



## THE ROLE OF GOD'S AWARENESS AND SELF-AWARENESS IN MENTAL HEALTH BASED ON ISLAMIC TEACHINGS

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### **ABSTRACT**

Believing in the God who created the universe and purposefully gave existence to man and that man was not created by accident, causes a purposeful attitude towards human creation and creates hope in human life. Since man is the highest divine creation, understanding this level together with the fact that his creation is not futile, gives a sufficient attitude to have mental health. Therefore, the purpose of this article is to examine self-knowledge and God-knowledge to have mental health. The present article was compiled with a review and qualitative method, which was inferred from Islamic texts, as well as the works of Islamic thinkers and some psychological sources. Man has received the basis of his existence from the wise creator. This look is the source of mental peace and meeting all his needs. Because cause and effect are not separate from each other. Therefore, the necessary attitude to have mental health is to understand the dependence of man on the creator and the reason for his existence.

**Keywords:** Mental health, self-awareness, other consciousness, Islam

### **INTRODUCTION**

The discussion of mental health, in addition to the field of treatment, also affects the fields of prevention and care. Mental health plays a significant role in the field of prevention of a person's worldview, which includes answers to basic questions about the nature of man and his life. Therefore, the religious attitudes that are responsible for answering the questions of the worldview with a revealed origin show themselves in the field of mental health.

Since the nature of man and the origin of existence are two questions in the field of worldview, it can show its importance in the field of mental health. Although much research has been presented in the field of providing mental health through life and religious insight, the authors in this article try to clarify the relationship between self-knowledge and God-knowledge as an approach to provide a basic attitude regarding mental health.

Since the existential dependence of man on God is the most basic matter about the relationship between self-knowledge and God-knowledge, the explanation of this matter is the basic nature of the Islamic worldview. The main interest of this article is to answer the question of what the consequences of understanding the human need for the Creator from the point of view of existence and life have in the field of mental health.

### **The Four Dimensions of Mental Health**

Mental health is a science that was created for better living and social well-being and covers all aspects of life from the first moments of fetal life to death (from intrauterine life, infancy, childhood to adolescence, adulthood, and old age). Mental health is knowledge and art that helps people to adapt to the environment by creating correct methods from psychological and emotional points of view and choosing more favorable solutions to solve their problems (Hatami, 2018, p. 2682). In this case, according to the Canadian Mental Health Association, mental health will be able to be researched in three areas. A: Attitudes related to self, B: Attitudes related to others (being comfortable with others), C: Attitudes related to life (facing the requirements of life). This association defines mental health as adaptation to the environment and attitudes related to self and others; but it does not refer to the concepts of disease, pathology, and incompatibility (Ganji, 2017, p. 10).

From the point of view of the Quran and Islamic teachings, another axis can be added to it with the title (ontology and theism) (Kaviani & Panahi, 2015, p. 224). The thing that is important here is that this science should be manifested in all three areas of mental-cognitive, emotional, and behavioral so that all dimensions of human existence with all dimensions of life (i.e. self, life, others, and God) are in a state of balance have so that the mental health of the human being is realized.

Therefore, the knowledge that leads us to balance and mental health must be from the depth of the soul and bring insight into the heart. The task of study and research in this regard is to deepen the information that man has about himself, life, others, and God.

### **Self-Awareness (Attitude and Feedback towards Oneself)**

What is meant by self-awareness is man's awareness of himself. In other words, the perceiver becomes the same as the perceived (Jafari, 1999, p. 1378). Philosophers and psychologists who have studied consciousness and its types have explained this for self-awareness:

"A person is aware of himself through himself. Here there is an internal reflection of the person that points to something, something like the self. Internal reflection is the special core of self-awareness and reflects the intellectual content of a single person - me" (Spitzer & Maher, 2002, p. 168).

In self-awareness, a person achieves awareness beyond the tangible things around him and understands his talents, capacities, and abilities in the field of his conscience. A person reaches the position of self-awareness when he looks inside himself and reflects on himself. Achievements are made that are essential for mental health. The religious texts of Islam mention the results of thinking about self-awareness in the verses of the Qur'an and hadiths.

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Martyr Motahari, distinguishing between humans and animals in terms of agency and freedom, says: "If all the factors that are available for an animal to perform an instinctive action and necessarily compel it to act and move are available for a human being, then only the way of action and abandoning It is open to him by reason and will. Performing this action is conditional on the

power of discernment and recognition and the power of will to be used. It is here that the influence of man on his destiny as a free agent in choosing and leaving the action becomes clear" (Motahari, 1999, p. 72).

It is for this reason that God in the Holy Qur'an does not accept any kind of projection of actions from incapable humans and considers humans responsible for the burden of their actions. A hadith has been narrated from Imam Ali (a.s.) who says: "Greed should not enslave you, for God has created you free" (Amadi, 1410 A.H.).

It is with a deep belief in authority that a person can hope for himself; and from the causes and factors that he assigns to him; It does not mean that he is unaffected in building his life and always takes a step by using freedom to obtain what is good and perfect (Jafari, 1999, pp. 225-226).

The result is that a person realizes the existence of free will by thinking about his conscience and the guidance of religious teachings, and this is necessary to realize the spirit of vitality and provide mental health.

Second, after the issue of free will, as a result of self-awareness, we can mention the issue of man's need for God. The concepts of cause, effect, and causality are considered self-evident concepts for the conscience of all human beings. Any sentient being who has the power of rational discernment will undoubtedly judge the mentioned concepts and the existence of the law of causality in the universe.

"It seems that for the first time, man finds this relationship of causality within himself and with present knowledge - man's knowledge of his sensual states - and for example, he observes that the mental activities and decisions and possessions he makes in concepts and mental forms, the works that It comes from itself and their existence is dependent on its existence, while its existence is not dependent on them. It is with this consideration that he abstracts the concept of cause and effect and then generalizes them to other beings" (Misbah Yazdi, 2011, p. 32).

A result that man considers himself to be dependent on the existence of the divine essence, which helps him to be patient with problems as well as new to life's issues and in this way provides mental health of man; this means that a believer will a sense of self-worth or self-esteem.

### **God Awareness (Attitude and Feedback towards God)**

When a human being enters this world, it is with surprising complexities; He sees himself alone in front of all these series of mysterious affairs. The existence of so many series of mysterious affairs always causes fear and anxiety for humans. Although the first humans took the help of myths to justify these things, with time, science has taken the place of myths. But despite the power of justifying the correlation of the causes and agents of the material world, science never had the power to find goals and give meaning to human life and the universe. In the meantime, belief in God who created and created existence, and a religion that answers the questions of human worldview, is the only helper to give meaning to life and the universe.

It is on this basis that if a person believes in God and sees life and the universe as meaningful, he will have a healthy and psychologically relaxed personality. It will be flexible against life events and will provide the capacity to deal with problems. According to the Qur'an, a healthy personality considers the world to have a single origin that not only created it but also manages it continuously (Marashi, 2007, p. 633).

Accepting God is not a complicated and difficult issue. The human mind can easily argue the existence of God by thinking according to the signs that exist. Imam Reza (a.s.) has been quoted

in this context as saying: "Because of his power regarding the movement of day and night, the creation of clouds, the circulation of winds, the sun, the moon, and stars, etc., from strange and wonderful signs and subtleties and wise precisions. We see, I'm sure that all this has a creator and creator" (Tabarsi, 1386 A.H., p. 171).

About the effect of thinking on God's creation and acceptance of God and the effect of acceptance on mental health, two cases of trust and identification can be mentioned. Of course, regarding the effect of trust on health and mental health, it is not appropriate to look at the problem only from the negative aspect and to relieve anxiety and worry, but the important point is the aspect of proof and strengthening the heart.

A trusting person has special knowledge and beliefs, such as believing in God's intervention in the events of the world of creation and God's infinite power and mercy. He interprets the events of life and has a special meaning and a strong will. Instead of his limited power and material factors, he has relied on the infinite power of God. He feels a lot of spiritual-psychological strength in himself and easily resists the troubles of life and as a result improves his mental health (Marzband, 2014, p. 81).

To establish the role of trust in the heart of a believer, he should think about the fact that everything, including himself, was created by God and returned to Him. Everything that exists is only a means, and God is the source of existence and the origin of all things (Jafari, 1999, p. 97). It is by focusing on this topic that the statement of Imam Ali (AS) becomes clear when he says that the truth of faith is in trust (Amadi, 1410 A.H., p. 253).

### **God's Relationship with Self-Awareness**

God's awareness has a direct effect on human identification. When a person thinks about himself and realizes that he was once great and lives and in the future, he will not be the same as the past, he realizes that his existence originates from an existential source and that he came into existence from this source and the basis of existence and reality is from him.

Philosophers consider this existential necessity of the effect to the cause that the cause is obligatory and does not need another cause, and the effect is possible to exist, and even if the cause is given, it will exist, and if the cause is not given, it will be non-existent; they call existential poverty (Misbah Yazdi, 2011, p. 416).

This pure dependence of both humans and all creatures on God forms the basis of the existence and identity of creatures. Man, whatever he is, was first created by God, and then he was empowered by God's permission and power. This is why all human beings are completely dependent and dependent on that independent being if their connection is cut off for a moment, they are nothing and empty (Makarem Shirazi, 1999, p. 91).

This pure dependence of man on the holy essence of God is important in the field of mental health. Such a conscious person who has thought about the mentioned matter and deeply accepted it, felt his identity, will be careful to preserve his identity and divinely derived personality. Therefore, he will consider himself only in need of God and honored by Him; and he will not sell this divine identity to carnal airs.

Imam Hadi (a.s.) says: "He who does not feel a sense of personality in himself, considers himself inferior, you are not safe from his evil" (Majlisi, 1403 A.H., p. 75).

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## **CONCLUSION**

The issue of mental health has been discussed comprehensively and completely in the religion of Islam, even more than psychology. Psychologists have considered mental health in three axes (self-awareness, other consciousness, conscious life), but in Islam, another element called God's consciousness can be added to those three items and these items can be directed. Since Islam is considered a comprehensive religion, it pays attention to all human needs. The consideration of all human needs is indicative of the comprehensiveness of the Islamic religion and provides the conditions for a healthy life, which results from mental health.

In the Islamic view, man is not only the disabled and the manifestation of God but also his best manifestation because he has received all the divine perfections within his power from God. Now, considering the non-accidental creation of the universe and man, and having a wise owner and creator for both, as well as having a definite purpose for creation from God, the existential connection between man and God provides the basis for mental health for a believer.

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