THE EFFECT OF PRAYERS ON MENTAL HEALTH CONDITIONS IN CHILDREN AND ADOLESCENTS

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ABSTRACT
Prayer is one of the worships required by Allah SWT for the people of the Prophet Muhammad. Initially, the prayer was established so that the people of the Prophet Muhammad always remember Allah and be grateful for all the blessings given, until finally found many studies which state that the prayer movement can maintain and nourish a person's physical and psychological aspects. Prayer will help calm the mind and mood from worldly worries and anxieties. This research uses a library or literature review, which is research in the form of reviewing and observing a problem in depth. Prayer can help a Muslim to fight stress and fear, as Allah has promised in His word in the Qur'an. Prayer is also a drug to relieve anxiety so that the human soul becomes calmer and more peaceful in worship. Mental health is an excellent emotional and psychological state where individuals can utilize their cognitive and emotional abilities, function in their communities, and fulfill their daily needs. Prayer is the right solution to finding peace of mind and helping to find life's guidance.

Keywords: Pray, Mental Health, Teenager

INTRODUCTION
As Muslims, the primary obligation we must do is to pray as the second pillar of Islam. Prayer services (kumparan.com, 2022) are divided into two categories; namely, some are sunnah and fard (mandatory). For example, Sunnah prayers include rawatib prayer, dhuha prayer (2-12 rakaat), night prayer (tahajjud), tahiyatul mosque prayer, and other sunnah prayers which are both worth a great reward when done. Seventeen rak'ahs in five obligatory prayers become the spear of one's faith in believing in Allah; the Prophet said that prayer is the pillar of religion. Whoever enforces prayer means
that he has established religion. And whoever abandons prayer, then he has destroyed his religion." Besides prayer being used as a guide and guide for one's life in carrying out all other activities and acts of worship, the prayer movement also provides many benefits for one's physical health and mental condition.

The tuma'ninah prayer movement tremendously impacts maintaining and being healthy from a person's physical and psychological aspects. At first, prayer was established so that the people of the Prophet Muhammad always remember Allah and be grateful for all the blessings and gifts that have been given (Sja'bani, 2017). Prayer is also a means for a servant to communicate with the creator in expressing his complaints and asking for prayer and His help, and it can calm the restless mind and heart (Nisa, 2022). In Law No. 18 of 2014 concerning mental health it is defined as a condition in which an individual can develop physically, mentally, spiritually, and socially so that the individual is aware of his abilities, can cope with pressure, can work productively, and can make an active contribution that is useful to the community (JDHI, 2017). According to WHO, in 2017, it was estimated that around 450 million people are suffering from mental disorders, including schizophrenia, and mental disorders cause 14.4% of the burden of disease in the world. (Institute for Health Metrics and Evaluation (IHME), 2017).

In Indonesia alone, as of 2017, it has contributed 13.4% of the burden of mental disorders predicted to be experienced by the population in Indonesia including depression, anxiety, schizophrenia, bipolar, behavioral, autism, eating behavior disorders, and intellectual disabilities (Kemenkes RI, 2019). Depressive disorders can reach all age groups. Riskesdas data in 2018 shows that this depressive disorder can begin to occur during adolescence (15-24 years), and the prevalence rate will continue to increase with age. The prevalence of depression in the population aged 15 years by the province in Indonesia is the highest in Central Sulawesi Province (12.3%), and in the DKI Jakarta area, the prevalence rate is 5.9%. So this clearly shows that cases of mental disorders in Indonesia are still relatively high and will continue to increase if the government does not take the problem seriously. Children and adolescents.

METHOD

This type of research method uses library research or literature review, which is research that examines and observes in-depth knowledge, ideas, and information as supporting or supporting references for making manuscripts at this time. The literature review is a data collection technique based on book sources, literature, notes, and reports, all related to the problem to be discussed.

RESULTS AND DISCUSSION

Prayer can practically help a Muslim repel stress and fear. As stated in the Qur'an: "If you are afraid (of being caught in danger), pray while traveling or driving. Then when the puzzle is safe, tell
the remembrance of Allah (prayer), as He teaches you what you do not know” (Al-Baqoroh: 239). And there are too many spiritual studies that support this verse, such as McCullough's analysis which links that when a Muslim explores the stress of a story using prayer, he will be able to control the situation that causes him stress to flower in a negative direction so that it can calm him physically and spiritually. Because worries and crises not rooted in it generally appear to be rooted in dissatisfaction or failures, trust can support orders before following temporary failures using conditions to respect Allah's pleasure and imagine the grace that will be felt in the future. Prayers, prayers, and requests for forgiveness to Allah SWT obey entirely the rules that will balance the peace and tranquility of the spirit ahead of the orders that do it.

According to Zakiah Daradjat, in Ramayulis (2007:130), the freshness of the heart is the realization of a shy harmony between spiritual interests and the creation of acclimatization between personal use of oneself and the environment, relying on role models and piety, willingness to embrace the helpful soul. And supreme power in this world and the hereafter. Based on this understanding, it shows that the complete sketch of the interior of Islam addresses the issue of personal freshness, not only resolving personal connections between personal use and the environment but also dealing with personal use using God (Allah SWT) and how the person can be the highest power in the world. And the afterlife. By practicing prayer solemnly, that is, using the design of welcoming and expecting the body to be significant before Allah and wasting all the schedules and problems of life, one will expect calm, serenity, and peace. Feelings of anxiety, stress, anxiety, and doubt constantly squeezing their lives will disappear.

Rasulullah saw. Always practice the second prayer is being overwritten by a unit that makes him feel tense. A person's relationship using his God while praying will form a spiritual style that has severe consequences for the presence of essential deformations in his body and psyche. The ritual of prayer significantly influences the treatment of feelings of sin that cause anxiety and become the leading cause of mental illness. This can happen because the prayer ritual can forgive one's sins, cleanse the soul from the stains of guilt, and raises the hope of getting forgiveness and the pleasure of Allah SWT. A person who experiences anxiety, and fear, feel inferior, and is less able to accept the situation that has occurred makes a person susceptible to disease. Mental health disorders, and diseases related to the body (Ulfah, 2016) in line with other studies, it was found that there was a positive relationship between peer social support and personal well-being and mental health for adolescents who had high family support.

According to a health expert, Merriam-Webster, mental health is an excellent emotional and psychological state in which individuals can utilize cognitive and emotional abilities, function in their communities, and meet their daily needs. The essence of mental health is more on the existence and maintenance of healthy mental health. However, in practice, we often find that not a few practitioners
in the field of mental health emphasize more on mental disorders more than trying to maintain mental health itself (Sundari and Efendi, 2021). Health is a state of being physically and mentally healthy. Healthy and sick conditions in humans are a continuum, so it isn't easy to provide clear boundaries when evaluating them.

According to WHO, four main criteria explain that a person is declared mentally healthy, namely: recognizing one's potential, being able to cope with everyday stress, being productive, and being helpful to others.

While someone who has a mental disorder has several criteria, namely:

a. Mood swings

Changes in people with mental disorders usually occur very drastically. For example, at one time, the patient feels very excited, but at other times suddenly becomes very sad, lacks energy, and even loses interest in activities he usually likes.

b. Sleep disturbance

People who experience sleep disorders tend to feel less energetic, weak, sleepy, and less productive in daily activities. Sleep disturbances include not having too much or too little, difficulty sleeping, frequent waking at night, poor quality sleep, or not being able to sleep.

c. It is hard to think

People with this mental disorder may have difficulty remembering, concentrating, or thinking logically. If it's severe, these sufferers can experience paranoid thought patterns and hallucinations or can't tell what's real and what's not.

d. Get involved in dangerous things

These sufferers tend not to care about the health and safety of themselves or others. He also ignores personal hygiene and appearance. People with mental disorders are also prone to various behavioral problems, such as addiction to alcohol and drugs and even attempted suicide.

e. Difficult to socialize with other people

Difficulty socializing with other people because of anxiety that haunts them. This anxiety leads to an attitude of avoiding interaction; it interferes with social life. People with this disorder usually want to be alone, feel like they can't trust others, and avoid triggers for worsening symptoms, such as public speaking.
Mental health is a condition in which an individual can develop physically, mentally, spiritually, and socially so that the individual realizes his abilities, can cope with pressure, can work productively, and can contribute to his community. Rapid social changes due to modernization can cause people to lose their identity, so modern society is susceptible to stress, depression, and anxiety. On the other hand, advances in science and technology as the backbone of modernization have been misused, resulting in negative impacts in the form of environmental damage, pollution, forest encroachment, and various other types of natural damage.

Mental disorders can arise due to various factors, both within oneself and outside a person. A person's inability to deal with all kinds of life's problems will lead him to a dangerous life path, prone to shocks. That's why stress disease afflicts humans with several stages, from mild stages to the most severe and chronic stages.

Prayer is a positive activity that can train the formation of a good soul in oneself. Some studies say that prayer activities do not harm life. Activities that are done repeatedly form routines that are very healthy for the mind. In prayer activities, we train to stay calm and focused and feel we are constantly being watched. Besides, the movements are proven to make physically healthier. Prostration is one of the movements that can help smooth blood circulation to the brain.

Therefore, prayer activities are essential for mental health. Activities formed with the underlying values will create an attitude of obedience and belief in a higher power. This makes the mental always healthy because it is not against nature and a better life based on positive values (Salji et al., 2022).

CONCLUSIONS AND SUGGESTIONS

According to a health expert, Merriam-Webster, mental health is an excellent emotional and psychological state in which individuals can utilize cognitive and emotional abilities, function in their communities, and meet their daily needs. Mental health criteria consist of 4, namely: recognizing one's potential, being able to cope with everyday stress, being productive, and being beneficial to others. At the same time, unhealthy souls include mood swings, sleep disturbances, difficulty thinking, getting involved in dangerous things, and difficulty socializing with other people. With this research, it is hoped that it can be a new source of knowledge for readers, and we also hope for input or criticism for friends or every institution that reads. For future researchers, we hope to use our manuscript as a reference and continue improving the information still lacking in our literature.

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