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### Holistic Approach in Islamic Education to Improve Mental Health

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#### Abstrak

Kajian ini fokus pada eksplorasi dampak dari pendekatan holistik dalam pendidikan Islam terhadap peningkatan kesehatan mental. Metode kajian yang digunakan adalah analisis literatur secara kritis, dengan menyelidiki berbagai sumber yang relevan seperti buku, jurnal ilmiah, artikel, makalah konferensi, dan sumber digital lainnya. Hasil kajian menunjukkan bahwa pendekatan holistik dalam pendidikan Islam memiliki relevansi dan efektivitas dalam meningkatkan kesehatan mental siswa. Melalui integrasi aspek-aspek fisik, emosional, sosial, intelektual, dan spiritual, pendekatan ini dapat membantu siswa mengatasi tekanan dan tantangan dalam kehidupan, meningkatkan rasa harga diri, serta memperoleh pemahaman yang lebih baik tentang emosi mereka. Untuk menerapkan pendekatan holistik ini secara efektif, dukungan aktif dari berbagai pihak diperlukan, termasuk lembaga pendidikan, guru, orang tua, ahli kesehatan mental, dan masyarakat secara keseluruhan. Dengan menghadapi berbagai tantangan dan mengoptimalkan potensi yang ada, pendekatan holistik dalam pendidikan Islam memiliki potensi untuk menjadi alat penting dalam membentuk generasi muda yang lebih sehat, kuat, dan siap bersaing di masa depan yang lebih baik. Sebagai penelitian lanjutan, disarankan untuk melakukan penelitian empiris yang lebih mendalam dengan melibatkan peserta pendidikan Islam untuk mengukur secara konkret dampak implementasi pendekatan holistik terhadap kesehatan mental siswa. Selain itu, penelitian dapat mempertimbangkan variabel-variabel tertentu, seperti jenis kelamin, usia, atau latar belakang budaya siswa, yang dapat memengaruhi hasil dari pendekatan holistik dalam pendidikan Islam ini.

**Kata Kunci:** *Pendekatan Holistik, Pendidikan Islam, Kesehatan Mental.*

#### Abstract

This study focuses on exploring the impact of a holistic approach in Islamic education on improving mental health. The study method used is a critical analysis of the literature by investigating various relevant sources such as books, scientific journals, articles, conference papers, and other digital sources. The results showed that a holistic approach in Islamic education has relevance and effectiveness in improving the mental health of students. Through the integration of physical, emotional, social, intellectual, and spiritual aspects, this approach can help students cope with pressures and challenges in life, increase their sense of self-worth, and gain a better understanding of their emotions. To effectively implement this holistic approach, active support from a wide range of parties is needed, including educational institutions, teachers, parents, mental health professionals, and society as a whole. By facing various challenges and optimizing existing potential, a holistic approach in Islamic education has the potential to become an important tool in shaping a younger generation that is healthier, stronger, and ready to compete in a better future. As a follow-up study, it is advisable to conduct more in-depth empirical research involving Islamic education participants in order to concretely measure the impact of the implementation of a holistic approach on the mental health of students. In addition, research may consider certain variables, such as gender, age, or cultural background of students, that may influence the outcome of this holistic approach in Islamic education.

**Keywords:** *Holistic Approach, Islamic Education, Mental Health.*

## INTRODUCTION

Education is a fundamental key in forming the character and mentality of the individual (Khaidir & Suud, 2020). Education imparts knowledge and skills, shapes character, and improves the individual's mental health. Mental health is becoming an important topic, especially in today's era marked by various challenges and pressures of life (Karimullah, Riandi, & Hamid, 2022). One approach in education that is believed to be able to build good mental health is holistic.

Holistic education is an educational model that emphasizes the development of the individual as a whole, not only in terms of cognitive but also emotional, social, spiritual, and physical aspects. This approach embraces every aspect of human life and views them as a whole entity. In Islamic education, a holistic approach can be interpreted as embracing all aspects of the human being as taught in Islam, including the vertical relationship between man and God and the horizontal relationship between man and Man and the environment.

Mental health is one of the critical aspects of human life. The World Health Organization (WHO) defines mental health as "a state of well-being in which individuals are able to realize their potential, deal with the normal stressors of life, work productively and contribute to their community" (Galderisi, Heinz, Kastrup, Beezhold, & Sartorius, 2015). Mental health has a vital role in the lives of individuals and communities. Good mental health can improve an individual's productivity and quality of life.

Islamic education has a vital role in shaping the mental health of individuals. Islamic teaching and practice, such as *salat* and *dhikr*, and understanding concepts like awake and sabar can impact a person's mental health. Furthermore, Islamic education can provide insights and tools to deal with stress, difficulties, and challenges in life (Kasim & Majid, 2020). However, research on how holistic approaches in Islamic education can be used to improve mental health is still limited. Therefore, this review aims to fill this gap and provide insight into how a holistic approach in Islamic education can be used to improve mental health. This study is expected to benefit education practitioners, especially in Islamic education, and individuals and communities in their efforts to improve mental health.

This study departs from the hypothesis that a holistic approach in Islamic education has great potential in supporting and improving the mental health of individuals. This approach views Man as a whole consisting of physical, emotional, intellectual, and spiritual aspects. In Islamic education, education not only focuses on religious knowledge alone but also includes the development of emotions, character, social skills, and physical health, directly and indirectly impacting mental health.

Mental health is an essential aspect of individuals and communities that are often overlooked or given less serious attention (Morganstein & Ursano, 2020). Mental health problems can interfere with an individual's social, emotional, and cognitive functioning and even negatively impact the overall quality of life (Chiang, Chang, Liu, & Tzeng, 2021). Problems such as excessive stress, anxiety, depression, and other mental disorders can hinder a person from reaching their potential, functioning productively in society, and establishing healthy relationships with others.

Amid life's increasingly complex demands and pressures in this modern era, attention to mental health is becoming increasingly important. Research and attention to mental health have increased in recent decades, but efforts to understand and address mental health issues remain a complex challenge. In this context, the role of education, especially Islamic education, in supporting mental health becomes relevant for further exploration. Education has great potential to shape the individual as a whole, including aspects of mental health.

Islamic education, with its strong foundation of religious teaching principles, offers a unique view of Man and life that can affect a person's mental health. Although some studies have highlighted the relationship between religion and mental health, including the religion of Islam, in-depth and specific research on how a holistic approach in Islamic education can support mental health is still limited. This is important to explain because the holistic approach in Islamic education offers the potential to view human beings as a whole, not only focusing on religious aspects but also including emotional, social, physical, and intellectual aspects.

Islamic education that applies a holistic approach can include teaching and exercises that help individuals cope with stress and anxiety, develop healthy relationships with God and fellow human beings, and strengthen the community. Principles such as *tawakal* (surrender to God) and *sabar* (steadfastness in the face of trials) taught in Islam can also help individuals face life's challenges with a positive attitude. In addition, Islamic education can also teach the values of ethics, morals, and Justice, which can form a strong

character and strengthen the mental resilience of individuals in the face of trials and temptations that may arise in everyday life. Therefore, it is essential to explore further how a holistic approach in Islamic education can support mental health and how its application can positively contribute to improving the quality of life of individuals and communities. Studies focusing on this topic can provide a deeper understanding of the potential of Islamic education in improving mental health and contribute to developing a more inclusive and holistic educational approach.

Amid diverse social and psychological issues affecting mental health, Islamic education is relevant in responding to and addressing these issues. Through a holistic approach to Islamic education, a generation that is stronger mentally, better able to face life's challenges, and has a better quality of life can be formed. Islamic education, based on the religion and values of Islamic life, encourages individuals to develop a deep understanding of themselves, their relationships with others, and their relationship with Allah (Ahmed, 2021; Al-Karasneh & Saleh, 2010). A holistic approach in Islamic education helps individuals align their lives with religious values that provide strong moral and ethical guidance in dealing with complex situations. In addition, Islamic values, such as patience, gratitude, and tawakal, provide crucial emotional and spiritual support in the face of challenges and failures in life. Applying these principles in education will help learners develop mental resilience and confidence in dealing with difficult situations.

The holistic approach in Islamic education also involves strengthening the social and emotional aspects. An inclusive, friendly, and caring educational environment creates a safe and supportive climate for learners to express their emotions freely, interact with peers positively, and build mutually beneficial relationships. In an environment like this, learners will feel supported and valued and better able to manage emotions and conflicts healthily. Thus, a holistic approach to Islamic education can improve overall mental health. Learners will gain religious knowledge and social and emotional skills that are crucial in forming a balanced and qualified personality. However, challenges and obstacles also need to be overcome to optimize the potential of a holistic approach in Islamic education. One is how to integrate holistic concepts into existing curricula and teaching methods concretely. The development of educational programs that adequately accommodate aspects of mental health, as well as the training of teachers and education staff in providing adequate mental health support, are essential steps in facing this challenge. In addition, better recognition and understanding of mental health among the public must also be improved. By raising awareness about the importance of mental health and how a holistic approach to Islamic education can help, it will be easier to gain support and participation from the community in supporting these efforts.

In order to promote a society with improved mental well-being, it is crucial to foster partnerships and collaboration among educational institutions, families, communities, and other relevant stakeholders. Effective cooperation and synergy among these parties will enhance the comprehensive approach within Islamic education, thereby establishing an environment that optimally nurtures the mental health and development of learners. The primary objective of this study is to investigate both the potential benefits and challenges associated with implementing a holistic approach in Islamic education aimed at enhancing mental health. The ultimate aim is to provide a meaningful contribution to the advancement of Islamic education, rendering it more inclusive, efficient, and capable of nurturing a generation that is mentally and spiritually resilient and healthy. Furthermore, this research also aspires to stimulate further studies and interventions in the realms of Islamic education and mental health, with the overarching goal of cultivating a society that is healthier and more competitive.

## **RESEARCH METHODS**

This study is a type of literature research with a critical literature analysis approach. In this study, the necessary data and information will be collected from various literature sources relevant to the topic of study, such as books, scientific journals, articles, conference papers, and other digital sources (Snyder, 2019). This literature analysis method is carried out critically to understand, evaluate, and synthesize existing information to gain a deep understanding of the topic of study. The first step of this study is to identify and collect literature sources that are relevant to the topic of study. Then, the author examines in detail each source of literature collected to understand the perspectives and findings that have been there before. Data from these literature sources is collected through reading and critical review of any information relevant to the research. Furthermore, the author analyzes every aspect of the holistic approach to Islamic education and mental health. This includes an understanding of the concepts of a holistic approach, its

implications, and applications in Islamic education, as well as its impact on the mental health of individuals. In analyzing this literature, the authors identified similarities, differences, and gaps in previous studies, making it possible to draw up a solid framework of understanding.

The critical literature analysis approach in this review also allows the authors to evaluate the strengths and weaknesses of each previous study. By conducting this evaluation, the authors identified the limitations of previous research and provided a foundation for developing more comprehensive follow-up research. The results of this research will be presented in the form of a summary and synthesis of critical literature. The authors will draw conclusions based on the analysis of the literature and provide recommendations based on the findings of the literature to improve understanding of the holistic approach in Islamic education in supporting and improving mental health. To maintain the accuracy and validity of this literature research, the researcher will use quality and reliable literature sources and avoid bias in literature analysis.

## RESULTS AND DISCUSSION

### Holistic Concepts in Islamic Education

Islamic education as an educational system has a holistic approach that focuses on the formation and overall development of the individual in various aspects of life, both physical, emotional, social, intellectual, and spiritual (Karimullah, 2021; Roslan Mohd Nor & Malim, 2014). The holistic concept in Islamic education is based on unity and integration in life, where every dimension of human life is interrelated and affected. This approach reflects Islamic teachings that recognize that humans are complex beings with interconnected dimensions, such as the physical, emotional, social, intellectual, and spiritual dimensions.

The physical aspect of the holistic concept of Islamic education refers to the health of the body and its care. Islam teaches the importance of keeping the body as a trust from Allah. This religion provides guidelines on diet, exercise, and maintaining health to keep the body strong and functioning optimally. In Islamic education, this physical dimension is well integrated through learning about the importance of healthy living and maintaining a balance between physical activity and worship. Then, the emotional aspect includes feelings, empathy, and ways of managing emotions. In Islamic education, emotions are seen as a gift of Allah. Humans are taught to manage emotions well, such as controlling anger, dealing with grief patiently, and maintaining happiness in everyday life. Islam also emphasizes the importance of empathy and caring for others, so this emotional dimension is taught in learning about morals and society (Karimullah, Amin, & Munawwarah, 2022).

The social aspect of a holistic approach to Islamic education emphasizes the importance of good relationships between individuals and others and the environment. Islam teaches the values of brotherhood, justice, tolerance, and cooperation in interacting with others. The concepts of *muamalah* (social relations) and noble character become essential to Islamic education, so students are taught to contribute positively to society. Then, the intellectual aspect includes the ability to think critically, analytically, and creatively and the desire to learn and develop knowledge constantly. In Islamic education, intellectual intelligence is valued and enhanced through formal and non-formal education. Islam encourages its people to seek knowledge, seek the truth, and use reason wisely. Furthermore, the spiritual aspect of the holistic approach to Islamic education is the most fundamental and central dimension. Islam teaches the importance of developing a personal relationship with God through worship, *salat*, *dhikr*, and *tafakur* (reflection). This spiritual dimension provides direction and meaning in life and strength in the face of life's challenges and trials. In Islamic education, developing students' spirituality becomes the central focus by teaching ethical, moral, and spiritual values (Karimullah, Wati, Najib, & Wahyudi, 2023; Lahmar, 2020).

In Islamic education, the whole dimension of human life is integrated to form a balanced and qualified individual. Religious learning and practice in an Islamic educational environment combine all these aspects. For example, when students learn about morals in religious studies, they are invited to implement these values daily. In Islamic education, learning is also integrated with religious practices, such as prayer, fasting, and other worship, so that students learn to apply Islamic values in various life situations. This helps students experience and live Islam's teachings more profoundly and feel its benefits in everyday life.

A holistic approach to Islamic education has excellent benefits in forming individuals of quality and integrity. Integrating physical, emotional, social, intellectual, and spiritual aspects helps students become physically and mentally healthy individuals, have empathy and a sense of caring for others, think critically and creatively, and have strong moral and ethical values. Holistic concepts in Islamic education also help students develop a clear identity and purpose in life and provide guidance in facing challenges and trials in

life (Widodo, 2019). Through this approach, Islamic education can significantly contribute to forming a young generation that is Noble, competitive, and able to contribute positively to society and humanity as a whole.

Implementing holistic concepts in Islamic education requires an active role from all parties involved in the educational process, including teachers, parents, and the school environment. Here are some strategies for applying holistic concepts in Islamic education. First, the integrated curriculum. Designing an integrated and holistic curriculum is the first step in implementing a holistic approach in Islamic education. The curriculum should include teaching about the physical, emotional, social, intellectual, and spiritual aspects in a balanced way. Teachers and educators must ensure that every dimension of human life is accommodated in the curriculum and develop teaching methods relevant to this holistic goal.

The second is character building. Holistic Islamic education should emphasize the development of strong character and integrity. Teachers need to be role models for students in developing moral values, ethics, and noble character taught in the teachings of Islam (Mahrus & Karimullah, 2022; Muzakki, 2022). Strengthening this character should be a focus on extracurricular activities, teaching outside the classroom, and daily interaction with students. Third, a supportive educational environment. The school and home environment should create a supportive atmosphere in implementing a holistic approach to Islamic education. A safe, inclusive, and compassionate environment will help students feel comfortable to explore and develop potential in all aspects of their lives.

Fourth, the involvement of parents and community. Parents and the community are also important in implementing a holistic approach to Islamic education. Parents' involvement in their children's education should be encouraged so that religious values and practices taught in schools can be applied consistently at home. Meanwhile, community involvement in education will create more comprehensive support and strengthen the values taught in Islamic education. Fifth, use technology wisely. Technology can also be an effective tool for implementing a holistic approach in Islamic education. In the digital age, technology can provide access to various sources of knowledge, connect students with relevant educational content, and facilitate communication between teachers, students, and parents (Ferri, Grifoni, & Guzzo, 2020). However, the use of technology must be regulated wisely to ensure that Islamic values and ethics are maintained.

Although a holistic approach to Islamic education has great potential in forming balanced and qualified individuals, several challenges need to be overcome in implementing this concept, such as the readiness of teachers and educators, lack of resources, demands for curriculum standards, and the increasing influence of media and technology. Applying a holistic approach requires a deep understanding of Islam's teachings and the ability to integrate all dimensions of human life into learning. Teachers and educators must continue to develop themselves and holistically improve their competence in teaching.

Some Islamic educational institutions may also experience resource constraints, including a lack of textbooks and teaching materials covering all aspects of life. Efforts to provide relevant and quality resources should be supported. Some education systems may also have strict curriculum standards, so applying a holistic approach to learning can be challenging (Sinnema, Meyer, & Aitken, 2017). However, by integrating Islamic values into the existing curriculum, a holistic approach can still be realized. In addition, the strong influence of media and technology can affect students' religious values and practices. Therefore, Islamic education must find ways to overcome these negative influences and wisely use media and technology to support holistic goals. Addressing various challenges and optimizing potential, a holistic approach to Islamic education can be an essential vehicle in shaping better individuals and more empowered communities. With holistic Islamic education, it is expected to form a generation that embodies the teachings of Islam in everyday life, creating a noble, harmonious, and competitive society in the frame of unity and togetherness.

### **Islamic Education Methods that Support Mental Health**

The method of Islamic education that supports mental health is a comprehensive and holistic approach to forming balanced and qualified individuals. This method includes teaching about calmness and emotional balance, developing empathy and caring for others, teaching about joy and optimism, and creating a safe and positive environment. In addition, this method also involves teaching relaxation and mindfulness techniques, the application of positive discipline, and the use of Islamic literature that supports mental health. In this method, strengthening relationships with God through worship, creating awareness about the impact of media and technology, and providing psychological support are essential in supporting students' mental

health.

Teaching emotional calm and balance helps students recognize and manage their emotions wisely. Students can face the pressures and challenges in life calmly and rationally. The development of empathy and caring for others teaches students to pay attention and help others who are experiencing difficulties or problems (Noddings, 2012). This improves students' mental health because they feel valued and not alone in facing problems.

The teaching of *ridhā* and optimism teaches students to accept and let go of everything that happens as God's will. By having an attitude of optimism, it is easier for students to face the future with hope. Creating a safe and positive environment at school helps students to develop as a whole, including in aspects of mental health. Teaching relaxation and mindfulness techniques helps students cope with stress and anxiety and improve their mental health. Positive discipline based on teaching and positive reinforcement helps students develop responsible and good character.

The use of relevant Islamic literature also helps students develop an understanding of mental health through religious teachings. Strengthening relationships with God through worship helps students seek inner peace and strengthen relationships with God. Creating awareness about the impact of media and technology on mental health helps students avoid harmful exposure and strengthens faith. In addition, providing psychological support to students in need helps them cope appropriately with mental health problems. By integrating Islamic education methods that support mental health, students are expected to grow and develop as physically, emotionally, socially, intellectually, and spiritually healthy individuals. They can contribute positively to society and humanity as a whole.

Mental health has a vital role in the quality of life of individuals and communities (Coulton, Clift, Skingley, & Rodriguez, 2015). In this modern era, the challenges and pressures of life are increasingly complex and increasing, especially among the younger generation. The level of anxiety, depression, and other mental disorders is also growing. Therefore, it is essential to introduce a holistic approach to Islamic education to improve mental health among students. By applying holistic concepts in Islamic education, it is hoped that students will be better able to recognize and manage their emotions wisely. They will learn to be more patient and optimistic and accept every life test as part of God's plan. When students develop emotional and mental balance, they tend to be more productive in learning and interacting socially. This will help them become more stable and robust in the face of various challenges and pressures in the modern world.

A holistic approach to Islamic education can help students develop empathy and care for others. As students learn to understand the feelings and needs of others better, they will become more caring and responsible. This creates a better social environment in schools and communities. With a high sense of empathy, students will also find it easier to empathize and support their friends experiencing difficulties or problems. In addition, a holistic approach in Islamic education can help students develop an attitude of optimism and gratitude towards everything Allah has given. An attitude of optimism helps students face the future with hope and confidence that God is always leading them in a better direction. Gratitude is also the key to appreciating the various favors given and preventing students from feeling deficient or dissatisfied.

Holistic Islamic education also teaches the concept of pleasure or pleasure with all the provisions Allah sets. Students will achieve inner peace and deep happiness by learning to let go of everything as part of their plan. Accepting failure, trials, or life changes with an open chest will be easier. Islamic literature that supports mental health can also provide inspiration and a deeper understanding of holistic concepts in Islamic education. Students will have a solid reference to look for examples of Islamic figures who faced life's challenges with courage and the soul's fortitude.

It is important to remember that a holistic approach to Islamic education does not mean neglecting the academic and intellectual aspects. On the contrary, this method will further strengthen the learning process by integrating Islamic values and holistic understanding in all subjects. A holistic Islamic education will also provide a solid moral foundation for students to face various aspects of life with good ethics. In practice, Islamic educational methods that support mental health should be implemented by teachers, followed by parental support and community participation (Fazel, Patel, Thomas, & Tol, 2014; Hamidi, Bagherzadeh, & Gafarzadeh, 2010). This collaboration and commitment from various parties will have a more positive and broad impact on forming a healthy young generation physically and mentally.

A holistic approach to Islamic education will also help create a more inclusive and supportive educational environment (Chanifah, Hanafi, Mahfud, & Samsudin, 2021). Students will feel accepted and valued regardless of their background, abilities, or weaknesses. This is important because the experience of

feeling accepted and having a safe, educational environment can positively affect a student's mental health. In addition, a holistic approach to Islamic education can also help prevent the occurrence of harmful or destructive behavior among students. By providing a solid understanding of moral and ethical concepts in Islam, students will be more likely to avoid behaviors that may harm themselves or others.

It is essential to continuously improve understanding of holistic concepts in Islamic education through training and broader discussions. The more parties involved in this effort, the more significant the positive impact can be in shaping a healthy young generation physically, emotionally, socially, intellectually, and spiritually. In addition, it is essential to remember that mental health is a shared responsibility, not just an individual or family task. The whole society, including educational institutions, should jointly create an environment that supports students' mental health and pay more serious attention to this aspect. By applying a holistic approach in Islamic education, students are expected to grow and develop into better individuals with superior character and contribute positively to society and humanity. These efforts will help reduce levels of stress, anxiety, and depression among the younger generation, as well as create a healthier and more competitive educational environment.

Applying a holistic approach to Islamic education can also have a long-term positive impact on society. Young people who have received Islamic education that supports mental health will become more empathetic, caring for others, and contribute positively to building a harmonious and civilized society. As the central pillar in character building, holistic Islamic education will help produce individuals with integrity and ethics who can deal with various situations wisely. Thus, they will become responsible leaders who can bring about positive societal changes.

It is also essential to continue to research and evaluate the application of Islamic education methods that support mental health. The Data and information obtained from the study can be used to identify successes, challenges, and opportunities for improvement in efforts to improve the quality of more holistic education. In addition, involving the community in the educational process is also the key to successfully applying this method. The community can play a Supporting Role in creating a positive environment, providing social support, and facilitating various activities that strengthen students' mental health.

Collaboration with professional institutions and mental health experts is essential in supporting holistic Islamic education efforts. They can provide appropriate knowledge and guidance in identifying and addressing mental health issues in students. This will provide more protection and attention to the mental health of students. Today, the world of education faces increasingly complex challenges, and mental health is becoming increasingly urgent. Therefore, applying a holistic approach in Islamic education is a necessity and a shared responsibility to create a better future for the younger generation.

### **Applying a Holistic Approach in Islamic Education to Improve Mental Health**

Applying a holistic approach in Islamic education is a comprehensive and balanced strategy for shaping the whole individual, integrating physical, emotional, social, intellectual, and spiritual aspects. This approach reflects the Islamic view of oneness in life and has excellent potential to improve mental health in the younger generation. In today's modern context, where mental health is becoming increasingly pressing, applying a holistic approach to Islamic education is becoming increasingly relevant and vital.

Mental health plays a crucial role in the quality of life of individuals and communities. Mental health disorders, such as depression, anxiety, and stress, can affect various aspects of a person's life, including academic performance, social relationships, and overall well-being (Antaramian, Huebner, Hills, & Valois, 2010). Amid life's increasingly complex demands and pressures, especially among the younger generation, finding a comprehensive approach to helping students manage and strengthen their mental health is essential.

As an integral part of Muslim life, Islamic education has excellent potential to contribute to students' mental health positively. Islam as a religion provides solid guidelines and values, covering all aspects of human life, including mental health (Mahjoob, Nejati, Hosseini, & Bakhshani, 2016). Teachings in Islam, such as inner peace, patience, empathy, *ridhā* (pleasure of the heart), and optimism, can be important cornerstones in creating emotionally and mentally strong individuals. One of the essential pillars of a holistic approach in Islamic education is the teaching of calmness and emotional balance. Students are taught to recognize and manage their emotions wisely to face pressures and challenges calmly and rationally. When students understand and master their emotions, they will be better able to face difficult situations with a cool head and make more informed decisions.

Developing empathy and caring for others is also essential to a holistic approach to Islamic education.

Students are taught to understand and feel the feelings of others, as well as help others in need. It creates a positive and supportive social environment where students feel valued and supported by their friends and surroundings. With a high sense of empathy, students will also find it easier to empathize and support their friends experiencing difficulties or problems. In addition, the concept of *ridhā*, or pleasure in Islam, is also an essential part of this holistic approach. *Ridhā* teaches students to let go of everything as God's will and accept every test of life with an open chest. Students can achieve inner peace and more profound happiness by learning to accept His provisions, even amid adversity.

Furthermore, a holistic approach in Islamic education also includes the application of positive discipline. Positive discipline is based on teaching and positive reinforcement, which helps students develop responsible and good character. Students are taught about the consequences of their actions and how to take responsibility for their deeds. This approach avoids approaches that rely on physical punishment or bullying and focuses more on building good relationships between students and educators.

Teaching relaxation and mindfulness techniques is also essential to this holistic approach. These techniques help students cope with stress and anxiety and improve their mental health. Students are taught to focus on the present moment and consciously recognize their feelings and thoughts. Not only that but using relevant Islamic literature can also help students understand mental health according to religious teachings. Stories from the Qur'an and Hadith about patience, fortitude, and hope can inspire and guide students in dealing with various life situations.

Strengthening the relationship with God through worship is also part of a holistic approach to Islamic education (Ismail, Ali, & Us, 2022; Isroani & Huda, 2022). Worship helps students seek inner peace and strengthen relationships with Allah. Through worship, students are also taught about gratitude and humility. In addition, a holistic approach to Islamic education creates awareness about the impact of media and technology on mental health. Students are taught to be more selective in their media and technology exposure and to be more critical of the content they consume. This helps students to avoid harmful exposure and strengthens faith and inner peace.

Applying a holistic approach in Islamic education is essential in forming a young generation that is physically and mentally healthy, good character, ethical, and competitive. Through this method, students will grow and develop into balanced, qualified individuals who contribute positively to society. All parties involved in the education process must jointly implement this holistic approach so that the results can be more effective and have a long-term impact on the mental health of the younger generation. Applying a holistic approach in Islamic education not only benefits students' mental health but can also positively impact society as a whole. Young people who have experienced education that supports mental health will become more empathetic, caring for others, and contribute positively to building a harmonious and civilized society.

In an increasingly complex and multicultural society, a holistic approach to Islamic education can also be a bridge to understanding and appreciating differences between individuals, groups, and cultures. Students will be taught to value diversity and contribute to creating an inclusive and dignified environment where tolerance and cooperation are vital in achieving common goals. The role of educational institutions in facilitating the application of Islamic educational methods that support mental health cannot be ignored. Educational institutions must provide a safe and positive student environment, ensure adequate social support, and provide supportive facilities and resources. In addition, educational institutions must also be open to receiving input and constructive criticism from students, teachers, and parents so that they can make improvements and adjustments according to needs.

Parental involvement also plays a vital role in supporting their children's mental health. Parents should be actively involved in supporting and understanding holistic Islamic education efforts to provide appropriate support and guidance in the family environment. Open and loving communication between parents and children is essential to help children cope with their pressures and problems. In addition, working with a mental health professional, such as a psychologist or counselor, is also an essential step in supporting holistic Islamic education efforts. Mental health professionals can provide professional assistance in identifying and treating mental health problems in students, as well as providing appropriate support and counseling for students in need.

In applying Islamic education methods that support mental health, evaluation and continuous improvement are also things that cannot be ignored. The periodic evaluation process will help evaluate the educational methods' effectiveness. From the evaluation results, areas that need improvement and

improvement can be identified so that the program can continue to be optimized. In addition, the role of the community is also a critical factor in supporting the implementation of a holistic approach to Islamic education. The community should support and be actively involved in efforts to form a physically and mentally healthy young generation. Communities can provide positive social and environmental support for students to feel supported and valued by their environment. This method can be an essential vehicle in shaping better individuals and more empowered communities by involving all relevant parties, including educational institutions, teachers, parents, mental health experts, and the community. All these efforts will contribute to the realization of a harmonious, civilized, and competitive society in this era of globalization.

## CONCLUSION

The holistic approach in Islamic education is a comprehensive and sustainable strategy for shaping the whole individual by integrating physical, emotional, social, intellectual, and spiritual aspects. The holistic concept in Islamic education covers all aspects of life that are complex and interrelated. Islamic education teaches the importance of balance to create harmony between body, soul, and mind. The holistic concept in Islamic education reflects the Islamic view of unity in life and has great potential in shaping a healthy young generation physically and mentally. Islamic teachings on physical health, emotional and social development, and intellectual and spiritual aspects are the main cornerstones of this holistic approach. Teachers have a central role in implementing this method by being facilitators in developing students' mental health, helping them cope with emotional problems, and providing moral and pedagogical support. Teaching relaxation and mindfulness techniques also provides excellent benefits in helping students cope with stress and anxiety. In addition, the use of relevant Islamic literature and media, as well as the application of positive discipline and counseling services, also play an essential part in supporting students' mental health. With the collaboration of educational institutions, teachers, parents, mental health experts, and the community, applying this holistic approach can shape a more balanced, strong, and competitive generation of young people for a better future.

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