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PRINT: ISSN 0975-1122 ONLINE: ISSN 2456-6322

Int J Edu Sci, 52(3): 131-141 (2026)
DOI: 10.31901/24566322.2026/52.3.1420

A Descriptive Overview of the Role of Spiritual Practices in Advancing Mental Health in Islamic Culture

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KEYWORDS Cognitive Restructuring. Cultural Context. Cultural Psychology. Regulating Emotions Religious Coping. Resilience

ABSTRACT This research looks at how fundamental Islamic spiritual practices including prayer (*salât*), fortitude (*sabr*), reliance upon God (*tawakkul*), remembrance of God (*dhikr*), charity (*sadaqah*), and a sense of belonging (*Ummah*) serve as a holistic set of psychological resources that increase the Muslim people's and community's resilience and mental well-being. The article uses a descriptive-analytical approach to examine the cognitive, emotional, behavioural, and social processes by which these practices function by synthesising recent qualitative and theoretical literature (2014-2025). Spiritual rituals promote adaptive coping by reframing adversity through cognitive restructuring, regulating emotions through structured worship, fostering social cohesion through communal identity, and fostering social cohesion in a variety of settings, including natural catastrophes and chronic diseases. Additionally, the review shows that effectiveness differs depending on age, cultural context and external variables like family support and access to services. Sensitive mental health therapies that are rooted in spirituality are necessary for serving Muslim communities well.