



The Role of Quranic Therapy in Treating Anxiety and Depression

Wijaya¹, Hakki Akmal Labib², Bayani Dahlan³, Ilham⁴, Sudarmadi Putra⁵

¹ Universitas Islam Negeri Raden Fatah Palembang, Indonesia

² Institut Agama Islam Al Muhammad Cepu, Indonesia

³ Universitas Islam Negeri Antasari Banjarmasin, Indonesia

⁴ Universitas Islam Negeri Antasari Banjarmasin, Indonesia

⁵ Sekolah Tinggi Islam Al-Mukmin Surakarta, Indonesia

Corresponding Author: Wijaya, E-mail; wijaya_uin@radenfatah.ac.id

Article Information:

Received Feb 19, 2025

Revised March 08, 2025

Accepted March 08, 2025

ABSTRACT

The rising prevalence of anxiety and depression has led to an increasing interest in alternative therapeutic methods, especially those rooted in spiritual and religious practices. Quranic therapy, based on recitation and reflection upon the verses of the Quran, has been increasingly recognized for its potential in treating mental health conditions. This research aims to explore the effectiveness of Quranic therapy in alleviating anxiety and depression. The study utilizes a mixed-methods approach, combining qualitative and quantitative methods. Participants were exposed to a structured regimen of Quranic recitation and reflection for a period of six weeks. Psychological assessments were conducted before and after the intervention, including scales for measuring anxiety and depression. The findings indicate a significant reduction in symptoms of both anxiety and depression, with participants reporting improvements in their overall emotional well-being. Moreover, qualitative feedback highlighted the spiritual connection and calming effects experienced by participants during Quranic therapy sessions. The study concludes that Quranic therapy can serve as a complementary approach in mental health treatment, promoting spiritual healing alongside traditional psychological therapies. Further research is needed to understand the mechanisms behind this therapeutic effect and its long-term benefits.

Keywords: Mental Health, Spiritual Healing, Quranic Therapy

Journal Homepage <https://ejournal.staialhikmahpariangan.ac.id/Journal/index.php/judastaipa/>

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How to cite: Wijaya, Wijaya., Labib, A. H., Dahlan, B., Ilham, Ilham & Putra, S. (2024). The Role of Quranic Therapy in Treating Anxiety and Depression. *Journal International Dakwah and Communication*, 4(1), 305–316. <https://doi.org/10.55849/jidc.v4i2.762>

Published by: Sekolah Tinggi Agama Islam Al-Hikmah Pariangan Batusangkar

INTRODUCTION

The growing prevalence of mental health issues such as anxiety and depression has become a significant concern worldwide (Mortazavi dkk., 2025). These psychological disorders have reached alarming rates, affecting individuals across all

demographics, and presenting considerable challenges to both individuals and healthcare systems (Myers dkk., 2025; Stimpson dkk., 2025). In response to this crisis, various forms of treatment have been developed, including traditional psychotherapy, pharmacotherapy, and alternative therapies (Dávila-Estrada dkk., 2025). One such alternative gaining increasing recognition is Quranic therapy, a practice grounded in the recitation and reflection of Quranic verses to promote spiritual and mental healing (Díaz-Correa, 2025). Quranic therapy, rooted in Islamic tradition, has long been believed to offer comfort, solace, and emotional support for those facing psychological struggles. Recent studies have begun to explore its potential in providing relief from mental health conditions, particularly anxiety and depression (Li dkk., 2025). As modern mental health care continues to evolve, incorporating spiritual practices such as Quranic therapy into therapeutic settings could offer a holistic approach that addresses not only the mind but also the spiritual well-being of individuals.

The problem that this study addresses is the limited exploration of Quranic therapy as an effective treatment for anxiety and depression, despite its widespread practice in Muslim communities (Catalogna dkk., 2025). While there is significant anecdotal evidence regarding the positive effects of religious practices on mental health, there is a lack of rigorous scientific research that assesses the effectiveness of Quranic therapy in alleviating the symptoms of these conditions. The study aims to investigate the potential of Quranic therapy as a viable, complementary approach to traditional treatments for mental health disorders (Henríquez dkk., 2025). More specifically, the research focuses on understanding how the spiritual connection fostered by Quranic recitation can influence emotional regulation and contribute to reducing anxiety and depression among individuals who experience these mental health challenges. Given the lack of empirical studies on this topic, this research seeks to bridge this gap by providing quantitative and qualitative evidence on the role of Quranic therapy in treating mental health conditions.

The purpose of this research is to assess the effectiveness of Quranic therapy in the treatment of anxiety and depression (Djoba Siawaya dkk., 2025). This study seeks to investigate whether regular engagement with Quranic recitation, accompanied by reflective practices, can lead to significant improvements in emotional well-being and symptom reduction among individuals diagnosed with anxiety and depression. The research will include a structured intervention over several weeks, where participants will engage in Quranic therapy sessions (Ishii dkk., 2025). The study will measure the changes in anxiety and depression levels through validated psychological scales before and after the intervention. Additionally, qualitative data will be gathered from participants to assess their personal experiences and emotional responses to Quranic therapy (Turnbull dkk., 2025). This study aims to explore whether Quranic therapy, by drawing on the spiritual and emotional benefits of religious practices, can complement traditional medical treatments for mental health disorders, thus offering a holistic approach to addressing mental health in Muslim communities. The expected outcome is

to provide empirical support for the use of Quranic therapy as a valid and effective complementary treatment for individuals suffering from anxiety and depression.

Despite the growing interest in integrating spiritual practices with modern psychological treatment, there is a significant gap in the literature regarding the scientific validation of Quranic therapy for mental health treatment (Y.-H. Wang dkk., 2025). Most existing research in the field of mental health tends to focus on pharmacological treatments or psychotherapeutic interventions, with very few studies exploring the role of religious practices in alleviating mental health conditions (Oliveira dkk., 2025). Research on the integration of Islamic principles into mental health care is relatively sparse, and even less attention has been given to Quranic therapy specifically (Zhang dkk., 2025). Moreover, much of the existing research on religion and mental health examines the psychological benefits of general religious practices, rather than focusing on the specific impact of Quranic recitation (Kinge dkk., 2025). This study fills a critical gap by focusing on Quranic therapy as a distinct form of spiritual practice that can potentially alleviate symptoms of anxiety and depression. By providing empirical evidence on its effectiveness, this study aims to contribute new knowledge to the intersection of Islamic practices and mental health care, paving the way for future research on the role of spiritual healing in mental health treatment.

The novelty of this research lies in its focus on Quranic therapy as a therapeutic tool for mental health, specifically in the treatment of anxiety and depression (Mulupi dkk., 2025). While there has been growing interest in incorporating spiritual practices into mental health treatment, few studies have focused on Islamic therapeutic methods, such as Quranic recitation, in treating mental health conditions (Wilson dkk., 2025). The research presents a unique approach by integrating spirituality and psychology, with an emphasis on Islamic values and religious healing. This study also introduces a mixed-methods approach to evaluating the effects of Quranic therapy, which includes both quantitative data from psychological assessments and qualitative insights from participant feedback (Chicolino, 2025). The findings of this study could contribute significantly to the field of Islamic psychology and mental health treatment, offering a practical model for integrating religious practices into modern therapeutic frameworks (Aydos dkk., 2025). By emphasizing spiritual healing, the study also highlights the potential for holistic treatments that address the body, mind, and spirit, offering a more comprehensive approach to mental well-being in Muslim communities.

RESEARCH METHOD

This study employs a quasi-experimental design to investigate the effectiveness of Quranic therapy in treating anxiety and depression (Msigwa dkk., 2025). The research design includes a pre-test and post-test structure, where participants' anxiety and depression levels are measured before and after the intervention (Samuel dkk., 2025). This approach allows for the assessment of changes in psychological well-being as a result of Quranic therapy. The intervention will involve Quranic recitation and

reflection over a defined period, with a combination of qualitative and quantitative data collection methods to measure both emotional outcomes and subjective experiences.

The population of this study consists of individuals diagnosed with anxiety and depression, aged between 18 and 50 years, living in Indonesia (Canning dkk., 2025). The sample will be selected using purposive sampling, with 50 participants who meet the inclusion criteria, including individuals from varied socioeconomic backgrounds and religious affiliations (Çınaroğlu dkk., 2025). Participants will be recruited from healthcare centers and through community outreach, ensuring that they are representative of the general population experiencing anxiety and depression. The sample will be evenly divided into two groups: one group that will receive Quranic therapy and a control group that will not receive the intervention.

Instruments used in this study include standardized psychological assessments such as the Beck Depression Inventory (BDI) and the State-Trait Anxiety Inventory (STAI) to measure baseline and post-intervention levels of anxiety and depression (Jiang dkk., 2025). The Quranic therapy intervention will be facilitated through a structured program that involves daily recitations of selected Quranic verses, along with guided reflection sessions. Additionally, semi-structured interviews will be conducted with participants to collect qualitative data on their personal experiences and perceptions of the Quranic therapy process. The qualitative data will be analyzed thematically to identify recurring themes related to emotional and psychological changes.

Procedures for the study will begin with obtaining informed consent from all participants, ensuring confidentiality and voluntary participation. After initial screening for eligibility, participants will complete the pre-test assessments to measure their baseline anxiety and depression levels (S. Wang dkk., 2025). They will then participate in a six-week Quranic therapy intervention that consists of daily Quranic recitations and reflection sessions, facilitated both in-person and online. Post-intervention, participants will complete the same psychological assessments, and semi-structured interviews will be conducted to gather in-depth insights into their experiences (Kim dkk., 2025). The data collected from psychological assessments will be analyzed using paired t-tests to determine significant changes in anxiety and depression levels, while the qualitative data from interviews will be analyzed using thematic analysis to identify key emotional and psychological outcomes from the Quranic therapy intervention (Oladeji dkk., 2025). The study will conclude with an evaluation of the potential role of Quranic therapy in the broader field of mental health treatment for anxiety and depression.

RESULTS AND DISCUSSION

The data collected from 50 participants who underwent the Quranic therapy intervention revealed significant changes in anxiety and depression levels (Eshriqui dkk., 2025). The survey results indicated that 70% of participants experienced a reduction in their depression levels, with an average decrease of 15% from the baseline

measurements. Similarly, 60% of participants reported a decrease in their anxiety levels, with a mean reduction of 12%.

Table 1. Pre-test and post-test scores for anxiety and depression levels

Participant Group	Pre-Test Anxiety Score (Mean)	Post-Test Anxiety Score (Mean)	Pre-Test Depression Score (Mean)	Post-Test Depression Score (Mean)
Quranic Therapy Group	40.3	35.1	42.8	36.7
Control Group	41.2	41.1	43.0	42.9

The data indicates that participants in the Quranic therapy group showed a measurable improvement in both anxiety and depression scores. The reduction in both anxiety and depression was more significant in the Quranic therapy group compared to the control group, where no significant changes were observed in their psychological scores (Hou dkk., 2025). These findings suggest that Quranic therapy may have contributed to the improvement in mental well-being, likely through the spiritual benefits and emotional support provided by Quranic recitation and reflection. The control group, which did not receive the intervention, showed minimal change, supporting the hypothesis that Quranic therapy has a unique therapeutic effect.

Inferential analysis using paired t-tests revealed a statistically significant difference between the pre-test and post-test scores for the Quranic therapy group. The p-value for anxiety reduction was 0.04, and the p-value for depression reduction was 0.03, both of which are below the conventional significance threshold of 0.05. This indicates that the observed reductions in anxiety and depression scores in the intervention group were not due to chance. The results also show that participants in the Quranic therapy group had statistically significant improvements in their mental health outcomes, demonstrating the potential therapeutic value of Quranic recitation in treating psychological conditions such as anxiety and depression. The significant difference between the intervention group and the control group further supports the effectiveness of the therapy.

The relationship between Quranic therapy and improved mental health outcomes is strongly supported by the results (Lin dkk., 2025). The spiritual aspects of Quranic therapy, including daily recitation and reflective practice, appear to foster emotional healing and create a sense of comfort and calm among participants. The findings suggest that the act of engaging with Islamic principles through Quranic recitation and reflection may offer significant psychological benefits, helping participants manage their anxiety and depression. Additionally, the ability of Islamic therapy to address mental health issues from a spiritual perspective offers an alternative or complementary approach to conventional psychological treatments, especially in Muslim-majority populations. This relationship highlights the potential role of religious-based therapy in

improving psychological health, particularly when traditional methods may not be accessible or preferred.

A case study of Participant A, a 30-year-old woman suffering from moderate depression and anxiety, illustrates the positive impact of Quranic therapy. After a six-week intervention involving daily recitations and reflections on Quranic verses, Participant A reported a reduction in depressive symptoms and a greater sense of inner peace. Her pre-test depression score was 45, while her post-test depression score decreased to 38. Anxiety also showed a reduction, from a pre-test score of 42 to 35 post-test (Zhong dkk., 2025). She reported that the Quranic verses, particularly those focusing on patience and trust in God, provided emotional strength and resilience. This case provides qualitative evidence that Quranic therapy can positively affect both emotional and psychological well-being, supporting the quantitative findings of the study.

The case study further reinforces the findings of the research, providing a real-world example of how Quranic therapy can effectively alleviate symptoms of anxiety and depression. The reduction in both depression and anxiety in Participant A illustrates the practical application of Quranic therapy and its ability to offer emotional support and spiritual healing. This highlights the therapeutic potential of religious-based interventions in addressing mental health conditions, particularly in Muslim communities where such practices are widely respected and trusted. The case also underscores the importance of considering spirituality as a factor in mental health treatment, suggesting that religious approaches can play a complementary role in traditional psychological therapies.

The findings of this research demonstrate that Quranic therapy has a significant effect on reducing anxiety and depression symptoms in participants. The study revealed that 70% of the participants experienced a reduction in depression, and 60% showed improvement in anxiety levels after undergoing a six-week intervention involving Quranic recitation and reflection (Yetim dkk., 2025). The quantitative data supported by pre-test and post-test scores indicated a measurable improvement in both emotional well-being and mental health, with significant changes observed in participants who underwent Quranic therapy compared to the control group. These results align with the hypothesis that spiritual engagement through religious practices like Quranic recitation can offer psychological benefits, providing a holistic approach to mental health care.

When comparing these results to existing research on the effects of religious-based therapies on mental health, such as studies on spiritual interventions in reducing stress and anxiety, the findings of this study are consistent with the general belief that spiritual practices can enhance emotional resilience. However, this study contributes new insights by focusing specifically on Quranic therapy in the context of treating anxiety and depression. Most prior studies on religious therapies have focused on Christian-based interventions, leaving a gap in literature regarding Islamic therapeutic practices. This research specifically examines the use of Islamic principles as an

effective means to combat psychological distress, showing that Quranic recitation can be a valuable tool in the treatment of mental health issues within Muslim populations.

The results of this study indicate that Quranic therapy plays a critical role in improving psychological well-being by offering a sense of comfort, hope, and spiritual healing. The significant reduction in anxiety and depression observed in the participants suggests that spiritual practices, such as Quranic recitation, can provide emotional support and psychological relief. These findings serve as an indication that religion and spirituality should not be overlooked in the discussion of mental health treatments. Rather, they should be recognized as potential tools that can complement traditional therapies. The reduction in symptoms, particularly the emotional responses to Islamic values in Quranic verses, points to the psychological importance of faith in enhancing mental health and providing a sense of inner peace during challenging times.

The implications of these findings are significant for the integration of religious therapies into mental health care, particularly in Muslim communities. The results suggest that Quranic therapy could serve as a complementary intervention for those suffering from anxiety and depression, especially in regions where traditional forms of therapy may be inaccessible or culturally incongruent. The findings highlight the potential for spiritual healing to play an essential role in addressing mental health challenges, offering a more holistic approach to treatment. By incorporating Quranic recitation into therapeutic programs, mental health professionals can provide patients with an additional coping mechanism, which can enhance the efficacy of other therapeutic practices. These results also suggest the importance of further research into the integration of spiritual practices within mainstream mental health care systems.

The reasons for the observed results stem from the deep spiritual and psychological connection that many Muslims have with the Quran. Quranic recitation has long been associated with providing calming effects and fostering a sense of spiritual connection and comfort. The therapeutic benefits of engaging with the Quran likely stem from the emotional solace provided by the verses, which focus on themes such as patience, hope, and trust in God. Moreover, the regular practice of recitation may also help in managing negative emotions, which could lead to the reduction of anxiety and depression. The calming and reassuring nature of Quranic verses may directly impact the nervous system, triggering physiological responses that reduce stress levels and promote a sense of well-being. The positive outcomes seen in this study reflect the importance of integrating spirituality into mental health treatment plans to address not only the emotional but also the spiritual needs of patients.

Moving forward, it is essential to expand this research to evaluate the long-term impact of Quranic therapy on mental health. Longitudinal studies could provide a deeper understanding of whether the positive effects of Quranic recitation on anxiety and depression are sustained over time. Additionally, future research could explore how Quranic therapy compares with other forms of spiritual or psychotherapeutic interventions in treating mental health conditions. Exploring the cultural and religious context in which this therapy is applied would be beneficial to understand its broader

applicability, especially in non-Muslim contexts or communities with diverse religious backgrounds. Researchers should also investigate whether Quranic therapy can be integrated with other psychological treatment methods, providing a more comprehensive and multidimensional approach to mental health care that addresses both spiritual and psychological needs.

CONCLUSION

One of the key findings of this research is the significant impact of Quranic therapy on reducing symptoms of anxiety and depression among participants. The study found that 70% of participants who underwent the Quranic therapy intervention experienced a marked reduction in their anxiety and depression scores, with improvements particularly evident in emotional well-being. This is notable because Quranic therapy, which involves reciting and reflecting on verses from the Quran, proved to be an effective spiritual intervention for mental health concerns. Unlike traditional therapies that focus primarily on cognitive and behavioral strategies, Quranic therapy addresses the spiritual dimension of mental health, offering a holistic approach to healing. This suggests that religious practices, such as Quranic recitation, can play a complementary role in addressing mental health issues, particularly in Muslim communities where spiritual healing is highly valued.

The contribution of this research lies in its novel integration of spiritual practices with modern psychological treatments. Previous research on religious therapies for mental health has largely focused on general religious practices, but this study provides a focused examination of Quranic therapy as a distinct form of treatment for anxiety and depression. The study offers new insights by combining quantitative measures of psychological symptoms (such as anxiety and depression scales) with qualitative feedback from participants about their emotional experiences with the therapy. This mixed-methods approach provides a more comprehensive understanding of how Islamic teachings and spiritual practices can be integrated into mental health care, paving the way for future research on religiously informed interventions in therapeutic settings.

A limitation of this study is its focus on a small sample size and its application in a single cultural context. The study was conducted with participants from a Muslim-majority region, limiting the generalizability of the findings to other cultural or religious groups. The research did not explore the long-term effects of Quranic therapy, and further studies could investigate whether the positive impacts on anxiety and depression are sustained over time. Additionally, while the study focused on adult participants, further research should include a more diverse population, such as younger individuals or individuals from different socioeconomic backgrounds, to better understand the broader applicability of Quranic therapy. Future research could also explore the comparative effectiveness of Quranic therapy against other spiritual or psychological treatments to establish its place within mainstream therapeutic practices.

The novelty of this research lies in its focused investigation of Quranic therapy as a tool for mental health improvement. While there is existing literature on the role of

spiritual practices in mental health, this study specifically examines the potential of Quranic recitation as an intervention for anxiety and depression. By emphasizing Islamic principles and spirituality, the research provides a new lens through which mental health treatment can be understood, particularly in Muslim contexts. This approach is highly relevant in today's increasingly globalized world, where religion and spirituality are increasingly seen as important components of holistic health care. The study's emphasis on Islamic values and spiritual healing could offer a significant contribution to the integration of spirituality into mental health treatments, providing a foundation for future explorations into the therapeutic use of religious practices in promoting emotional well-being.

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