



STRENGTHENING MENTAL AND SPIRITUAL WITH COUNSELING BASED ON THE QURAN AND HADITH

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Article Info

History Articles Received:

17 December 2024

Accepted:

16 June 2025

Published:

30 June 2025

Abstrak

Kesejahteraan mental dan spiritual merupakan kebutuhan mendasar dalam kehidupan manusia, terutama dalam menghadapi tantangan zaman modern yang penuh tekanan. Banyak individu mengalami stres, kecemasan, dan depresi, namun sering kali kesulitan menemukan solusi yang selaras dengan nilai-nilai keagamaan mereka. Penelitian ini bertujuan untuk mengkaji efektivitas konseling berbasis Al-Qur'an dan Hadist dalam meningkatkan keseimbangan mental dan spiritual melalui pendekatan yang menyatukan aspek psikologis dan religius. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi. Teknik pengumpulan data dilakukan melalui wawancara mendalam kepada individu yang telah menjalani konseling Islami serta studi pustaka dari literatur relevan. Data yang diperoleh dianalisis secara tematik untuk mengungkap pengalaman partisipan dalam merasakan manfaat konseling berbasis nilai-nilai Islam. Hasil penelitian menunjukkan bahwa konseling berbasis Al-Qur'an dan Hadist memberikan dampak positif dalam mereduksi stres, meningkatkan ketenangan batin, serta memperkuat hubungan spiritual dengan Allah SWT. Selain itu, pendekatan ini juga membangun solidaritas sosial dalam komunitas Muslim. Kesimpulannya, konseling Islami merupakan alternatif efektif dan holistik dalam menjawab kebutuhan mental dan spiritual individu Muslim masa kini.

Kata Kunci: Kesejahteraan Mental; Kesejahteraan Spiritual; Konseling Islami; Quran dan Hadist.

Abstract

Mental and spiritual well-being is essential in life, especially amidst the pressures of modern times. Many people experience stress, anxiety, and depression, but often struggle to find solutions that align with their religious values. Counselling based on the Quran and Hadith offers an approach that integrates mental and spiritual dimensions, utilising Islamic teachings to achieve holistic life balance.

Through prayer, remembrance of Allah, and understanding Quranic

verses and Hadith, individuals can find inner peace and meaningful ways to address life's problems. Islamic counselling strengthens mental and spiritual well-being, providing effective long-term solutions. Based on literature reviews and individual testimonials, counselling based on the Quran and Hadith has proven to offer significant benefits, not only in addressing mental issues but also in strengthening the relationship with Allah and building solidarity within the Muslim community.

This approach helps individuals face life's challenges more calmly and wisely. Islamic counselling is not just a temporary solution, but also a way to deepen faith and achieve true tranquillity. By integrating Islamic principles into therapy, Islamic counselling becomes a suitable alternative for those seeking solutions in line with their religious beliefs.

Key Words: Mental Well-being; Spiritual Well-being; Islamic Counselling; Quran and Hadith.

Introduction

Mental well-being is an ideal condition that describes an individual in a psychologically healthy state, able to think, control emotions, establish positive social relationships, and be productive in everyday life (Fuad, 2016). Mental well-being results from a dynamic balance between internal resources and individuals' challenges (Herdiana, 2019). In the latest approach, Keyes (2019) introduced the term flourishing, an optimal condition that includes emotional, psychological, and social well-being (Herdiansyah, Puteri, & Naini, 2024). However, these various Western psychological models often do not include the spiritual dimension, a fundamental aspect in the lives of religious individuals.

In this modern era, mental and spiritual challenges are increasingly complex, especially with the increasing pressures of life (Yusuf, Aziz, & Hamdi, 2024). Many individuals have difficulty finding a balance between worldly demands and spiritual needs. Quranic and Hadith-based counselling provides answers through a comprehensive and integrated approach, which focuses on solving problems and strengthening the relationship with Allah SWT. Thus, this counselling can provide long-term solutions that positively impact mental and spiritual well-being.

Quran and Hadith-based counselling focuses not only on treating mental problems, but also on spiritual strengthening. By utilising the teachings of the Quran and Hadith, this counselling helps individuals find inner peace and true happiness. This approach emphasises the importance of faith in Allah, as well as carrying out His commands in everyday life, so that it can provide holistic solutions (Yevi, n.d., p. 53).

In practice, Quran and Hadith-based counselling involves the use of prayer, dhikr, and a deep understanding of the verses of the Quran and the hadiths of the Prophet Muhammad SAW. This method invites individuals to get closer to Allah and better understand and overcome life's problems. This counselling also emphasises the development of worship that can strengthen the individual's mental and spiritual well-being.

Many studies and testimonies have shown that this Islamic counselling approach is effective in dealing with various mental health problems, such as stress, anxiety, and depression. In addition, this counselling can also improve the overall quality of life, because it teaches positive values and provides clear guidance in dealing with various life situations. Thus, Quran and Hadith-based counselling is a good choice for those seeking solutions that align with Islamic teachings.

In addition, the Quranic and Hadith-based counseling approach is highly relevant for Muslim communities seeking help that aligns with their beliefs. Through a deeper understanding of Islamic teachings, individuals can find inner peace and tranquility. It also builds a sense of solidarity and togetherness within the community, as it is based on values that prioritize helping and strengthening each other. This article aims to explore how Islamic counseling can provide tangible benefits in everyday life and strengthen the faith and mental well-being of Muslims. Dengan demikian, kajian teori di atas menunjukkan bahwa konseling berbasis Al-Qur'an dan Hadist memiliki dasar ilmiah yang kuat, baik dari perspektif psikologi modern maupun Islam. Pendekatan ini tidak hanya bersifat kuratif tetapi juga preventif, dengan tujuan akhir membentuk individu yang sehat secara mental dan teguh secara spiritual. Integrasi antara pendekatan psikologis dan religius ini menjadikan konseling Islami sebagai solusi alternatif yang kontekstual dan relevan, terutama di tengah meningkatnya kebutuhan masyarakat Muslim terhadap layanan kesehatan mental yang sesuai dengan keyakinan mereka.

Finally, this article will explain further how Quran and Hadith-based counselling can strengthen an individual's mental and spiritual well-being. By understanding the basic principles of Islamic counselling, the methods and techniques used, and the benefits that can be obtained, it is hoped that readers can find inspiration and guidance to apply this approach in their lives. Based on religious values, this approach is expected to be a way out in facing the challenges of an increasingly complex and stressful era.

Methods

This study uses a qualitative approach with a phenomenological method to explore the meaning of the subjective experiences of individuals who have undergone Quranic and Hadith-based counselling. This approach was chosen because it is appropriate for deeply understanding the perceptions, emotions, and spiritual reflections of individuals in the Islamic counselling process they undergo. The subjects of this study consisted of 5 participants selected through a purposive sampling technique. Subject criteria include adult Muslim individuals who have attended at least three Islamic counselling sessions in the last six months, and have the narrative abilities to explain personal experiences reflectively. This selection is based on the basic principles of the phenomenological approach, which emphasises the depth and authenticity of experience.

Data was collected using semi-structured in-depth interviews to explore participants' emotional, spiritual, and psychological experiences in counselling. In addition, supporting documents such as personal reflection notes or written testimonies were also used if available. The researcher also conducted a literature study on Islamic counselling theory and practice to support understanding of the context. Data analysis used the Colaizzi thematic analysis approach, starting with interview transcription, identifying meaningful statements, and formulating important meanings to group into main themes. Data validity was maintained through the member checking process, namely reconfirmation with participants, and triangulation of sources by comparing interview results with literature and documents.

With this approach, the study aims to produce a deep and comprehensive understanding of how Islamic counselling based on the Quran and Hadith contributes to improving Muslim individuals' mental and spiritual well-being and offers an empirical basis for developing counselling practices based on religious values.

Result

The results of in-depth interviews with five participants showed that Quran and Hadith-based counselling positively impacted their mental and spiritual well-being. The data analysis revealed several central themes that reflected significant changes in the participants' life experiences after counselling. These themes include increased inner peace, strengthening spiritual closeness to Allah, and the emergence of a new, more positive meaning of life in facing various personal trials and problems.

Through a phenomenological approach, each participant's narrative is interpreted to capture the essence of their experience. Each theme does not stand alone, but is interrelated in forming the spiritual and emotional transformation experienced. The counselling process based

on Islamic values is not only felt as a form of psychological assistance, but also as a medium to reaffirm faith, strengthen relationships with Allah, and foster a sense of patience and sincerity in facing life.

Tabel 1

Results of Thematic Analysis of Participants' Experiences in Quran and Hadith-Based Counselling

PARTICIPANT CODE	DIRECT QUOTE	ESSENTIAL MEANING	MAIN THEME
P1	"I used to feel empty even though I was praying. However, after attending counselling and learning the meaning of the verses of the Quran, I feel my heart is more alive."	Counselling helps participants rediscover the meaning of worship and revive the spiritual aspect.	Strengthening a spiritual relationship with God
P2	"I feel calmer now, especially after dhikr. I used to get angry easily, now I can be more patient."	Zikr as a counselling technique provides a calming psychological effect and increases self-control.	Inner peace and emotional control
P3	"Every time I confide in a counsellor, I feel like I am made aware that all of this is part of Allah's test. I can accept the situation sincerely."	Reinterpreting disaster as a form of test increases acceptance and resilience.	Self-acceptance and the meaning of life
P4	"I became more enthusiastic about praying Tahajud, because I felt the need to confide in Allah, more than other humans."	Counselling forms the motivation for worship as a form of spiritual strengthening.	Emotional closeness to God through worship
P5	"I feel like I am not alone. In counselling, I am accompanied, not judged. I also learned to listen to others."	The empathetic counsellor-client relationship builds a sense of acceptance and solidarity.	Social connection and empathy

Table 1 presents the thematic analysis results from in-depth interviews with five participants. Each quote presented directly represents the research subject's experience, which has been interpreted into essential meanings according to the phenomenological approach. The main themes are arranged based on recurring meaning groups, thus reflecting general patterns in participants' experiences regarding the impact of Quranic and Hadith-based counselling on their mental and spiritual conditions.

Themes such as inner peace, strengthening spiritual relationships, self-acceptance, and social connections illustrate the positive transformations that occurred in participants after attending Islamic counselling sessions. These data show that Islamic values-based counselling provides psychological and profound spiritual and existential effects.

Discussion

The findings in this study indicate that participants experienced a decrease in anxiety symptoms and an increase in calmness after receiving counselling based on the Qur'an and Hadith. This is consistent with the study of Zamroni & Robbani, who found a significant decrease in anxiety in college students through Qur'an counselling intervention. (Zamroni & Rabbani, n.d.) This approach functions as a form of emotion-focused coping, where activities such as reading the Qur'an and dhikr can calm the nervous system, as found in a systematic review of Qur'anic interventions for mental health. Thus, the study's results emphasise that Islamic spiritual practices can effectively regulate emotions. Participants showed an increase in the frequency of worship—such as night prayers and dhikr—in response to counselling. This aligns with research by Farid & Aminah (2024), who reported increased spiritual motivation in adolescents through Islamic psychospiritual therapy. The theme of “spiritual wisdom” (hikmah) in the Qur'an helped participants form a stronger inner relationship with Allah. (Rassool, 2021) Therefore, Islamic counselling practices facilitate psychological regulation and deep spiritual enrichment.

Participants described a shift in interpretation from seeing problems as burdens to seeing them as tests from Allah. This finding is in line with Ridwan & Wahyudi's (2023) research, which showed a reduction in PTSD symptoms after Qur'anic counselling was associated with spiritual interpretation. This perspective also aligns with Al Balkhi's reframing theory, which emphasises spiritual connectedness in cognitive restructuring efforts. Thus, Islamic counselling can create new meanings that increase participants' inner resilience. Findings show increased social connectedness and empathy among individuals who attended counselling. This supports Maude et al.'s review of Islamic Trauma Healing, which includes community components, group involvement, and participant sharing that increase trust and emotional openness. (Maude, 2024) This type of involvement reflects a spiritual biopsychosocial framework, indicating that Qur'an-based interventions not only focus on the individual but also strengthen patterns of social support.

Based on the literature, the integration of spiritual and psychological in Islamic counselling confirms the relevance of the biopsychosocial spiritual model in modern practice. Therapies such as Qur'an Bibliotherapy—emphasising reflection on verses and narratives—have yielded positive results in increasing calmness, self-awareness, and mental resilience. (Agustina, Wan Mohd Saman, & Sahifuddin, 2024) This study confirms that spiritual integration has proven relevant and needs to be widely adopted in professional counselling practice.

Several studies have shown the importance of psychospiritual training for counsellors. Specific modules on the wisdom of verses, dhikr, reflective reading, and multicultural competence

align with the Islamic 'Trauma Healing model and Qur'an-based therapy recommendations. Further practical suggestions include the development of digital protocols—such as a Qur'an-based counselling mobile application that includes community support and academic consultation—developed by Atypon (2024) as a step in developing sustainable mental health services. (Fatahudin, Anas, & Ahmadi, 2019) To strengthen the evidence, complementary quantitative studies such as randomised controlled trials (RCTs) that measure the long-term effects of Qur'anic audiototherapy interventions, similar to those conducted in Jordan, are recommended. In addition, validation of intervention protocols in various cultural contexts—urban/rural, adult/adolescent, minority communities—is needed to ensure external validity.

This study was based on a small ($n=5$) and homogeneous sample (religious adult Muslims), so it does not represent a broader population, such as sceptics or nonreligious people. Despite member-checking, the possibility of researcher bias—such as thematic selection or subjective interpretation—is a limitation that needs to be considered. The study's relatively short duration does not allow for long-term impact observations, so further studies with a longitudinal design are highly recommended.

1. Definition and Concept of Counselling Based on the Quran and Hadith

According to the American Counselling Association, counselling is a professional relationship that empowers individuals, families, and groups to achieve goals in mental health, general health, education, and career. (Wiryasaputra, 2023, p. 44) Mappiare states that counselling, also often called counselling, is a form of assistance that requires professional skills from the service provider. (Herawati, 2018, p. 45) This process involves at least one other person, the service recipient, who initially feels limited or unable, but becomes more able to do something after receiving counselling. Meanwhile, the Division of Counselling Psychology defines counselling as a process that helps individuals overcome developmental barriers and achieve their personal potential optimally. (Papu, 2016)

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as a process that helps individuals overcome developmental barriers and achieve their optimal personal potential. (Papu, 2016) In general, counselling is a process that involves interaction between counsellors and clients, where counsellors help clients understand and overcome the personal, emotional, psychological, and social problems they face. The primary goal of counselling is to provide clients with support, guidance, and strategies to develop the skills to deal with and resolve their problems more effectively.

The counselling process usually involves several sessions in which the counsellor and client have in-depth discussions about the issues the client is facing. Counsellors use techniques and approaches appropriate to the client's needs, such as active listening, providing feedback, and offering suggestions or recommendations. Counselling can be done in various contexts, such as individual, group, family, and couples counselling. Each form of counselling has a different focus, but all aim to help clients achieve greater mental and emotional well-being.

Islamic counselling guidance focuses on helping individuals develop or return to their natural state through the empowerment of faith, reason, and will given by Allah SWT. This is done by studying the guidance of Allah and His Messenger, so that the individual's natural state can develop correctly and solidly according to the demands of Allah SWT.

Quran and Hadith-based counselling is a form of professional assistance that uses the principles and teachings of the Quran and the Hadith of the Prophet Muhammad SAW as the primary foundation. This counselling aims to help individuals, families, and groups overcome various life problems and achieve mental, spiritual, and emotional well-being through the guidance of Islam. (Rizqiyah, 2017, p. 134)

Quran and Hadith-based counselling emphasises the importance of strengthening faith and piety to Allah SWT and carrying out worship and practices taught by the Prophet Muhammad SAW. Through this approach, it is hoped that individuals can find solutions through Islamic values in facing various challenges and tests in life.

To achieve this goal, guidelines are needed for its implementation, namely the Qur'an. In this context, QS Ali Imran verses 159-160 are one of the primary references that gave birth to the theory or concept of Islamic counselling guidance (Chasanah Uswatun, 2013).

فَبِمَا رَحْمَةٍ مِّنَ اللَّهِ لَئِن لَّمْ يَكُنِ لَّكَ فِى الْغَايَةِ حَوْلٌ مُّطَاعٌ لَّا تَقْضُوا مِنْ حَوْلِكَ ۖ فَاعْفُ عَنْهُمْ وَاسْتَغْفِرْ لَهُمْ وَشَاوِرْهُمْ فِى الْأَمْرِ ۚ فَإِذَا عَزَمْتَ فَتَوَكَّلْ عَلَى اللَّهِ ۚ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ ۚ إِنَّ يَنْصُرْكُمْ اللَّهُ فَلَا غَالِبَ لَكُمْ ۚ وَإِنْ يَخْذُلْكُمْ فَمَنْ ذَا الَّذِى يَنْصُرُكُمْ مِّنْ بَعْدِهِ ۗ وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ. (سورة آل عمران: ١٥٩ - ١٦٠)

Meaning: "So, by the mercy of Allah, you (Prophet Muhammad) are gentle with them. They would have distanced themselves from you if you had been harsh and hard-hearted. So, forgive them, ask forgiveness for them, and consult with them in all (important) matters. Then, when you have decided, put your trust in Allah. Indeed, Allah loves those who put their trust in Him. If Allah helps you, none can overcome you, and if He forsakes you, who can help you after that? So let the believers put their trust in Allah. (QS. Ali Imran: 159 - 160).

QS Ali Imran verses 159-160 contain the word of Allah, which states that the gentleness of the Prophet Muhammad SAW resulted from Allah SWT's grace. This verse also forbids the Prophet from being harsh and hard-hearted in dealing with his people, so that they do not distance themselves from him. This is relevant when his people committed violations during the Battle of Uhud. The essence of the verse is the command to consult in all matters, be it matters of leadership, society, or other matters not stated in the revelation. If a matter is already written in the revelation, it is an absolute command. However, if not, the Prophet always held consultations with his companions. The command to put his trust in Allah is also an important point in this verse. After all efforts have been made, Allah commands Muslims to submit the results to Allah because Allah knows what is best for us, and He will prepare the best scenario for our lives and the problems we face.

2. Basic Principles of Islamic Counselling

In Islamic counselling, several basic principles are the main guides in helping individuals achieve mental and spiritual well-being. These principles are taken from the teachings of the Quran and Hadith, which emphasise the importance of faith, piety, patience, gratitude, and sincerity. Islamic counselling offers a holistic and comprehensive approach to addressing various life problems by applying these principles. Here are some basic principles in Islamic counselling (Rahmah, 2023).

a. Tawhid (Faith in Allah)

Tawhid is the basis of Islamic faith, namely the belief that only Allah has the right to be worshipped and that He has no partner. Belief in Allah is a source of mental strength because with tawhid, a Muslim will always feel that Allah is the place to depend on in all situations. This belief provides peace of mind and the belief that every problem faced must have a solution given by Allah

قُلْ هُوَ اللَّهُ أَحَدٌ (1)

Meaning: "Say (Prophet Muhammad), 'He is Allah, the One.'" (Q.S. (Al-Ikhlâs: 1)

b. Taqwa (Piety)

Taqwa means carrying out Allah's commands and avoiding His prohibitions. Piety in worship and daily behaviour reflects fear and love for Allah. With taqwa, a Muslim will always try to live according to the teachings of Islam, which in turn brings blessings and peace in life. Taqwa also protects a person from sinful acts that can damage the soul.

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنتُمْ مُسْلِمُونَ (1)

Meaning: "O you who believe, fear Allah with genuine fear of Him and do not die except as Muslims. (Q.S. Ali 'Imran: 102).

c. Patience (Patience) and Gratitude (Gratitude)

Patience is the ability to restrain oneself and remain calm in the face of trials, while gratitude is appreciation for Allah's blessings. These two principles are fundamental because humans will always face trials and tribulations in life. With patience and gratitude, a person can face every situation positively and optimistically, convinced that every difficulty must have a lesson and every blessing must be appreciated.

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ (١)

Meaning: "O you who believe, seek help (from Allah) through patience and prayer. Indeed, Allah is with those who are patient. (Q.S. Al-Baqarah: 153).

The Messenger of Allah (peace and blessings of Allah be upon him) said: "How wonderful is the case of a believer. All his affairs are good; no one has that except a believer. If he gets pleasure and is grateful, that is good for him. Moreover, that is good for him if he is patient and afflicted with hardship." (Narrated by Muslim).

d. Sincerity (Sincerity)

Sincerity is doing everything with sincere intentions for the sake of Allah alone, without expecting praise or reward from humans. Sincerity in worship and doing good make every action worth worship in the sight of Allah. With sincerity, a person will feel satisfied and calm in living life, because everything done is based on pure intentions.

وَمَا أُمِرُوا إِلَّا لِيَعْبُدُوا اللَّهَ مُخْلِصِينَ لَهُ الدِّينَ ۚ حُنَفَاءَ وَيُقِيمُوا الصَّلَاةَ وَيُؤْتُوا الزَّكَاةَ وَذَلِكَ دِينُ الْقَيِّمَةِ ۝

Meaning: "They were not commanded except to worship Allah, being sincere to Him in obedience, being upright (istikamah), and to establish prayer, and to pay zakat. That is the right religion." (Q.S. Al-Bayinah: 5)

The Messenger of Allah (PBUH) said: "Verily, deeds depend on intentions, and a person will get (reward) according to what he intended." (Narrated by Bukhari and Muslim).

By understanding and practising these basic principles, Quran and Hadith-based counselling can help individuals achieve mental and spiritual well-being and live their lives according to the guidance of Allah SWT.

3. Methods and Techniques of Counselling Based on the Quran and Hadith

Islamic counselling based on the Quran and Hadith prioritises an approach that aligns with Islamic values in solving life's problems. (Nur'Izi & Shobabiya, 2024) In this framework, the psychological approach aims to improve clients' mental and spiritual well-being and bring them closer to Allah. Some methods and techniques that can be applied in counselling based on the Quran and Hadith are as follows:

a. Empathy and Compassion Approach

In Islamic counselling, empathy and compassion are the main foundations of the relationship between counsellor and client. This approach emphasises the importance of understanding without judgment, giving full attention, and trying to feel what the client is experiencing. With empathy, counsellors can create a safe and supportive environment for clients, allowing them to open up and share their problems without fear or shame. (Laela, Abidati, Ariesta, Rahmayani, & Azzahrah, 2023) Compassion teaches us to support and strengthen each other amid difficulties.

The Prophet Muhammad SAW said, "Whoever does not love, then he will not be loved." (HR. Muslim). This shows the importance of a loving and empathetic attitude in every interaction, including counselling.

b. Prayer and Zikr

Prayer and zikr are essential tools in the Islamic-based counselling process. Since a calm heart is the key to inner happiness, prayer and zikr help clients calm their minds and draw closer to Allah. (Intan Nur Azizah, 2023) This process allows clients to find peace and hope, submit all their affairs to Allah, and remember Him every step of life. Counsellors can teach clients to increase prayer and zikr and ask for Allah's protection from all difficulties they face.

Related Quranic Verse: "Remember, only by remembering Allah do hearts become calm." (QS. Ar-Ra'd: 28). This verse emphasises the importance of zikr as a means of calming the heart and providing peace in life.

c. Worship Guidance

One of the techniques in Islamic counselling is worship guidance, where the counsellor encourages the client to perform worship more regularly and consistently. This guidance aims to increase spiritual closeness to Allah and maintain the client's mental and emotional health. By performing worship such as prayer, voluntary fasting, reading the Quran, and other acts of worship, the client can find peace and strength in facing the pressures of life. The counsellor can help clients plan a worship schedule that is balanced with their daily lives.

Related Hadith: The Messenger of Allah SAW said, "Whoever prays Subuh is under the guarantee of Allah." (HR. Muslim). This hadith shows how important worship is in providing security and protection from Allah.

d. Understanding and Teaching the Quran

The Quran is the primary source of guidance for Muslims. In Quran and Hadith-based counselling, Quranic verses are often used as a guide to help clients overcome their problems. Counsellors can help clients understand Quranic verses relevant to the situation, providing insights and wisdom that can be applied to their lives. The Quran teaches about patience, resignation, and ways to overcome life's difficulties, all of which provide tremendous mental and spiritual strength.

Relevant Quranic Verse: "And We send down from the Quran that which is a healing and a mercy for the believers..." (QS. (Al-Isra: 82). This verse emphasises that the Quran is not only a guide to life, but also a cure for wounded hearts and a mercy for believers.

e. Tawakkal (Surrender to Allah)

In Islamic counselling, tawakkal is an important aspect that can help clients accept reality and feel lighter in facing life's trials. Tawakkal teaches that clients surrender all the results of their efforts and prayers to Allah after trying their best. With tawakkal, clients are taught not to feel burdened by results that do not match expectations, because they understand that Allah has determined every event with His wisdom.

Related Quranic Verse: "And put your trust in Allah, for Allah loves those who put their trust in Him." (QS. Al-Imran: 159). This verse teaches the importance of surrendering to Allah after trying your best.

f. Healing the Heart (Tazkiyah)

Tazkiyah, or purification of the heart, cleans the heart of bad traits such as envy, jealousy, arrogance, and laziness. (Rohman & Rosadi, 2022) Counsellors can help clients by understanding the importance of tazkiyah as a step to improve relationships with Allah and others. This process aims to increase spirituality and helps clients achieve sustainable inner peace. One way to undergo tazkiyah is through self-introspection, repentance, and trying to improve morals.

Related Hadith: The Messenger of Allah (peace and blessings of Allah be upon him) said, "Indeed, Allah does not look at your physical appearance or your wealth, but He looks at your hearts and your deeds." (HR. Muslim). This hadith shows that purification of the heart is an essential aspect of the life of a Muslim.

g. Giving Advice (Maw'idzah Hasanah)

Good advice (*maw'idzah hasanah*) is an important method in Islamic counselling. Counsellors provide helpful, loving, and gentle advice. The purpose of this advice is to provide guidance and encouragement so that the client can take positive steps in their lives. Counsellors use a good and wise approach in delivering advice, not to hurt the client's feelings and still direct them to goodness.

Related Quranic Verse: "And help one another in goodness and piety, and do not help one another in sin and enmity." (QS. (Al-Ma'idah: 2). This verse shows the importance of helping each other in good and positive things, including giving advice that leads to goodness.

By applying counselling methods and techniques based on the Quran and Hadith, counsellors can provide clients with more comprehensive spiritual and psychological support. In addition to paying attention to the mental aspect, these techniques also focus on spiritual guidance that provides inner peace and peace of mind. This Islamic-based counselling helps clients overcome life's problems and brings them closer to Allah, ultimately bringing true happiness.

4. Benefits of Quran and Hadith-Based Counselling

Quran and Hadith-based counselling offers profound benefits to individuals who face it in terms of mental, spiritual, and overall quality of life. By integrating Islamic principles into counselling, individuals gain psychological support, draw closer to Allah, find peace, and live more meaningfully. The following are the main benefits of Quran and Hadith-based counselling: (Faradilla, Assyifa, & Rizkianty, 2024)

a. Mental Strengthening

Quran and Hadith-based counselling provides a strong foundation for strengthening one's mental condition, especially in dealing with stress, anxiety, and depression. Islamic principles can help clients overcome feelings of anxiety and depression by providing a deeper understanding of destiny and life.

b. Spiritual Development

Quran and Hadith-based counselling effectively improves an individual's relationship with Allah, which in turn helps achieve true inner peace.

c. Improving Quality of Life

Quran and Hadith-based counselling teaches clients to live their lives with full awareness of the purpose of life and Islamic principles. By applying Islamic teachings in everyday life, individuals can experience positive changes, both in emotional, social, and psychological aspects.

Quran and Hadith-based counselling not only provides psychological solutions to mental and emotional problems, but also provides a deeper understanding of the purpose of life and the relationship with Allah. Through an Islamic approach, counsellors can help clients overcome stress, anxiety, and depression while improving their quality of life in a more meaningful and peaceful way. By applying Islamic principles, Quran and Hadith-based counselling offers a path to a more balanced, calmer, and happier life in this world and the hereafter. (Faradilla et al., 2024, p. 50).

Quran and Hadith-based counselling has had a positive impact on many individuals seeking support in overcoming mental, emotional, and spiritual problems. Some real-life case studies demonstrate how Islamic counselling principles can help someone overcome life's challenges. In addition, testimonials from clients who have benefited from this approach further confirm its effectiveness.

Conclusion

Based on the participants' narrative analysis, this study concluded that counselling based on the Qur'an and Hadith significantly influences individuals' peace of mind and spiritual resilience. This approach relieves psychological pressures such as stress and anxiety and guides individuals to strengthen spiritual connections by improving the quality of worship. Practices such as dhikr, prayer, and understanding of Qur'anic messages help participants find new meaning in facing life's problems, ultimately increasing their sense of sincerity, patience, and acceptance of Allah's destiny.

Overall, this approach has been proven to unite psychological and religious aspects in an integrated manner. In addition, the results of the study also confirm the relevance of Islamic counselling as an alternative method that is in line with the spiritual needs of Muslims, especially in contexts that conventional psychological approaches cannot always reach. This revelation-based counselling provides space for personal healing and encourages social connectedness and solidarity in an empathetic and non-judgmental environment. Therefore, this model has great potential to be applied in various sectors such as education, mental health services, and religious guidance in the broader community.

Recommendation

Based on the research findings showing significant benefits of Quranic and Hadith-based counselling in improving mental and spiritual well-being, the researchers recommend that this approach be more widely integrated into counselling practices, especially in Muslim communities. Mental health centres, clinics, and educational institutions are expected to adopt this Islamic counselling method to provide holistic support based on religious values. In addition, special training for counsellors to understand and apply Islamic principles in counselling sessions is needed. Thus, Quranic and Hadith-based counselling can be an effective solution in dealing with mental and spiritual problems, while strengthening the individual's relationship with Allah and the Muslim community.

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