

A Review of Quranic Research Related to Mental Health

Mohsen Rafikhah^{1*} , Mahmoud Tavousi² , Zahra Naghizadeh-Moghari¹ , Najmeh Kazemi¹ 

1- Quran and Health Group, Iranian Academics' Quranic Activities Organization, Center of Interdisciplinary Quranic Studies, ACECR, Tehran, Iran.
 2- Health Metrics Research Center, Iranian Institute for Health Sciences Research, ACECR, Tehran, Iran.

*Correspondence should be addressed to Mr. Mohsen Rafikhah; Email: m.rafikhah@ut.ac.ir

Article Info

Received: Sep 22, 2019

Received in revised form:

Oct 16, 2019

Accepted: Nov 7, 2020

Available Online: Jun 22, 2021

Keywords:

Health

Mental Health

Quran

Review Study



 <https://doi.org/10.22037/jrrh.v7i2.27180>

Abstract

Background and Objective: It is important to examine the current state of research in any country to guide and determine the direction of future research. This study focused on the status of Quranic research and mental health. This study was focused on three categories: subject, methodology and researchers.

Methods: This is a review study. Research samples were Persian articles published in scientific journals (Electronic Publication). A total of 141 articles were selected for review. The authors have not reported any conflicts of interest.

Results: The results were analyzed in three categories: subject, methodology, and researchers. In the subject category, it was found that interpretive articles (35.47%) have the highest frequency. In terms of methodology, quantitative, qualitative and mixed research accounted for 50.35%, 46.10% and 3.55% of the studies and showed the highest frequency, respectively. Also, in analyzing the status of researchers, it was found that researchers in fields unrelated to the Quranic sciences had published a higher percentage of articles on the Quran and health (63.83%).

Conclusion: According to the research findings, suggestions for future research are provided on the trend of publication of the studies and guiding the future studies in a better direction.

Please cite this article as: Rafikhah M, Tavousi M, Naghizadeh-Moghari Z, Kazemi N. A Review of Quranic Research Related to Mental Health. Journal of Pizhūhish dar dīn va salāmat. 2021;7(2):138-154. <https://doi.org/10.22037/jrrh.v7i2.27180>

Summary

Background and Objective

In recent decades, mental health problems have led to many diseases and reduced performance and productivity. Improving people's mental health indicators leads to improving productivity and increasing community productivity. The diversity of mental health issues has led to interaction with other sciences. One of the most important sciences is the Islamic and Quranic sciences. In recent decades, much research has been conducted on the common titles of both the Quran and mental health (1-8). In all these studies, the Quran has been studied as a basic subject

along with other sciences. However, no studies have been conducted to review these studies. Obviously, such research, in addition to determining the current status of research in the country, determines the path for future research and thus prevents reworking or focusing on topics that are not in line with the needs of society. Recognizing and evaluating the research status of each country is essential for planners, policy makers and researchers. Many studies may not be based on a specific policy, planning and strategy, and this can lead to failure in achieving a specific goal and meeting basic research needs, unreasonable duplication of research, and waste of time, energy and resources (9, 10). In the field of mental health, due to the sensitivity of the issue,

there is a more serious need to examine this issue. This research aims to examine the studies conducted in the field of Quran and mental health. In this context, the three categories of subject, methodology and researchers are considered.

Methods

This is a review study. The research samples included Persian articles published in scientific journals (electronic publication) since the beginning of 1997 until the end of 2018. The articles were searched through Google search engine and Google Scholar, as well as www.noormags.ir, www.sid.ir, www.magiran.com and www.ensani.ir. After several screening steps, 141 articles were selected for review.

Results

A total of 141 articles were reviewed; the most frequent theme was related to the subject of interpretation (with 50 articles) and then the subject of Quranic-based psychological interventions (with 22 articles). Survey research methodology was considered in three general categories. According to the available data, the quantitative method was used in 50.35%, the qualitative method in 46.10% and the mixed method in 3.55% of the studies. Also, a study of the status of the researchers of the articles shows that 36.17% have been written by the researchers of Quranic sciences and 63.83% by the researchers of other fields.

Conclusion

In relation to the subject area, it seems that low cost, diversity, lower methodological complexity, and the speed of writing articles with the subject of interpretation may be the reasons for the popularity and publication frequency in all periods. In relation to research methodology, it can be stated that quantitative and qualitative research methods have been used almost equally in recent research. In a study to review three decades of published articles on the mental health of Iranian women, it was found that most of these articles were related to psychological issues and then to symptomatology, diagnosis and classification of psychiatric disorders, epidemiological research and a small number of health services, respectively (11).

Given that in the thematic category, the highest frequency was related to the interpretive and the interventional studies, and conducting these types of research depends on both qualitative and quantitative methods, the closeness of the percentages results related to these two methods

was not surprising. In a similar study related to the research process in the field of psychiatric disorders, it was indicated that the methodology used in 51.8% of the articles was cross-sectional and in recent years the number of studies using the clinical trial methodology has been increasing (12).

The third purpose of this study was to investigate the status of researchers in these articles. For this purpose, all the articles were categorized according to the academic education of the corresponding author or the first author. The data showed that the number of researchers in fields unrelated to the Quranic sciences was much higher and almost double the percentage of researchers in the fields of Quranic sciences. It seems that the trend towards the publication of applied researches, as well as the parallel studies and the limited methodology of research among researchers of Quranic sciences has been influential in this process.

Acknowledgements

The authors of this study would like to thank the Vice for Research and Technology Department of ACECR for their support.

Funding

According to the authors, this research was conducted with the financial support of Vice for Research and Technology Department of ACECR.

Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Providing the initial idea, writing the research and data analysis and interpretation; First author: Method, Scientific Supervisor and Project Consultant; Second author; Advisor and supervisor of the project; Third author and Background and data collection and text revision: Fourth author.

References

1. Roshan F, Khazae M. Mental health from the viewpoint of the Quran. *Quarterly Sabzevaran Fadak*. 2012;3(12):79-97. (Full Text in Persian)
2. Ebrahimi A, Nazari A, Hasani J. Psychopathology from the perspective of Quran: Thematic analysis. *Islam and Health Journal*. 2015;2(3):15-24. (Full Text in Persian)
3. Rafiei-Mohammadi N, Jahangiri M. The Effect of Logic Therapy Combined with Quran Recitation and Prayer on Depression Symptoms in Women with Major

Depressive Disorder. *Journal of Pizhūhish dar dīn va salāmat*. 2020;5(4):88-98. (Full Text in Persian)

4. Aghajani M, Mirbagher N. The relationship between familiarity with the Quran and mental health in nursing students. *Islam and Health Journal*. 2015;1(4):7-13. (Full Text in Persian)

5. Ramazanzade K, Miri M, Hashemi SM. Familiarity with Quran and Its Relationship with Mental Health among University Students. *Religion and Health*. 2016;3(2):41-8. (Full Text in Persian)

6. Fayyaz F, Bahrami Ehsan H, Okhovat AR. The Elementary Making of a Scale for Diagnosing the Depression Based on Some Quranic Verses. *Studies in Islam and Psychology*. 2015;9(17):153-80. (Full Text in Persian)

7. Lakzaei J, Sanagoo A, Kavosi A, Jouybari L, Kavosi A, Haghdoost Z, et al. A Comparison of Quran-Memorizers and Non-Memorizers' Mental Health in Gorgan. *J Res Relig Health*. 2019;4(5):57-66. (Full Text in Persian)

8. Esmaeili Sadrabadi M, Rafikhah M, Ostadi A, Naghizadeh Z, Ganjooor M. References and Bibliography of Interdisciplinary Studies of Quran and Health. *Interdisciplinary Quranic studies J*. 2018;17:71-84. (Full Text in Persian)

9. Sharifi V, Rahimi Movaghar A, Mohammadi MR, Rad Goodarzi R, Sahimi Izadian E, Farhoudian A, et al. Analysis of Iran's Mental Health Research Over 3 Decades: A Scientometric Study. *Advances in Cognitive Science*. 2003;5(3):1-16. (Full Text in Persian)

10. Mansouri N, Sharifi V, Farhoodian A, Goodarzi Rad A, Rahimi Movaghar A, Mohammadi M, et al. Barresi-ye Maghalat-e Pajuheshi-ye Keshvar dar Khosooos-e Behdasht-e Ravan-e Madares Tey-e Salhay-e 1352-1381. *Journal of Psychology & Education*. 2009;38(4):101-22. (Full Text in Persian)

11. Sahimi Izadian E, Rahimi Movaghar A, Sharifi V, Mohamadi M, Rad Goodarzi R, Farhoudian A, et al. Status of Mental Health Research Concerning Women In Iran Over the Past 3 Decades. *Social Welfare*. 2006;5(21):165-84. (Full Text in Persian)

12. Farhoudian A, Rad Goodarzi R, Rahimi Movaghar A, Sharifi V, Mohammadi MR, Sahimi Izadian E, et al. Trend of Researches in the Field of Psychiatric Disorders in Iran. *Iranian Journal of Psychiatry and Clinical Psychology*. 2007;12(4):327-36. (Full Text in Persian)

نظرة على الدراسات القرآنية المرتبطة بالصحة النفسية

محسن رفيع خواجه^١، محمود طاووسي^٢، زهراء نقی زادة موهاري^١، نجمة كاظمي^١

١- قسم القرآن والصحة، مركز دراسات القرآن الكريم متعددة التخصصات، المنظمة القرآنية لطلبة الدولة الجامعيين، الجهاد الجامعي، طهران، إيران.

٢- مركز تحقيقات قياس الصحة، المعهد العالي للعلوم الصحية التابعة للجهاد الجامعي، طهران، إيران.

* المراسلات الموجهة إلى السيد محسن رفيع خواجه؛ البريد الإلكتروني: m.rafikhah@ut.ac.ir

الملخص

خلفية البحث وأهدافه: إن لدراسة الحالة الراهنة للتحقيق في أي دولة أهمية كبيرة، وذلك بغرض ترشيد وتعيين مسار التحقيقات الآتية. وقد تعرضت هذه الدراسة للبحث في حالة التحقيقات المرتبطة بالقرآن والصحة النفسية، وقد انقسمت الأهداف الجزئية لهذه الدراسة إلى ثلاث مجموعات: الموضوع، ودراسة المنهج، ومجتمع المحققين.

منهجية البحث: تعتبر هذه الدراسة من النوع الاستقرائي حيث تشكّل وحداته المقالات الفارسية المنتشرة في المجالات المعتبرة (بالنشر الإلكتروني). وقد تم انتخاب المقالات من المواقع العلمية المعتبرة ومن خلال البحث عن الكلمات المفتاحية المحددة، وقد تم اختيارها بعد عدة مراحل من الغرلة. وفي النهاية فقد تم انتخاب ١٤١ مقالة بغرض الدراسة والتحليل. ولم يلحظ مؤلفو المقالة أي تعارض للمنافع.

الكشوفات: لقد تم تحليل النتائج في الأبعاد الثلاثة: الموضوع، ودراسة المنهج، ومجتمع المحققين. وقد تبين في البعد الموضوعي أن المقالات التفسيرية (٣٥/٤٧ في المائة) لها أكثر زيادة. كما أنه في مجال دراسة المنهج أيضاً فقد أخذت التحقيقات الكمية والكيفية والمختلطة بالترتيب ٥٠/٣٥ في المائة، ٤٦/١٠ في المائة، ٣/٥٥ في المائة من حجم المقالات. كما أنه قد تبين من دراسة مجتمع المحققين أن المحققين الذين كانت لهم تخصصات غير العلوم القرآنية قد نشروا نسبة مئوية أكثر من المقالات المرتبطة بمجال القرآن والصحة (٦٣/٨٣ في المائة).

الاستنتاج: لقد تم تقديم التحليلات اللازمة طبقاً لمعطيات هذه الدراسة حول طريقة انتشار التحقيقات وترشيد التحقيقات الآتية نحو اتجاه أفضل.

معلومات المادة

الوصول: ٢٢ محرم ١٤٤١
وصول النص النهائي: ١٦ صفر ١٤٤١
القبول: ٩ ربيع الأول ١٤٤١
النشر الإلكتروني: ١١ ذي القعدة ١٤٤٢

الكلمات الرئيسية:

السلامة
السلامة النفسية
القرآن
المطالعة الاستقرائية

يتم استناد المقالة على الترتيب التالي:

Rafikhah M, Tavousi M, Naghizadeh-Moghari Z, Kazemi N. A Review of Quranic Research Related to Mental Health. Journal of Pizhūhish dar dīn va salāmat. 2021;7(2):138-154. <https://doi.org/10.22037/jrrh.v7i2.27180>

مروری بر پژوهش‌های قرآنی مرتبط با سلامت روان

محسن رفیع خواه^{۱*}، محمود طاووسی^۲، زهرا نقی‌زاده موغاری^۱، نجمه کاظمی^۱

۱- گروه قرآن و سلامت، مرکز مطالعات میان‌رشته‌ای قرآن کریم، سازمان قرآنی دانشگاهیان کشور، جهاد دانشگاهی، تهران، ایران.

۲- مرکز تحقیقات سنجش سلامت، پژوهشکده علوم بهداشتی جهاد دانشگاهی، تهران، ایران.

* مکاتبات خطاب به آقای محسن رفیع‌خواه؛ رایانامه: m.rafikhah@ut.ac.ir

اطلاعات مقاله

دریافت: ۳۱ شهریور ۱۳۹۸

دریافت متن نهایی: ۲۴ مهر ۱۳۹۸

پذیرش: ۱۶ آبان ۱۳۹۸

نشر الکترونیکی: ۱ تیر ۱۴۰۰

چکیده

سابقه و هدف: بررسی وضعیت موجود پژوهش در هر کشوری به جهت هدایت و تعیین مسیر پژوهش‌های آتی از اهمیت زیادی برخوردار است. در پژوهش حاضر به بررسی وضعیت پژوهش‌های قرآن و سلامت روان پرداخته شده و اهداف جزئی این پژوهش به سه دسته موضوعی، روش‌شناسی و جامعه محققان تقسیم شده است.

روش کار: این پژوهش از نوع مروری است که واحدهای آن را مقالات فارسی‌زبان منتشرشده در مجلات معتبر (با نشر الکترونیک) تشکیل می‌دهد. مقالات از طریق پایگاه‌های معتبر علمی و با جست‌وجوی کلیدواژه‌های تعیین‌شده انتخاب و پس از چند مرحله غربالگری گزینش شد. در مجموع، ۱۴۱ مقاله جهت بررسی و تحلیل انتخاب شد. مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج در سه بُعد موضوعی، روش‌شناسی و جامعه محققان تحلیل شد. در بُعد موضوعی مشخص شد که مقالات تفسیری (۳۵/۴۷ درصد) بیشترین فراوانی را داشت. در زمینه روش‌شناسی نیز تحقیقات کمی، کیفی و آمیخته به ترتیب ۵۰/۳۵ درصد، ۴۶/۱۰ درصد و ۳/۵۵ درصد از حجم مقالات را دربرمی‌گرفت. همچنین در بررسی جامعه محققان مشخص شد که پژوهشگرانی که رشته‌هایی غیر از علوم قرآنی داشتند درصد بیشتری از مقالات حوزه قرآن و سلامت را منتشر کرده بودند (۶۳/۸۳ درصد).

نتیجه‌گیری: منطبق با یافته‌های پژوهش تحلیل‌هایی درباره روند انتشار پژوهش‌ها و جهت‌دهی به پژوهش‌های آتی به‌سوی مسیر مطلوب‌تر ارائه شده است.

واژگان کلیدی:

سلامت

سلامت روان

قرآن

مطالعه مروری

استناد مقاله به این صورت است:

Rafikhah M, Tavousi M, Naghizadeh-Moghari Z, Kazemi N. A Review of Quranic Research Related to Mental Health. Journal of Pizhūhish dar dīn va salāmat. 2021;7(2):138-154. <https://doi.org/10.22037/jrrh.v7i2.27180>

مقدمه

بهداشت جهانی، سلامتی عبارت است از حالت آسودگی کامل جسمانی، روانی، اجتماعی و تنها به نبود بیماری یا ناتوانی اطلاق نمی‌شود (۱). یکی از مهم‌ترین این ابعاد که جایگاه ویژه‌ای در پژوهش‌های اخیر نیز داشته بُعد روانی سلامت یا

از جمله عوامل مؤثر در توسعه هر کشور که همواره به آن توجه شده سلامت آن جامعه است. طبق تعریف سازمان