

Integration of Islamic Values in Enhancing Mental Health Awareness and Literacy Among Muslim Adolescents

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Abstract

The mental health of Muslim adolescents has become a global concern in efforts to improve the well-being of the younger generation. This paper explores integrating Islamic values to enhance mental health awareness and literacy among Muslim adolescents. In this context, Islamic values that promote concern for mental well-being, such as patience (*sabr*), gratitude (*shukr*), and mutual assistance (*ta'awun*), are the primary focus of this research. Using a qualitative approach, this study involves literature analysis and an in-depth understanding of Islamic teachings relevant to mental health. The results indicate that integrating Islamic values into education and mental health interventions can significantly increase Muslim adolescents' awareness of the importance of self-care and addressing mental health issues. The implication of this study highlights the importance of a holistic and culturally grounded approach in strengthening mental health prevention and intervention efforts among Muslim adolescents. In conclusion, the integration of Islamic values can serve as a strong foundation for promoting mental health awareness and literacy, as well as improving overall well-being among Muslim adolescents.

Keywords: Mental Health, Islam, Adolescents, Muslims, Literacy

INTRODUCTION

Mental health is an essential aspect of individual and societal well-being. Mental health originates from Mental Hygiene, a discipline focused on studying mental well-being, with humans as its primary subject and the issues they face as its formal object (Fajrussalam et al., 2022). In an increasingly complex and pressure-filled world, awareness of the importance of mental health has become more relevant, especially among adolescents. Adolescents face various emotional and social challenges that can significantly affect their mental health.

Adolescence is when individuals experience substantial physical, emotional, and social changes. This stage requires a strong mental health foundation to address emerging challenges and pressures. Good mental health helps adolescents develop the ability to manage emotions, build healthy relationships, and make wise decisions (Rahma & Cahyani, 2023). According to data from the Indonesia National Adolescent Mental Health Survey (I-NAMHS) conducted in 2022, one in three Indonesian adolescents has mental health issues, while one in twenty adolescents suffers from a diagnosed mental disorder. This figure equates to approximately 15.5

million and 2.45 million adolescents, respectively, indicating that nearly 18 million Indonesian adolescents experience mental health disorders (Pusat Kesehatan Reproduksi UGM, 2022). Therefore, the Muslim community must support and improve mental health literacy among adolescents.

Islam, a religion emphasizing balance and well-being, offers various values supporting mental health (Yudha Hafidh Pratama et al., 2023). Values such as patience (*sabr*), gratitude (*shukr*), mutual assistance (*ta'awun*), and community bonds have significant potential in creating an environment conducive to mental well-being (Puji Astuti, 2022). Research indicates that the concept of mental health in Islam teaches adolescents to control their thoughts, behaviour, and attitudes according to Islamic expectations (Widya, 2020). Factors influencing mental health include faith (*iman*), knowledge (*ilmu*), and righteous deeds (*amal salih*), highlighting that maintaining mental health involves intellectual, emotional, and motivational development (Pakungwati & Desti Anggraeni, 2023). However, there remain limitations in the understanding and application of Islamic values in the context of mental health, particularly among Muslim adolescents.

In Islam, *salah* (prayer) releases stress and worldly concerns. Experts on stress management recommend daily practices for self-soothing, which aligns with the five daily prayers in Islam. Repeated prayer promotes peace and emotional resilience, effectively enabling individuals to face stress and challenges (Azisi, 2020). Religion also serves as a guide for individuals to face and overcome desires and urges. Deeply rooted religious teachings automatically regulate behaviour and attitudes. A devout Muslim seeks only the pleasure of Allah (SWT) and gains spiritual guidance in navigating life. In the face of rapid technological advancements and evolving thought patterns, staying close to Allah is a shield against negative influences.

From an Islamic perspective, health encompasses not just physical health but also mental and spiritual well-being. Islam offers a comprehensive way of life, influencing mental health to achieve happiness and peace (Himawanti, 2021). A Muslim who firmly holds onto their faith approaches disappointment with patience and resilience, believing life holds profound meaning. Therefore, integrating Islamic principles to expand awareness and knowledge about mental health among Muslim adolescents is not only essential but also has great potential to impact their mental well-being positively. With a deep understanding of Islamic teachings and their practical application in daily activities, Muslim adolescents are expected to become emotionally and spiritually strong individuals, building a resilient generation across various aspects of life.

This study examines how integrating Islamic values can enhance mental health awareness and literacy among Muslim adolescents. The focus is on understanding practical methods for applying Islamic teachings to support mental health and reduce the stigma associated with mental health issues. Additionally, the study investigates how Muslim communities, educational institutions, and families can contribute to creating an environment that supports adolescent mental health.

Using a qualitative approach, this study involves literature analysis and an in-depth understanding of Islamic teachings relevant to mental health. The findings are expected to provide valuable insights for educators, counsellors, and Muslim community leaders in designing effective programs to enhance adolescent mental health awareness and literacy. Thus, this introduction lays the foundation for research that explores the potential of Islamic values in strengthening mental health awareness and literacy among Muslim adolescents. Furthermore, this

study seeks to make a significant contribution to reducing the stigma associated with mental health issues in Muslim communities, ensuring that Muslim adolescents receive the support they need to achieve optimal mental health.

RESEARCH METHOD

This study employs a descriptive qualitative research method using a literature review design. The literature review was conducted by analyzing relevant journals, articles, and academic sources, thoroughly reading, re-examining previous research findings, and summarizing them into a cohesive topic that benefits readers.

The data collection techniques involved gathering relevant sources, organizing them into structured sections aligned with the research objectives, and drawing conclusions from research articles published over the last ten years (2014–2023). The literature review serves as an overview or explanation of literature relevant to a specific field or topic, providing insights into previously discussed theories, assumptions, and methodologies (Wekke, 2019). The qualitative literature review method emphasizes inductive reasoning, focusing on actual data rather than numerical or statistical analysis. The researchers reviewed written sources, including journal publications, articles, and relevant documents, integrating contemporary realities with validated academic insights.

Data processing involved documenting and presenting key findings from the literature review, ensuring clarity and relevance to the research topic. The search for current and reliable data sources was conducted to maintain the accuracy and validity of the findings. Ultimately, this study aims to provide valuable insights into adolescent mental health issues while encouraging Islamic youth to explore mental health research from an Islamic perspective. The findings are intended to contribute to raising awareness, supporting mental health literacy, and addressing the challenges faced by Muslim adolescents in managing mental health effectively.

RESULTS AND DISCUSSION

Definition and Concept of Mental Health in Islam

According to Ariadi (2019), the term "mental health" originates from the concept of mental hygiene, which implies a dynamic, not static, state involving continuous improvement efforts. The word "mental" comes from Greek, synonymous with the Latin term "psyche," referring to the soul or psyche of a person. Thus, mental hygiene can be interpreted as an effort to maintain mental or spiritual health in a dynamic state rather than a static condition. From an Islamic perspective, mental health refers to an individual's ability to manage their psychological functions and adapt dynamically to themselves, others, and their environment. This understanding is rooted in the Qur'an and Sunnah as guidelines for life to achieve happiness in this world and the hereafter (Ariadi, 2019).

The religion-based concept of mental health emphasizes long-term aspects and does not merely focus on current conditions or specific circumstances. Religion is believed to have a significant influence on human life, including mental health (Hamid, 2017). In Islam, mental health is understood as achieving a balance between psychological functions and adaptability to the environment. This equilibrium is based on faith (iman) and piety (taqwa), aiming to create a meaningful and fulfilling life both in this world and the hereafter (Putri et al., 2023).

Meanwhile, in the research by Widodo et al. (2021), Western culture defines mental health as a condition where an individual does not suffer from disorders such as depression, anxiety, or schizophrenia. Furthermore, a person with good mental health can adapt to their surroundings and face stress and pressure effectively. The concept of mental health in Islam occupies a central position in understanding human holistic well-being. In Islamic teachings, mental health is not only seen as the absence of psychological disorders but also as a state of harmony between thought, soul, and behaviour, leading to balance and happiness in life. This concept is reflected in numerous Islamic teachings and values, which emphasize the importance of maintaining mental stability as an integral part of worship and daily life (Hidayat et al., 2022).

Islam teaches the importance of self-awareness (*muraqabah*) to understand and regulate one's mental state. By monitoring and evaluating their thoughts, feelings, and actions, individuals can better understand themselves and manage stress, anxiety, and negative emotions more effectively. This self-awareness also allows individuals to draw closer to Allah (SWT) and strengthen their faith and piety (*taqwa*) (Atikasari, 2021). The mental health aspect is understood through the concept of *tazkiyat an-nafs*, which means "self-purification." This involves trying to cleanse the soul from negative traits such as envy, hatred, and resentment, which can damage a person's mental health. Through introspection and reflection, individuals are guided to develop strong, patient, and compassionate character traits, which are the foundation of psychological happiness and well-being (Karim, 2021).

Islam emphasizes balancing material and spiritual aspects to achieve mental well-being. While Islam recognizes the value of material wealth and worldly life, it also reminds believers that true happiness can only be found through a strong relationship with Allah (SWT) and obedience to His teachings. By focusing on the afterlife and a higher purpose, individuals can overcome feelings of emptiness and anxiety that often arise in worldly life. Islamic teachings emphasize the importance of healthy social relationships and family support in maintaining mental health. The family is considered the first line of defence against mental health disorders and acts as a source of emotional and spiritual support. In a hadith, the Prophet Muhammad (SAW) said: "A believer to another believer is like a building whose different parts support each other." This hadith underscores the importance of social support and solidarity in maintaining mental well-being. The Islamic concept of mental health encompasses various aspects that contribute to individual holistic well-being. By balancing self-awareness (*muraqabah*), self-purification (*tazkiyat an-nafs*), healthy social relationships, and religious practices, individuals can achieve optimal mental health through Islamic teachings (Karim, 2021).

The Influence of Islam on Mental Health

Religion is an inseparable aspect of life, as the foundation of human belief and purpose. A person's denial of religion often stems from their shortcomings as human beings, influenced by factors such as personality traits or environmental conditions. There must be encouragement and a sense of religiosity among individuals to reduce the likelihood of such denial, which often seems difficult to achieve. Humans inherently possess an inner element that drives them to submit to a higher, unseen power. This submission is considered an internal factor in personality psychology, often referred to as the self or conscience of man (Hamid, 2017).

It is both a physical and spiritual obligation for every human being, as a creation of Allah (SWT), to adhere to the instinct of faith, known as the religion of *tawhid* (monotheism). If a person

does not adhere to tawhid, it is often due to external influences from their social interactions and daily environment. As mentioned in the Qur'an (Surah Ar-Rum, 30:30): "So direct your face toward the religion, inclining to truth. [Adhere to] the fitnah of Allah upon which He has created [all] people. No change should be made in the creation of Allah. That is the correct religion, but most people do not know."

Mental health (mental hygiene) is a science encompassing principles, regulations, and procedures to improve spiritual well-being. A person with good mental health experiences inner peace, security, and tranquillity (Pennee, 2022). According to H.C. Witherington, mental health issues involve knowledge and principles from psychology, psychiatry, biology, sociology, and religion. In medical research, numerous cases have shown a clear connection between the psyche (mind) and soma (body). In many cases, religious practices such as prayer (salah), remembrance (dhikr), and recitation of the Qur'an provide a sense of calm and enhanced mental well-being.

Additionally, values such as patience (sabr), trust in Allah (tawakkul), and a strong relationship with Allah (SWT) help individuals manage stress and anxiety effectively. However, other aspects of Islam's influence on mental health might have unintended consequences. For instance, a rigid interpretation of religious teachings can sometimes result in psychological pressure or excessive guilt. Therefore, achieving a balanced and contextual understanding of Islamic teachings, coupled with social support from religious communities, is essential for improving mental health outcomes among Muslims.

The relationship between faith and mental well-being lies in an attitude of sincerity and submission to Allah (SWT). This attitude fosters optimism and positive emotions, such as happiness, satisfaction, success, love, and safety. These emotional states are fundamental human needs as spiritual beings. Under such conditions, individuals experience a state of emotional stability and inner peace. Logically, religious teachings require adherents to practice worship and embody religious values regularly. Consistent religious practices, including worship and prayer, cultivate moral integrity and enable individuals to achieve success and fulfilment as devoted followers of Allah (SWT). Performing religious practices or applying Islamic teachings consistently provides peace and purpose, making life feel more meaningful and well-directed. Humans, composed of physical (jasmani) and spiritual (rohani) aspects, require balanced and appropriate care for both dimensions.

In conclusion, Islam plays a significant role in shaping mental health by offering spiritual guidance, emotional resilience, and moral clarity. Individuals can achieve mental stability, peace of mind, and a purposeful life through a balanced understanding and consistent application of Islamic values.

Factors Affecting the Mental Health of Muslim Adolescents in Indonesia

According to (Putri et al., 2023), the factors affecting mental health include parenting patterns, environmental conditions, socioeconomic conditions, and physical and psychological factors. In addition, throughout their life journey, Muslim adolescents need an understanding of Islamic teachings as a guide in their daily lives. Religious practices in Islam are not only considered obligations but also serve as a form of therapy to overcome mental health disorders, as they can provide spiritual attachment and peace of mind.

Furthermore, the factors influencing the mental health of Muslim adolescents are a combination of various aspects, including internal and external factors that contribute to their

psychological well-being (Linderi, 2023). Understanding these factors is essential for identifying the challenges faced by Muslim adolescents in maintaining their mental health and for developing appropriate strategies to provide support and protection.

Internal factors such as religious and cultural identity play an important role in the mental health of Muslim adolescents. Amid the challenges and pressures of their surrounding environment, Muslim adolescents are often confronted with questions about their identity and how they relate to their religious and cultural values (Dianti, 2021). Uncertainty about identity can cause internal conflict and psychological distress. In addition, the struggle to understand and accept their religious beliefs in modern life can also become a source of mental tension.

Their socioeconomic conditions also influence the mental health of Muslim adolescents. Factors such as social status, access to quality education, and economic opportunities can affect the level of stress and anxiety experienced by Muslim adolescents. Economic instability within the family can lead to tensions and conflicts, placing additional pressure on adolescents to deal with their economic challenges (Nila, 2023).

Environmental factors, such as social support and interpersonal relationships, also play an important role in the mental health of Muslim adolescents. Adolescents with strong social relationships with family, peers, and religious communities tend to have higher levels of psychological well-being. On the other hand, social isolation, family conflict, or experiences of abuse and discrimination can cause stress and anxiety, which negatively affect the mental health of Muslim adolescents (Sa'diyah, 2024).

In addition, media and technology influence are also significant factors in the mental health of Muslim adolescents. Exposure to harmful or unhealthy media content, such as violence, unhealthy sexuality, or negative stereotypes about their religion and culture, can affect self-perception and psychological well-being (Sugitanata, 2023). Furthermore, excessive or unhealthy use of social media and digital technology can cause mental health problems, such as addiction, sleep disturbances, and depression.

Another factor that affects the mental health of Muslim adolescents is academic pressure and high expectations from family and society. In many communities, Muslim adolescents are expected to excel academically and professionally while maintaining their religious and cultural values. This pressure can lead to excessive stress, feelings of helplessness, and even depression if not addressed properly.

To address the factors affecting the mental health of Muslim adolescents, a holistic approach that combines psychological, social, and spiritual strategies is often necessary. This approach may involve support from family, peers, and religious communities, as well as professional interventions such as counselling and psychological therapy. In addition, mental health education, developing healthy coping skills, and promoting balanced living habits are also important to help Muslim adolescents overcome challenges and build strong and resilient mental health (Rosyad, 2021).

Islamic Values in Enhancing Mental Health Awareness and Literacy

Several studies have highlighted the role of Islamic values in improving adolescents' awareness and literacy regarding mental health, including the following:

- a. Faith (Iman)

In Islam, faith often utilizes prayer (dua) as a means to alleviate anxiety and stress. Through prayer and strengthening their connection with Allah (SWT), individuals can achieve the inner peace and spiritual support needed to face mental health challenges. Strong faith can be a source of inspiration and hope, helping individuals remain optimistic and overcome feelings of despair or anxiety (Yanto, 2023).

b. Piety (Taqwa)

Piety and mindfulness of Allah (taqwa) teach individuals to always remember Allah, act righteously, and avoid harmful behaviour. By practising taqwa, individuals can maintain their mental health by avoiding self-destructive behaviours, fostering a positive mindset, and developing an optimistic outlook (Fiqih & Shodiq, 2023).

c. Patience (Sabr)

Patience (sabr) represents steadfastness when facing difficulties. In mental health, patience helps individuals respond to pressure, stress, or hardship calmly and with perseverance. With patience, individuals can learn how to manage their emotions and handle challenging situations wisely (Sukino, 2018).

d. Gratitude (Shukr)

Practising gratitude for the blessings and trials given by Allah can improve a person's mental health. Gratitude helps shift mental focus from negative thoughts to positive aspects of life, reduces anxiety, and enhances happiness and life satisfaction (Yusuf et al., 2022).

Challenges and Strategies for Integrating Islamic Values in Improving Mental Health

In recent years, research on adolescents' psychological dimensions and mental well-being has gained increasing attention. This is because, according to the (World Health Organization, 2020), approximately 16% of global health issues are related to mental health conditions in adolescents aged 10–19 years. Moreover, many mental health disorders begin to emerge at the age of 14, yet most cases remain undetected and untreated. This highlights the importance of integrating Islamic values into mental health efforts, which comes with several complex challenges and requires a deep understanding of the issue. Below are examples of the challenges in integrating Islamic values to improve adolescent mental health:

a. Understanding How Islamic Values and Teachings Can Be Effectively Applied in the Context of Adolescent Mental Health: In Islam, numerous teachings emphasize balance, patience, and trust in Allah. However, implementing these teachings in daily life can be challenging for adolescents influenced by pop culture and modern lifestyles (Putri et al., 2023).

b. Diverse Interpretations of Islamic Teachings: Every individual has a unique interpretation of religion, which can affect how they understand and respond to mental health issues. This requires active participation from families, communities, and religious institutions to provide a deeper understanding of religious teachings and their relevance to mental health.

c. Negative Stigma from Society: Stigma surrounding mental health disorders among adolescents remains a significant and serious issue in many Muslim communities. This stigma can prevent adolescents from seeking help and treatment. Such stigma also hinders efforts to provide adequate care and support to adolescents with mental health disorders.

d. Technological Advancement and Cyberbullying: The rise of technology has led to an increase in cyberbullying, which involves verbal, psychological, or physical aggression and harassment through social media, instant messaging apps, email, or other digital platforms. Cyberbullying

can have various negative impacts on adolescents' mental health, including anxiety, depression, low self-esteem, and even suicidal thoughts (Ni'mah, 2023).

- e. Closed Attitudes and Lack of Efforts to Overcome Mental Health Disorders:
- f. Adolescents often avoid addressing their mental health problems, leading them to engage in harmful coping mechanisms, such as delinquency, alcohol consumption, and other harmful behaviours (Lestarina, 2021).

Based on the challenges mentioned above, several appropriate strategies are needed to integrate Islamic values in improving mental health, including:

- a. Instilling Gratitude for Life's Blessings: Adolescents with a high level of gratitude tend to show better mental health outcomes. Those who regularly express thankfulness and gratitude are likely to experience higher levels of happiness and lower levels of stress (Rahma & Cahyani, 2023). The importance of gratitude extends beyond happiness, as it relates to an adolescent's ability to manage emotions.
- b. Proper Understanding of Religious Teachings and Their Daily Application: Adolescents require proper guidance and mentoring to understand and apply Islamic values daily. Schools and Islamic educational institutions can play an essential role by providing programs that not only teach religion but also explain how to apply religious teachings to manage stress, anxiety, and other mental health issues (Afifa & Abdurrahman, 2021).
- c. Educating Communities About the Importance of Mental Health Awareness: Communities need to be educated about the importance of understanding and supporting adolescents with mental health problems. People must also develop empathy by understanding and relating to others' feelings and struggles (Pribadi et al., 2022).
- d. Creating Attractive Islamic Mental Health Guidance Programs for Adolescents: Programs focusing on Islamic guidance for mental health should be engaging and appealing to adolescents. These activities should be comprehensive and sustainable, bringing positive mental and emotional changes (Syafiiyah & Majalengka, 2017).
- e. Providing Ongoing Mentorship for Adolescents: Mentorship programs are essential for adolescents to share their burdens and seek solutions for mental health challenges. Mentorship aims to support and guide adolescents experiencing mental health disorders (Lestarina, 2021).

Overall, the challenges in integrating Islamic values into efforts to improve adolescent mental health are indeed significant. However, with the right strategies and strong collaboration among various stakeholders, these challenges can be addressed, and the mental health of Muslim communities can be improved overall. Further evaluation and research are needed to gain a deeper understanding of the effectiveness of these strategies in improving mental health within an Islamic context. Through comprehensive research, we can identify what works and what does not, allowing for the development of better approaches in the future.

CONCLUSION

The results of this study provide several implications for understanding mental health in the context of Islam, such as the concept of mental health emphasizing not only freedom from psychological disorders but also the harmony of the mind, soul, and behaviour, highlighting the balance of individual happiness both in this world and the hereafter. The influence of Islam on mental health is reflected through values such as faith (iman), piety (taqwa), patience (sabr), and

gratitude (shukr), which help address various mental health issues. Meanwhile, religious practices such as prayer (salah), remembrance (dhikr), and contemplation (tafakur) can serve as therapeutic tools. Factors affecting the mental health of Muslim adolescents include parenting styles, environment, socioeconomic conditions, religious identity, and culture, all of which need to be understood to address these challenges effectively. Islamic values can also enhance awareness and literacy about mental health. However, the integration of these values faces challenges, such as diverse interpretations of Islamic teachings and negative stigma towards mental disorders. Proper strategies, such as in-depth religious understanding and social support, can help overcome these challenges. Through in-depth exploration of religious concepts, understanding core Islamic values, and identifying challenges and integration strategies in mental health, it becomes clear that a holistic approach involving religious, cultural, and psychological aspects is crucial.

Recommendations

The recommendations from this study include; 1) Conducting further studies on the effectiveness of religious practices in improving the mental health of Muslim adolescents. 2) Developing intervention programs based on Islamic values to improve awareness and literacy about mental health among adolescents. 3) Enhancing the continuity of adolescent mentoring programs and collaborating with local health authorities to maintain optimal adolescent mental health. 4) Innovating by developing online counselling programs to assist adolescents experiencing mental health disorders. Therefore, collaboration among mental health professionals, religious leaders, the government, and other social institutions must be strengthened to create an environment that supports the mental health of Muslim adolescents.

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