

Education Program Regarding the Impact of Prayer on Physical and Mental Health for Children in Gampong Reuleut Timur

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ABSTRACT Prayer is an obligation that must be carried out by Muslims. Solat literally means prayer. In terms of prayer, prayer is an action performed starting from takbiratul ihram and ending with greetings in which there are prayer readings performed in accordance with religious regulations. The data collection method used is library research. In this library research study, the research is qualitative because the data description is descriptive. Prayer is said to be prayer because the movements of prayer all contain the meaning of prayer shown to Allah SWT. All prayer readings are a form of glorifying a servant to his God. These series of sayings and movements are not just words and movements without meaning or significance, but each one contains history, philosophy, faith, goals and a lot of wisdom for the person who performs it. Apart from the obligatory worship, prayer also has many benefits, one of which is psychological or mental health. The psychological aspect itself is a feeling that arises from within our heart or soul. From a psychological aspect, one of the benefits obtained is peace of mind. Prayer makes our souls more calm and peaceful. Apart from that, prayer can also reduce excessive stress. Prayer makes a Muslim feel calmer in heart, clean in spirit, and balanced in soul.

Keywords: Prayers, Phsyccal, Mental Health

1. INTRODUCTION

A Muslim cannot separate himself from prayer in his daily life, because prayer is an activity that is mandatory for all Muslims and is carried out five times a day, namely at Fajr, Midday, Asar, Maghrib and Isha'. Apart from that, there are also sunnah prayers which are performed at certain times, for example the tahajud sunnah prayer which is performed at night, to be precise in the third part of the night. According to language, the word prayer is defined as prayer, while according to sharia, prayer is an activity that includes sayings or prayers and movements. The prayer movement which begins with raising both hands or what is usually called takbiratul ihram and ends with turning the head to the right then to the left is greeting.

Prayer is the second pillar of Islam. There are at least 93 verses in the Koran that discuss prayer. Muslims are ordered to pray at least 5 times every day. Apart from being a form of obedience, prayer is also a means of human communication with their Rabb. Allah is the only place to lean on, complain and ask for help (1).

Message **إِلَّا عَلَى الْخَاشِعِينَ**

Meaning: "Ask for help (from Allah) with patience and prayer. Indeed (prayer) is truly difficult, except for those who are devout." (QS. Al Baqarah: 45)

Technological advances and busy pursuits in the world often make people neglectful, including in carrying out prayers. Some people leave their obligations to carry out other activities, others do it just to escape their obligations. Many people separate world affairs and the hereafter (dichotomy). In reality, many Muslims neglect praying for various reasons. And they don't know how powerful the benefits of prayer are on health, especially health. Many Muslims neglect prayer because of work that cannot be left behind which causes prolonged stress. In fact, by praying it will make all the matters you face easier, one of which is work. No matter how busy people are, they must prioritize prayer because it is a mandatory act of worship. To solve this problem, it is necessary to discuss the benefits of prayer in terms of mental health. Therefore, it is very important for humans, especially Muslims, to know how important prayer is in physical and mental health. However, on the other hand, the command to pray has attracted the interest of researchers to uncover its secrets and benefits. Modern research shows that prayer is beneficial for physical and mental health.

Physical and mental health is the highest blessing bestowed by God on His servants. All the wealth and wealth that is bestowed is useless if it is not accompanied by physical and mental health. Physical illness will have very bad consequences for human life, as will mental conditions. Mental illness will have very bad consequences for human life, the consequences of mental illness are greater than the consequences of physical illness, "because physical illness is generally only suffered by the person concerned, while mental illness is not only borne by the person concerned. concerned only, but also by other people. Physically and mentally humans need food, if these two elements are not fed enough, especially if they are not fed, then both of them will definitely become sick. By doing lots of movements during prayer, a Muslim will be healthier Physically, starting from takbir by raising your hands will stretch the chest cavity making it easier to breathe, then doing bowing is also useful for flexing the spine and continues with prostration, this is useful for improving blood circulation and so on.

If a Muslim performs the movements in prayer properly and regularly according to health science then they will be physically healthy, but if we look at many Muslims who pray, at least 5 times a day, but they are physically unhealthy in the sense of experiencing physical health

problems. Apart from that, there are also many Muslims who pray with lots of long readings, but they still experience mental disorders, namely feeling less peaceful, anxious, and so on.

2. METHOD

This psychoeducational activity was carried out at the Gampong Reuleut Timu village hall and was attended by 17 participants. The target participants in this psychoeducation are children aged 4 to 10 years. 10 female participants and 7 male participants. The type of psychoeducation that we carry out is the information model. This psychoeducation prioritizes providing knowledge which is carried out spontaneously by means of lectures and giving explanations by the presenters. The first material was delivered by Naiza Feron and the second material was delivered by Nouval Farhan.

The material presented is related to the impact of prayer on physical and mental health. This activity includes providing material, group discussions, questions and answers and is followed by Islamic game activities. In its implementation, children who are able to answer questions from the presenter will be given prizes so that the children are very enthusiastic about playing Islamic games. The aim of this psychoeducation is to increase children's understanding and awareness so that participants understand the impact of prayer on physical and mental health and apply it in everyday life.

3. RESULT AND DISCUSSION

Physically, prayer is a series of rhythmic movements that are performed repeatedly. The prayer movement causes harmonious and balanced muscle contraction and relaxation. It involves some type of isometric stretching and contraction, as occurs during exercise. Various prayer positions and movements, such as takbir, bowing, prostrating, and sitting, involve almost all skeletal muscles in the human body. Performing prayer movements and adding walking to the mosque is said to fulfill the recommended 30 minutes of exercise per day (2). Contraction and relaxation exercises during prayer have been proven to prevent and reduce the risk of injury in professional athletes (3).

Prayer movements also have a positive impact on the health of the cardiovascular and nervous systems. For example, when prostrating, the head is positioned lower than the heart so that blood flow to the brain is smoother. Increasing blood supply to the brain is very good for improving memory, concentration and cognitive function (4,5). Apart from being useful for prevention, prayer has also been proven to have therapeutic and rehabilitative effects. Prayer therapy has been proven to reduce systolic and diastolic blood pressure in patients with moderate hypertension. Prayer also

improves the patient's heart rate, stimulates the visual, vestibular and somatosensory systems which are good for balance and coordination. Other research shows that prayer can improve erectile dysfunction. Prayer is also good for rehabilitation for the elderly and disabled (6,7).

Not only physically, prayer has also been proven to be beneficial for mental health. Reading verses from the Koran and chanting prayers, tuma'ninah movements, will provide calm and relaxation. The increase in relative power (RPa) of the occipital and parietal Electroencephalogram (EEG) during prayer indicates that prayer causes positive changes in brain function. These changes are related to the autonomic nervous system, namely an increase in the parasympathetic nervous component and a decrease in the sympathetic. Carrying out regular prayers can help increase relaxation, reduce anxiety, and reduce the risk of cardiovascular and mental disorders (5.8).

Apart from being a form of worship, prayer has many health benefits that people can reap. These benefits have been scientifically proven. Hopefully, this will strengthen our belief in the truth of Islamic guidance and encourage us to be istikomah in implementing it. Prayer is the process of expressing various emotions that burden the soul, especially in the midst of prostration. Rasulullah SAW. said, "The situation of a servant who is closest to God is when he prostrates, so pray more". (HR. Muslim). In prostration, munajat is created solemn and sincere which does not contain elements of riya in it. The person who prays pours out the anxiety that fills his heart in sentences that burden his soul. Psychology confirms that people who feel heavy because their chest is tired will find peace of mind when they are accompanied by close friends to listen to their problems. Then, what is the condition of a person when in prostration, we complain to Allah the Almighty? Rahman and Womb and Almighty over everything. In fact, in our complaints there is a process of drawing closer to Allah and in the prayers offered there are rewards for obedience.

So, from a process of human approach to God, it will become the value of worship and medicine for the soul. Alexis Carol said, "Prayer is the greatest force that gives birth to intelligence that I have ever had know until today" "Prayer is like a mine "radium", source for emitting and giving birth to intelligence. With prayer humans are walking to ask for additions to their limited intelligence when they say the power goes somewhere. They asked him in a humble manner so that this power would give them a source to turn to for help with the sufferings of life. In fact, submission guarantees increased strength and intelligence for humans. Mental peace is a mature psychological condition achieved by people believers after they have reached a high level of belief. Meanwhile, confidence does not come by itself. It must be achieved by carrying out worship and its support, namely prayer which will provide peace. A believer will not achieve peace of mind unless he is among those who pray.

Allah SWT, will grant peace of mind which He does not give except to those who are sincere. Therefore, the path to achieving a level of confidence accompanied by peace of mind is as mentioned in al-Koran "And worship your Lord until confidence comes to you." (QS Al-Hijr: 99). The soul needs purification so that it can absorb tranquility. This sanctification does not come from emptiness.

However, it must come from worship, especially prayer so that the soul becomes clean. Allah SWT says, "For the soul and the perfection of His creation, then He dispels from it (the path of) evil and evilwanya. Truly fortunate is the person who purifies it (that soul). And it is truly a loss for those who pollute it (QS Al-Syams: 7-10). Prayer occupies a very important and majestic position in Islamic teachings, because prayer is one of the highest manifestations of unity and the highest form of devotion of a servant to His God. Besides that, prayer movements are unique and phenomenal movements.



Figure 1. Providing material related to the impact of prayer on physical and mental health.



Figure 2. Discussion activities

4. CONCLUSION

Prayer is the main obligation for every Muslim after he says the two sentences of the shahada as in the order of the pillars of Islam where a person can feel closer to Allah SWT directly when he performs prayer in every movement without any boundaries of space and time that act as intermediaries between a Muslim. with Allah swt. In its implementation, prayer itself must be based on the call of a heart that is full of servitude, fear, and feeling humiliated before Allah SWT. The obligation to pray five times a day is also seen as a practical form of exercise. This means that the entire prayer movement has a calm, repetitive nature, and this prayer movement involves all the joint muscles, so that these prayer movements can maintain the body's energy balance, relax the joint muscles, facilitate blood circulation throughout the body, mainly to the brain because the brain is at the top, so the heart requires extra performance to circulate blood to the brain (top).

This can happen because when a person performs prayer, the calories in his body will be burned regularly, so that the diseases that attack the body will be reduced. Someone who has achieved peace of mind will not be shaken in facing the various twists and turns of life. Happiness, even though it was very pleasant within him, could not shake him. Likewise, sadness, even though it is very painful, cannot make him anxious. This soul can understand the reality of suffering that originates from feelings of sin which cause many feelings of anxiety and conflict

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