

What Role Does “Prayer” Play in Our Health Care?

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Abstract

Today, researchers and scientists are looking for ways to treat the effects of religion and spirituality, and find scientific and practical ways to use this therapeutic approach. Prayer is one of the most important religious spiritual practices that, although history has been thousands of years old, recent scientific research has begun. In this review, we tried to find out, by searching for library resources and referring to foreign and domestic databases, to critically evaluate the impact of religious activities, especially prayer and prayer in the process of physical and mental health, on some of the research done on the effect of this mandate religious duty refers to the recovery process of patients with multiple diagnosis. The results of a vast majority of studies suggest a positive effect of prayer and prayer on the return of the patients' health, and researchers have suggested the use of spiritual ceremonies along with medical treatments to control and treat diseases.

Keywords: prayer; health; mental health; calm; prosperity

INTRODUCTION

Praying with God is one of the most significant and constructive truths of human positive aspects and is one of the most fundamental factors in human growth and excellence. In prayer and prayer, the Spirit moves towards the immortal origin of the world in order to approach the Lord, and in this tendency He understands his prime position and his precious capital, and thus, he escapes captivity in disappointment.

One who passes through the veil of the universe of nature and goes to the world of truth and truth will become a spiritual entity. Hence, for many years, the direct relationship of prayer and prayer with mental health has become apparent to all. Nowadays, religious psychology has provided a lot of empirical support in this regard. The best way to examine the role of prayer in mental health is to divide the action and function of prayer psychologically into categories; then, in each category, examine existing empirical evidence Let's make the conclusion easy.

RESEARCH AND EXPERIMENTAL EVIDENCE THE ROLE OF PRAYER IIN MENTAL HEALTH

CAN BE CATEGORIZED IN THE FOLLOWING AXES

A) Anxiety

Prevention and treatment of anxiety is one of the practical fields of research on prayer.

Human life in today's societies is dangerous. The feeling of confusion, the absurdity of being driven away from their original nature, the car's life, and the prevalence of all kinds of moral deviations, have more and more people with mental and psychological problems. The frustration and wandering of man today is so wide that everyone feels it somehow. In these circumstances, empirical research over more than two decades, emphasizing the role of values in psychotherapy, emphasizes the need for prayer, prayer, worship and presence in circles and places of worship.

1. Anxiety Definition

Anxiety in Persian is equivalent to distress, agitation, anxiety and discomfort. (Moin,2004, p. 295). In psychology, anxiety is defined as the “feeling of suffering that is associated with a current traumatic

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situation or with an expectation of a danger that depends on an indeterminate object.”

All people, under stress, feel somewhat worried, anxious and anxious, though these feelings are equally necessary for everyone, but if it continues, it will be destructive and dangerous.

2. Anxiety-causing agents

The most important factors that can cause anxiety and concern for humans include:

1. Fear of the Future: Sometimes anxiety and worry are due to the vague future that manifests itself in the face of human thought. The likelihood of the decline of blessings, loss of posture, situation, illness and economic problems, constantly afflicts man.
2. Fear of death, another important factor that causes concern and anxiety in humans is fear and death.
3. Feeling emptiness and meaningless in life: The feeling of absurdity and being inevitable in life is one of the greatest causes of concern in people. Those who consider the universe and the human being as unforeseeable and have a material interpretation of the events, threatens them with anxiety and a variety of mental illnesses.
4. Weakness and disability: Human disability against natural factors such as flood, earthquake, disease and disability against enemies is another cause of concern. In this way, all of these factors that we have listed are common in one thing, and that the weakness of religious beliefs and forgetfulness is a reminder of God. On the contrary, the only way to prevent anxiety and achieve peace and mental health is to establish a relationship with absolute power. Human beings are only safe in God’s name and in the name of her, and they find restraint and anxiety. “*نمطت لال ركذب ال*” *ببول قول*; Know and know that the remembrance of God and his mention is the calming of the hearts.” (Chapter of Raad, verse 28)

One of the most prominent examples of God’s name is prayer. If a person is related to God and in all circumstances, including the difficult situations of life, such as sickness, poverty, and economic problems, he only needs help from God, he will never be caught up and down.

Empirical research has shown that mention, prayer and prayer are essential in preventing and treating anxiety. According to Kral and Shehann (1989), the

belief that there is a god controlling the situation and responsible for people’s daily lives greatly reduces the anxiety caused by poverty, unemployment, illness, etc., so that believers in their relationship With God, like a relationship with a very intimate friend, and they believe that it is possible with prayer to control the negative impact of illness and poverty on the psyche. For this reason, prayer and prayer can be effective in reducing anxiety and preventing it (Carroll, 2002, p. 109).

Anxiety is pre-operative. Because prayer brings a sense of lightness and tranquility to one’s person and fears and fears him, the effect of prayer on preventing surgical anxiety and generally improving psychological disorders, including anxiety, is undeniable. In a study of 130 anxious patients, Razli and his colleagues concluded that those with religious beliefs were treated with prayer rather than non-religious subject’s earlier (Lauric, 1986, p. 42)

Research in Iran also shows that prayer is effective in preventing and reducing anxiety. For example, in a study conducted by Vaezie and his colleagues in order to investigate the relationship between prayer and anxiety in a group of students in Tehran’s schools, it was concluded that prayer causes one’s calmness and reduces concern (Faghihi, 1391, p. 107).

Gholi’s friend in the research on all middle school students in Tehran studied the effects of prayer on reducing anxiety. The results of his research showed that prayer and prayer are effective in decreasing anxiety. (Journal of Azad University, 2012, p. 19)

B) Depression

Based on the findings, prayer is also effective in preventing and treating depression. Depression is today the most common psychiatric disorder seen in all societies and all age groups. This impairment affects the various aspects of people’s lives. Anorexia, fatigue, sadness, frustration and feelings of helplessness are important symptoms of depression (Kaylan & Saduk, 2004, p. 417).

1. Depression Factors

There are many factors that can be effective in triggering or exacerbating depression. Psychologists in their research have pointed to the impact of one or more factors on genetic, physiological, social, emotional, and cognitive factors in depression. (Eunberry, 2011, p. 41) In Islamic sources, the root cause of depression

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are unreasonable attitudes, extremes, and depression, demands, the effect of sin, the dimming of spirituality in life, and the lack of spiritual richness. One who forgets God will also forget himself. This provides the basis for a variety of mental disorders. The Lord says: “And I will come to you, and you will have a hard life.” (Surah Ta’ah, verse 124)

Rumi says

While you are dead and depressed

It is because you forget your Lord

According to the Islamic worldview, human attachment to the world, and neglect of God’s remembrance have a special place in the etiology of depression. The research findings of MacNemar, Kathleen, Hackett and Gale (1986), Grabow, Roy, Brockett and Barry (1983), Brown and Stott (1983), Mitter (1991) and Ribeka (1992) express the role of false and negative beliefs of themselves, The environment and the prediction of the future and, in many cases, the erosion of religious beliefs in depressed people. (Sanei, 2011, p. 86) Earlier, Jung (1935), during his psychotherapy, found that being away from religion, breaking with God and having thoughts and misconceptions, can cause and exacerbate mental disorders and depression in the person.

He wrote somewhere: “Among the patients in the second half of life, about 35, I have not even seen one person who in fact was not in trouble finding a religious outlook and spiritual relationship with God.” (Vost, 1989, p. , 50) Therefore, according to verses, narratives, and empirical research, there is no doubt that distancing from religion and spirituality will create and exacerbate mental disorders and depression.

2. Prayer and Treatment of Depression

Undoubtedly, “cognitive therapy” is more commonly used in treating depression than other methods. For the prevention and treatment of depression, the elders of religion, on the proper attitude of the people of themselves, are God, the life and the traditions governing it, and given the necessary training.

In various holy sayings, the point is that realistic, rational, and correct identification of depression would be avoided. Imam Ali (peace be upon him) says: “positive knowledge eradicates sadness, the certainty is a good remedy to sadness.” (Hindi,1999, p. 181). Since prayer and prayer come from particular beliefs, it can be prevented and treated Help depression.

Knowing the meaning and purpose of life, the feeling of belonging to a high source, and the hope of God in the difficult conditions of life are all among the beliefs that religious people can use to prevent them from becoming depressed. In narratives, they have interpreted depression as “sadness” and, of course, have been reminded of prayer for its treatment. Imam Sadiq (AS) said: “What prevents one of you from doing the best way when you suffer from a problem of troubles in the world, then you enter the mosque and praying and blessing with God. “(Opri, 2008, p. 319). In other narrations, it is similar to this theme. (Tabretsi, 1300 AH, p. 217)

Adler (1987) studied the effect of religiousness and spiritual connection with God on depression. The results of his research show that depression in men and women who go to church and pray is quicker than others. (Beit, 1987, p. 369)

Konik et al. (1995) examined the relationship between religiosity and cognitive symptoms of depression. According to the results of this study, the cognitive symptoms of depression, such as feeling tired, unconscious, social deprivation, and feeling of failure and despair, are lower in those who are prayed. (Coning, 1986, p. 369)

Empirical research conducted in Iran also suggests that there is a negative relationship between religious beliefs and behaviors such as prayer, prayer, pilgrimage and trust in depression. These findings showed that decreasing interest in life, isolation, feeling sad, self-assimilation, restlessness, feeling of failure and disappointment in non-religious depressed people is more than religious depression. Levels of religiousness (internal and external religiosity) also play a role in the rate of depression.

The results of the research, which show the positive relationship between religious beliefs and prayer with the reduction of depression, can be a guide for sound and TV programmers to emphasize on the importance of religious beliefs, especially prayer in mental health, in television programs and films and serials. Also, the results of the research can be used as a scientific document for the provision of religious counseling for people with depression.

C) Other Mental Disorders

Studies have shown that treating acute schizophrenia, manic attacks, suicide attempts, death reactions, socialization, and alcoholism, prayer and prayer

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therapy is extremely effective (Psychology and Religion, 2008, p. 3, p. 65). Eidler (1987), in a study of 2,811 people, concluded that depression and other similar psychological disorders were lower among those who went to church and worshiped and prayed (Argyle, 1987, p. 265).)

D) The Relationship between Prayer and Mental Health in Youth

A young age is a period of vulnerability to mental illness, especially depression. Students are depressed more than other young people. Perhaps the main reason for this is to be away from the family and educational environments of the universities. Research has shown that students who engage in religious activities are healthier than those who do not participate in such programs.

Students from 46 universities and colleges in the United States found that students away from religious activities doubled students with religious activities with depression and poor mental health. One of the researchers writes: “It seems that religiousness and prayer with God is effective in mental health and psychological well-being of students. The results also showed that out of a total of 3,680 students studied, 77 percent were praying and 78 percent were discussing religious subjects with their friends. “

The findings of this research are a good guide for explaining psychological analysis to students in universities and, as a result, they can prevent depression through prayer and prayer.

E) The Impact of Prayer on Adult Behavior and Performance

The religions of the whole world have long been prayed for prayer and worship, claiming that prayer has a great influence on the body and soul of mankind. On the other hand, physicians often saw medical miracles when treating their patients, and sometimes they could not provide a convincing explanation for their sudden improvement in their patients. These issues worked together to investigate the impact of prayer on healing of patients. In fact, it has been estimated that over \$ 5 million has been spent on the research ever since.

The first experiments were back to the 1872 study by Francis Galton. He did not follow his experiments, and then, of course, in a humorous way: “If prayer was effective, then the life of the royal family of Britain

should be very long, because every Sunday, thousands of people pray for their livelihood.

Years later, when scientists studied the relationship between body and mind, scientists realized that the lives of people with faith are longer than others and are actually healthier and have a regular heart rate, low blood pressure, and, as a result, a strong immune system, they are a sign of their health. Later, the researchers concluded that religious people had a safer life than others. They do not go to alcohol, drugs, and high-risk sexual behaviors.

CONCLUSION

Although the form and type of prayer are different in monotheistic religions, they have always been supported and endorsed in every form. Prayer may be just a few words or sentences; it will not last a few seconds or may take a lot of time. However, the effects of these words are long and lasting. By joining his prayer to the supreme and infinite being, he associates himself with the source and ultimately of his ability and love, he asks for the best and grows and flourishes. So, in short, these results are achieved by prayer and prayer with God and the creator of the world for mankind.

- By asking for prayers, he asks for good and good from God, and closes a covenant for perfection and transformation.
- The person’s hope of having a better life is hoping, giving him the strength and spirit of movement, and making him aware of the way, and thus hindering disappointment and disappointment.
- In addition to creating a bond with Allah Almighty, it causes emotional evacuation, and the person leaves a lot of stress and anxiety in this process.
- As a result of the person’s prayer, he confesses to the sins and magnitude of God, and his intimacy increases with God. This intimacy makes the person feel that he is supported by a strong and unique source of support for all forces. This unwanted issue brings calm and reassurance.
- Researchers believe that prayer can enhance self-esteem, emotional stability, psychological improvement, and life satisfaction.
- Teaching and seeking goodness for others, informs man and makes his world healthier and more humane. So we gradually go beyond ourselves and try to improve the world.

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- Having a morning prayer, even for a few seconds, lets start our day with a double and different energy from the previous days and always feel the presence of God and his help throughout our day.
- Night-time activities also help to reduce fears, worries and unrest. The darkness of the night gives us the opportunity to think of ourselves as a human being with greater concentration and everyday frustration, accept our limitations and weaknesses, and trust in God.
- The group’s themes highlight the sense of support and support in humans, creating the feeling that we are not alone, and the rest of us, as we have problems, may be harder. In these prayers, the sense of humanitarianism is strengthened in humans, in order to pray instead of simply praying for the success and improvement of their situation, to pray for the people around them.

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