and mind are trusts from Allah (SWT) that must be nurtured and protected. This perspective is rooted in various teachings found in the Quran and Hadith, which underscore the importance of mental and emotional health alongside physical health.

The Quran frequently addresses the well-being of the heart and soul. For example, in Surah Ar-Ra'd:

﴿الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ﴾

Meaning, "Verily, in the remembrance of Allah do hearts find rest" (Al-Quran. Ar-Ra'd: 28).

This verse highlights that spiritual practices, such as remembering and reflecting on Allah, play a fundamental role in achieving mental peace and tranquillity. It suggests that regular engagement in worship and spiritual activities can provide solace and reduce anxiety, offering a sense of calm and stability amidst life's challenges.

Islamic teachings also offer guidance on how to cope with life's trials and tribulations. The Quran and Hadith emphasise the concept of Sabr (patience) and Tawakkul (trust in Allah). For instance, Surah Al-Baqarah:

﴿لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۗ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ﴾

Meaning, "Allah does not burden a soul beyond that it can bear, It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned" (Al-Quran. Al-Baqarah: 286).

This also can reassuring believers that challenges are manageable with faith and resilience. Furthermore, view encourages Muslims to trust in Allah's wisdom and to

² Dar al-Ifta al-Misriyyah (Egyptian Fatwa House), <https://www.dar-alifta.org/ar>, viewed on 15th December 2024.

³ Majlis Ugama Islam Singapura (MUIS), <https://www.muis.gov.sg/>, viewed on 15th December 2024.

⁴ International Institute of Islamic Thought (IIIT), <https://iiit.org/en/home/>, viewed on 15th December 2024.

approach difficulties with patience, understanding that hardships are part of Allah's divine plan and serve as opportunities for growth and spiritual development.

Besides, one of the hadith related to the mental health and emotional being can be seen in the hadith:

{اعْقَلْهَا وَتَوَكَّلْ}

Meaning, "Tie your camel and trust in Allah." (Hadis. Sunan al-Tirmidhi. *Kitab Sifat al-Qiyamah wa al-Raqaiq wa al-Wara'*. 2517).

This hadith teaches the balance between proactive effort and trust in Allah a model for combining therapy (effort) with spiritual practices (trust). Moreover, the Prophet (PBUH) taught:

{اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ أَهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْجُبْنِ وَالْبُخْلِ، وَضَلَعِ الدِّينِ، وَغَلْبَةِ الرِّجَالِ}

Meaning, "O Allah, I seek refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men." (Hadis. Sahih al-Bukhari. *Bab al-Isti'adhah min al-Jubn wa al-Kasal*. 6369).

This supplication shows how anxiety and depression were directly addressed and treated through spiritual means.

Furthermore, Islam promotes a balanced approach to managing mental health by advocating for both spiritual and practical measures. Seeking help through prayer, supplication, and engaging in community support are integral aspects of Islamic practice. At the same time, the religion acknowledges the importance of seeking practical support, including medical and psychological assistance, when needed. This balanced approach reinforces the idea that mental health should be addressed through both spiritual and worldly means, integrating religious teachings with modern therapeutic practices.

Islam also emphasises the significance of positive social relationships and community support. The Prophet Muhammad (PBUH) highlighted the importance of empathy, compassion, and support within the community, which can significantly contribute to mental well-being. Acts of charity, maintaining strong family bonds, and providing emotional support to others are all encouraged as ways to foster a supportive and nurturing environment.

Overall, the Islamic perspective on mental health offers a comprehensive framework for understanding and addressing mental challenges. By integrating spiritual practices with practical support, Islam provides a robust foundation for promoting mental well-being and guiding individuals through life's difficulties with faith and resilience.

OBJECTIVES

- i) To examine the impact of integrating Islamic practices with modern medical interventions on the mental health outcomes of Muslim college students.
- ii) To explore the role of cultural and religious factors in shaping mental health behaviours and perceptions among Muslim college students in Malaysia.

METHODOLOGY

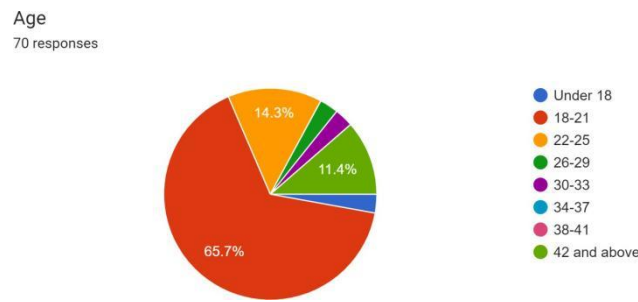
This study employs a quantitative research design to explore the impact of integrating Islamic practices with evidence-based medical interventions on the mental and physical health outcomes of Muslim college students. The target population includes Muslim students and lecturers, with a sample of 70 participants selected through purposive sampling to focus on those actively engaging in practices such as prayer (Salat), reciting quran, charity (Zakat), and mindfulness (Dhikr). Data is collected using structured surveys and standardised health assessment questionnaires to measure key health metrics, including sleep quality, hours of sleep, and regularity in physical exercise. The analysis is conducted using statistical software, with descriptive statistics summarising health metrics

and correlation analysis identifying relationships between the engagement in Islamic practices and health outcomes. Ethical considerations include informed consent, confidentiality, and cultural sensitivity. While the sample size and reliance on self-reported data may limit the generalizability of the findings, the study aims to provide empirical evidence that can inform the development of culturally sensitive health strategies within educational institutions, contributing to the broader goal of Joint Educational Research for Improved Student Achievement and Health (JERISAH).

FINDINGS

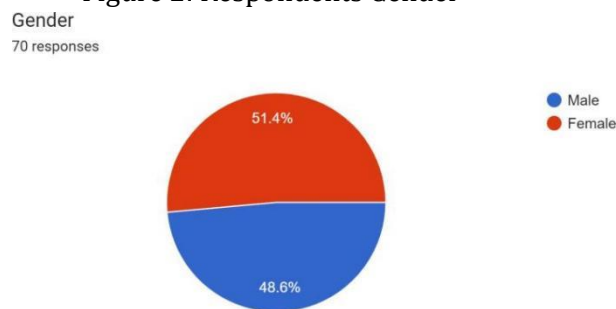
The results of the data and survey collected demonstrate a strong interconnection between various aspects of mental health and Islamic practices among the respondents. Independent variables such as frequency of engagement in Islamic practices, the level of support from the Islamic community, and sleep quality are related to dependent variables such as overall mental health, emotional well-being, and coping abilities. However, the results from our survey, which were collected from respondents, are reflective of their individual preferences and experiences, which may have influenced the overall findings.

Figure 1: Respondents Age



The respondents of this study consist of 70 individuals who completed a questionnaire related to mental health from an Islamic perspective. The majority of respondents are aged between 18 to 25 years, with 65.7% in the 18-21 age group and 14.3% in the 22-25 age group. A smaller portion of respondents are aged below 18 years, 26-29 years and 30-33 years with 2.9%. While for 42 years and above with 11.4%.

Figure 2: Respondents Gender



In terms of gender, male respondents make up 48.6% (34 individuals), while female respondents constitute 51.4% (36 individuals). Respondents come from various educational backgrounds, with the majority holding a bachelor's degree (over 80%), while others have diplomas, foundation/matriculation certificates, or master's degrees.

Based on the data, the research question posed was: "Is there a significant relationship between Islamic practices, community support, and mental health outcomes among the respondents?" Firstly, the investigation into whether regular engagement in Islamic practices positively influences overall mental health revealed that a substantial number of respondents report feeling better emotionally when they frequently engage in

prayer and Quran recitation. Respondents were categorised based on their self-reported mental health ratings: low (1-4), moderate (5-7), and high (8-10). Those with higher mental health ratings are more likely to report frequent engagement in Islamic practices. However, even those with moderate mental health ratings also show significant engagement in these practices, which partially contradicts the hypothesis that higher engagement exclusively correlates with higher mental health ratings. Thus, while there is a positive relationship, it is not as exclusive as initially hypothesised.

Next, the influence of perceived support from the Islamic community on respondents' ability to cope with everyday challenges was examined. Respondents with lower mental health ratings (1-4) reported feeling only somewhat supported or not supported at all, which may contribute to their lower mental health ratings. For those with moderate mental health ratings (5-7), a majority felt somewhat supported, correlating with their moderate mental health outcomes. Respondents with higher mental health ratings (8-10) mostly reported feeling very supported by their community. This supports the hypothesis that community support plays a critical role in mental health and coping mechanisms.

Adding on, the quality and duration of sleep were found to play a crucial role in mental health and overall well-being. Poor sleep quality and insufficient sleep duration may exacerbate stress and diminish the effectiveness of religious practices in providing emotional comfort. The average sleep duration among respondents is 6.5 hours, with most reporting sleep durations between 5-7 hours. The mean sleep quality rating was "Fair," suggesting that while respondents understand the importance of sleep, many may not be achieving optimal sleep duration and quality. The correlation between sufficient sleep and higher mental health ratings indicates that sleep is a significant factor in maintaining good mental health, alongside regular religious practice.

Despite the positive influences of Islamic practices, community support, and sleep quality on mental health, several barriers prevent some respondents from seeking help. The data reveals that a notable portion of respondents, especially those with lower mental health ratings, expressed reluctance to seek help. Key barriers include stigma surrounding mental health issues, a lack of awareness about available support resources, and cultural beliefs that prioritise self-reliance over seeking external assistance. Many respondents reported feeling embarrassed or ashamed to discuss their mental health challenges, fearing judgement or negative perceptions from their community. Additionally, limited knowledge about the intersection of mental health and Islamic teachings might contribute to hesitancy in seeking help. Addressing these barriers involves increasing mental health awareness, promoting open conversations about mental well-being, and integrating culturally sensitive support mechanisms within the Islamic community to encourage individuals to seek the help they need.

The findings suggest that regular engagement in Islamic practices, such as prayer (Salat) and Quran recitation, is positively associated with improved emotional well-being. Participants who frequently engaged in these practices reported experiencing better mental health outcomes, including enhanced emotional stability, reduced stress levels, and increased overall resilience. This correlation underscores the therapeutic potential of integrating spiritual practices into mental health management.

Islamic practices contribute to mental well-being by providing a sense of purpose, comfort, and connection to a higher power. For instance, prayer serves as a structured form of mindfulness that can alleviate anxiety and promote a sense of inner peace. Similarly, Quran recitation offers spiritual solace and guidance, which can help individuals navigate life's challenges with greater ease. These practices create a foundation for emotional support and coping, complementing the benefits provided by modern medical interventions.

However, it is important to recognize that the relationship between Islamic practices and mental health is not as exclusive as initially hypothesised. The study indicates that while Islamic practices play a significant role in enhancing mental health, their impact

is influenced by other factors, such as social support, lifestyle habits, and individual differences. This complexity highlights the need for a multifaceted approach to mental health that integrates both spiritual and secular elements.

The integration of Islamic practices with modern medicine offers a comprehensive framework for addressing mental health issues. Modern medical approaches, including pharmacotherapy, psychotherapy, and evidence-based interventions, provide valuable tools for managing mental health conditions. These methods, grounded in scientific research, offer targeted treatments and therapies that can effectively address symptoms and improve quality of life.

The study also highlights the critical role of community support in mental health. Respondents who felt well-supported by their Islamic community reported better coping abilities and higher mental health ratings. This reinforces the idea that community support is a vital component in managing mental health and provides a foundation for integrating social support with individual practices.

Furthermore, the importance of quality and duration of sleep cannot be overlooked. The data shows a clear link between sufficient sleep and higher mental health ratings, emphasising that sleep quality is an essential factor in maintaining mental well-being. This aligns with modern medical understanding of the role of sleep in mental health and highlights the need for a balanced approach that includes both Islamic practices and evidence-based medical recommendations.

Despite these positive findings, the study also identifies barriers to seeking help, such as stigma, lack of awareness, and cultural beliefs. Addressing these barriers is crucial for developing a comprehensive approach to mental health that encourages individuals to seek and receive the support they need.

One of the most pervasive barriers is the stigma surrounding mental health issues. In many cultures, including among some Muslim communities, mental health challenges are often associated with negative perceptions or shame. This stigma can lead to feelings of embarrassment or fear of being judged, which may prevent individuals from acknowledging their struggles or seeking help. The fear of being perceived as weak or inadequate can be a powerful deterrent, causing individuals to suffer in silence rather than reaching out for support.

Another critical barrier is the lack of awareness about mental health resources and the benefits of integrating spiritual practices with modern medical interventions. Many individuals may not be aware of the available mental health services, the role of mental health in overall well-being, or how to access support. This lack of information can lead to underutilization of available resources and missed opportunities for intervention and support.

Cultural beliefs and norms can also influence attitudes towards mental health. In some communities, there is a strong emphasis on self-reliance and a reluctance to seek external help, including psychological or medical support. Traditional beliefs might prioritise coping mechanisms that are rooted in cultural or religious practices, potentially overlooking the benefits of evidence-based medical treatments. The integration of mental health support with Islamic practices can be perceived as conflicting with traditional views, leading to hesitancy in accepting or seeking help.

To develop a comprehensive approach to mental health that effectively addresses these barriers, it is essential to promote mental health awareness and education. Initiatives should focus on reducing stigma by fostering open discussions about mental health within communities, highlighting the importance of seeking help, and normalising mental health challenges as a part of human experience. Educational programs can provide information on available mental health resources and the benefits of integrating spiritual and medical approaches.

Additionally, culturally sensitive interventions are needed to bridge the gap between traditional beliefs and modern mental health practices. Engaging community leaders and religious figures in mental health education can help align Islamic teachings

with contemporary mental health strategies, creating a supportive environment for individuals to seek help without fear of judgement.

This study faces several limitations that could affect the authenticity and accuracy of the research outcomes. Firstly, there is a significant limitation related to the use of legitimate and accurate tools for assessing the mental health status of the sample population. While the study attempts to measure mental health, the lack of thorough and medically validated assessments may compromise the legitimacy of the findings. Ideally, these assessments should be conducted using established medical procedures, which would provide a more accurate and reliable measure of mental health. The absence of such rigorous testing methods limits the extent to which the findings can be generalised or relied upon in broader contexts.

Secondly, the study's scope is constrained by the narrow spectrum of questions asked to the sample population. The questions posed are not comprehensive enough to capture the full range of experiences and perceptions related to the topic under investigation. This restriction narrows the study's focus, potentially leaving out important variables and insights that could have enriched the analysis. As a result, the conclusions drawn from the study may only partially reflect the complexity of the issues being examined, thereby limiting the depth and applicability of the research outcomes.

Thirdly, the lack of involvement of subject matter experts presents a further limitation. Expertise is crucial in ensuring that the study's design, data collection, and analysis are grounded in the most current and accurate knowledge in the field. The disinvolvement of experts may lead to oversights or inaccuracies in the study, as it lacks the critical review and guidance that experts could provide. This could ultimately affect the factual accuracy of the research findings, reducing their reliability and validity. In sum, these limitations highlight the need for more robust methodologies, broader questioning, and expert involvement to enhance the overall quality and credibility of the study.

CONCLUSION

To encapsulate, the study found that often involvement in Islamic practices is positively linked with better emotional well-being. Addressing mental health issues requires a multifaceted approach that integrates both modern medical practices and Islamic principles to provide comprehensive care and support. Modern medicine offers valuable tools such as pharmacotherapy, psychotherapy, and integrated care models to manage mental health conditions effectively. These methods, including medications and various forms of therapy, play a crucial role in alleviating symptoms, improving quality of life, and supporting patients through evidence-based practices.

Simultaneously, Islamic teachings provide a profound framework for mental well-being, emphasising the importance of spiritual health alongside physical and psychological care. The Quran and Hadith advocate for a holistic approach that includes regular spiritual practices, patience, and trust in Allah as key components of managing mental health. The teachings of Islam encourage individuals to seek both spiritual comfort through practices like prayer and remembrance of Allah and practical support from medical and psychological interventions.

By combining these approaches, individuals can benefit from a comprehensive support system that addresses their mental, emotional, and spiritual needs. Modern medicine can offer immediate and scientifically grounded solutions to mental health problems, while Islamic principles can provide a deeper sense of purpose, resilience, and community support. This integration fosters a more balanced and effective approach to mental health care, aligning medical and spiritual strategies to support individuals in their journey towards overall well-being.

Ultimately, the collaboration between modern medical practices and Islamic teachings represents a robust model for addressing mental health issues. It underscores the importance of a holistic approach that respects and utilises both scientific advancements

and spiritual wisdom to enhance mental health care and support individuals in achieving a harmonious and fulfilling life.

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