

The Effects of Reciting Al-Qur'an (Ruqyah Syar'iyah) on Sleep Quality of Elderly People Living in a Nursing Home

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Abstract

Context/Purpose: *Elderly are at risk of having poor sleep quality due to chronic illness, emotional distress, anxiety, environment, malnutrition and low physical activities. Evidence showed islamic spiritual therapy effectively improve mental health, reduce anxiety and depression. However, the use of ruqyah syar'iyah for improving sleep quality due to mental health problems has not been studied well, therefore this research aimed to investigate the effectiveness of ruqyah therapy on sleep quality of elderly people living in a nursing home with mental health problems.*

Methods: *This study used Quasi Experimental with one group Pre-test Post-test design approach. Elderly in the nursing homes were purposively selected based on their Pittsburgh Sleep Quality Index (PSQI) score. Seventeen elderly met the inclusion criteria (PSQI score above 5, Muslim, able to read Qur'an, and followed all the research stages) and they were trained how to perform ruqyah syar'iyah. The intervention was delivered by reciting selected Surah in the Qur'an once a day for three nights. The post-test was held on the last day of data collection by measuring PSQI. Results:* *The age of respondents range from 61 to 82 years old with the majority at the elderly age (60- to 74-year-old at 76,5%), most of the education level of the respondents were elementary school (64,7%). The PSQI mean score was $14,88 \pm 2,09$ (pre-test) vs $9,12 \pm 1,6$ (post-test) $P\text{-value} < 0,05$. Interpretation:* *The mean PSQI score significantly decreased after the ruqyah syar'iyah intervention, indicating an improvement in sleep quality. The recitation of specific verses from the Qur'an is seen as a source of tranquility and relief, potentially helping the elderly cope with anxiety and loneliness. However, this research excluded the cause of poor quality of sleep of the elderly, therefore further research investigating the cause of poor sleep quality of the elderly in the nursing homes with larger studies are needed to validate the effectiveness of Ruqyah Syar'iyah in managing*

sleep disturbances in the elderly. Conclusion: Nurses and other healthcare providers are suggested to use Ruqyah syar'iyah therapy for intervening poor sleep quality among elderly, especially in the nursing home.

Keywords: Elderly, Sleep quality, Islamic spiritual therapy, ruqyah syar'iyah, nurse

Abstrak

Context/Purpose: Lansia memiliki resiko kualitas tidur yang buruk karena mengalami penyakit kronik, stress emosional, cemas, lingkungan, malnutrisi dan rendahnya aktivitas fisik. Bukti menunjukkan bahwa terapi berbasis spiritual Islam efektif meningkatkan kesehatan mental, menurunkan kecemasan dan depresi. Namun, penggunaan terapi ruqyah syar'iyah sebagai salahsatu terapi berbasis spiritual Islam untuk terapi gangguan kualitas tidur pada lansia di panti jompo belum diketahui efektivitasnya. Oleh karena itu penelitian ini bertujuan untuk mencari efektivitas terapi ruqyah terhadap kualitas tidur lansia.

Metode: Penelitian ini menggunakan Quasi eksperimen dengan pendekatan one group pre-test post-test design. Lansia di panti jompo dipilih berdasarkan skor Pittsburgh Sleep Quality Index (PSQI). Tujubelas lansia memenuhi kriteria inklusi (PSQI diatas 5, Muslim, bisa membaca Al-Qur'an, dan mengikuti semua tahap penelitian) dan mereka dilatih bagaimana melakukan ruqyah syar'iyah. Perlakuan dilakukan dengan pembacaan ayat-ayat Al-Quran terpilih sekali sehari selama tiga malam. Post-test dilakukan pada hari terakhir dari pengumpulan data dengan mengukur PSQI kembali. **Hasil:** Usia responden bervariasi dari 61 tahun sampai 82 tahun dengan mayoritas pada usia lansia (60-74 tahun sebanyak 76,5%). Mayoritas latar belakang pendidikan lansia adalah SD (64,7%). Skor PSQI rata-rata adalah $14,88 \pm 2,09$ (pretest) vs $9,12 \pm 1,6$ (posttest) P-value 0,05.

Interpretasi: Skor PSQI rata-rata menurun signifikan setelah intervensi ruqyah syar'iyah diberikan, menunjukkan adanya peningkatan kualitas tidur. Membaca ayat-ayat Al-Quran pilihan dapat menjadi sumber ketenangan dan kesembuhan, berpotensi menolong lansia menghadapi kecemasan dan kesepian. Namun, penelitian ini mengesampingkan penyebab dari kualitas tidur yang buruk pada lansia di panti jompo, oleh karena itu, penelitian selanjutnya yang mencari penyebab kualitas tidur yang buruk dengan jumlah responden yang besar dibutuhkan untuk memvalidasi keefektifan dari ruqyah syar'iyah dalam mengatasi gangguan tidur pada lansia. **Kesimpulan:** Nurses dan pemberi pelayanan kesehatan lainnya disarankan untuk menggunakan terapi ruqyah syar'iyah untuk mengatasi kualitas tidur yang buruk pada lansia, khususnya lansia di panti jompo.

Kata Kunci: Lansia, kualitas tidur, terapi spiritual islam, ruqyah syar'iyah, perawat

INTRODUCTION

Indonesia has entered an aging era since 2015 and it is predicted that the population of elderly in 2045 will be 20% of the total population¹. Elderly is a person aged 60 or above characterized by structural and functional changes that decrease their physiological, psychological and social functions that affect their well-being and health.² Quality of sleep is an ability to maintain satisfactory of sleep so that the person gets enough time for REM (Rapid eye movement) and NREM (Non Rapid eye movement) sleep³. Elderly are at risk of having poor sleep quality due to chronic illness, emotional distress, anxiety, environment, malnutrition and low physical activities⁴. Although sleep changes with aging, elderly should not experience reductions on sleep quality or develop sleep disturbance⁵. Sleep disturbances, especially insomnia is common among elderly and often go undiagnosed and untreated by health practitioners and underreported by the elderly⁶. Therefore, nurses and other health practitioners should assess sleep habits on their regular basis and provide any self-treatment.⁷

¹ Riskesdas, *Laporan Nasional Riskesdas 2018, Badan Penelitian Dan Pengembangan Kesehatan*, 2018; BPS, "Statistik Penduduk Lanjut Usia 2020" (Jakarta, 2020), <https://www.bps.go.id/publication/2020/12/21/0fc023221965624a644c1111/statistik-penduduk-lanjut-usia-2020.html>.

² BPS, "Statistik Penduduk Lanjut Usia 2020."

³ Barbara Kozier, Glenora Lea Erb, and Berman Audrey, *Fundamental of Nursing*, 2nd editio (NSW: Pearson, 2012).

⁴ Junhong Yu et al., "Sleep Correlates of Depression and Anxiety in an Elderly Asian Population," *Psychogeriatrics* 16, no. 3 (2016), <https://doi.org/10.1111/psyg.12138>; Vinanda Maria Prastica et al., "Physical Activity and Sleep Quality of Elderly During The COVID-19 Pandemic Period," *Media Keperawatan Indonesia* 4, no. 3 (2021), <https://doi.org/10.26714/mki.4.3.2021.191-200>; Chilyatiz Zahroh et al., "ANXIETY RELATED TO ELDERLY SLEEP QUALITY," *Nurse and Holistic Care* 1, no. 1 (2021), <https://doi.org/10.33086/nhc.v1i1.2074>; I. Hui Chen et al., "Effects of Acupressure on Sleep Quality and Psychological Distress in Nursing Home Residents: A Randomized Controlled Trial," *Journal of the American Medical Directors Association* 20, no. 7 (July 1, 2019): 822–29, <https://doi.org/10.1016/j.jamda.2019.01.003>.

⁵ P.R Brewster, G.S., Riegel, B., Gehrman, "Insomnia in Older Adult," in *Sleep in Older Adults, an Issue of Sleep Medicine Clinics* (Belanda: Elsevier Health Science, 2018), 13–15, https://www.google.co.id/books/edition/Sleep_in_Older_Adults_An_Issue_of_Sleep/Vt3WDwAAQBAJ?hl=id&gbpv=1.

⁶ J. L. Alessi, C., Martin, *Sleep in Older Adults, An Issue of Sleep Medicine Clinics. Belanda: Elsevier Health Sciences.* (Belanda: Elsevier Health Sciences., 2018).

⁷ K. Murphy, *Nursing Case Studies on Improving Health-Related Quality of Life in Older Adults.* (Amerika Serikat: Springer Publishing Company., 2015).

Based on our preliminary study at one government's nursing home; we measured elderly sleep quality index using Pittsburg Sleep Quality Index (PSQI) questionnaire, and we found that 9 out of 10 elderly was suffer from sleep quality disturbance. Symptoms the elderly experienced includes difficulties starting sleep, waking up too early, having chronic pain in the legs, frequent waking up in the night to toileting, and feeling sleepy in the morning. Sleep quality disorders may lead to cognitive disturbances, high risk of falling, fatigue, mental and physical health deteriorate, and decline quality of life of elderly.

Religious therapy such as ruqyah syar'iyah has been used widely in Muslim nations. Ruqyah syar'iyah is an incantation based on Qur'an and prophetic tradition ⁸. Some evidence showed religious therapy effectively improve mental health, reduce anxiety and depression ⁹. A systematic review of studies on the impact of listening to, reciting, or memorizing the Quran on the physical and mental health of Muslims found that these activities have a positive effect on depression, anxiety, physiologic parameters, quality of life, quality of sleep, and intelligence quotient ¹⁰. This is supported by a meta-analysis which found that listening to the Quran significantly improves state anxiety, trait anxiety, general anxiety, depression, stress, and mental health ¹¹. The relationship between religiosity and mental

⁸ Supyan Husin Zul Azlin Razali, Nor Azian Ab Rahman, "Complementing the Treatment of a Major Depressive Disorder Patient with Ruqyah Shar'iyah Therapy: A Malaysian Case Study," *Journal of Muslim Mental Health* 12, no. 2 (2018), <https://quod.lib.umich.edu/j/jmmh/10381607.0012.204/--complementing-the-treatment-of-a-major-depressive-disorder?rgn=main;view=fulltext>.

⁹ Ali Ali Gobaili Saged et al., "Impact of Quran in Treatment of the Psychological Disorder and Spiritual Illness," *Journal of Religion and Health* 59, no. 4 (2020), <https://doi.org/10.1007/s10943-018-0572-8>; Ayed A. Zurigat and Osama M. Abdel Fattah, "The Effect of Holy Quran Voice on the Quality of Life among the Elderly during Coronavirus Outbreak," *International Journal of Psychosocial Rehabilitation* 24, no. 8 (2020); Monireh Mahjoob et al., "The Effect of Holy Quran Voice on Mental Health," *Journal of Religion and Health* 55, no. 1 (2016), <https://doi.org/10.1007/s10943-014-9821-7>; Zul Azlin Razali, Nor Azian Ab Rahman, "Complementing the Treatment of a Major Depressive Disorder Patient with Ruqyah Shar'iyah Therapy: A Malaysian Case Study."

¹⁰ Wan Nor Atikah Che Wan Mohd Rozali et al., "The Impact of Listening to, Reciting, or Memorizing the Quran on Physical and Mental Health of Muslims: Evidence From Systematic Review," *International Journal of Public Health*, 2022, <https://doi.org/10.3389/ijph.2022.1604998>.

¹¹ Vahideh Zarea Gavvani et al., "Effects of Listening to Quran Recitation on Anxiety Reduction in Elective Surgeries: A Systematic Review and Meta-Analysis," *Archive for the Psychology of Religion* 44, no. 2 (2022): 111–26; Alaa Abd-alrazaq et al., "The Effectiveness of Listening to the Holy Quran to Improve Mental Disorders and Psychological Well-Being: Systematic Review and Meta-Analysis," 2020.

health in Islam is also explored, with a focus on the beneficial effects of reading and reciting the Quran, frequent engagement in prayer, and adherence to Islamic teachings¹². Furthermore, the physiological and psychological effects of listening to the Quran recitation in the intensive care unit setting are discussed, with evidence suggesting a reduction in stress responses, improved hemodynamic stability, and conscious levels¹³.

Reading or hearing the Quran can also be a source of tranquillity for mental health, psychological issues, and well-being as it provide relaxation¹⁴. The above evidence investigating Qur'an therapy for psychological issues. However, the use of ruqyah syar'iyah for managing sleep disturbance has not been studied well, therefore this research aimed to investigate the effectiveness of ruqyah syar'iyah on sleep quality of elderly people living in a nursing home.

METHODS

Mixed method (quantitative and qualitative) was used to find the effectiveness of ruqyah syar'iyah on elderly sleep quality. Experimental methods, as one of a quantitative research method used to determine the effect of treatment (independent variables) on dependent variables (e.g., sleep quality index score) under controlled conditions. The design is crucial in quantitative research because it helps establish causality, provides control over variables, enhances replicability and generalizability, reduces confounding factors, yields precise data, and upholds scientific rigor. Furthermore, a Quasi-experimental design is a research approach that shares some characteristics with true experimental designs but lacks one key element: random assignment used to ensure that the groups being compared are as similar as possible¹⁵. This research did not use control group as it unethical to put elderly with sleep disturbances in a study without being provided with a therapy. Therefore, a Quasy experiment

¹² Harold G Koenig and Saad Saleh Al Shohaib, "Religiosity and Mental Health in Islam," *Islamophobia and Psychiatry: Recognition, Prevention, and Treatment*, 2019, 55–65.

¹³ MB Mat-Nor et al., "Physiological and Psychological Effects of Listening to Holy Quran Recitation in the Intensive Care Unit Patients: A Systematic Review," *IJUM Medical Journal Malaysia* 18, no. 1 (2019): 145–55, <https://www.scopus.com/inward/record.uri?eid=2-s2.0-85065583219&partnerID=40&md5=a67578c954ffd5fc5f412d4b32d32520>.

¹⁴ Mahjoob et al., "The Effect of Holy Quran Voice on Mental Health."

¹⁵ M.E Sugiono, Puspandhani, *Metode Penelitian Kesehatan* (Bandung: Alfabeta Bandung, 2020).

with one group pretest and posttest design was chosen to measure the effect of ruqyah syar'iyah.

The inclusion criteria include female elderly, PSQI > 5 score, being Muslim, able to read and listen to voice, and able to read Qur'an. The purposive sample technique was chosen, there were 17 elderlies participate in the study. Before the intervention, respondents were trained how to do ruqyah syar'iyah. The method of ruqyah consist of: 1> ablution, 2> set comfort position and sitting in bed, 3> recite Do'a (healing prayer), 4> recite ta'awudz to protect from the evil, 5> Recite Al-fatihah, Al-Baqoroh 1-5 & 285-286, Ayat Kursi, Al-Ikhlash (3 times), Al-Falaq (3 times) and An-Naas (3 times) and each surah was followed by blowing the respondent's palm, and rub onto al body surface, and also rub onto the pain area of the body, they may also blow onto a glass of water and drink after. All the respondents were asked and observed to do all the sessions of ruqyah syar'iyah for three nights. Before and after the intervention, PSQI questionnaire were obtained (See picture 1).



Picture 1. Data collecting Process

The PSQI is a 19 items question; is an effective instrument for measuring the quality of sleep and sleep disturbance in the older adults including elderly. Score ranges between 0 and 21, and score above 5 indicating poor sleep quality^{16,17}. The sensitivity and reliability of PSQI is 0.83 and 0.85, and only need around 5 to 10 minutes to be done individually¹⁸. The PSQI has been translated into Bahasa Indonesian version from a formal language institution.

Meanwhile, the interpretive approach as one of qualitative research method used in this study, in order to develop the ruqyah syar'iyah procedures for the elderly in the nursing home. One participants

¹⁶ Berna Dincer et al., "The Effect of Acupressure on Sleep Quality of Older People: A Systematic Review and Meta-Analysis of Randomized Controlled Trials," *Explore*, 2021, <https://doi.org/10.1016/j.explore.2021.11.010>.

¹⁷ Alessi, C., Martin, *Sleep in Older Adults, An Issue of Sleep Medicine Clinics*. Belanda: Elsevier Health Sciences.

¹⁸ Fidel Hita-Contreras et al., "Reliability and Validity of the Spanish Version of the Pittsburgh Sleep Quality Index (PSQI) in Patients with Fibromyalgia," *Rheumatology International* 34, no. 7 (2014), <https://doi.org/10.1007/s00296-014-2960-z>.

expert in the field of ruqyah syar'iyah from the International Islamic Medicine Foundation (IIMF) and two participants from the Ruqyah Syar'iyah Asociation (ARSYI) were chosen. All participants were gathered through Focus Group Discussion and then finally agreed with the procedure of ruqyah syar'iyah, used in this study.

RESULTS

The characteristics of respondents were assessed from their age and education level, details in table 1.

Table 1. Characteristics of Elderly in a nursing home (N=17)

Variabel	Description	Frequency	Percentage
Age	Elderly (60-74 y.o)	13	76.5%
	Senile (75-90 y.o)	4	23.5%
		17	100%
Education level	Elementary School	11	64.7%
	Junior High School	3	17.6%
	High School	2	11.8%
	Bachelor degree	1	5.9%
		17	100%

It can be seen from table 1 that the majority of respondents was elderly (60-74 year old) at 76.5% and their educational level was from elementary school (64.7%).

Table 2. Significancy of Ruqyah syar'iyah (N=17)

	N	Mean	SD	CI 95%	P-Value	T
Pre-test	17	14,88	2,088	13,81-15,96	0.000	9,963
Post-test	17	9,12	1,616	8,29-9,95		

It can be seen from table 2 the mean score decreases from 14,88±2.088 to 9.12±1.616 with p value < 0.05. It can be concluded that the ruqyah syar'iyah reduce the PSQI score significancy for sleep disturbance, this means that ruqyah syar'iyah improve the quality of sleep of the elderly.

DISCUSSION

The result of the present study supports the above hypothesis that ruqyah syar'iyah gives positive effect by significantly reduces the PSQI score. This indicates that ruqyah syar'iyah is helpful for managing poor quality of sleep by reducing sleep latency, lowering level of daytime sleepiness, and improving sleep duration. Before the intervention, the elderly felt difficulties starting sleep, waking up too early, having chronic pain in the legs, frequent waking up in the night to toileting, and feeling sleepy in the morning. After reciting some selected surah in the Qur'an regularly for three days, the elderly felt better quality of sleep. Ruqyah syar'iyah therapy provide tranquillity and relief thus potentially helping elderly cope with anxiety and loneliness.

Ruqyah Syar'iyah is a form of Islamic spiritual healing or therapy that is based on the teachings of the Qur'an and the propetic traditions of Islam. It involves the recitation of specific verses, supplications, and prayers from the Qur'an with the intention of seeking healing and protection from physical, psychological, and spiritual ailments. The term "Ruqyah" itself is derived from an Arabic root word, which means "incantation" or "recitation". In this study, the selected verses from the Qur'an are chosen based on our previous study. The researchers have interviewed three experts from International Islamic Medicine Foundation (IIMF) regarding which verses of the Qur'an relates to Ruqyah Syar'iyah for elderly who have problems with quality of sleep. Three informan agreed to include Qs Al-fatihah, Al-Baqoroh 1-5, Al-Baqoroh 285-286, Ayat Qursi, Al-Ikhlas (3 times), Al-Falaq (3 times) and An-Naas (3 times) as it also sugested by Hasan Al-Banna in the book of Al-Ma'tsurat. Three partisipants also suggested to perform such blowing the respondent's palm, rub onto al body surface, then rub onto the pain area of the body, they may also blow onto a glass of water and drink it after reciting the above selected Qur'an.

According to ¹⁹ elderly changed in sleep in term of sleep duration,

¹⁹ Neikrug & Ancoli-Israel (2010) in a national survey of older adults, the total sleep time reported was, on average, 7 h a night-the same or more than that reported by younger adults [1]. Nevertheless, older adults do complain about their sleep. In a large epidemiological study of sleep, Foley et al. [2] found that over 50% of older adults had complaints of insomnia, but that chronic sleep disturbances were associated primarily with indications of poor health. At follow-up 3 years later, of the 2,000 survivors with chronic insomnia at baseline, about 50% had no symptoms and improved sleep was associated with improved health [3]. Other studies using rigorous exclusion criteria for comorbidities have found that disturbed sleep is rare in healthy older adults [4]. These studies have confirmed that,

architectures of sleep, and circadian rhythm. Elderly sleep duration should be 7 hours or above similar to adults, however changes in sleep duration relates to medical or psychiatric illnesses, changes in life (bereavement, retirement, and decrease social interactions) and environmental changes (live in a nursing home). Meanwhile, changes in the architectures of sleep (e.g. decrease in REM sleep, increase light sleep) in the elderly are caused by neural degeneration. Furthermore, changes in the circadian rhythm usually caused by lower exposure of bright light. Therefore, finding the cause of poor sleep quality is vital in order to provide the appropriate intervention. Nurses and other health professionals should know what are the causes of poor sleep quality, so that they can help elderly develop better quality of sleep.

Ruqyah therapy may provide positive effects in psychological, spiritual and mental disorder²⁰ and thus enhance sleep duration in the elderly. As people know that elderly in the nursing home have some problems such as anxiety and loneliness²¹. By reciting some selected surah/verses in Qur'an, the respondents achieve tranquillity, As Allah said the Quran "*Be aware that the remembrance of Allah calm the heart*" (Qur'an surah Ar-Ra'd ayat 28)²². Qur'an provide syifa' (curing) as it written in Quran that Almighty has power to heal and cure disease-afflicted individuals²³. "*So, verily, with every difficulty, there is relief: Verily, with every difficulty there is relief.*" (Quran, 94: 5–6). Thus, reciting Quran help Muslim cope with negative life events faces by the elderly.

However, competing evidence exists regarding the use of ruqyah in treating diseases. While some sources support ruqyah as

while the need for sleep may not change with age, the ability to get the needed sleep does decrease with age. Multiple causes could be responsible for reduced capability to achieve sufficient sleep with age, including medical or psychiatric illnesses, life changes (e.g. retirement, bereavement, decreased social interactions

²⁰ Saged et al., "Impact of Quran in Treatment of the Psychological Disorder and Spiritual Illness."

²¹ Dona Fitri Annisa and Ifdil Ifdil, "Konsep Kecemasan (Anxiety) Pada Lanjut Usia (Lansia)," *Konselor* 5, no. 2 (2016), <https://doi.org/10.24036/02016526480-0-00>.

²² Mahjoob et al., "The Effect of Holy Quran Voice on Mental Health."

²³ Rafia Rafique, Afifa Anjum, and Shazza Shazdey Raheem, "Efficacy of Surah Al-Rehman in Managing Depression in Muslim Women," *Journal of Religion and Health* 58, no. 2 (2019), <https://doi.org/10.1007/s10943-017-0492-z>.

a healing method²⁴, the study by Omar et al²⁵ raises concerns about relying solely on ruqyah for addressing health issues, especially mental health conditions. The study emphasizes the importance of a more comprehensive and culturally sensitive approach to healthcare, highlighting the need for evidence-based practices and cultural competence in managing mental illnesses among Muslims. Omar suggests that there may be challenges and potential negative implications associated with the exclusive use of ruqyah for treating diseases, underscoring the importance of considering cultural beliefs and practices in healthcare.

Nevertheless, to investigate the impact of religious practices, such as reading or listening to the Quran, on reducing sleep problems among the elderly, several relevant studies offer valuable insights. Study by Rozali et al²⁶ presents a systematic review on the effects of listening to, reciting, or memorizing the Quran on physical and mental health. The findings indicate that engaging with the Quran positively impacts various aspects of health, including quality of sleep, depression, anxiety, physiologic parameters, quality of life and intelligence quotient. Study by Caksen and Satrianegara²⁷ revealed that reciting Quran increased T lymphocyte activity among the cancer cells. It also inhibits cancer cell viability, proliferation and migration on the cancer cell cultures. Meanwhile on the human studies, it revealed a significant reduction of anxiety, stress, depression, pain, nausea and vomiting during cancer management. Thus, the addition of Quran recitation therapy as a complementary and alternative medicine along

²⁴ Che Wan Mohd Rozali et al., "The Impact of Listening to, Reciting, or Memorizing the Quran on Physical and Mental Health of Muslims: Evidence From Systematic Review"; Rafique, Anjum, and Raheem, "Efficacy of Surah Al-Rehman in Managing Depression in Muslim Women"; Mat-Nor et al., "Physiological and Psychological Effects of Listening to Holy Quran Recitation in the Intensive Care Unit Patients: A Systematic Review"; Abd-alrazaq et al., "The Effectiveness of Listening to the Holy Quran to Improve Mental Disorders and Psychological Well-Being: Systematic Review and Meta-Analysis"; Zarea GavGANI et al., "Effects of Listening to Quran Recitation on Anxiety Reduction in Elective Surgeries: A Systematic Review and Meta-Analysis."

²⁵ Muhammad Omar et al., "Factors Affecting the Effectiveness of 'Ruqyah' Treatment among Muslim Community in Malaysia," *Journal of Spirituality in Mental Health*, 2024, 1–19.

²⁶ Che Wan Mohd Rozali et al., "The Impact of Listening to, Reciting, or Memorizing the Quran on Physical and Mental Health of Muslims: Evidence From Systematic Review."

²⁷ MF Satrianegara and A Mallongi, "Analysis of Cancer Patients Characteristics and the Self-Ruqyah Treatment to the Patients Spiritual Life Quality," *Open Access Macedonian Journal of Medical Sciences* 8, no. T2 (2020): 224–28, <https://doi.org/10.3889/oamjms.2020.5238>; Hüseyin Çaksen, "Ruqyah and Its Use among Patients with Cancer," *Journal of Child Science* 13, no. 01 (2023): e20–27.

with the standard medical treatment improved the prognosis and reduced the side effects of cancer therapy.

Ruqyah according to the term is prayers derived from the hadith of the Prophet SAW and readings from verses of the Quran which are recite with the intention of asking for protection from magic interference or medical causes and carried out in ways or rules according to the religious law²⁸. Moreover, ruqyah syar'iyah is not added with other methods such as the use of internal energy or prana, offerings, amulets or other activities that is not guided by the prophet Muhammad SAW. According to Ibnu Qayyim Al-Jauziyah²⁹ the causes of magic (jinn) interference include disobedience of Allah SWT and Prophet Muhammad SAW, disrespect to his/her parents and family; 'ain or spite; using haram money, black magic, and prejudice.

Interpretive Philosophical-Historical Analysis: A review

Some people tend to think of mental illness and emotional states in terms of biology alone. While it is true that our emotions and minds have biological components, these components are not the only ones. Modern psychology has acknowledged that spirituality plays a central role in the human mind. In fact, experts on the psychology of spirituality, suggested that spirituality be considered a distinct kind of human intelligence. Spiritual intelligence is essentially the capacity of an individual to make sense of the world and find meaning and significance in it. This procedure, according to the Islamic faith, is reflecting on the ayaat (signs) of God that are present in the world and deriving understanding from them to guide our actions, thoughts, and emotions.

In exploring the potential efficacy of ruqyah syar'iyah as a therapeutic intervention for improving sleep quality in the elderly, it is essential to contextualize this practice within the broader philosophical and historical framework of Islamic healing traditions. Ruqyah syar'iyah, rooted in the teachings of the Qur'an and prophetic traditions, reflects a centuries-old tradition of spiritual healing deeply embedded within Islamic culture³⁰. Historically, Islamic scholars and

²⁸ Musdar Bustaman Tambusai, *Fiqh Alam Jin, Memahami Jin Sesuai Syariat* (Mata Air Meda, 2021).

²⁹ Ibnu Qayyim Al-Jauziyah, *Ighatsatul Lahfan: Menyelamatkan Hati Dari Tipu Daya Setan* (Al-Qowam, 2011).

³⁰ Alean Al-Krenawi and John R Graham, "Culturally Sensitive Social Work Practice with Arab Clients in Mental Health Settings," *Health & Social Work* 25, no. 1 (2000): 9-22.

healers have utilized ruqyah as a means of addressing various ailments, both physical and psychological, through the recitation of sacred texts and supplications³¹. This holistic approach to healing emphasizes the interconnectedness of the body, mind, and soul, drawing upon the belief in the power of divine intervention to restore balance and well-being³².

Moreover, from a philosophical standpoint, ruqyah syar'iyah embodies the Islamic concept of tawakkul, or trust in Allah's will and providence³³. By engaging in ruqyah, individuals demonstrate a profound faith in the healing power of divine intervention, surrendering their concerns and anxieties to the wisdom and mercy of the Creator. This philosophical orientation underscores the belief that true healing ultimately emanates from spiritual alignment and submission to divine guidance, transcending the limitations of human agency and scientific understanding. Thus, ruqyah syar'iyah represents not only a therapeutic intervention but also a profound spiritual practice grounded in the principles of Islamic theology and cosmology.

Furthermore, within the historical context of Islamic civilization, the practice of ruqyah has been intricately intertwined with the development of Islamic medicine and healing arts³⁴. From the early Islamic period onwards, scholars and physicians such as Ibn Sina (Avicenna) and Ibn al-Qayyim al-Jawziyya have documented the therapeutic benefits of ruqyah in treating various ailments, including sleep disturbances and mental health disorders³⁵. Drawing upon a

³¹ M H Shaharom and Z A Razali, "No Title," *Medical Wisdom and Ar-Ruqyah Ash-Shar'iyah*, 2018; M I Al Ghiffary, A A Habibi, and S Ridho, "Re-Reading Ruqyah: Comprehensive Analysis of Ruqyah within Hadith, Medicine, and Psychological Perspective," *Proceedings of the 3rd International Colloquium on Interdisciplinary Islamic Studies*, 2020; A Adynata and I Idris, "Effectiveness of Ruqyah Syar'iyah on Physical Disease Treatment in Riau Province," *Jurnal Ushuluddin* 24, no. 2 (2016): 211–33.

³² Y W Arifuddin and A Y Pamungkas, "The Effect of Ruqyah Syar'iyah Therapy on Anxiety, Stress and Depression among Health Science Students," *J Holist Nurs Health Sci* 1, no. 2 (2018): 68–76; M M Affifuddin and O Nooraini, "The Ruqyah Syar'iyah Spiritual Method as an Alternative for Depression Treatment," *Mediterranean Journal of Social Sciences* 7, no. 4 (2016): 406–11; Shaharom and Razali, "No Title."

³³ Al-Jauziyah, *Ighatsatul Lahfan: Menyelamatkan Hati Dari Tipu Daya Setan*.

³⁴ J. (2016). Haddad, M. A., & Smith, "The Evolution of Islamic Medicine: Islamic Medical Pioneers," *Journal of the International Society for the History of Islamic Medicine* 14, no. 26 (2016): 55–63.

³⁵ Che Wan Mohd Rozali et al., "The Impact of Listening to, Reciting, or Memorizing the Quran on Physical and Mental Health of Muslims: Evidence From Systematic Review";

synthesis of religious teachings, natural philosophy, and empirical observation, these scholars contributed to the rich tradition of Islamic medicine, which emphasized the holistic integration of physical, psychological, and spiritual dimensions of health³⁶. Thus, the contemporary exploration of ruqyah syar'iyah within the context of sleep medicine represents a continuation of this venerable tradition, highlighting the enduring relevance of Islamic healing principles in addressing the health needs of diverse populations, including the elderly.

In summary, the philosophical-historical analysis elucidates the profound cultural, spiritual, and intellectual dimensions of ruqyah syar'iyah as a therapeutic intervention for improving sleep quality in the elderly. By situating this practice within the broader context of Islamic healing traditions and philosophical thought, we gain a deeper appreciation of its significance and potential impact on individual well-being. Moving forward, further interdisciplinary research and collaboration are needed to explore the synergies between Islamic spirituality, biomedical science, and holistic health approaches in addressing the complex health challenges facing aging populations in diverse cultural contexts.

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