

STRESS MANAGEMENT FROM AN ISLAMIC PERSPECTIVE: A CONTENT ANALYSIS OF RECENT LITERATURE

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(Received 09th February 2024; accepted 07th April 2024)

Abstract. Stress management involves recognising and utilising efficient coping strategies to minimise the adverse effects of stress on a person's general health. Since stress is an unavoidable aspect of life that can affect a person's physical and mental health, Islam offers several stress management practices to assist individuals in coping with stress. The objective of this study is to refine stress management from an Islamic perspective. This study utilised a methodical approach in content analysis to analyse and retrieve pertinent data from different sources. This study presents findings and examines their significance within the context of Islamic teachings and contemporary concerns. The significant points of the Islamic perspective regarding stress management are, namely: (a) wholehearted prayer; (b) gratitude and acceptance; (c) consistent and mindful self-care; (d) responsible and supportive social connections; (e) resisting anger and patience; (f) sincere and earnest fasting; and (g) reflection and remembrance hymns. Conclusively, stress management from an Islamic viewpoint is a diverse field of research that includes many methods for handling stress.

Keywords: *stress management, Islamic perspective, Islamic psychology, coping mechanism*

Introduction

Stress management involves recognising and utilising efficient coping strategies to minimise the adverse effects of stress on a person's general health. Stress management involves recognising and handling causes of stress to minimise or eradicate the adverse impact stress may have on one's physical and mental health. Although some stress can be advantageous and inspiring, persistent stress can lead to many adverse health effects, such as cardiovascular disease, mental health issues, and cognitive deterioration. Effective stress management treatments encompass exercise, relaxation methods including meditation and deep breathing exercises, mindfulness practices, cognitive tactics such as reframing negative ideas, time management, and social support. These strategies can assist individuals in acquiring the essential abilities to manage life's problems, fostering a feeling of equilibrium and increased control over life conditions. Creating a personalised stress management strategy may pinpoint and tackle stressors, fostering an environment where stress is reduced or handled efficiently. Effective stress management entails recognising that the complete elimination of stress may not be feasible, but it is within an individual's control to regulate their reactions to it. By integrating effective stress management strategies into their daily routine, people can enhance resilience and their mental and physical health.

Since stress is an unavoidable aspect of life that can affect a person's physical and mental health, Islam offers several stress management practices to assist individuals in coping with stress. The primary strategy is to seek Allah's assistance through prayer, recitation of the Quran, and participation in remembrance hymns. Islam encourages reliance on Allah's designs and provides solace during difficult times by emphasising

that He is the supreme source of serenity and comfort. Additionally, self-care is a crucial element in handling stress, according to Islamic teachings. Encouraging Muslims to maintain their well-being involves following a balanced diet, engaging in consistent physical activity, and practicing mindfulness. Islam encourages communal meetings, receives guidance from scholars, and consults mental health specialists as needed. Islam also encourages patience and resilience in difficult situations, since Muslims trust that Allah will not give them more than they can handle. Islam offers a comprehensive method for managing stress by considering the physical, mental, and spiritual dimensions of an individual's life. It gives strategies and practices to assist in stress management and promote overall well-being on both personal and communal levels.

The objective of this study is to refine stress management from an Islamic perspective. By focusing on the Islamic faith, stress treatment may be customised to better fit the requirements of the Muslim people. This may lead to enhanced general well-being, as Muslims would be able to utilise stress management techniques that are in harmony with their spiritual beliefs and practices. Improving stress management strategies from an Islamic viewpoint may enhance comprehension of how Islamic rituals promote mental health and well-being. This research might also assist community-based therapies, including remembrance hymns and prayer in groups, to enhance social support and reinforce communal bonds. Furthermore, these interventions could be tailored to specific groups, such as women, by providing secure and gender-specific environments to discuss and deal with stress management. Creating stress management strategies based on Islamic principles might potentially mitigate the adverse impacts of stress, improve general health and wellness, and offer fresh perspectives on how to boost mental well-being among the Muslim population.

The general concept of stress

Stress is an individual's response to changes in current stressful situations or circumstances (Hidayati and Harsono, 2021). From the literal aspect, stress means emotional and physical instability to accept stress or changes in life. This emotional and physical instability usually shows certain symptoms of stress. Stress may be categorised into three types (Lu et al., 2021): (a) sustress (inadequate stress); (b) eustress (beneficial stress); and (c) distress (harmful stress). Maintaining ideal stress levels is crucial for developing biological defences to ensure regular bodily functions. Stress often results in increased avoidance behaviour but triggers approach behaviour in people predisposed to aggressiveness, which has consequences for stress-related mental disorders (Vogel and Schwabe, 2019). Elevated perceived stress levels correlate with anxiety and depression symptoms in individuals with obstructive sleep apnea, indicating that therapies aimed at reducing stress might enhance mental well-being (Wong et al., 2021).

From different perspectives, stress is typically described as the general outcome of any pressure on the body, involving the maintenance of stability at different levels in a connected biological system (Balasch and Tort, 2019). Mental stress is a growing risk factor and predictor of coronary artery disease and stroke, regardless of traditional risk factors (Vancheri et al., 2022). A subjective response is a process of emotional expression that is defensive to stress. Some processes of emotional expression against this stress can produce either maturity of the mind or mental tension. A study found that increased mindfulness is linked to increased overall defensive maturity and a stronger tendency to deploy high-adaptive defences, which are indicators of psychological well-being under stressful circumstances (Di Giuseppe et al., 2022). The body's physical

response to stress is a way to overcome it through psychological behavior. The risk of chronic stress is the risk of injury or death, and changes in EEG activity are a promising biomarker of mental fatigue (Tran et al., 2020). Stress usually has different levels of stress over a certain period of time. Adverse childhood experiences, including emotional trauma, physical trauma, and poor socioeconomic position, are linked to higher levels of anxiety symptoms in older adults (Lähdepuro et al., 2019).

Stress affects people of all ages and arises from the interplay between their emotional, intellectual, social, and physical capacities and the pressures placed upon them (Ansari and Kang, 2019). In the field of education, this stress, commonly referred to as “academic stress,” occurs when pupils face a discrepancy between the expectations of their surroundings and their available resources due to the stresses and demands of school and academics (Ade and Zikra, 2019). Students must achieve the academic performance indicators set by the educational institution with other intentions. In this situation, students who are academically weak are considered to receive higher stress than those who are able to achieve it. Academic stress can hinder academic performance, lower motivation, and raise the likelihood of dropping out of school, leading to long-term consequences such as limited job opportunities (Pascoe et al., 2020).

Stress: According to Islamic perspectives

Stress is a multifaceted phenomenon that has substantial physical, psychological, and social effects on individuals. Islam considers stress a natural aspect of life that may be controlled by spiritual and physical methods. The Quranic concept of *tawakkal*, which means trust in Allah, provides individuals with a feeling of reassurance that Allah is in charge and ensures a favourable result. It also has the potential to improve mental well-being, psychological strength, and the ability to cope with life's obstacles (Faizah and Arifin, 2023). Islamic beliefs promote acceptance, introspection, and patience as tools to properly manage stress. Engaging in physical practices like prayer, fasting, and exercise can help induce tranquility and improve physical health. Social support and community-based therapies are essential in offering connection, support, and direction to those facing stress. Embracing Islamic principles and practices can help individuals develop a good attitude towards stress, improve coping mechanisms, and promote general well-being (Fauzi et al., 2022).

Islamic beliefs acknowledge that stress may stem from several origins, such as personal, societal, and environmental issues. Individuals may experience elevated stress levels due to personal variables including fear, worry, and doubt. Conflicts and strained relationships within social and familial settings can generate substantial stress (Jerg-Bretzke et al., 2020). Environmental variables, including natural catastrophes, economic instability, and political instability, may significantly affect individuals. Spiritual concerns, such as feeling disconnected from Allah, can also lead to stress (Mohd Zawawi et al., 2019). Islamic teachings provide several methods to help individuals cope with stress, including self-reflection, prayer, and communal assistance. Understanding the different causes that cause stress can help individuals create successful techniques that incorporate Islamic teachings to improve stress management and well-being.

Stress in Islamic teachings has profound effects on an individual's physical, psychological, and spiritual health, as well as their relationships with others and Allah. Physiologically, stress can result in many health issues, including hypertension, heart

disease, and diabetes (Vancheri et al., 2022). Stress may lead to adverse feelings like anxiety, despair, and rage, which can result in cognitive decline, impaired decision-making, and emotional instability. Stress can cause a sense of detachment from Allah, resulting in decreased faith and spiritual health. Stress can have negative effects on an individual's capacity to form and sustain meaningful connections with others (Dissing et al., 2019). Engaging in spiritual and physical practices in Islam can help effectively manage stress and improve overall physical, emotional, and spiritual health.

Materials and Methods

This study utilised a methodical approach in content analysis to analyse and retrieve pertinent data from different sources. The search phrases include “stress management”, “Islamic perspective”, and “Islamic psychology”. The search was conducted using databases including SemanticScholars, Web of Science, JSTOR, ProQuest, and other online libraries, focusing on recent scholarly papers (from 2019 onwards). Content analysis is systematically selecting topics and categories, creating a coding system to arrange the data, and examining the data to uncover patterns, emerging themes, and important discoveries. The obtained data is used to formulate study findings and draw conclusions on the efficacy of Islamic teachings for stress management. Content analysis provides a thorough and organised approach to examining and analysing Islamic teachings on stress management and their relevance to contemporary issues.

Results and Discussion

This study presents findings and examines their significance within the context of Islamic teachings and contemporary concerns. The section starts by outlining the main themes and categories found by content analysis, such as the significance of religion, prayer, social support, and mindfulness in managing stress. The essay explores the significance of these discoveries within Islamic teachings, highlighting the need to maintain a balance between spiritual and physical well-being for effective long-term stress management. The section addresses the study's implications for future research and individuals interested in managing stress from an Islamic viewpoint. It emphasises the importance of investigating the effectiveness of particular Islamic practices for stress management, as well as the possibility of incorporating Islamic teachings into conventional stress management approaches. Stress management in Islam encompasses a comprehensive strategy that integrates spiritual, bodily, and emotional well-being, fosters profound awareness and reliance on Allah, and establishes supportive connections with others. The significant points of the Islamic perspective regarding stress management are, namely: (a) wholehearted prayer; (b) gratitude and acceptance; (c) consistent and mindful self-care; (d) responsible and supportive social connections; (e) resisting anger and patience; (f) sincere and earnest fasting; and (g) reflection and remembrance hymns.

Wholehearted prayer

Wholehearted prayer is sincerely, devotedly, and attentively giving a prayer to Allah. Islamic teachings stress the need to focus only on Allah during prayer, with the belief that nothing is as important as the relationship with the Creator. Muslims are urged to

dedicate their energy and attention only to Allah during prayer as a form of devotion to show appreciation, seek pardon, and ask for direction. Wholehearted prayer necessitates thorough preparation and focus on the physical, mental, and spiritual elements of prayer, including orienting towards the qiblah, ensuring cleanliness, and repeating the relevant verses with attentiveness, emotion, and contemplation. It is a method of establishing a connection with the divine that goes beyond the material world and brings a feeling of inner serenity, satisfaction, and spiritual satisfaction. Prayer, the second fundamental pillar of Islam, is considered a conversation between the creator and his servant. It is also called a higher form of “meditation,” consisting of a specific posture, and there are certain phrases that are set to be recited in each position. There are so many researchers who have shown that prayer has the power to cure stress. Prayer can also improve a person's quality of life (Achour et al., 2021) and promote good mental health (Herdiansyah et al., 2021), which is also stated in the Quran:

“He listens for your good. He believes in Allah and trusts the believers, and is a mercy to you who believe”.

(Qur'an, 2021, chapter 9, verse 61)

“And ask for help in the way of patience and prayer. And indeed, prayer is heavy except for those who are fervent”.

(Qur'an, 2021, chapter 2, verse 45).

Recent studies have repeatedly demonstrated that prayer in Islam has the ability to reduce stress. Achour et al. (2021) discovered that Salat, a type of prayer, decreased job stress and enhanced life happiness in Muslim nursing personnel. Al Baqi and Sholihah (2019) and Utami (2020) found that prayer, particularly midnight prayer, reduced stress. Adriani and Yustari (2020) provided more evidence that religious activities, like prayer, assisted young Indonesian Muslims in coping with stress. Guldaz (2021) and Thaqib (2021) highlighted the importance of prayer in improving mental well-being and coping with stress from an Islamic viewpoint. These studies emphasise the potential of prayer in Islam as an effective strategy for reducing stress.

Gratitude and acceptance

In Islamic teachings, gratitude and acceptance are essential virtues that encourage Muslims to be thankful and pleased for the gifts they receive, regardless of their situation. Islamic teachings promote the development of thankfulness among Muslims towards Allah for the blessings they receive, including excellent health, career opportunities, and supportive relationships. Acceptance means being content with one's current circumstances and acknowledging that all events are part of Allah's predetermined plan. Gratitude and acceptance work together to help Muslims have a more positive perspective on life, remain hopeful in challenging times, and find solace in the belief that Allah has a unique plan for each individual. Gratitude and acceptance together foster humility, acknowledging that everything originates from Allah and eventually results in enhanced spiritual development and satisfaction. Islam advises his followers to show gratitude for what is in their lives. Being grateful for what you have is a way to manage stress. Showing gratitude to God for what has been given to us makes the individual feel happy, and it makes the individual free from stress. Among the examples of thanking life is by familiarising yourself with the nature of good deeds such

as alms. Thus, this alms is one of the therapies to reduce stress (Achour et al., 2021), as stated in the Quran:

“If you are grateful, I will surely give you more; but if ye do not thank me for my favor, my commotion is terrible”.

(Qur'an, 2021, chapter 14, verse 7).

“So remember Me and I will remember you; be grateful to me and do not thank me and my favor”.

(Qur'an, 2021, chapter 2, verse 152).

One of the main reasons for stress among people in the modern world is comparing themselves to others. Comparing oneself with others not only induces stress but also destroys happiness, and it also causes humans to become ungrateful, as mentioned in the hadith below:

“Abu Hurairah reported that Allah's Messenger (PBUH) said: When one of you looks at one who stands at a higher level than you in regard to wealth and physical structure, he should also see one who stands at a lower level than you in regard to these things (in which he stands) at a higher level (as compared to him)”.

(Al-Bukhari, 2023).

Recent studies have repeatedly demonstrated the stress-relieving benefits of gratitude and acceptance. Caragol et al. (2022) and Utami et al. (2020) found that programmes promoting thankfulness significantly decreased stress levels in primary care practitioners and college students, respectively. Kumar et al. (2019) emphasised how gender and religiosity influence the connection between thankfulness and stress. Deichert et al. (2021) showed how thankfulness enhances the advantages of social support, whereas Arlt Mutch et al. (2021) highlighted the impacts of acceptance on mindfulness-based stress reduction. Fryburg (2022) and Chin et al. (2019) highlighted the significance of kindness and acceptance in enhancing resilience and alleviating stress. Ginty et al. (2020) presented physiological data demonstrating the stress-reducing impact of feeling grateful. The results highlight the possibility of thankfulness and acceptance as helpful techniques for reducing stress.

Consistent and mindful self-care

Islamic teachings emphasise the importance of consistent and mindful self-care for Muslims to preserve their physical, mental, and spiritual well-being. Consistency is crucial for Muslims to create regular routines and participate in self-care activities, such as doing the five daily prayers, maintaining their health, and practicing acts of compassion towards others. Mindfulness is essential to self-care and is seen in Islamic activities like remembrance hymns of Allah. Practicing mindful self-care entails being fully present, concentrating on one's breath, surroundings, and mental state while engaging in self-care tasks. Mindful self-care techniques include reciting the Quran, practicing prayer, maintaining physical health through exercise and nutritious nutrition, and engaging in social interactions with loved ones. Islamic teachings stress the importance of regular and thoughtful self-care to promote compassion, productivity, and the ability to help others. On top of that, a balanced diet, as a part of self-care, is

important for the growth, strengthening and repair of the human body. Islam gives due importance to maintaining a healthy and fit body. There are several hadiths and verses from the Quran that tell about the importance of maintaining health and nutrition for an individual. Stress and health of individuals are closely related to each other. Some foods cause stress while some others reduce us from stress. Allah said:

“O you who have believed, eat from the good things which We have provided for you and be grateful to Allah if it is [indeed] Him that you worship”.
(Qur’an, 2021, chapter 2, verse 172)

Sleep is a fundamental activity necessary to maintain the health of the body and is an important role in maintaining emotions, mood, physical condition, concentration, productivity, immunity, memory, cognitive power and social interaction. The Quran, not only says the importance of sleep but also shows the perfect sleep position that is beneficial for health and that is scientifically proven. The Quranic verse below tells the time to sleep that should be at night and work during the day. The night described as a garment intended for rest. Sleep is important for the emotional and physical health of the individual:

“And it is He who has made the night for you as clothing and sleep [a means for] rest and has made the day a resurrection”.
(Qur’an, 2021, chapter 25, verse 47).

Various studies have repeatedly shown that mindfulness-based therapies are beneficial for lowering stress and enhancing well-being. Sadeghi et al. (2019) and Micklitz et al. (2021) saw notable reductions in stress, anxiety, and depression, along with enhancements in mindfulness and well-being, after mindfulness-based therapies. van der Meulen et al. (2020) and Olendzki et al. (2020) pinpointed mindfulness and self-compassion as crucial factors influencing these results. Aránega et al. (2019) and Strauss et al. (2021) corroborated similar results, with the latter emphasising the importance of mindfulness and self-compassion in decreasing stress and enhancing well-being among healthcare professionals. Sevel et al. (2020) emphasised the significance of self-compassion, whereas Bonde et al. (2019) highlighted the proven efficacy of mindfulness-based stress reduction. These studies emphasise that persistent and deliberate self-care are helpful techniques for lowering stress.

Responsible and supportive social connections

Having responsible and supportive social ties is essential for managing stress. Supportive social networks aid individuals in managing stress by offering emotional and practical assistance, enhancing resilience and self-esteem. Community support is crucial in Islam for handling stress, with Allah emphasising the need for fraternity and brotherhood in social ties. Islam promotes individuals to provide care, support, and empathy towards others, fostering a sense of shared duty and reciprocal compassion. Establishing conscientious and encouraging social relationships within Islamic communities can help individuals efficiently cope with stress and improve their overall well-being. By cultivating significant relationships that uphold Islamic principles, individuals are better prepared to confront and overcome challenging circumstances that happen in society. Islam never prohibits its followers from enjoying time with family

and friends; instead, it encourages individuals to maintain good relations with family, neighbours, and society in line with Islamic law, as stated in the Quran:

“O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is Knowing and Acquainted”.

(Qur’an, 2021, chapter 25, verse 13).

A range of studies have shown the substantial influence of supporting social interactions on reducing stress. Kalaitzaki et al. (2021) and Burns et al. (2019) highlight the importance of excellent connections in reducing stress. Kalaitzaki et al. (2021) specifically mention gender variations in how social support affects stress. Yang et al. (2021) and Safer and Cohen (2021) go more into the mediation role of resilience and affect balance in the connection between certain social supports and stress. Ellwardt et al. (2020) emphasise the significance of balanced and supportive social networks for older people, whereas Bedrov and Gable (2023) highlight their value for women. Aeby et al. (2021) and McKimmie et al. (2020) offer more proof of how group identification and supportive personal networks may reduce stress. These findings emphasise the important function of responsible and supportive social ties in decreasing stress.

Resisting anger and patience

Anger is an innate reaction to stress, yet it may lead to substantial damage if not controlled properly. In Islam, controlling anger and cultivating patience are crucial components of stress management. The Quranic concept of Sabr, also known as patience, highlights the significance of staying cool and collected in times of stress. Practicing Sabr is considered a means to obtain Allah's blessings and achieve spiritual tranquility. Islam highlights the significance of controlling anger via soothing techniques including deep breathing, prayer, and introspection. By implementing these strategies and controlling anger in challenging situations, individuals can avoid more negative consequences and promote good emotional well-being. Practicing patience can help individuals enhance their self-control and resilience, ultimately improving their mental and emotional well-being. Exercising patience and trusting in Allah's ultimate sovereignty and individual plan can help to reduce tension and promote a sense of tranquility. Restraining anger and forgiving those around them is believed to help individuals control negative thoughts and be rational in various situations. These two proposed practices can trigger a sense of calm and security, which, as stated in the Quran:

“Who spend [in the cause of Allah] during ease and hardship and who restrain anger and who pardon the people - and Allah loves the doers of good”.

(Qur’an, 2021, chapter 3, verse 134)

Feelings of anger are often associated with mood disorders. The delirium of uncontrollable feelings triggers bad emotions such as stress, being easy to bounce, being overly sensitive, and being unsettled. A poorly controlled feeling of anger is expected to pose a risk to physical, physiological, and psychological health. The verse also suggested that believers should adopt a restraint attitude of anger and forgiving

wrongdoing. The ability to resist anger and forgive mistakes can create a sense of calm and security because it can stay away from feelings of resentment. Islam takes the practice of these two attitudes very seriously among Muslim individuals. Recent studies have emphasised the significance of resilience and patience in handling stress and anger. Doyle et al. (2021) and Turan (2021) discovered that resilience can act as a mediator between occupational stress and anger. They also observed that participating in an anger management programme can enhance psychological resilience and emotional well-being. Nihayah et al. (2023) and Azarnioshan et al. (2019) highlighted the importance of patience and resilience in alleviating stress and controlling anger, especially among working moms and high school students. Masa'deh et al. (2021) and Karpova and Drynkina (2022) highlighted the effectiveness of anger management programmes and cognitive methods in decreasing perceived stress and enhancing stress resilience. Roitenberg (2021) emphasised the emotional labour involved in managing patience and impatience among healthcare personnel, including nurses and nurse's aids.

Sincere and earnest fasting

Sincere and earnest fasting is commonly viewed as a method to aid with stress management within the Islamic faith. Fasting aids Muslims in cultivating self-discipline, self-control, and self-restraint. Fasting during Ramadan is a devout form of prayer that requires refraining from food, drink, and other pleasures from sunrise until sunset. Fasting in Islam is a key discipline that encompasses both physical abstinence and spiritual dedication. Muslims who fast demonstrate sincerity and seriousness, acknowledging the spiritual importance of the practice. Fasting sincerely entails practicing it only for the sake of Allah, free from any extraneous influences or obligations. It requires abstaining from any behaviours or thoughts that might nullify the fast, such as lying or participating in immoral behaviour. True fasting is wholehearted dedication to the practice, demonstrating a profound devotion and commitment to fasting as a way to enhance spiritual and physical health. Sincere and earnest fasting can help alleviate stress by enhancing self-control, spiritual health, physical well-being, engaging in pleasant pursuits, and receiving emotional reinforcement. Accordingly, fasting decreases the likelihood of developing diabetes, cardiovascular illnesses, hypertension, and cancer. It also has a good impact on body weight, cholesterol, and glucose levels and enhances renal and immunological function (Massoud et al., 2020). Moreover, it enhances Muslims' connection with Allah and boosts spiritual consciousness, resulting in increased inner peace and tranquilly. Practicing self-restraint and abstaining from pleasures while fasting helps develop self-discipline and self-control, which may be applied in difficult situations, as said in the hadith:

“Abu Hurairah reported: When any one of you gets up in the morning in a state of fasting, he should neither use obscene language nor do any act of ignorance. And if anyone slanders him or quarrels with him, he should say: I am fasting, I am fasting”.
(Al-Bukhari, 2023).

Research indicates that genuine and dedicated fasting can successfully help in managing stress. Berthelot et al. (2021) discovered that fasting treatments were linked to reduced anxiety and depression levels, while Bains et al. (2020) noted that intermittent fasting led to a drop in stress levels. Ensminger et al. (2021) and Arun et al. (2019) emphasised the stress-reducing benefits of fasting, with Arun et al. (2019) explicitly

mentioning the advantages of a deep relaxation method when fasting. Nakajima and al'Absi (2021) and Whitehead and Bergeman (2020) reinforced similar results. Whitehead and Bergeman (2020) highlighted the stress-reducing impact of religious coping, while Nakajima and al'Absi (2021) observed decreased negative emotions and withdrawal symptoms in khat users during fasting. Solianik et al. (2020) discovered that a 48-hour fast reduced mental flexibility but enhanced balance in overweight and obese elderly women. Armutcu (2019) determined that fasting has beneficial impacts on human health by decreasing inflammation and oxidative stress.

Reflection and remembrance hymns

Reflection and remembrance hymns (often known as zikr, dzikr, or dhikr) of Allah are effective methods for stress management in Islamic beliefs and practices. Reflection enables individuals to develop a more profound comprehension of their experiences, ideas, and emotions, ultimately resulting in increased self-awareness and emotional control. Furthermore, reflection is a repentance for self-purification therapy of all sins committed (Rosman et al., 2022). Repentance therapy has an effect on treating mental problems, thus helping to calm the soul. This practice is also effective in dealing with mental health problems such as stress. Generally, in Islam, repentance means abandoning previous sins and achieving inner peace, while in psychology, it involves embracing good thoughts and actions (Husniati et al., 2023). Repentance in Islam has three requirements: feeling remorse for the wrongdoing, immediately abandoning the sinful behaviour, and making a solemn commitment to not repeat the same transgression (Lendra, 2022). This concept has been stated in the Quran:

“And those who, when they commit an immorality or wrong themselves [by transgression], remember Allah and seek forgiveness for their sins - and who can forgive sins except Allah? - and [who] do not persist in what they have done while they know”.

(Qur'an, 2021, chapter 3, verse 135).

The above verse explains that Allah will forgive those who repent of Him. However, it is certain that after a person repents, there will be a probability that they will commit the sin again. Therefore, repentance should be carried out continuously because the door of repentance is always open until they are faced with death or apocalypse. The practice of repentance should always be repeated when an offence is made because it is possible for the act of repentance to show the faith and confidence of a servant in his god. The element of repentance requires a person's istiqamah and determination not to repeat the sin. The practice of repenting and applying forgiveness is generally expected to improve mental health (Uyun et al., 2019). Besides that, the remembrance hymns may alleviate stress by inducing relaxation and shifting focus away from negative thoughts. Reciting religious songs can enhance spiritual well-being by fostering feelings of serenity and tranquilly. By combining reflection and remembrance hymns, individuals can experience synergistic benefits that aid in stress reduction, strengthen coping mechanisms, and improve overall well-being. Islamic stress management strategies should include contemplative and meditative techniques like remembrance hymns to offer a more thorough and culturally appropriate method for managing stress. The remembrance hymns vibrations can influence brain waves, perhaps causing a shift in

social behaviour by inducing feelings of tranquilly and relaxation (Iskandar et al., 2020).

Other than remembrance hymns, Islam recommends individuals recite the Quran to deal with stress in their daily lives. According to Che Wan Mohd Rozali et al. (2022), engaging with the Quran by listening, reciting, or memorising has a positive impact on depression, anxiety, physiological factors, quality of life, sleep quality, and intellect. The Quran is a blessing for all worlds because, by understanding, deepening, and appreciating its contents, a person is able to calm and reassure his heart and physique. Reciting the Quran brings comfort and tranquilly, while listening to it alleviates stress and enhances general well-being (Hasim et al., 2023). The Quran states:

“O mankind, there has to come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers”.

(Qur’an, 2021, chapter 10, verse 57).

The remembrance hymns of Allah, which can be done in various ways, either verbally or cognitively, help individuals become stronger, increase their patience, and maintain a positive mindset. It is a combination of meditation and chanting God's name and attributes. Remembrance hymn therapy successfully alleviates anxiety problems in teenagers by enhancing their mood, motivation, and self-assurance through both internal and external factors (Maslahat and Laila, 2022). The Quranic verses below explain that Allah's remembrance hymns will affect psychological inner peace:

“And those who disbelieved say: Why has a sign not been sent down to him from his Lord? Say, [O Muhammad]: Indeed, Allah leaves astray whom He wills and guides to Himself whoever turns back [to Him]. Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah hearts are assured”.

(Qur’an, 2021, chapter 13, verse 27-28).

Furthermore, remembrance of death is also a recommendation from the Islamic religion. This practice helps a person to realise and hasten repentance from the heinous and tyrannical acts he once committed, as stated in the Quran:

“Every soul will taste death, and you will only be given your [full] compensation on the Day of Resurrection. So he who is drawn away from the Fire and admitted to Paradise has attained [his desire]. And what is the life of this world except the enjoyment of delusion”.

(Qur’an, 2021, chapter 3, verse 185).

Moreover, the Islamic faith helps individuals manage the fear of death, shapes their religious beliefs, and impacts their view of the world and its foundations (Safin, 2019). Furthermore, according to Khosim (2022), remembering death can have a spiritual (spiritual) effect as well as a positive effect on all aspects of a person. Individuals also exhibit increased diligence in their worship, uphold harmonious relationships with God, fellow humans, and the environment, fulfil entrusted responsibilities, optimise time management, and consistently engage in acts of kindness (Yumnah and Khakim, 2019). Various studies have investigated how reflection and remembrance hymns might help

with stress management. Septiawan and Idris (2021) and Rochdiat et al. (2019) discovered that remembrance hymn relaxation techniques and treatment may notably decrease stress levels in hypertension patients and health science students, respectively. Hidayat et al. (2023) and Reza et al. (2021) showed that practicing reflection and remembrance hymns can effectively reduce academic stress and anxiety resulting from the COVID-19 epidemic. Kusumadiyanti et al. (2021) corroborated these results by demonstrating that dhikr and wudu treatment can improve spiritual anguish in individuals with hypertension. Murdoch et al. (2023) emphasised the necessity of more study to validate the advantages of self-distanced reflections in stress management. Samsualam (2022) and Sucipto (2020) and proposed that reflection and remembrance hymns can serve as a therapeutic method in sufistic counselling and as an additional treatment for promoting mental relaxation and managing blood pressure in older individuals with hypertension.

Conclusion

Conclusively, stress management from an Islamic viewpoint is a diverse field of research that includes many methods for handling stress. This review thoroughly examined Islamic viewpoints on stress management, emphasising fundamental themes in Islamic teachings and activities that aid individuals in dealing with stress. This study delved into the fundamental principles of acceptance, patience, appreciation, prayer, and self-reflection, among others. This study highlighted the significance of social support, an optimistic mindset, mindful breathing methods, and physical exercise in stress management. Utilising Islamic viewpoints on stress management may greatly benefit people's physical, mental, and spiritual health. This study suggests conducting more research to investigate the impact of Islamic-based stress management on healthcare and wellness, while considering the scientific and psychological aspects of stress management. A future study should investigate the efficacy of Islamic-based stress management therapies in various environments and societies, as suggested by the review's results. A future study should explore the variables affecting the adoption of Islamic-based stress management therapies and how to integrate them effectively into conventional healthcare and mental health services. Further research should investigate the precise processes by which Islamic-based stress management techniques, such as prayer, mindfulness, and other activities, impact physiological and psychological indicators of stress. Creating novel solutions that combine Islamic views on stress management with evidence-based methods might enhance the well-being of people, families, and communities.

Acknowledgement

The authors thank the Academy of Contemporary Islamic Studies, Universiti Teknologi MARA, for technical support.

Conflict of interest

The authors confirm that there is no conflict of interest involved with any parties in this research study.

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