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TOPIC

PSYCHOLOGICAL PROBLEMS OF HUMAN HEALTH: AN ANALYTICAL STUDY IN THE LIGHT OF ISLAMIC TEACHING

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PSYCHOLOGICAL PROBLEMS OF HUMAN HEALTH: AN ANALYTICAL STUDY IN THE LIGHT OF ISLAMIC TEACHING

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Abstract

Today, psychological and mental problems are of great importance in human life. To get rid of them, it is very necessary that we should be fully aware of our mental state, and let's admit that our mental state is indeed disturbed in case of any psychological disease. Usually, this short-term affected state of mind can be quickly reversed at the beginning level. For this purpose, we can be successful in overcoming this condition by using suitable management techniques. But to get rid of long-term problems, the need arises to change our lifestyle, behavior, environment, and some more things for a better and more peaceful life. This research will highlight the causes, symptoms, and treatment along with Islamic solutions.

Keywords: Psychological, Reversed, Mental, Purpose, Overcome.

Undoubtedly, the brain controls all the functions of the human body, and all the body systems through the muscles also perform the functions under the control of the brain, even though all the abilities of the human body are also dependent on mental performance. That's why mental ease, health, and strength are considered to be proof of the correctness, health, and strength of the whole human body. It causes anxiety, delusion, despair, depression, hopelessness, uncertainty and fear. The habit of being immersed in thoughts all the time and the state of sadness on the face increases the symptoms of mental weakness and mental anxiety. Along with them, ugly emotions like hatred, failure, revenge, and greed also become a means of increasing mental diseases. Losses in business matters also cause mental and psychological diseases. According to modern medical research, mental and psychological diseases appear due to disturbances in brain metabolism.

Because of this, by constantly thinking, the nervous system gets confused and by being surrounded by thoughts all the time, the digestive system is also destroyed. And mental problems start to arise. If the mental problems are not treated in time, the patient becomes depressed, anxious, and hopeless, turning to sedatives and looking for any means to relieve this state of anxiety and uncertainty. For this purpose, he tries to adopt both legitimate and illegitimate methods, but doing so can prove harmful to the health of the mental patient as well as the general patient.

Understanding Psychology:

Psychology is the scientific study of mind and human behavior.¹ As if the main purpose of psychology is to explain the behavior and relationship of man with his species and others, what is the relationship of man with his environment and other species living in it? The name of this scientific study is psychology. Psychologists human behavior. For the research of psychological observations, case studies, sociological studies, surveys, and observation registrations, various research methods are used, so that information about mental and psychological diseases and treatments can be collected.

In mental and psychological diseases, depression or schizophrenia (this is a neurological disease in which the connection between the brain and other parts of the body starts to break or the brain starts sending wrong messages to other organs) Stress (this is a psychological condition that people Perceives oneself as a victim of a stressful situation. Mental stressors are of three types, first physical factors such as severe physical diseases such as cancer, heart disease, and joint pain, etc., second psychological factors such as divorce, husband death, problems with in-laws, etc. and social factors such as loss of job, loss in business or problems with the head of the institution etc).²

Mental and physical fatigue, thinking too much, insomnia, panic attacks, unexplained sadness, anxiety, unnecessary fear, not sleeping at all, sleeping too much, forgetting things, Various types of fear, envy, negative thinking, any kind of violence and panic etc are included. Below are some important psychological problems and their causes and reasons, their effects on human health, and the solution of these problems in light of Islamic teachings will be discussed.

Major Psychological Problems:

1. Mental stress
2. Negative thinking
3. Jealousy issues
4. Frustration

5. Right use of time
6. Social media
7. Along with the above-mentioned problems, there are other elements that cause depression in psychological and mental diseases but for the sake of brevity and only mental stress will be discussed in these psychological problems, how does it affect human health? What are the causes and symptoms? And how is it possible to remedy it in medical and Islamic teachings?

Stress:

Depression is a common and serious medical condition that negatively affects your health. It is a treatable disease. Feelings of depression or sadness cause us to lose interest in activities we enjoy. It can cause a variety of emotional and physical problems and reduce your ability to work.³

In our daily lives, we all suffer from sadness, despair, and disgust but these symptoms get better in a few days and do not make much difference to our lives, and usually do not require any treatment. But medically, this sadness. It is called depression when the feeling of sadness remains for many days and does not end quickly.⁴

Symptoms of Depression:

Like any disease, depression also has some specific symptoms. The following symptoms indicate depression:

1. The patient is sad and depressed most of the time.
2. Do not get interested in the routines of life in which the patient first takes interest.
3. Feeling very tired or physically or mentally weak.
4. Inability to focus on daily tasks.
5. Low self-esteem or feeling inferior to others.
6. Believing yourself to be worthless and ineffective or blaming yourself for past trivialities.
7. Being afraid of the future.
8. The patient has negative thoughts or attempts to commit suicide.
9. Sleep is not affected.
10. It may also have other symptoms like loss of appetite etc.⁵

Causes and Causes of Depression:

All of these symptoms have different causes, Some of the possible causes are as follows:

1) Special Cause or Event:

In people suffering from depression is a specific event and remembering it sometimes makes their depression so severe that they need help and treatment.

2) Matters of Life

Some traumatic events can also be a cause of mental stress, such as the death of a close relative or loved one, divorce or job loss, etc. They cannot get out of this state of sadness and fall victim to depression.

3) Circumstances

If we don't have any friends around, we become lonely and feel stressed, or we suffer from a lot of physical fatigue, then the risk of developing depression increases.

4) Physical Diseases

In general, people who are physically ill are more prone to depression. Such diseases can also be life-threatening, such as cancer or heart disease etc.

5) Alcoholism

Heavy drinkers often develop depression and a higher risk of suicide than the general population.

6) Determination of Gender

Women are more prone to depression than men.⁶

7) Frustration:

One of the consequences of the harmful health effects of despair is mental disorder and mental illness. These worries, confusions, and problems do not let a person sleep. All the time the mind is surrounded by thoughts. The worries of the future, the problems of the present, the mistakes of the past days come at night and do not leave the chase until the morning. Depression, Anxiety, and Mania are mental diseases whose first symptom is insomnia and they stay with the person until they are treated.

8) Mental Torture

Due to mental violence, suicide is increasing in modern times. According to a report, 9474 students committed suicide in 2016 alone. Sometimes it also happens that the youth is also influenced by the surrounding circumstances and environment. Mental violence and adverse conditions create negative motivations in the youth, greatly hindering them from doing constructive and positive work.

Violence Comprehension:

A behavior or process in which physical force is used with the purpose of causing harm or injury is called violence. There are many types of violence including physical violence, sexual violence, emotional violence, psychological violence, spiritual violence, cultural violence, abusive language financial abuse, etc., that are more notable.

Violence has severe negative effects both immediate and long-term. Physical violence can result in child death, injury, or disability, while other forms of violence can affect brain development and cause irreversible damage to the nervous and immune systems. This results in delayed cognitive development in children, poor performance in school, mental health problems, and may be suicidal, engaging in self-harming activities. When they grow up they can abuse other children, thus increasing the fear of violence against children in society.

Types of Violence:

There are many types of violence such as mental violence, domestic violence, sexual violence, psychological violence, total child neglect violence, online violence, etc.

Domestic Violence:

According to the law, physical labor cannot be taken from underage children, but taking physical labor from underage boys and girls is common all over the world. Moreover, underage boys and girls working in rich families are subjected to undue hardships, and often physical violence is also done to them.

Sexual Violence:

Sexual violence can happen outside the home as well as in the home. Sexual violence against children in the home is by step-parents, by a relative, by friends and family who come to the home, and by workers at home. Tutoring can be done by employees and at home by visiting teachers or tutors. Sexual abuse can happen outside the home, by a friend, neighbor, teacher, caregiver, or a stranger. Usually, children don't have obvious physical signs of sexual abuse. Some symptoms are revealed only after a thorough examination by a doctor. Children who are sexually abused may develop the following symptoms:

1. Having trouble sleeping or having bad dreams.
2. Becoming depressed or isolated from friends and family.
3. Refusing to go to school, running away from school.
4. Keeping most things confidential.
5. Expressing in play, drawing, or imagination regarding rape.
6. Expressing anger against the norm.

7. ⁷ -Suicidal behavior.

Children who have been sexually abused need immediate professional evaluation, help, and treatment. Appropriate and effective treatment can reduce the child's chances of developing serious problems later in life.

Psychological or Emotional Abuse:

When a parent or caregiver treats a child in a way that affects the child's mental and social development, it is considered psychological or emotional abuse. Along with this behavior of the parents becomes normal, like scolding the child for talking, increasing pressure on the child for better academic results, being strict or punishing, ignoring his words and feelings, etc. Any act of this nature is included in the category of psychological violence. When parents or caregivers do not take care of the child's physical safety do not take proper care of him, do not give him the attention, love, and emotional support he needs, the necessary support for health overall physical development, and neglect education, all these children suffer from the violence of total neglect in life, many of them grow up to be involved in crime. ⁸

Online Violence:

In this age of technology, children are addicted to tablets, mobile phones, and online games. However, these are becoming another source of violence against children. Online violence against children occurs on the Internet through online games, and social websites such as Facebook, Instagram, and Snapchat.

Methods of Getting Rid of The Effects of Mental and Psychological Violence:

Parents or guardians of children can reduce child sexual abuse in the following ways.

1-Make the children aware that if someone tries to touch their body or do something strange to them then strictly forbid that person and come and tell the parents.

2-Tell children that respecting elders does not mean blind obedience to them, for example, don't tell children that you should always do whatever your teacher or caregiver tells you.

Encourage sexual violence prevention programs in schools.³

4. Scolding the child putting pressure on the child for better academic results being strict or punishing, and ignoring his words and feelings should be avoided so as not to have a bad effect on his personality.

5. Parents have an additional responsibility to monitor their children's online activities and ensure that their children are protected from all forms of online violence

6. Unnecessary physical violence on young children and girls should be taken seriously and both the government and the people should fulfill their responsibility in this regard.⁹

9) Heredity:

Some families have a high genetic predisposition to mental stress. For example, if one of your parents has depression, you are eight times more likely to develop depression than the other parent. Stress, fear, panic, worry, and anxiety are now common in young people and are called minor disorders. Due to this he sometimes resorted to drugs and later he became addicted to them. It is a habit that cannot be broken.

Medical Treatment for Depression:

There are many methods used to treat depression but depression can be treated by talking (psychotherapy) and by using antidepressants (psycho-treatment) or by using both at the same time. Depending on the nature of depression symptoms their severity and the patient's condition it is usually advised that medication or psychotherapy is better for them. Mild and moderate depression can be treated with psychotherapy but if the depression is more severe medication becomes necessary.

Talk Therapy (Psychotherapy):

Most people with depression feel better sharing their feelings with someone they trust, but sometimes it becomes difficult to share their feelings with relatives or friends. In such a case, it is easier to talk to a psychologist. Although the treatment through psychotherapy takes more time and usually has to meet the psychologist for some time every week and its duration can be from 5 weeks to 30 weeks the possibility of the patient's recovery increases. In addition, the following issues can also be helpful in this work.¹⁰

Don't Hide Your Emotional States:

Experts suggest that people suffering from such a disease should tell a close person if they hear any bad news and also tell them how they are feeling inside. Mentioning some sad things in front of a close person, crying and talking about it, the burden of the heart is lightened.¹¹

Engage yourself in physical activity:

Depression patients keep themselves busy with some work or household chores. This keeps their mind away from painful thoughts.

Full Sleep:

Sleep is an elixir for a depressed patient but if such a patient cannot sleep still lying comfortably and watching TV, listening to the radio, or lying quietly will give him peace of mind and reduce his anxiety.

Avoid Despair:

Remember that other people have gone through what you are going through and one day your stress will go away even if you don't feel like it right now.¹²

Antidepressants:

If a patient's depression is severe or persists for a long time the doctor may prescribe anti-depressants. These medications help reduce depression, improve quality of life, and improve coping skills. Some people find that their sleep improves within a few days of starting the medication. Anxiety is reduced but remember that the benefit of anti-depressant drugs does not start to be seen immediately after starting the drug, but it may take 2 to 3 weeks, that is, it may take several weeks for the depression to decrease. These issues help in treatment.

Treatment of Depression and Islamic Teachings:

Islam is a complete code of life that guides its followers in every aspect of life, how is it possible that there is no guidance and related to an important aspect like health? Payment is impossible without health and wellness. Islam has strongly emphasized to mankind to stay away from mental stress and confusion and to live a prosperous life by following the golden principles of Islam.

Lifestyle Changes:

If a person fully adopts the Islamic way of life, then he can overcome many psychological diseases. In fact, the Islamic way of life frees a person from mental stress and burden and makes him able to maintain his interests in life. Islam has emphasized providing opportunities for people to stay away from psychological stress and confusion and live a prosperous life.

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ، وَالكَاطِمِينَ الْغَيْظَ، وَالْعَافِينَ عَنِ النَّاسِ، وَاللَّهُ

يُحِبُّ الْمُحْسِنِينَ.¹³

“These are the people who spend (in both abundance and hardship)
(to eliminate poverty from society) and are restrained from anger
and are forgiving to people (for their mistakes)”.

Avoiding Anger:

Anger is also one of the main causes of psychological and mental stress, that's why the Prophet said about stopping anger.

إِنَّ الْغَضَبَ مِنَ الشَّيْطَانِ، وَإِنَّ الشَّيْطَانَ خُلِقَ مِنَ النَّارِ، وَإِنَّمَا تُطْفَأُ النَّارُ بِالمَاءِ،

فَإِذَا غَضِبَ أَحَدُكُمْ فَلْيَتَوَضَّأْ.¹⁴

“Anger is a satanic act and Satan is created from fire and fire is extinguished with water. When one of you gets angry, he should perform ablution (so that the anger goes away).”

Controlling anger helps a person to control nervous tension and mental tension and is also an important form of prevention against heart diseases. Similarly, by spending rupees for the welfare of the poor, and needy and by forgiving others, a person gets spiritual happiness. By which the joys and sorrows of life become double.

Divine Remembrance:

Indeed, the world is a tiring thing and the peace of hearts is only in remembering Allah, the Most High. Allah is the only support by which a person's life can be happy and peaceful. Because it is the human psyche that the thought of whomever a man loves always keeps him fresh and happy. Remembrance of your loved one brings a smile to the lips and peace in the heart. That is why it is said in the Holy Qur'an that the remembrance of Allah brings peace to the hearts.

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ.¹⁵

“Or see that only the remembrance of Allah is that which gives satisfaction to the hearts.”

That's why when a person remembers Allah all the time, then his connection with his creator will increase. Without the remembrance of God, a person's life will be withered, apparently, he will walk and then eat a toad. The Prophet has described this in these words:

مَثَلُ الَّذِي يَذْكُرُ رَبَّهُ وَالَّذِي لَا يَذْكُرُ رَبَّهُ، مَثَلُ الْحَيِّ وَالْمَيِّتِ.¹⁶

“The example of one who remembers his Lord and one who does not remember Him is like that of the living and the dead.”

That is, whoever remembers God, Allah illuminates his heart with the blessing of his remembrance. Dhikr is not the name of a specific state of art. There can be different methods and styles, e.g.: verbal remembrance, practical remembrance, and heart remembrance, etc.

Verbal Mention:

Remembrance through the language includes various dhikr, general prayers, recitation of the Qur'an, prayers at different times, praise of God, glorification, and sanctification. Islamic commandments have prevailed over me, may Allah bless him and grant him peace. The Prophet (May Allah Bless and Peace Be Upon Him) said:

لَا يَزَالُ لِسَانُكَ رَطْبًا مِنْ ذِكْرِ اللَّهِ.¹⁷

“Your tongue should always be filled with remembrance of God.”

When a servant keeps on dhikr, Allah also remembers his servant as it is said in Hadith Qudsi:

يَقُولُ اللَّهُ تَعَالَى أَنَا عِنْدَ ظَنِّ عَبْدِي بِي وَأَنَا مَعَهُ إِذَا ذَكَرَنِي فَإِنْ ذَكَرَنِي فِي نَفْسِهِ ذَكَرْتُهُ

فِي نَفْسِي وَإِنْ ذَكَرَنِي فِي مَلَأٍ ذَكَرْتُهُ فِي مَلَأٍ خَيْرٍ مِنْهُمْ وَإِنْ تَقَرَّبَ إِلَيَّ بِشِرٍّ تَقَرَّبْتُ إِلَيْهِ

ذِرَاعًا وَإِنْ تَقَرَّبَ إِلَيَّ ذِرَاعًا تَقَرَّبْتُ إِلَيْهِ بَاعًا وَإِنْ أَتَانِي يَمْشِي أَتَيْتُهُ هَرْوَلَةً.¹⁸

“I am with the thoughts of My servant and when he remembers Me I am with him, so if he remembers Me in his heart, I also remember him in My heart if he remembers Me in a congregation. If he does, I remember him in a crowd better than him, and if he is close to me by a pillow, I am close to him by an arm's length, and if he comes close to me by an arm's length, I am close to him by two arms' length. I get close to him, if he walks towards me, I run towards him.”

Practical Notes:

Similarly, practical dhikr includes prayer, fasting, Hajj and other Shariah orders. Regarding prayer, Allah said:

وَأَقِمِ الصَّلَاةَ لِذِكْرِي.¹⁹

Establish prayer for my remembrance.”

Heartfelt Mention:

Dhikr through the heart means remembering the blessings of Allah Ta'ala, keeping in mind His majesty and greatness, and reflecting on the evidence of His power spread throughout the great universe. He strongly supports hard work, but all his support is only within the sphere of balance and moderation.

Summary

Undoubtedly, it is as clear as day that favorable or unfavorable conditions do not last forever. Hard conditions and difficulties are a part of every human's life. , the stage after pain and suffering is one of peace, tranquility, ease, and prosperity. Peace, generosity, and prosperity seem to follow misery, suffering, and unfavorable conditions. This is the law of Allah in which we should have firm faith. Today, the majority of society is going through difficulties like mental problems, but these conditions are not permanent. Therefore in order to get rid of these problems, it is important that every person is fully aware of his mental state and admits that his mental state has really been disturbed. The condition can be eliminated quickly. Using management techniques for this purpose can be successful in getting rid of the short-term

condition, but to get rid of the long-term mental problems that have arisen, you need to change your style. Changing the lifestyle, behavior, and environment is the first need of the hour. As Allah says:

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا.²⁰

“So, with difficulty, there is also ease.”

In order to get rid of all kinds of problems, especially psychological and mental problems in society, there are instructions in the Holy Quran, such as the above-mentioned verse is mentioned twice, The purpose of this repetition is frustration and negative actions due to psychological pressure Instead of raising it. It is necessary to take precautions with complete faith in Allah Almighty. In these verses, Allah Almighty has stated this general rule that there is absolutely no need to be afraid of suffering because just as the morning comes after the night. After every hardship comes a period of ease and prosperity. However, according to Islamic teachings, it is obligatory for every human being to protect his health and try to avoid diseases and putting himself in danger without a Shariah excuse and not avoiding harmful things without taking care of his health is a sin.

¹ William James, The Principles of Psychology, Henry Holt and Company, New York, 1890, P15.

² Hashmat Ayoub, Ilm-ul-badin-wa-taleem-ul-Sehat, Sharif Sinz Lahore 2002, p122.

³ William James, The Principles of Psychology, Henry Holt and Company, New York, 1890, P72.

⁴ Rod Plotnik, Haig Kouyoumdjian, Introduction to Psychology, New York, 1890, p581.

⁵ T.M Yousuf, Saima Yuosuf, Jadid Nafsiyat, Ilmi Kutub Khana Lahore 2006AD, p387.

⁶ Hashmat Ayoub, Ilm-ul-badin-wa-taleem-ul-Sehat, Sharif Sinz Lahore 2002AD, p143.

⁷ Ibid, p179.

⁸ Ibid, p177.

⁹ Fazal Kareem Farani, Islami Asool Sehat, Idara Saqafat Islamia Lahore, p121.

¹⁰ Ibid, p121.

¹¹ Waheed Mughal, Sehat wa Jismani Taleem, Ilmi book house Lahore 2007AD, p34.

¹² Ibid, p44.

¹³ Al Imran 3:134.

¹⁴ Abu Dawood, Suleiman bin Al-Ash'ath, Sunan, The Book of Literature, Chapter: What is Said When Anger, Part-4.

¹⁵ Thunder, 28:13.

¹⁶ Bukhari, Muhammad bin Ismail, Al-Jami Al-Sahih, Ch: Fadl Men Remembrance of God, Vol-8, P86, H-6407

¹⁷ Ahmad bin Muhammad bin Hanbal, Musnad, Musnad al-Shamiyyin, Hadith of Abdullah bin Bistr Al-Mazni, part-29, p226, H-17680.

¹⁸ Bukhari, Al-Jami Al-Sahih, Chapter: Sayings from God Almighty, Part-9, P121, H 7405.

¹⁹ Taha, 14:20.

²⁰ Explanation, 5:94.