

Qur'anic Recitation as a Psychological Therapy: An Intervention Model for Mental Health

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ABSTRACT

Qur'anic recitation has excellent potential as a psychological therapy method to address mental health issues such as stress, anxiety, and depression. This study aims to analyze the effectiveness of recitation through a multidimensional approach in improving individual mental well-being. The method employed is a qualitative literature study involving the analysis of relevant national and international journals. The results showed that Qur'anic recitation contributes to lowering stress levels, improving mindset, and strengthening emotional resilience through spiritual closeness. However, challenges such as a lack of understanding of the verses' meaning and indiscipline in recitation practice are obstacles that need to be overcome. This study recommends a strategy of professional mentoring, the utilization of digital technology, and the strengthening of tilawah-based communities to optimize its effectiveness. The findings reinforce the potential of tilawah as a model of Islamic psychological therapy that can be integrated into modern mental health practices.

Keywords : Recitation Of The Qur'an, Psychological Therapy, Mental Health, Islamic Spirituality, Emotional Well-Being.

INTRODUCTION

Qur'anic recitation has long been regarded as having significant benefits for mental and spiritual well-being. In the Islamic context, reading and listening to the holy verses is believed to bring calmness and improve emotional well-being. As scientific studies in the field of psychology develop, spiritual-based approaches are increasingly recognized as effective methods for treating various mental disorders such as stress, anxiety, and depression (Hapsari & Kusumawinakhyu, 2024). Studies in Islamic psychotherapy show that religious practices, including recitation of the Qur'ān, can act as coping mechanisms that help individuals manage psychological distress and improve their mental well-being (Utami & Widiasmara, 2023).

In the realm of neurophysiology, research has proven that listening to the recitation of the Qur'ān has a direct impact on the human brain and nervous system. The study by (Draganović et al., 2025) revealed that exposure to the sound of the Qur'ān recited in tartil can affect brain waves, specifically in increasing alpha wave activity, which is associated with relaxation and mental calmness. Similar findings were reported by (Moulaei et al., 2023), who showed that listening to Qur'anic recitations regularly can reduce levels of the hormone cortisol - a hormone associated with stress - so that individuals who experience anxiety tend to feel

calmer and are able to control their emotions better. In addition, research conducted by (Irwan et al., 2023) found that patients with anxiety disorders showed significant improvements in blood pressure and heart rhythm after regularly performing recitation for several weeks, indicating the positive impact of recitation not only psychologically but also physiologically.

In addition to auditory effects, the cognitive and emotional aspects of recitation also play a role in providing psychological calm. The Qur'ān contains verses that provide motivation, hope, and determination for those experiencing mental distress (Salman et al., 2025). Through understanding and tadabbur of specific verses, individuals can replace negative thought patterns with a more optimistic and positive outlook, similar to the approach used in cognitive behavioral therapy (CBT) (Husain, 2024).

Tilawah serves not only as a worship activity but also as a therapeutic mechanism that helps a person cope with life's difficulties and mental challenges. As an act of worship, tilawah is an integral part of spiritual practice in Islam, where reading the Qur'ān with tartil and full solemnity becomes a form of self-approach to Allah SWT. Meanwhile, as a form of therapy, reciting the Qur'ān can create a state of mental relaxation. The soft sound of the recitation, the regular rhythm, and the soothing content of the message all contribute to a relaxing effect, similar to when someone practices breathing techniques or meditation.

Further studies by (Zarkasyi et al., 2020) also highlighted that tilawah can be developed as an Islamic-based psychotherapeutic intervention model. This approach involves a combination of reading, listening, and contemplating the meaning of certain verses related to the individual's psychological condition. The application of a tilawah-based therapy model can also be tailored to the specific needs of the patient, for example, by adjusting the type of verse read based on the psychological problems experienced. This is reinforced by research conducted by (Farial & Handayani 2022), which found that tilawah can increase psychological resilience, especially for individuals who experience trauma or post-pandemic anxiety disorders.

With the increasing interest in integrating Islamic therapies and modern psychology, this study aims to explore the effectiveness of Qur'anic recitation as a psychological therapy, develop an applicable intervention model, and compare it with conventional psychotherapeutic methods. Additionally, it identifies challenges that may arise in the application of recitation therapy and provides recommendations for the broader implementation of this model in psychology and mental health.

LITERATURE REVIEW

Interest in spiritual approaches in modern psychotherapy has increased as it is increasingly recognized that mental health includes not only emotional and cognitive aspects but also spiritual ones. In this context, recitation of the Qur'an stands out as a practice believed to offer therapeutic benefits.

Psychological Effects

(Hapsari & Kusumawinakhyu 2024) Emphasized that recitation of the Qur'an is effective in reducing anxiety levels and improving emotional well-being. However, this study still tends

to generalize the benefits of recitation without considering variations in individual religious understanding. On the other hand, (Utami & Widiasmara, 2023) suggested that religious practices, including recitation, serve as coping mechanisms in dealing with psychological distress. However, the effectiveness of these mechanisms has not been widely tested in various cultural contexts and different levels of religiosity, raising questions about the universal validity of such claims.

Neurophysiological Effects

Neurophysiological research by (Draganović et al., 2025 and Moulai et al., 2023) showed that listening to tilawah can increase alpha wave activity and decrease cortisol levels, two key indicators of relaxation and stress reduction. These findings indicate that the auditory effects of tilawah play an important role in calming the nervous system. However, it should be criticized that most of these studies used an observational approach, which limits the ability to draw causal conclusions. Furthermore, these effects may not be exclusive to recitation, as similar findings have also been reported in studies on music therapy.

Cognitive Effects

Tadabbur, or contemplation of the meaning of Qur'anic verses, functions as a form of cognitive restructuring, helping individuals replace negative thought patterns with a more positive frame of mind (Husain, 2024). However, the assumption that all individuals are capable of effective tadabbur needs to be reviewed, considering that not everyone has adequate religious literacy. Research (Irwan et al., 2023; Salman et al., 2025) has highlighted the contribution of the emotional dimension in tadabbur, specifically a sense of closeness to God that can strengthen mental resilience. However, it is not easy to distinguish whether these positive effects stem from tilawah-specific psychological mechanisms or placebo effects related to religious beliefs.

Intervention Model

The idea of developing a tilawah-based psychotherapy intervention model was proposed by (Zarkasyi et al., 2020) and expanded by (Farial & Handayani 2022). This model proposes systematic stages ranging from mental preparation, tartil recitation, tadabbur, to therapeutic evaluation. While the concept is interesting, it is essential to acknowledge that it remains conceptual mainly and requires stronger empirical validation through quantitative research and controlled clinical trials.

Benefits of Qur'ānic Recitation

Regarding clinical effectiveness, a meta-analysis (Abd-alrazaq et al., 2020) as well as studies by (Ishak et al., 2021 and Rozali et al., 2022) support that tilawah contributes to the reduction of stress, anxiety and depression symptoms. However, there are limitations in the study designs that rarely directly compare tilawah with conventional evidence-based psychological therapies, such as cognitive-behavioral therapy or mindfulness therapy. Thus, claims of the superiority of tilawah need to be taken with caution.

Advantages of Qur'ānic Recitation

Tilawah has practical advantages over conventional therapies. Not dependent on medication, tilawah is more accessible and can be practiced independently (Farial & Handayani, 2022; Saged et al., 2020). However, a significant challenge lies in sustaining the practice and deepening the meaning of tilawah itself. Many individuals struggle to maintain consistent recitation and a deep understanding of the verses, which reduces the effectiveness of the therapy.

Although the existing literature suggests potential benefits of Qur'ānic recitation, there is an urgent need to fill research gaps with more rigorous evidence-based studies. Future studies should test the effectiveness of tilawah in various cultural contexts, directly compare it with other psychotherapeutic methods, and explore the potential of combining tilawah with therapeutic techniques such as cognitive-behavioral therapy (CBT) or dhikr-based mindfulness. With a more systematic and empirically based approach, Qur'ānic recitation can be developed into one of the important pillars in the integration between modern psychology and Islamic spirituality.

METHODS

This research uses a qualitative method with a library research approach to analyze the effectiveness of Qur'anic recitation as a psychological therapy in the context of mental health. This approach was chosen because it allowed the researcher to access, collect, and analyze secondary data from published empirical and conceptual studies to understand patterns, trends, and findings relevant to the application of recitation as a psychological intervention.

The data sources in this study consist of 17 scientific articles published within the last five years (2020-2025) to ensure the currency and relevance of the findings. The articles were obtained through a structured search strategy in various national and international databases, including Garuda, Sinta, and Neliti for national sources and Scopus, ScienceDirect, and Google Scholar for international sources. The main keywords used in the search process were: "Qur'anic recitation," "Islamic psychotherapy," "spiritual healing," "mental health," 'stress,' and "anxiety." Selection was based on substantial relevance to the research focus, reviewing both the abstracts and full content of the articles to ensure topical fit.

The data was analyzed using a content analysis method with a thematic approach to identify recurring patterns of findings, the logical structure of arguments, and key themes relating to the psychological benefits of the practice of tilawah. Each article was analyzed in depth to explore the contribution of tilawah to aspects such as reduced stress levels, anxiety management, emotional stability, and physiological responses. A comparative analysis across studies was used to assess the consistency of results and identify significant differences in approaches and findings. In addition, this study also included a critical evaluation of the limitations of previous research, including methodological aspects, cultural contexts, and varying levels of religious literacy, to assess the feasibility of implementing tilawah as an Islamic psychotherapeutic intervention model. This approach is expected to produce a systematic, comprehensive, and applicable scientific synthesis, which can serve as a conceptual basis for further research and the development of spiritually-based intervention practices in clinical psychology.

RESULTS AND DISCUSSION

The Effectiveness of Qur'anic Tilawah as Psychological Therapy

Qur'anic recitation has been widely researched as an Islamic spiritual-based psychological intervention method, which offers a variety of positive effects on mental health. Several studies have shown that recitation can affect auditory, cognitive, emotional, spiritual, and physiological dimensions in individuals experiencing psychological distress. For example, (Hapsari & Kusumawinakhyu, 2024) found that tilawah activities had a direct impact on emotional stability and decreased anxiety levels. Another study by (Moulaei et al., 2023) revealed that the rhythm of the recitation of the Qur'an chanted in tartil can stimulate alpha waves in the brain, which are closely related to mental relaxation conditions. From a cognitive point of view, (Husain, 2024) states that the meaning of the holy verses of the Qur'an helps individuals reshape negative thought patterns through a cognitive restructuring process so that they are able to manage emotional stress more healthily. Meanwhile, (Irwan et al., 2023) noted that regular recitation strengthens the sense of spiritual closeness to God, provides inner calm, and clarifies the direction of individual life. Furthermore, a study by (Zarkasyi et al., 2020) showed that consistent practice of tilawah can reduce levels of cortisol, a hormone associated with stress, so tilawah has a physiological impact that can be measured clinically. Untuk merangkum temuan-temuan tersebut secara sistematis dan menghindari pengulangan naratif, tabel berikut disusun guna menampilkan secara ringkas berbagai studi terkait efek tilawah terhadap kesehatan psikologis.

Table 1. Summary of Research Findings on the Effects of Qur'anic Tilawah on Psychological Health

No.	Researcher Name & Year	Securities Type	Summary of Findings
1	Hapsari & (Kusumawinakhyu, 2024)	Emotional	Tilawah increases calmness and lowers anxiety levels
2	(Moulaei et al., 2023)	Auditory	The rhythm of the recitation stimulates the brain's alpha waves that trigger a state of relaxation.
3	(Husain, 2024)	Cognitive	Tilawah helps restructure negative thoughts into more spiritual and positive ones
4	(Irwan et al., 2023)	Spiritual	Reading the Qur'an builds a sense of closeness to God and strengthens the meaning of life
5	(Zarkasyi et al., 2020)	Physiological	Recitation therapy reduces cortisol levels as an indicator of stress

Thus, reciting the Qur'an not only functions as a religious activity, but is also scientifically proven to be part of a comprehensive psychological therapy based on Islamic spiritual values.

An Intervention Model for Qur'anic Recitation-Based Psychotherapy

In its implementation, Qur'anic recitation can be utilized as part of a systematic psychological therapy model. This intervention model is designed to optimize the benefits of tilawah in helping individuals overcome mental disorders through structured stages. Studies by (Farial & Handayani, 2022) revealed that a recitation-based therapeutic approach can be effectively used in the context of clinical psychology, especially for individuals experiencing trauma or post-traumatic stress. Therefore, this intervention model proposes four main stages that can be applied in the practice of recitation-based psychotherapy.

1. Mental Preparation

The first stage in this model is mental preparation, where individuals are directed to create a conducive atmosphere before reciting. Research by (Gavgani et al., 2022) shows that a calm and distraction-free environment can increase the effectiveness of sound-based therapies, including Qur'anic recitation. In this stage, individuals are also encouraged to organize their intentions and focus in order to get the maximum benefit from the recitation.

2. Tilawah with Tartil or Murottal

The second stage is recitation with tartil or murottal, which is the core of this therapy. The choice of recitation method and the duration of recitation must be adjusted to the psychological condition of the individual. The rhythm and tempo of reciting the Qur'an play an important role in creating a calming effect for individuals experiencing anxiety or stress (Rassool, 2021). Therefore, the recommended recitation method in this therapy is tartil, which is done with slow and appreciative pronunciation.

3. Tadabbur dan Reflection

The third stage in this intervention model is tadabbur and reflection, which aims to connect the meaning of the verse with the patient's psychological state. Individuals who reflect on the meaning of the verse read show a better level of self-understanding and have a greater tendency to think positively (Marchira, 2020). This is also in line with research conducted by (Ishak et al., 2021), which shows that the reflection process in recitation helps individuals find the meaning of life and increases emotional resilience.

4. Evaluation of the therapeutic effect

The final stage is the evaluation of the therapeutic effect, which aims to measure the impact of tilawah on an individual's psychological state. Studies conducted by (Saged et al., 2020) show that the effects of tilawah-based therapy can be measured through several indicators, such as increased feelings of calm, decreased stress levels, and improved overall emotional well-being. Additionally, this evaluation can also be conducted by observing changes in the mindset and behavior of individuals after they undergo tilawah therapy regularly.

To facilitate understanding and clinical application, this intervention model can be visualized in the form of a conceptual flowchart. This diagram systematically depicts each stage of therapy as well as the therapeutic relationship between elements.

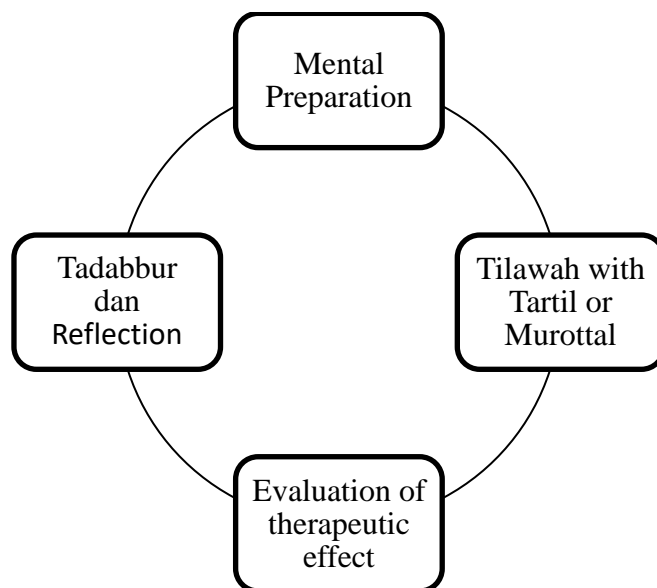


Figure 1. Flowchart of the Qur'anic Tilawah-Based Psychotherapy Intervention Model

By following this intervention model, Qur'anic recitation therapy can be applied more systematically in psychology and mental health. The application of this therapy is not only limited to individuals with severe mental disorders, but can also be used as a preventive strategy for those who wish to maintain mental health through a spiritual approach. With the support of a growing body of scientific research, recitation therapy has great potential to be integrated into modern psychotherapeutic practice as an effective method of improving the psychological well-being of individuals.

Relevant Qur'anic Verses for Psychological Therapy

The Qur'an as a guide to life for Muslims not only contains spiritual teachings, but also has verses that can provide peace for the soul that is experiencing psychological pressure. Several studies have shown that certain verses have deep meaning and can be therapeutic for individuals experiencing stress, anxiety or depression. The verses, if read, contemplated, and understood, can help change negative mindsets into more positive ones, as well as increase faith, which is an important factor in the psychological healing process (Hapsari & Kusumawinakhyu, 2024). In the context of Islamic psychotherapy, recitation of certain verses related to peace of mind, hope, and patience has been shown to help individuals deal with their mental problems (Utami & Widiasmara, 2023).

One of the categories of verses that are often used in recitation therapy is verses related to peace of mind, as found in QS. Ar-Ra'd: 28

﴿الْقُلُوبُ تَطْمَئِنُّ لِلَّهِ بِذِكْرِ آلَا اللَّهِ يُذَكِّرُ قُلُوبُهُمْ وَتَطْمَئِنُّ أَمْنُوا الَّذِينَ﴾

Meaning: “(Those) who believe and their hearts are calmed by the remembrance of Allah. Remember, that only in the remembrance of Allah will the heart always be at peace.”

This verse emphasizes the importance of dhikrullah or remembering Allah as a way to gain inner peace. Research conducted by (Draganović et al., 2025) shows that reading and understanding verses that emphasize peace of mind can help individuals calm themselves and reduce the level of anxiety and stress they feel. This psychological effect is reinforced by a

study conducted by (Irwan et al., 2023), which found that patients who experienced anxiety disorders experienced a decrease in symptoms after routinely reading and memorizing verses that provide tranquility such as QS. Ar-Ra'd: 28.

In addition to verses about calmness, verses that contain hope and optimism also have a significant impact in psychological therapy. One of the verses that is often used as a reference in recitation therapy is QS. Al-Inshirah: 5-6

الإِنشِرَاحُ (6) يُسِّرُ الْعُسْرَ مَعَ إِنَّ (5) يُسِّرُ الْعُسْرَ مَعَ فَإِنَّ

Meaning: "Indeed, with hardship there is later. Indeed, with difficulty there is ease." (Q.S al-Inshirah: 5-6)

This verse gives a message that every test or difficulty experienced by humans will always be accompanied by the ease that comes afterwards. Research conducted by (Zarkasyi et al., 2020) found that individuals who experience depression tend to have a recurring negative mindset, making it difficult for them to see the possibility of change or solutions in their lives. By reading and contemplating QS. Al-Inshirah: 5-6, individuals can develop a more optimistic and hopeful way of thinking, so that they are better able to face the challenges they experience. Similar findings were also revealed by (Salman et al., 2025), who stated that patients with high levels of hopelessness experienced improvements in mindset after regularly reading and understanding verses that provide motivation and hope.

Another category of verses that are often used in recitation-based psychological therapy is verses about patience in facing trials, one of which is QS. Al-Baqarah: 286,

إِصْرًا عَلَيْنَا تَحْمِلُ وَلَا رَبَّنَا أَخْطَأْنَا أَوْ نَسِينَا إِنْ تُوَاجِدُنَا لَا رَبَّنَا اكْتَسَبْتَ مَا وَعَلَيْهَا كَسَبْتَ مَا لَهَا وَسُعْيَهَا إِلَّا نَفْسًا اللَّهُ يَكْفُلُ لَا عَلَى فَانصُرْنَا مَوْلَانَا أَنْتَ وَارْحَمْنَا لَنَا وَاعْفُ عَنَّا وَاعْفُ بِهِ لَنَا طَاقَةً لَا مَا تُحْمِلُنَا وَلَا رَبَّنَا قَلِيلًا مِنَ الَّذِينَ عَلَى حِمْلَتِهِ مَا

إِنَّا لِلْكَافِرِينَ الْقَوْمِ

Meaning: "For him, there is a reward for what he has done, and for him, there is a punishment for what he has done. (They pray.) "O our Lord, do not punish us if we forget or err. O our Lord, do not burden us with a heavy burden as You burdened those before us. O our Lord, do not impose on us that which we are not able to bear. Forgive us, pardon us, and have mercy on us. You are our protector. So, help us in facing the disbelievers."

This verse provides insight into the understanding that each individual has a unique capacity to face trials, and Allah will not give trials that exceed one's ability. Studies conducted by (Moulaei et al., 2023) show that individuals who experience mental stress often feel that the burden they bear is too heavy and difficult to deal with. However, by understanding the concept of patience and the belief that God will not give trials beyond one's ability, individuals can feel calmer and more prepared to face life's challenges.

In selecting the verses used in recitation therapy, a strategic approach is necessary to maximize the effectiveness of the therapy. Each individual has different psychological issues, so the selection of verses must be tailored to the patient's mental condition. Research conducted by (Abd-alrazaq et al., 2020) emphasizes that the most effective approach in recitation-based therapy is to use verses that are relevant to the psychological condition of the individual so that patients can more easily associate the meaning of the verse with the situation they face. This approach is also supported by research (Suryo & Syafi'i, 2024), which found that patients experiencing anxiety felt the therapeutic effects more quickly when

they read verses that provided calmness, while patients experiencing depression were more helped by reading verses that provided hope and optimism.

Comparison with Conventional Psychotherapy Methods

Compared to conventional psychotherapy methods, recitation-based therapy has several advantages that make it an alternative or complementary psychological intervention. One such advantage is its more spiritual and holistic approach, which not only focuses on the mental aspect but also involves the emotional and spiritual aspects. Individuals who undergo spiritually-based therapy tend to have better mental resilience compared to those who rely solely on cognitive or pharmacology-based therapy (Husain, 2024). This more holistic approach is also supported by research conducted by (Rozali et al., 2022), which found that patients with anxiety and depression disorders who underwent tilawah therapy showed more stable improvements compared to those who relied solely on conventional therapy. In addition, recitation-based therapy also has the advantage of not relying on drugs. In conventional psychological therapies, the use of medications such as antidepressants is often part of the intervention provided to patients with mental disorders. However, research conducted by (Ishak et al., 2021) shows that the use of psychological drugs often has side effects, such as dependence and long-term decline in cognitive function. In contrast, recitation therapy offers a more natural and less risky solution, where individuals can gain peace of mind without having to take medications that may impact their physical health.

Tilawah therapy also has the advantage of being easily applicable in daily life. One of the limitations of conventional psychological therapies is the reliance on professionals, where patients must attend scheduled therapy sessions and pay fees that are not always affordable for everyone (Farial & Handayani, 2022). In contrast, tilawah can be practiced independently by individuals without relying on other parties, allowing them to integrate this therapy into their daily routine. Research conducted by (Saged et al., 2020) showed that patients who implemented tilawah therapy independently experienced significant improvements in psychological well-being without having to undergo intensive therapy with a psychologist or psychiatrist.

In practice, tilawah can also be combined with other psychotherapeutic methods to increase its effectiveness. One method that can be combined with tilawah is tilawah-based cognitive therapy, where specific verses are used to help individuals change negative thought patterns into more positive ones (Marchira, 2020). In addition, tilawah therapy can also be combined with Islamic mindfulness therapy, where individuals recite Qur'anic verses with full awareness and focus on their meaning, thereby achieving a more profound inner calm (Rassool, 2021). With the right combination, recitation-based therapy can be a practical approach to improving individuals' mental health and psychological well-being.

Challenges and Obstacles in Implementing the Tilawah Therapy Model

Qur'anic recitation has great potential as a psychological therapy. However, its implementation still faces a number of obstacles. The five main challenges found based on the literature review are as follows:

1. Low Verse Comprehension

Many individuals recite the Qur'an without understanding the meaning of the verse. This reduces the psychological impact of recitation as cognitive and emotional reflection does not occur (Hapsari & Kusumawinakhyu, 2024; Irwan et al., 2023).

2. **Lack of Practice Consistency**
Tilawah as therapy must be done regularly. Busyness, life pressure, and lack of motivation make it difficult for individuals to form a sustainable tilawah habit (Utami & Widiasmara, 2023; Zarkasyi et al., 2020).
3. **Lack of Integration with Modern Psychotherapy**
Spiritual approaches are still rarely combined with conventional psychological practices as they have not been tested in an evidence-based framework (Draganović et al., 2025; Husain, 2024).
4. **Limited Expert Assistance**
Without guidance from an ustaz or psychologist, many individuals do not know how to relate the verse to their psychological condition. Mentoring has been shown to increase the effectiveness of therapy (Salman et al., 2025).
5. **Lack of Technology and Community Support**
Digital applications and online communities have not been widely utilized. In fact, technology can improve understanding, motivation, and consistency of recitation (Moulaei et al., 2023).

Recognizing this challenge, implementation strategies need to be directed towards improving meaning literacy, spiritual-psychological assistance, and integration with technology and professional approaches so that tilawah therapy can be applied scientifically and sustainably.

Implications and Recommendations for Islamic Psychotherapy Practice

The application of tilawah therapy in the context of mental health has various important implications, both for psychologists and mental health practitioners and for the general public. For psychologists and mental health practitioners, this therapy model can be integrated into professional therapeutic practice by combining conventional psychotherapeutic approaches with spiritually-based therapy. Research conducted by (Suryo & Syafi'i, 2024) shows that spiritual-based therapies are increasingly being applied in the world of modern psychology, especially in helping patients who have limitations in receiving conventional cognitive-based therapies. Therefore, the integration of tilawah therapy with psychotherapeutic techniques such as cognitive behavioral therapy (CBT) can be a practical approach in treating mental disorders related to anxiety and stress.

For the general public, tilawah can be applied as an independent therapy that aims to maintain mental health and improve emotional well-being. A study conducted by (Rozali et al., 2022) found that tilawah-based therapy can be part of a healthy lifestyle that helps individuals face life's challenges more calmly and mindfully. One of the main advantages of this therapy is that tilawah can be done anytime and anywhere without the need for dependence on mental health professionals. Therefore, it is important to educate the public about the benefits of tilawah as a psychological therapy so that more individuals can use it as a strategy in managing stress and anxiety in their daily lives.

Furthermore, additional research on tilawah therapy is necessary to enhance its validity and effectiveness in the field of clinical psychology. Further studies on the effectiveness of tilawah therapy in various societal groups are needed to understand how this therapy model can be applied in different social and cultural contexts. Research conducted by (Abd-alrazaq et al., 2020) emphasizes that although tilawah-based therapy has been shown to have benefits in some studies, more experimental research is needed that can quantitatively test its impact and compare it with other therapeutic methods.

Additionally, the combination of recitation therapy with other worship methods, such as dhikr and tahajjud prayer, may be an interesting research topic to explore in the future. Research results suggest that combining recitation-based therapy with other spiritual practices can have a more profound impact on enhancing the mental well-being of individuals (Rassool, 2021). Another study by (Gavgani et al., 2022) also showed that individuals who combine different forms of worship in their stress management strategies tend to have better mental resilience compared to those who rely on only one form of therapy. Therefore, further research on the synergy between recitation, dhikr, and tahajud prayer in psychological therapy may provide new insights into how Islam can provide holistic solutions to mental health problems faced by modern society.

CONCLUSION

Based on the results of the study, it can be concluded that Qur'anic recitation has excellent potential as an effective psychological therapy in helping individuals overcome various mental problems such as stress, anxiety, and depression. The auditory effects of reciting Qur'anic verses contribute to stimulating the parasympathetic nervous system, leading to feelings of calmness and relaxation. In addition, the cognitive effects of tilawah encourage the restructuring of individual mindsets in a more optimistic direction. In contrast, the spiritual dimension of tilawah strengthens mental resilience by reinforcing religious beliefs.

This research also shows that tilawah can be integrated into Islamic psychotherapy intervention models, either as a standalone method or in combination with conventional therapies. A systematic tilawah model, including mental preparation, tartil recitation, tadabbur, and evaluation, has the potential to enrich alternative approaches in modern mental health practice.

However, the effectiveness of this therapy is highly dependent on the individual's understanding of the meaning of the recited verses and the consistency of their practice. Therefore, supporting strategies such as professional mentoring, the use of digital technology, and community education on the benefits of tilawah are needed to optimize the results of the therapy. In addition, further research is needed to test the effectiveness of tilawah in various psychological conditions, explore the combination of tilawah with other forms of worship, such as dhikr and tahajud prayer, and examine the implementation of this therapy in populations with diverse religious backgrounds.

LIMITATION

This research has several limitations that need to be critically acknowledged. First, the literature review approach used relies on secondary data, so the quality and limitations of

previous studies heavily influence findings. Secondly, most of the sources analyzed used observational designs or qualitative studies, which limits the ability to draw firm causal conclusions regarding the effectiveness of tilawah as a psychological therapy.

Additionally, this study did not conduct a direct comparison between tilawah and other psychological therapy methods within a controlled experiment. Another limitation is the lack of in-depth exploration of factors such as an individual's level of religious literacy, internal motivation, and socio-cultural background that may influence the success of tilawah therapy.

To overcome these limitations, future research could consider using quantitative experimental methods. For example, a randomized controlled trial (RCT) study could be used to directly test the effectiveness of tilawah as a psychological intervention, compared to conventional therapies such as Cognitive Behavioral Therapy (CBT). With this design, researchers can measure changes in psychological conditions before and after the tilawah intervention using statistically validated measurement tools, resulting in stronger causal conclusions.

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