

Aesthetic Analysis of the Mental Health Promotion Theory by Reading the Qur'anic Verses: a Case Study of the Geometric Structure of the Holy Chapter of 'Insan'

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Abstract

Background and Objective: So far, no independent study has been conducted on the beauty and aesthetic aspects of the Qur'an. Considering the gap in the theoretical foundations of the experimental researchers about the recitation of and listening to the Qur'anic verses, the present study attempted to present and introduce a particular method to be used in the interdisciplinary studies and experiments with a focus on the art and beauties of the Holy Qur'an.

Methods: The present study used a combination of content analysis and interpretation methods for analyzing some of the verses of chapter 'Insan' of the Qur'an. This study is library-based analytical. Accordingly, the required data were collected using different sources including books and articles and after aesthetic analysis and comparison of the similar texts, the textual and content beauty and delicacy was examined. Depending on the topic being discussed, the text-to-text or inter-textual method was used for data analysis and the expression and novelty techniques and old and new discussions were also drawn on for analysis. In the present article, an attempt was made to show a small part of the structural and literal beauty of Chapter 'Insan' under three subcategories of 'syntax', 'eloquence' and 'geometry'. The authors reported no conflict of interests in this study.

Results: The results of analysis show that the modern experimental methods can be used for theoretical expansion of the central core of religion, i.e. the Holy Book and the Prophet's tradition, in the framework of and using Islamic sciences to avoid the liberal and extremist approaches. By aesthetic examination of the Qur'an particularly its geometric beauties, the developmental trend of human being in different aspects including training, education, research and guidance can be understood based on the Qur'an.

Conclusion: Finally, by examining the aesthetic elements of the chapter 'Insan', the position of Islamic sciences in relation to art therapy was clarified.



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Summary

Background and Objective

One of the most beautiful creatures of God is the Holy Qur'an. The beauty of the Qur'an has

attracted the attention of Qur'an researchers and scholars. One of the considerable aesthetic aspects of the Qur'an is its 'symmetry'. Symmetry in the Qur'an refers to the geometric structure of each chapter and the relationship between and symmetry in the verses within each chapter or the

subject unity dominating the components of a chapter. It means that each chapter has one or more major goal(s) and the content of the chapter are distinguishable based on the focus and minor goal; each set of verses is subcategorized under a subject based on the internal consistency and the close relationship between them. These subjects have one thing in common, which constitutes the major goal(s) of the chapter (1). First, Sheikh Abubakr Nisaboori and then Ibn Arabi (2) and Abdul Qaher Jorjani (3) referred to it as ‘Elm ul-Monasebah’ (the Science of symmetry) (2). Among the contemporary scholars, Seyyed Qutb (1) in ‘Fi Thalal ul-Qur’an’ and Allameh Tabatabaei (4) further discussed it later on.

With the conditions becoming more complicated in the new age, the emergence of social crises and the prevalence of depression and anxiety, well-known experts highly emphasize the importance of religion in mental health and psychotherapy believing that religious beliefs and reliance on God helps to alleviate and improve the pains and mental problems. In the Holy Qur’an, there are many verses related to health and the methods of treatment and mental training that provide human beings with solutions to promote mental health of the family, social relationships, economic issues, etc. (5). The results of studies show that listening to the Qur’an is considerably effective in reducing anxiety and severity of pain and improving mental health and patients’ health, physiological symptoms and performance of different body organs, the security system and the patients’ level of satisfaction (6).

The verses of the revelation turn the world from darkness into light; therefore, creation is the same as manifestation, i.e. moving from the level of absence or potentiality to the level of light, clear and revealed.”

The present study attempts to suggest and introduce a particular method to be used in the studies and interdisciplinary experiments with a focus on the art and beauties of the Holy Qur’an.

Methods

This study is library-based analytical. Accordingly, the required data were collected using different sources including books and articles and after aesthetic analysis and comparison of the similar texts, the textual and content beauty and delicacy was examined. Depending on the topic being discussed, the text-to-text or inter-textual method was used for data analysis and the expression and novelty techniques and old and new discussions were also used for analysis. In the present article, an attempt

was made to show a small part of the structural and literal beauty of Chapter ‘Insan’ under three subcategories of ‘syntax’, ‘eloquence’ and ‘geometry’.

Results

The results of analysis show that the modern experimental methods can be used for theoretical expansion of the central core of religion, i.e. the Holy Book and the Prophet’s tradition in the framework of and using Islamic sciences to avoid the liberal and extremist approaches. By aesthetic examination of the Qur’an particularly its geometric beauties, the developmental trend of human being in different aspects including training, education, research and guidance can be understood based on the Qur’an.

Based on the findings, it can be stated that the textual structure has different and various subdivisions, which are discussed here as syntax, eloquence and geometry and some of the beauties of chapter ‘Insan’ are mentioned as examples for each category.

A) Syntax

Syntax is an important element in the literal structure of the Qur’an because it helps to determine the specific meanings within it. As an instance, it plays a unique role in determining the exact meaning of “You [alone] do we worship” and “We worship you” (9).

B) Eloquence

Eloquence means expressiveness, in general. However, its specific meaning is expressiveness of interpretations and using the best and the most beautiful methods to convey meaning and intention. Eloquence has two subcategories; eloquence in speech (eloquence of speech) and eloquence of the speaker (an eloquent speaker).

C) Geometry

Having a focus, subject, and goal concerns the geometric aspect of the text, which the author tries to achieve via coherence in the words and sentences s/he uses (10).

Conclusion

The Qur’an does not turn into an inactive text to ensure clarity and explanation. It is known as an active text with scientific and dynamic applications that are interactional. Some declare that the semantic stimuli in the Qur’an unexpectedly challenge the expert readers and have a great impact on mental health. The studies show that memorizers of the Qur’an have better

conditions in terms of anxiety, sleep disorder, and social functions (20). It also leads to increased marital satisfaction and mental health in married women (21).

Syntax involves examining the relationship between the elements of the sentence structure and the rules dominating the order and sequence of the sentences (22). Based on this definition, if the natural order of words changes, the direction of thought will also change. When speech moves in the natural direction of language (the criterion syntax), the speaker's perspective on a topic will be natural and neutral, but if any of the sentence elements changes and moves from its natural position, this leads to a change in the speaker (23) and, for this reason, the Qur'an is beyond time and comprehensive and its audience is also large and it is not an ordinary text; however, in one sense it is a text in the language of human being because not only it is an interactional event with textuality criteria, but the rules dominating the human texts can be used for its analysis (24).

In chapter 'Insan', as in other chapters of the Qur'an, the aesthetic elements in the symmetry and coordination between the words, which have been rightly selected, and, then, their order and arrangement with a particular organization, which reaches the highest level of eloquence, the rhythm and music resulting from the selection of the words and their order, the rhetoric techniques matched with the context, and the semantic continuity between the intention behind the structure of the verses and the dominant congruence from one intention to another can be well observed.

The aesthetic dimensions of the Holy Qur'an are wide in range. If the researcher understands the aesthetic range of the Qur'an, his/her horizons will be broadened. In the language of the Qur'an, which is the language of guidance and sensation, the aesthetic instruments have been used for internal excitement of the audience and improving and promoting mental health. The linguistic elements have been targeted at one single goal: instigating the emotions and impassion. The miracle of the Qur'an in the dynamic words, attractive rhythm, the novel style and extraordinary rhetoric is such that not only the believers but also those against the Qur'an are attracted to it. Addressing the different aspects of the Qur'anic verses requires a mirror view beyond a comparative study and satisfies human's need for a new word that is heavenly and far from the banality of the earthly art.

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Conflict of interest

The authors declared no conflict of interests.

Authors' contribution

Analyzing the findings, writing the discussion and conclusion sections: first author; writing the research background: second author.

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دراسة جمالية لنظرية تعزيز الصحة النفسية من خلال قراءة القرآن: البنية الهندسية لسورة الإنسان أنموذجاً

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الملخص

خلفية البحث وأهدافه: لم تجر حتى الآن دراسة مستقلة حول جمالية القرآن الكريم. وبالنظر إلى هذه الفجوة والحقلات المفقودة في المبادئ النظرية التي يعتمد عليها المحققون التجريبيون حول قراءة القرآن الكريم واستماع آياته، تسعى هذه الدراسة لتقلم أساليب و مناهج خاصة، وبلورة أسلوب منهجي بين تخصصي تُدرس من خلاله جمالية القرآن الكريم و تأثيره الفني والجمالي على قارئه.

منهجية البحث: المنهج الذي يعتمد عليه هذا البحث هو عبارة عن مزيج من منهج تحليل مضمون النصوص ومناهج تفسير سورة الإنسان. كما تعتمد هذه الدراسة المنهج الوصفي/التحليلي. فقد جمعنا المعلومات من المصادر المختلفة مثل الكتب والمقالات و المصادر الأخرى وبعد تحليلها جمالياً ومقارنتها مع النصوص المماثلة، رصدنا الجماليات التي تتضمنها هذه السورة وتحليل مضمونها من الناحية الجمالية. كما يقوم البحث على جمع المعلومات وتحليلها بالنظر إلى طاقته ومقتضى حال المقال ومن هذا المنطلق يسعى البحث إلى الدراسة التناسية ومنهج التناص في مقارنة النصوص المماثلة ودراسة الصناعات الأدبية مثل البيان والبديع والأبحاث التراثية والحديثة في دراسة النصوص الدينية. كما تسعى هذه المقالة إلى بلورة جانب من الجمالية النصية في القرآن الكريم والصياغة الأدبية من ناحية النحو، البلاغة، والهندسة النصية والبنية النصية التي تحظى بها نصوص القرآن الكريم. فإن مؤلفي البحث لم يشيروا إلى أي تضارب في المصالح.

المعطيات: تشير الدراسات إلى أنّ المناهج التجريبية الحديثة قادرة على الاستفادة من العلوم الإسلامية ورفض الإنحياهاات الليبرالية والتوجهات المتطرفة) في بسط وتبليغ الدين ونواته الأساسية وهي الكتاب والسنة الشريفة.

الاستنتاج: من خلال دراسة المكونات الجمالية لنص سورة الإنسان؛ تم إيضاح موضع العلوم الإسلامية في منهج العلاج بالفن والاستفادة من النصوص الدينية في العلاج بالفن.

الكلمات الرئيسية:

الجمالية

الدين

القرآن

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بررسی زیبایی‌شناختی نظریه ارتقای سلامت روانی با قرائت آیات قرآنی؛ مطالعه موردی: ساختار هندسی سوره مبارکه انسان

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چکیده

سابقه و هدف: تا به حال پژوهش مستقلی درباره جمال و زیبایی‌های قرآن انجام نشده است. با عنایت به حلقه‌های مفقوده در مبادی نظری پژوهش‌های پژوهشگران تجربی درباره قرائت و استماع آیات قرآنی، هدف این پژوهش پیشنهاد و معرفی روش‌شناسی خاص در پژوهش‌ها و آزمایش‌های میان‌رشته‌ای با موضوعیت هنر و زیبایی‌های قرآن کریم بود.

روش کار: پژوهش حاضر با به‌کارگیری تلفیقی از روش‌های تحلیل محتوای متون و روش‌های تفسیری برخی آیات سوره انسان پدید آمده است. روش این پژوهش کتابخانه‌ای-تحلیلی است. به این صورت که داده‌ها و اطلاعات از منابع مختلف مانند کتب و مقالات موجود جمع‌آوری و پس از تحلیل و بررسی زیبایی‌شناختی و مقایسه بین متون مشابه و پی‌بردن به برخی ظرائف و لطائف متنی و محتوایی استفاده شد. روش تجزیه و تحلیل اطلاعات به فراخور مباحث مطرح‌شده، روش متن به متن یا بینامتنی و استفاده از نکات صنعت بیان و بدیع و مباحث قدیم و جدید ادبی است. در این مقاله تلاش شده است تا گوشه‌ای از جمال ساختاری و ادبی سوره انسان در سه زیرشاخه «نحوی»، «بلاغی» و «هندسی» نشان داده شود. مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: بررسی‌ها نشان می‌دهد که روش‌های نوین تجربی این قابلیت را دارند تا در بسط نظری هسته مرکزی دین یعنی کتاب و سنت، در چارچوب و به واسطه علوم اسلامی (جهت دوری از رویکردهای آزادی‌خواهانه و رویکردهای افراطی) استفاده شوند. علاوه بر این، از طریق مطالعه و بررسی‌های زیبایی‌شناسانه قرآن به‌ویژه زیبایی‌های هندسی می‌توان به شناخت روند و مراحل سیر کمالی انسان در بخش‌های مختلف از قبیل فرایندهای تربیتی، آموزشی، پژوهشی و هدایت‌گری مبتنی بر دریافت‌های قرآنی نائل آمد. **نتیجه‌گیری:** درنهایت، با بررسی مؤلفه‌های زیبایی‌شناختی سوره انسان، جایگاه علوم اسلامی مرتبط با هنردرمانی روشن شد.

واژگان کلیدی:

دین

زیبایی‌شناختی

سوره انسان

قرآن

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