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## ANALYZING THE IMPACT OFF TRAUMA ON MENTAL HEALTH: AN ISLAMIC PSYCHOLOGY PERSPECTIVE

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### Abstrak

Penelitian ini memiliki nilai yang sangat penting dalam mengisi kekurangan di dalam literatur tentang trauma dan kesehatan mental, terutama dalam konteks Islam. Dengan menggabungkan nilai-nilai Islam dalam intervensi kesehatan mental, diharapkan dapat menawarkan cara yang lebih menyeluruh dan sesuai dengan budaya bagi para penyintas trauma Muslim. Metode yang digunakan dalam penelitian ini adalah pendekatan kualitatif melalui tinjauan pustaka, yang mencakup analisis terhadap artikel-artikel terkait, termasuk studi tentang pengaruh pengalaman traumatis di masa kecil dan dampak trauma masa lalu terhadap kesehatan mental. Temuan penelitian ini menunjukkan bahwa kesehatan mental menurut ajaran Islam berarti bebas dari masalah mental dan mampu beradaptasi dengan lingkungan sosial, serta menekankan pentingnya kesabaran dan pengabdian kepada Allah dalam menghadapi tantangan hidup. Penelitian ini berfokus untuk menyelidiki hubungan antara pengalaman traumatis dan kesehatan mental, serta mengevaluasi efektivitas intervensi yang berbasis pada nilai-nilai Islam dalam proses penyembuhan.

**Kata Kunci :** trauma, kesehatan mental, islam

### Abstract

This research holds significant value in addressing the gaps in the literature on trauma and mental health, particularly in the context of Islam. By integrating Islamic values into mental health interventions, it is expected to offer a more comprehensive and culturally appropriate approach for Muslim trauma survivors. The method used in this study is a qualitative approach through literature review, which includes analysis of related articles, including studies on the impact of childhood traumatic experiences and the effects of past trauma on mental health. The findings of this research indicate that mental health, according to Islamic teachings, means being free from mental issues and being able to adapt to the social environment, while also emphasizing the importance of patience and devotion to Allah in facing life's challenges. This study focuses on investigating the relationship between traumatic experiences and mental health, as well as evaluating the effectiveness of interventions based on Islamic values in the healing process

**Keywords:** trauma, mental health, Islam

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## INTRODUCTION

Trauma is a very painful event and can affect a person's mental state ([Sukmawati et al., 2023](#)). According to the American Psychological Association, trauma is an unusual emotional reaction to a frightening situation such as an accident, rape, or natural disaster. Reactions that usually arise are feeling surprised, rejecting reality, and can continue to be lasting reactions, such as unstable emotional shifts, flashbacks of bad experiences, problems in relationships, and physical symptoms. In life, many events leave a profound impact, especially traumatic experiences that can affect a person in unique and complex ways ([Fakhriya, 2022](#)). Trauma has a far-reaching and significant influence on an individual's well-being throughout their lives. Studies have shown that experiences such as torture, sexual violence, and domestic violence are real examples of trauma that often occur today.

Such as the article written ([Ningsih, Putri, Lubis, 2024](#)) entitled "The Influence of Past Trauma on a Person's Mental Health" published in the journal Indonesian Teacher Research. This article aims to explore how trauma can affect a person's mental health as well as evaluate the factors that cause it, and provide better insights to aid in the mental health healing process. This study uses a literature study method, by collecting and analyzing related literature to design a conceptual framework and formulate a research hypothesis.

In addition, an article written by Lisa Aisyah Rasyid, Jahra Otong, and Nurul Husnul Mutmainah in 2023 entitled "The Impact of Childhood Traumatic Experiences on Adults" has been published in the Journal of Gender and Children Studies ([Rasyid, L. A., Otong, J., & Mutmainah, N. H. \(2023\)](#)). The purpose of this article is to systematically examine empirical studies that address the influence of negative childhood experiences (ACEs) on metacognition in adolescents. The methods used in this study include systematic reviews and meta-analysis, as well as qualitative approaches with phenomenology to understand the experiences of adolescents who are victims of incomplete families.

Trauma can have a detrimental effect on a person's mental and physical health. Research shows that about 50% of people who experience trauma may face mental health issues ([Zafila & Purnairawan, 2024](#)). Trauma can trigger responses related to anxiety, depression, and post-traumatic stress disorder (PTSD). This shows how crucial it is to take appropriate action to help the healing process of people who have experienced trauma ([Hartoyo & Wulandari, 2023](#)).

People who have experienced painful events often feel less confident, feel alienated from others, and develop poor interaction patterns. This situation can cause them to have difficulty in establishing good relationships and affect the quality of their relationships in general. The impact of traumatic experiences is not only visible on mental health, but also affects the way of thinking and a person's emotional and social well-being. This shows how complex the effects of trauma are on various aspects of an individual's life ([Rasyid et al., 2023](#)).

From the psychological side of Islam, the effects of trauma on mental health. In Islamic teachings, every experience experienced is considered a test from Allah SWT, which can strengthen faith and draw closer to Him. The concepts of tawakkal (complete surrender) and patience (endurance) are the basis for facing challenges. By putting trust in Allah SWT and showing resilience, a person can better cope with trauma and find the strength to fight its impact.

The principles of tawakkal and patience in Islam can support individuals in improving their ability to deal with trauma and find the strength to overcome its effects ([Maharani & Kalifa, 2024](#)).

According to the psychological view in Islam, tawakal and patience are two concepts that complement each other and are very important for individuals who have experienced trauma. Tawakal means entrusting everything to Allah after trying. In a traumatic situation, tawakal helps a person to release emotional and mental burdens, as well as reduce anxiety with the belief that Allah has the best plan. This creates peace of mind that allows individuals to focus more on finding a way out of the problem at hand. Patience is the strength to rarely give up and persevere in the face of difficulties ([Kurnia et al., 2023](#)). In Islamic psychology, patience serves as an effective way to deal with problems, helping a person manage negative feelings and overcome the pain caused by trauma. Patience also teaches a person to see every challenge as an opportunity to learn and grow, which ultimately increases mental resilience. The combination of tawakal and patience creates a strong foundation for a person to deal with trauma in a more positive and constructive way, while supporting the overall recovery process ([Alviana, 2024](#)).

In the Qur'an it is explained how Allah will give trials to each of His people without exception. as Allah says in Surah Al-Insyirah verses 5-6 which reads:

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا , إِنَّ مَعَ الْعُسْرِ يُسْرًا

*"So indeed with difficulties there is ease, indeed with difficulties there is ease" (QS Al-Insyirah verses 5-6).*

This verse shows that every traumatic event can be overcome with the ease and strength of Allah SWT.

While there have been various studies on trauma and mental health, there are still some gaps that need to be considered. Recent studies have addressed many aspects of PTSD, resilience, and post-traumatic growth, but are still limited in the context of the Muslim population. Current research is still lacking in developing approaches that are tailored to Islamic cultural values and practices. This shows the need to develop interventions that are more culturally appropriate, especially for traumatized Muslim populations.

In conducting research on trauma, ethical considerations become very important, especially when working with vulnerable populations such as refugees and victims of violence. Protection of participants' rights and informed consent should be a top priority. This includes transparency about the purpose of the research, potential risks and benefits, and data confidentiality guarantees.

In the practice of Islamic therapy in trauma recovery for mental health emphasizes a way of healing that is based on religious values. In this case, counselors use various aspects of Islam, such as prayer, prayer, and spiritual reflection, to help people who are experiencing trauma. Prayer and prayer aim to bring individuals closer to God, provide a sense of calm, and reduce anxiety. In this spiritual way, the client feels the emotional support that is essential in the healing process. In addition, incorporating religious values in counseling provides a sense of identity and community, helping individuals feel more connected to their social and spiritual environment, which can speed up the healing process ([Rahmawati, 2024](#)).

Psychoeducation is an important element of Islamic therapy that focuses on healing trauma. In counseling sessions, counselors provide detailed explanations to clients about the impact of trauma on mental and physical health, as well as how trauma can affect body and mind reactions. With a clearer understanding of their circumstances, clients can more easily accept traumatic experiences and learn how to cope with emerging emotions ([Kusumastuti et al., 2023](#)). This psychoeducation not only helps clients understand their trauma, but also gives them the tools to

deal with challenges in daily life. Thus, clients can develop better self-awareness and improve their ability to deal with stress and difficulties.

Symptom management is another method applied in Islamic therapy for trauma healing that focuses on mental health. Counselors work with clients to develop healthy ways to cope with problems, such as relaxation techniques, meditation, and stress management, to cope with symptoms of trauma such as anxiety, flashbacks, or nightmares. The recovery process typically takes place gradually, during which the counselor helps the client determine achievable recovery goals and design the steps necessary to achieve mental and spiritual well-being.

This study aims to understand the impact of trauma on mental health from an Islamic perspective and evaluate the effectiveness of Islamic-based interventions in the trauma healing process. Based on a literature review that has been done, it can be hypothesized that Islamic spiritual practices, such as tawakal and sabar, will have a positive influence on the mental health outcomes of trauma survivors.

This research has important significance in filling gaps in the literature on trauma and mental health, particularly in the context of Islam. By integrating Islamic values into mental health interventions, it is hoped that it can provide a more comprehensive and culturally relevant approach for Muslim trauma survivors. This will not only enrich the understanding of the role of spirituality in trauma healing, but also provide a foundation for the development of more effective interventions for Muslim populations.

## METHOD

The research method used in this article is a qualitative approach through literature review. This research began by collecting and analyzing relevant literature on the effects of trauma on mental health, particularly in the context of Muslim individuals who have experienced trauma. The sources used include various journals, articles, and real research that discusses the meaning of trauma, mental health, and the effects of trauma on mental health from an Islamic perspective.

Data was collected by studying the existing literature and grouping it according to predetermined themes, such as the definition of trauma, the definition of mental health, and the effect of trauma on mental health. The content analysis method is used to simplify the data, categorize information based on predetermined categories, and interpret and unify data in order to create a complete understanding of trauma and ways to deal with it from an Islamic perspective.

In this way, the research aims to investigate the relationship between traumatic experiences and mental health, as well as assess how effective interventions based on Islamic values are in the healing process. The results of this analysis are expected to provide a better understanding of the role of spirituality in trauma healing and fill in the gaps in the existing literature on trauma and mental health in the context of Muslim culture. (Harahap et al., 2023).

## RESULTS AND DISCUSSION

### Definition of Trauma

Trauma is a situation in which individuals experience disruption both physically and mentally as a result of a very frightening experience that makes them feel helpless (Ningsih et al., 2024). Trauma is often associated with the condition of a person who has regressed due to the bitter experiences they have lived. Trauma is a significant event, both physical and emotional, that results in significant damage and imbalance in a person's physical and mental condition for a long time. On the other hand, psychological trauma in the context of psychology is defined as deep and

sudden anxiety caused by events around an individual that are beyond their ability to survive, cope, or avoid. In addition, trauma is an emotional condition that persists after experiencing a traumatic event that is unpleasant, sad, frightening, worrying, and disturbing. Psychological trauma arises when a person encounters a stressful event that creates a sense of hopelessness and is perceived as a threat ([Hutagalung et al., 2024](#)).

In line with the two definitions above, in psychology, the term trauma refers to a very painful mental experience, which exceeds the limits of an individual's ability to deal with it ([Anggadewi, 2020](#)). Trauma comes from the experience that results in the trauma itself. Generally, traumatic experiences are characterized by several characteristics, such as occurring beyond the control of the individual experiencing them, potentially endangering life, and causing fear and profound impact. Nurrochman also revealed that in general, when a person faces trauma, regardless of the events behind it (such as torture, sexual violence, and domestic violence), the reactions that arise can be divided into three categories, namely: memory disorders, attempts to avoid, and the appearance of physical problems. These three types of reactions negatively impact an individual's daily activities or social interactions, thereby interfering with their social functioning. Therefore, it is important to immediately carry out the recovery process so that they can continue their lives better. Some recovery steps for individuals who have experienced trauma include: creating a safe and comfortable situation, getting social and psychological support from influential figures, feeling solidarity to strengthen each other, and support for the recovery process both physically and mentally ([Fadhila et al., 2025](#)).

In the view of Islamic psychology, trauma is defined as an experience that can damage an individual's mental, emotional, and spiritual balance. Trauma usually occurs as a result of extremely painful events, such as torture, sexual violence, and domestic violence. In this regard, the Qur'an offers in-depth guidance on how to deal with and resolve trauma in accordance with Islamic principles ([Hariandi et al., 2024](#)).

One of the related verses is Surah Al-Baqarah verses 155-157, which Allah states that reads.

وَلَنَلْوِيَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالتَّمَرَاتِ وَبَشِيرِ الصَّابِرِينَ  
الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ  
أُولَئِكَ عَلَيْهِمْ صَلَوَاتٌ مِّن رَّبِّهِمْ وَرَحْمَةٌ وَأُولَئِكَ هُمُ الْمُهْتَدُونَ

*"Surely we will test you with a little anxiety and hunger, lack of property, soul, and crops. Give glad tidings (O Prophet Muhammad) to those who are patient, (i.e.) those who, when they are afflicted, say: "Innā lillāhi wa innā ilaihi rāji'ūn" (we belong to Allah and to Him we will return). They are the ones who obtain forgiveness and compassion from their Lord, and they are the ones who are guided." (Qs. Al-Baqarah verses 155-157)*

In this verse, God highlights how important it is to remain patient and thankful in the face of such trials. Patience (صبر) in Islam does not only mean resisting bad responses, but also includes acceptance and hope for help from Allah. By showing patience, one can find peace and strength to move forward despite experiencing sadness.

In addition, Surah Al-Imran verse 186 where Allah says which reads.

لَنَلْوِيَنَّ فِي أَمْوَالِكُمْ وَأَنْفُسِكُمْ وَلَتَسْمَعَنَّ مِنَ الَّذِينَ أُوتُوا الْكِتَابَ مِن قَبْلِكُمْ وَمِنَ الَّذِينَ أَشْرَكُوا  
أَدَى كَثِيرًا وَإِنْ تَصْبِرُوا وَتَتَّقُوا فَإِنَّ ذَلِكَ مِنْ عَزْمِ الْأُمُورِ

*"You will definitely experience tests related to your property and yourself. You will also surely hear many very painful words from those who were given Revelation before you and from*

*those who were allured. If you are able to be patient and pious, then such things are very important to prioritize." (Qs. Al-Imran verse 186.*

It reminds us that every challenge we face is part of God's plan. In this verse, Allah reveals that believers will experience various trials, but they must remain steadfast and not lose hope. This shows that trauma, while painful, is an element of life's journey that needs to be accepted with pleasure. In this context, acceptance of God's decrees is the key to coping with trauma.

Islamic psychology also highlights the value of social support as well as the presence of community in the healing journey. In Surah Al-Hujurat verse 10, Allah says which reads.

إِنَّمَا الْمُؤْمِنُونَ إِخْوَةٌ فَأَصْلِحُوا بَيْنَ أَخَوَيْكُمْ وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُرْحَمُونَ

*"Actually, the believers are related to each other, therefore, settle the dispute between your two brothers and act according to the commandment of Allah so that you may gain His mercy." (QS. Al-Hujurat verse 10.*

In this verse it is stated that believers are like brothers, and they should help and support each other. Help from family, friends, and the surrounding environment can provide a sense of security and reduce the heavy feelings experienced by people who are experiencing trauma. In addition, Islamic psychology's perspective on trauma involves strengthening faith and spiritual aspects. When faced with problems, everyone is taught to pray and ask for help from God.

### **Definition of Mental Health**

Mental health is crucial to human life, where the importance of mental health goes hand in hand with physical health which is also equally important. If a person has good mental health, various aspects of his life will go well. Mental health is closely related to physical conditions. Mental health can be understood as a state in which a person is free from various mental disorders. Mentally healthy people are able to live a normal life, including being able to manage stress when facing various problems that arise in life ([Nurfaizah, 2023](#)).

Zainal Aqib stated that there are several ways to define mental health, including: 1) Mental health is a condition in which a person does not experience various types of mental disorders (neurosis) and signs of mental illness (psychosis); 2) Mental health is when a person can harmonize with themselves, others, the community, and the surrounding environment; 3) Mental health includes an understanding that aims to maximize potential and talent, which in turn brings happiness to oneself and others, as well as preventing mental disorders and illnesses.

In Islamic teachings, mental health means that a person is not infected with mental problems, be it neurosis or psychosis, and can adjust to society. This adjustment process includes a person's ability to meet needs and deal with problems well, without hurting oneself or others. In other words, people who have good mental health can function well in society, lead a rewarding life, and have a positive impact on the surrounding environment ([Pakungwati & Anggraeni, 2023](#)).

More deeply, Islamic religious teachings affirm that devotion to God and the implementation of worship, such as prayer, fasting, and dhikr, have an important role in maintaining mental health. This spiritual activity not only brings peace of mind, but also helps people to overcome stress and various obstacles in life. By relying on beliefs and doing good deeds, a person can achieve a balanced and happy mental state, and avoid mental problems that can interfere with his quality of life.

### **The Impact of Trauma on Mental Health**

The impact of traumatic experiences on mental health is becoming a topic that is increasingly paying attention in the field of psychology and public health (Susilarini, 2025). Trauma is an

emotional experience that is very painful or that can threaten a person's life and can affect the individual in a short or long time. Trauma can appear in many forms, such as torture, sexual violence, or family violence, and often hinders a person's psychological development, especially for children. When a person experiences trauma, reactions from the body and brain can trigger excessive stress reactions, so appropriate handling and processes are needed to reduce negative impacts on mental health and emotional well-being ([Simanjuntak, 2024](#)).

One of the main effects of trauma is the emergence of various mental health problems. Post-traumatic stress disorder (PTSD) is one of the most visible, where people who have experienced trauma often experience flashbacks, nightmares, or deep anxiety about the traumatic event. In addition to PTSD, trauma is also associated with anxiety disorders, depression, and behavioral problems. These symptoms can greatly affect a person's daily life, including in social interactions, work, and the ability to perform activities they previously enjoyed. Therefore, it is very important to understand the impact of trauma on mental health, both for health care providers and the community in general ([Huriyah et al., 2024](#)).

The psychological reaction to trauma is often very complicated, as not everyone who experiences it will feel the same effects. Some people may have good resilience and be able to recover quickly after trauma, while others may face prolonged problems. Things like support from others, the ability to cope with problems, and past experiences can affect how a person reacts to trauma. For example, people who have strong social connections and support from family and friends are usually better able to cope with the negative effects of trauma. On the other hand, those who feel alone or abandoned can be more prone to experiencing mental health problems after traumatic experiences ([Peristianto & Anggawijayanto, 2020](#)).

To cope with the effects of trauma and support mental health, it is crucial to provide appropriate help. Psychological therapy, such as cognitive behavioral therapy or mindfulness-focused therapy, can help people resolve traumatic experiences and build good coping skills. In addition, family participation and support from the community are very important in the healing process. Public education about trauma and its effects is also essential to improve understanding and help individuals experiencing trauma get the help they need. With a holistic approach, it is hoped that people can better cope with traumatic effects and achieve good mental health ([Salawah et al., 2024](#)).

In the Islamic view, the understanding of inner wounds includes not only the mental but also the spiritual aspect. In Islam, every trial, including painful experiences, is considered part of Allah's plan that has good intentions behind it. Islamic teachings emphasize that the belief that Allah arranges everything wisely provides a strong perspective for a person to accept and overcome inner wounds. The concept of *tawakkal* or surrendering oneself to Allah is very important in helping people reduce the fear and tension that arises due to trauma. This attitude favors mental recovery, where people are taught to see that every challenge is an opportunity to draw closer to God and increase inner endurance ([Dani & Nurita, 2025](#)).

In the world of mental health, Islam emphasizes the importance of maintaining a balance between mind, body, and soul. Trauma that is not properly addressed can lead to a variety of mental problems, such as unhappiness, anxiety, and post-traumatic stress disorder. In reaction to trauma, religious believers are encouraged to continue to perform worship, such as praying, reading the Qur'an, and praying, which not only provides a sense of calm but also increases mental resilience. This suggests that spirituality can be a beneficial healing tool, where increased faith and hope in God can help a person get through difficult times and face the devastating consequences of trauma.

In this context, psychological approaches that incorporate Islamic values can provide useful support, helping individuals find meaning and purpose from the traumatic experiences they are experiencing ([Maulana & Lessy, 2023](#)).

Furthermore, support from those around them is essential for those who have experienced trauma, and in an Islamic perspective, family and society have an important role to play in the healing process. Islamic teachings encourage togetherness and caring among community members, which can provide emotional and mental support to vulnerable people. By building this support network, individuals do not feel alone in their struggles. This method, with the addition of spiritual guidance, allows people to deal with trauma not only on their own but also as part of a community. Doing social activities and establishing good relationships with others tends to speed up the recovery of one's mental health. In this regard, Islam offers a complete guide to coping with the impact of trauma by combining spiritual aspects, positive attitudes, and support from others. ([Agustini et al., 2024](#))

## SUMMARY

### Conclusion

Trauma is defined as a very painful and frightening situation that can affect a person's physical and mental health. Traumatic experiences, such as violence, torture, or disaster, can cause strong emotional reactions, such as anxiety, feelings of instability, and memories of the event. In this context, it is important to understand the definition of trauma well so that we can recognize and deal with its effects correctly.

Mental health, on the other hand, encompasses a wide range of emotional, psychological, and social conditions that affect the way a person thinks, feels, and acts. Trauma can interfere with mental health, causing problems such as PTSD, depression, and anxiety disorders, which can prevent a person from living daily life. Therefore, it is necessary to understand the relationship between trauma and mental health so that appropriate actions can be taken to help those affected by trauma. The impact of trauma on mental health can be temporary or permanent, affecting social interactions, work, and the ability to enjoy previously enjoyable activities.

### Suggestion

Research shows that people who have experienced trauma often have difficulty managing emotions and building healthy relationships. Therefore, it is important to develop a comprehensive and culturally appropriate method of dealing with trauma, which looks at not only the psychological aspect, but also the spiritual and social aspects, in order to support a better healing process for trauma survivors.

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