



Islamic psychology in the present era: investigating the effect of listening to the Holy Quran on the mental health of families

Hajar Shahhoseini ¹

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Abstract

One of the main priorities in human life is mental health and how to achieve it. Many problems in life can cause discomfort and mental abnormalities and affect the mental health of people in life. Therefore, the aim of this study is to investigate the effect of listening to the Holy Quran on the mental health of families. To carry out this research, 40 people from the families of Bushehr, who were selected by random sampling, were placed in two experimental and control groups (20 people in each group). For both groups, a general health questionnaire was used in the pre-test and post-test stages. After the pre-test, the experimental group listened to the recitation of the verses of the Holy Quran in 20 (35) minutes sessions, while the control group was not exposed to the recitation of the verses of the Holy Quran. The data were analyzed and tested through the covariance method. The results of the research showed that listening to the recitation of the verses of the Holy Quran had a positive effect on the mental health of the families in the experimental group.

Keywords: mental health, Holy Quran, families, Islamic psychology.

1. PhD Student, Department of Foreign Languages, Bushehr Branch, Islamic Azad University, Bushehr, Iran, shahhoseinihajar@gmail.com

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