How to Treat Psychological disorder: Islamic Perspective

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Abstract

Man and the issues regarding his life are seen among the main philosophical and religious concern. One significant problem concerning human life is related to psychological issues. Many thinkers in religions and cultures have paid considerable attention to human psychological health and disorder. The aim in present paper is to deal with how to treat psychological disorder. The writer attempts to find a proper solution for human psychological disorder with reference to Islamic teachings. According to Islamic teachings, there are many conditions and phenomena that are recognized as some sort of psychological disorder and health. On the basis of Islamic teachings many ways are given in order to fight psychological disorder and to achieve psychological health.

Keywords: Islam, psychology, disorder, health

1. Introduction

Unpleasant events and difficult conditions take place necessarily in human life and somehow it is impossible to remove entirely such situations. Difficult conditions and unpleasant events are necessary part of human life and they are regarded as one of main elements that may dissatisfy human beings. In this case one could see why many thinkers present their own solution in order to handle them. In Islamic teachings there are many discussions and elements representing ways and solutions regarding to how to treat unpleasant events and conditions. We can classify these ways into two following sorts: 1- cognitive ways and 2-behavioral ways.

2. Cognitive Ways

Islam as a theistic religion presents teachings and beliefs regarding universe and man enabling and encouraging the true believers to bear unpleasant events, so these sort of situations and conditions could not lead to psychological disorder for man’s life. It is evident that many emotional or psychological problems are due to weak and wrong understanding regarding the universe in which mankind is abiding. Man must have true and real perspective and understanding about the universe, otherwise the emergence of some sort of psychological disorder is unavoidable. In religious perspective, in general, and in Islamic perspective in particular we are in some degree immune from psychological disorders due to some kind of teachings and beliefs represented regarding man and universe.

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2-1. Belief in God
The belief in the existence of God, whose power, knowledge and goodness is endlessly perfect, is highly emphasized in Islamic teachings as other world theistic religions. According to Quranic teachings the true believer is free from psychological disorders such as loneliness and despair due to his faith and belief in the existence of an almighty God whose goodness is ultimately perfect. The following Quranic verse states that: God has sent down the sedateness into the hearts of believers. (الفتح / الفتح 4).

2-2. Islamic Perspective on Critical Conditions
According to Islamic teachings critical conditions are considered as necessary part of human life and man’s mundane life could not be entirely free from unpleasant events. In this regards, Quranic verse declares: In fact we have created mankind in severe state. (البلد / البلد 4).

2-3. Trust in God
Since God is described in all world theistic religion such as Islam as almighty being whose knowledge and goodness is ultimate, the emergence of conditions such as despair and depression for individual believers is impossible. The believers are not subject to such conditions due to the belief and trust in an almighty God. Due to the power of faith and belief in God the true believers are not subject to despair or depression. Accordingly Quranic verse states that: those who trust in God then God will be enough to support him. (الطلاق / الطلاق 3).

3. Behavioural Ways
In behavioural ways, there are many practices that true believers take into consideration. Once a believer commits and involves some kinds of practices, then the occurrence of psychological disorder are very weak. The main practical ways to pacify and protect psychological disorders are as follow according to Islamic teachings:

3-1. Self- Restrain
Man is considered as a social being and since due to man’s freedom it is rational to imagine that man exercise unethical conducts wit respect to others. In such condition the practice of self-restrain is necessary one could not deny its significance. There are many unpleasant conditions and events produced by man and sometimes there is no option except self-restrain and patient. Islamic teachings repeatedly emphasize the exercise of self-restrain and patient as necessary condition for human life. The control of anger as a general psychological condition is encouraged. (قریشی، 1387، 113).

3-2. Pastime and Leisure
Although Islamic teachings encourage hard working but the necessity of taking break and freshness is not neglected. Quranic verses speak about playing: send him with us tomorrow in order to play… (یوسف، 12). Islamic traditions display some sort of pastime and having leisure such as riding horse and swimming. According to Islamic tradition a believer’s daily lifetime is divided into three parts: working, worshipping and taking rest and leisure. A believer who dose not pays attention to the proper pastime and leisure is suffering from the weakness of faith and in fact is not displaying Islamic life style.

3-3. Marriage and Family Based Relationship
Islamic teachings give a key role to marriage and family based relationship. Marriage causes to overcome the states of loneliness and desire. According to Quranic verses the marriage is considered as sign denoting God’s presence and existence: ..And one of His sign is your creation in pair form in order to pacify you. (روم، 21).

3-4. Worshiping God
Worshipping God is considered another practical way in order to gain psychological satisfaction. Worship help to clarify human heart (Stora, 1384, p.95). In this connection Quranic verse states that man’s heart get calm by remembering God. (رعد، 28). According to Islamic teachings man, instead of entertaining with mundane and trivial matters would gain the feeling of satisfaction by doing worship. (شرقاوي، 1366، ص.374).
4. Concluding Remarks

Qur’aan and Islamic teachings present a conclusive way and present the necessary conditions required for psychological health. Qur’aan present the necessary guidance that man need. There are many ways to protect believers from unpleasant states. Islam gives deep perspective regarding man and the universe so the emergence of psychological disorder is no highly possible. Meanwhile Islamic teachings save human life from unpleasant events and psychological disorder by recommending some necessary practices. Such as worship, self-restrain Pastime and leisure.

References

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