



## **A STUDY TO FIND OUT THE EFFICACY OF SURAH REHMAN ON STRESS AMONG WOMEN SUFFERING FROM PARALYSIS: A QUASI-EXPERIMENTAL STUDY**

**AUTHORS: SadiqaBibi, Umber Fatima**

**SUPERVISOR: PROFESSOR DR. IRUM IRSHAD**

**ABSTRACT:** The present study analytically investigated the vigor of Surah Al-Rehman, the most melodic surah of Quran, in managing stress in Muslim women admitted in Physiotherapy clinic, Women Medical College (WMC), Abbottabad for the treatment of paralysis. It was a quasi-experimental study which hypothesized that women suffering from Paralysis will have high level of stress at pre-assessment level as compared to the post-assessment level. For this purpose, female patients (n=25) suffering from stress due to paralysis were selected using convenience sampling technique. Stress assessment was done utilizing PSS developed by Sheldon Cohen in 1994 which is the most widely used stress scale. The patients were made to listen to Surah Al-Rehman recited by Qari Abdul Basit two times a day for seven sequential days. After gathering the data, it was analysed on SPSS using paired sample t-test. The results clearly affirmed that Surat Al-Rehman has a vital role in curing the symptoms of stress. It was further suggested that researchers should devote their attentions on discovering the panaceas of mental and physical disorders from the divine verses of Quran.

**KEYWORDS:** Stress; Efficacy; Surah Al-Rehman

### **INTRODUCTION:**

Paralysis is defined as a body situation in which muscle functioning is lost due to impairment of nervous system. This condition can be short-lived or may be everlasting. Paralysis is sometimes confined to only a single part of body such as leg or arm, but in some cases it affects large part of the body such as right side of entire body. (Smith, 2019) Thomas (2018) described that there are internal as well as external causes of paralyse. Myopathy is a cause and a condition of weakness of muscles and is primarily genetic. Neuropathy is another cause of paralyse which is due to injury to nerves. Acute myelopathy is another factor which includes disease or injury of spinal cord. Different diseases to brain also are the factors of paralyse.

Morrison (2018) explained that it is very difficult and, in some cases, impossible to restore the elasticity of the paralyzed part of the body. Patients, in such conditions, require medication, physical therapy, surgery, mobility aids etc. The causes of paralysis are different in different people. Sometimes it is inborn while sometimes it is because of some accident. Lim et al (2017) reported that patients of spinal cord injury suffer from high level of depression, anxiety, and stress. Anderson, Vogal, Chlan, Betz, & McDonald (2007) in their survey study on patients of spinal cord injury found moderate to high level of stress and depression.

Stress as defined by Legg (2019) as a small word that makes many of us pressurized. Most of the people have only negative connotation with the term “stress” but sometimes it is also positive which is termed as “eustress”. Eustress motivates and energizes a person towards the achievement of a goal while bad stress is a factor of causing anxious feelings, decreased performance, and negative effects on health.

Sincero (2012) explained that stress is primarily a reaction, mental or physical, to an annoying condition. Stress stems from a person’s failure to bring a match between the stressor and the resources to cope with. Stress can be positive or negative, mild, moderate or severe depending upon the situation. An event can be stressful for one individual but not for the other one. There are multiple causes of stress as financial crisis, joblessness, unmanageable relations, and many more.

Freshwater (2018) explained that there are three types of stress. The first type is acute stress which is very common and caused by negative thinking about any demanding situation. Almost all the people suffer from acute stress in their lives. It is easily manageable but it can be treacherous if the person faces it again and again. A person with acute stress has headache, pain in different parts of the body, muscle problems, diarrhea or constipation, sleeplessness, high blood pressure etc. Second type of stress is episodic acute stress where a person suffers from acute stress time and again. The third and the last type is chronic stress which is very injurious for human health. One of the main reasons of chronic stress is continuous mishaps in a person life such as joblessness, accident, loss of loved one, divorce, and any other damage etc. It can result into suicide, heart-attack, or nervous breakdown etc.

Quran, as referred by Ayoub (2018), is the voice of Allah almighty and, for Muslims, a complete guideline of living a pious life, or a life that Allah wants humans to live. Quran is revealed on the prophet Muhammad by the angel Gabriel. All the Muslims recite the verses of Quran in their homes daily because its recitation brings blessings of

Allah. Each and every surah of Quran has its own importance. It is the faith of Muslims that Quran is not only the guideline from Allah to live a life but it is also significant in all the conditions always.

Rizwan (2017) suggested that surah Rehman, the 55<sup>th</sup> surah of Quran, is one of the most ornamental and wonderful surah especially because it is related with mental, physical, and emotional healings. It is a well-known saying of Hazrat Imam Jaffar that whoever will recite this surah after Fajar prayer, will definitely receive special rewards from Allah. The reciter of surah Rehman will be protected from the diseases as depression, diabetes, cancer, hypertension, anxiety etc.

Awan (2014) defined that surah Rehman is the most beautiful surah with great rhythm, poetic style, and especially the excellent use of hypnotic refrain used in the surah time and again. Quadri (2014) explained that surah Rehman is a very beautiful portrayal of heaven and hell. The holy verses of the surah tell us about the beauty of heaven and the rewards that will be given to the people in heaven. The diction of this surah is really very sublime. This surah can rightly be called as a food of soul. It really soothes the hearts of listeners and takes out of depressive conditions.

Raza (2012) reported that a young man of 22 years from Rajgarh was brought to the hospital as he had ingested wheat poisoning pills to end his life. Such cases are mostly given only 10% chances of survival by the doctors. At that time the on duty doctor, Dr Muhammad Javed, started giving the treatment where this was really a challenge because the heartbeat of the patient stopped for 150 times during the treatment. Surah Rehman's recitation by Qari Abdul Basit Misery was played in the ICU continuously during the treatment. The patient was successfully recovered which was really miraculous and the Dr said that he had treated 96 such cases during four years' experience in ICU and rescued 75 out of these. Dr also mentioned that most of Pakistani youngsters who suffer from depression, anxiety, stress, and tension commit suicide to escape from such life. It is further mentioned that most of the patients were cured with the help of surah Rehman even where medicine were failed to cure the patients.

Rehman, (2018) reported that a seminar was held about surah Rehman at Allama Iqbal Medical College Lahore where different doctors, scientists, and experts shared the evidences about the effectiveness of surah Rehman. It was reported in the seminar that the mortality rate has been reduced from 50% to 25% in ICU's by playing surah Rehman. Rehman therapy is considered as the treatment for fatal diseases for all the humanity regardless of religion or race.

Akhtar (2013) also highlighted the effectiveness of surah Rehman for the patients suffering from hepatitis, cancer, heart attack, cancer, diabetes, and paralyses. Patients of different cities of Pakistan were cured from different such diseases by Rehman therapy.

Rafique, Anjum, & Raheem (2017) explored the virtue of Surah Rehman on Pakistani women with depression. The researcher uses experimental and control group in the study for comparison purpose. The findings of the study showed that there was a clear decrease in the level of depression of treatment group who received Rehman therapy as treatment.

Sadaf (2018) reported that she herself was suffering from severe anxiety, hypertension, and depression because of divorce trauma she faced twice in her life. Her daughter was taken by her in-laws also. She consulted many physicians and psychiatrist but her condition was getting worse day by day. She started Rehman therapy and observed positive effects on her health. After Rehman therapy of seven days she came out of depression, anxiety, and hypertension.

Ahmad (2015) in his interview, talked about the tremendous effects of surah Rehman on the patients in ICU who have consumed aluminum phosphate because of stressful life events. It is presented that about 81% of the patients in ICU survived because of surah Rehman therapy. He also highlighted that the survival rate of these patients in India is 22% only as India stands on second in this context, so, this is a world record. Rehman therapy, is no doubt, an ultimate cure for all disorders and diseases whether physical or psychological.

Sami and Mehwish (2018) found Surat Rehman very beneficial for managing severe depression. They both were in a state of depression due to family and academic issues. They said that they were in the deep dark phase of their life. They were totally unable to cope up with the situation. So they started listening Surat Rehman and found it very effective. Now they are living a very successful and peaceful life as a teacher and a dress designer respectively.

Haroon (2018) was suffering from hepatitis B and C. He was dropped from his final interview for Pakistan air force in 2005 because he was diagnosed with hepatitis. From 2005 to 2011 he went for all types of treatments such as allopath, homeopathy, and other traditional treatments. He was suggested by his physician to start the course of Interferon injection in 2011 and he did it. But all the treatments were totally useless and gave him no benefits. The doctors had refused him that his illness is incurable. He had hid his illness from his family even and now he was in great depression. Then he went to Dr. Javed after

his friend suggestion and started Surat Rehman Therapy. After seven days he went to his consultant where he was rechecked and surprisingly his medical reports were negative. Now he is living a healthy and successful life as an advocate.

Stress, anxiety, and depression are common dilemmas of the current societies. Majority of the population is suffering from these psychological illnesses. A stressful person can't function productively for him/herself for society. Stress can stem out from many factors such as fatal diseases, poverty, tensions, psychological problems, family or job issues etc. A stressed or depressed person is not able to cope with these hardships. It is very essential for a person to be mentally healthy and fit to grapple with the hardships of life. As the purpose of the current study is to highlight the cogency of Surat Rehman in deteriorating the level of stress among paralysees patients, so it will be very helpful to bring into the awareness of the people about how to reduce their level of stress and be mentally healthy.

#### **METHODOLOGY:**

##### **STATEMENT OF THE PROBLEM:**

The problem under study was to explore the efficacy of Surah Rehman on stress among women suffering from Paralysis.

##### **OBJECTIVE:**

The objective of the present study is to investigate the efficacy of Surah Al-Rehman for managing stress in women admitted for treatment of Paralysis.

##### **RESEARCH HYPOTHESIS:**

- i. It is hypothesized that women suffering from Paralysis will have high level of stress at pre-assessment level.
- ii. It is further hypothesized that women suffering from Paralysis will have decreased level of stress at post-assessment level.

##### **POPULATION AND SAMPLING:**

Population of the present study was the female patients of paralysis of Physiotherapy clinic of Women medical College (WMC), Abbottabad city. The total data for the study was 25 female patients of paralysis. Whole data was collected from Physiotherapy clinic of WMC Abbottabad city using convenience sampling technique.

## **INSTRUMENT**

### **PERCEIVED-STRESS SCALE (PSS):**

Perceived-Stress Scale PSS, developed by Sheldon Cohen in 1994, is extensively used scale to measure the level of stress among people. The scale has total 10 questions, each question has five answer options: Never = 0, Almost Never = 1, Sometimes = 2, Fairly Often = 3, and Very Often = 4. Questions 4, 5, 7, and 8 are reverse questions therefore these questions will be reversed scored. The total scores can range from 0 to 40. Scores 0 to 13 indicate a very low level of stress, scores 14 to 26 indicate a moderate stress level, and scores 27 to 40 exhibit a high level of stress.

### **SURAT REHMAN:**

Surat Rehman is a beautiful and ornamented surah of Quran. It is 55<sup>th</sup> surah with total 78 Ayahs. The name of surah is basically the name of Almighty Allah and it also starts with that name i.e. Rehman, means most merciful. This surah, due to the ornamented style, is also known as the bride of Quran. A delicate refrain used in the surah for 31 times added into the charm and the grace of the surah. The recitation of the surah is very beneficial for a lot of physical, mental, and other problems.

### **METHOD OF LISTENING SURAT REHMAN:**

The method of listening Surah e Rehman in the voice of Qari Abdul Basit Abdul Samad is as follows:

Close your eyes and feel the presence of Allah.

Forgive everyone and ask Allah to forgive you.

Now start listening Surah e Rehman in the voice of Qari Abdul Basit Abdul Samad.

When the recitation is over, say Allah, Allah, Allah with your heartbeat.

Now open your eyes and drink water in three potations.

Repeat the entire process two times a day i.e. morning and night for seven days.

### **ETHICAL CONSIDERATIONS:**

Written informed consent was taken from the subjects. Topic of study was approved by ETHICAL COMMITTEE OF DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF PESHAWAR.

### **DATA ANALYSIS PROCEDURE:**

All data was entered and analyzed by using SPSS version 20.0.

**RESULTS:***Table 1: Results of Paired sample T-test analysis to see the effects of listening Surat Al-Rehman on stress.*

Level of Stress						95% CI for Mean Difference		t	df
Pre-test values			Post-test values						
M	SD	n	M	SD	n				
25.64	5.51	25	14.16	4.51	25	9.19,13.76		10.39	24

\*  $p < .00$ .

Table 1 of paired sample test indicates that listening Surat Al-Rehman is significantly effective in reducing the level of stress at post-test level.  $t(25) = 10.39, p = .00$ .

**DISCUSSION:**

Quran is the holy Book of Muslims which was revealed on the Holy Prophet Muhammad (P.B.U.H). It is the message of Allah for the human beings how to live their lives. Quran gives the answers of every question about life e.g. how to live life etc. It is rightly considered as a book of guidance for all people. There are a lot of benefits of the Holy book. Its recitation has a healing power for mental and physical problems. It gives peace of heart and mind. It also provides relief from tensions and worries. (Ali, S. A. 2019). As Ghiasi and Keramat (2018) investigated the effects of listening Quran on the level of anxiety and the results of the study indicated that listening the recitation of Quran reduces the level of anxiety among the participants.

Mahjoob, Nejati, Hosseini, and Bakhshani (2014) also tried to explore the effects of the recitation of holy Quran on the mental health of patients. The importance of the listening the recitation of Quran can be traced from the suggestions of this study where it has recommended that psychologists and mental health practitioners should prescribe the listening of Quran for improving the mental of the patients.

The current study also focuses upon the effects of listening Holy Quran on stress. It was hypothesized in the study that listening the holy surah Al-Rehman in the voice of Qari Abdul Basit Abdusamd will reduce the level of stress among the female patients. The results of the study supported the efficacy of surah Al-Rehman in lowering the level of

stress among the patients. Darabinia, Gorji , and Afzali (2017) explored the effects of listening Quran on the mental health of medical staff of Mazandaran University of Medical Sciences. It was concluded that listening of holy Quran improves the mental health of the people.

Another experimental study by Amjad, Alhouseini, Al-Shaikhli, Rehman, and Alarabi (2014) also supported that people suffering from anxiety and stress were relieved by listening the holy Quran. Rana and North (2007) in their experimental study on 175 people suffering from psychotic depression investigated the efficacy of drugs, psychotherapy, music, some other treatments, and recitation of Holy Quran. The results of the study indicated that the level of depression decreased more drastically in the group that was listening the recitation of Quran.

The present study focused only on stress among Muslim women with a very small sample so the generalizability of the study is questionable. Moreover, the situations of the study were not controlled, so there can be some other factors responsible for change at post-test level.

The focus of the study was on the patients of paralyses, there are other many illnesses like cancer, heart diseases, and TB etc. in which patients experience severe stresses and depression. So, further researches can be conducted on other diseases to check the effectiveness of surah Al-Rehman in managing mental problems. Secondly the sample was consisted on Muslim women only, so it is required to conduct studies on sample from other religious communities as well as on both genders. Efficacy of surah Al-Rehman should also be investigated on other physical as well as mental diseases.

#### **CONCLUSION:**

This aim of the present research was to explore the impact of listening Quranic verses specifically verses of Surah Al-Rehman in Arabic language by Qari Abdul Basit Misery on stress among the paralyses patients. In Quran Allah says, “This sacred book is ‘shifa’ for its followers” and by “shifa” we mean ‘physical, mental and spiritual healing (Kassis and Rahman 1983). The results of the study also indicate that listening Surah Rehman has an exceptional role in decreasing the symptoms of stress among the female patients of paralyses. Surah Al-Rehman reduces depression, anxieties, and stresses from one’s heart and is a useful non-pharmacological treatment for improving mental health of patients.

**REFERENCES:**

- Ahmed, M. J. (2015). Surah Al-Rehman as Ultimate Remedy. Retrieved from <https://www.youtube.com/watch?v=8QEtKEGpPOY>
- Akhtar, M. (2013). *Treatment of incurable diseases through Surah Rehman. UBQARI: The center for peace and spirituality*. Retrieved from <https://ubqari.org/edition/en/details/97-Ubqari-Magazine-March-2013>
- Ali, S. A. (1019). The Holy Quran. Retrieved from <http://www.iqra.net/students/competition/jecom2.html>
- Amjad, M. R., Alhouseini, A., Al-Shaikhli, I. F., Rehman, A. W. B. A., & Alarabi, K. (2014). Stress Assessment While Listening to Quran Recitation. *International Conference on Computer Assisted System in Health*. DOI: [10.1109/CASH.2014.14](https://doi.org/10.1109/CASH.2014.14)
- Anderson, C. J., Vogel, L. C., Chlan, K. M., Betz, R. R., & McDonald, C. M. (2007). Depression in Adults Who Sustained Spinal Cord Injuries as Children or Adolescents. *PMC*. DOI: [10.1080/10790268.2007.11754609](https://doi.org/10.1080/10790268.2007.11754609)
- Awan, H. (2014). Seeking God Through Need and Thanks: A Reflection on Surah Ar-Rahman. Retrieved from <https://almadainstitute.org/blog/seeking-god-through-need-and-thanks-a-reflection-on-surah-ar-rahman/>
- Ayoub, M. (2018). *The Quran in Muslim Life and Practice*. The institute of Ismaili Studies. Retrieved from <https://iis.ac.uk/quran-muslim-life-and-practice>
- Darabinia, M., Gorji, A. M. H., & Afzali, M. A. (2017). The effect of the Quran recitation on mental health of the Iranian medical staff. *Journal of Nursing Education and Practice*. DOI: [10.5430/jnep.v7n11p30](https://doi.org/10.5430/jnep.v7n11p30)
- Freshwater, S. (2018). *3 Types of Stress and Health Hazards*. Retrieved from <https://spacioustherapy.com/3-types-stress-health-hazards/>
- Ghiasi, A & Keramat, A. (2018). *The Effect of Listening to Holy Quran Recitation on Anxiety: A Systematic Review*. DOI: [10.4103/ijnmr.IJNMR\\_173\\_17](https://doi.org/10.4103/ijnmr.IJNMR_173_17)
- Haroon, M. (2018). Muhammad Haroon Hepatitis B & C was Cured By Listening Surah Alrehman Therapy. Retrieved from [https://www.youtube.com/watch?v=4nvR-rtaZ\\_Y](https://www.youtube.com/watch?v=4nvR-rtaZ_Y)
- Kassis, H. E., & Rahman, F. (1983). *A concordance of the Qur'an*. Berkeley: University of California.

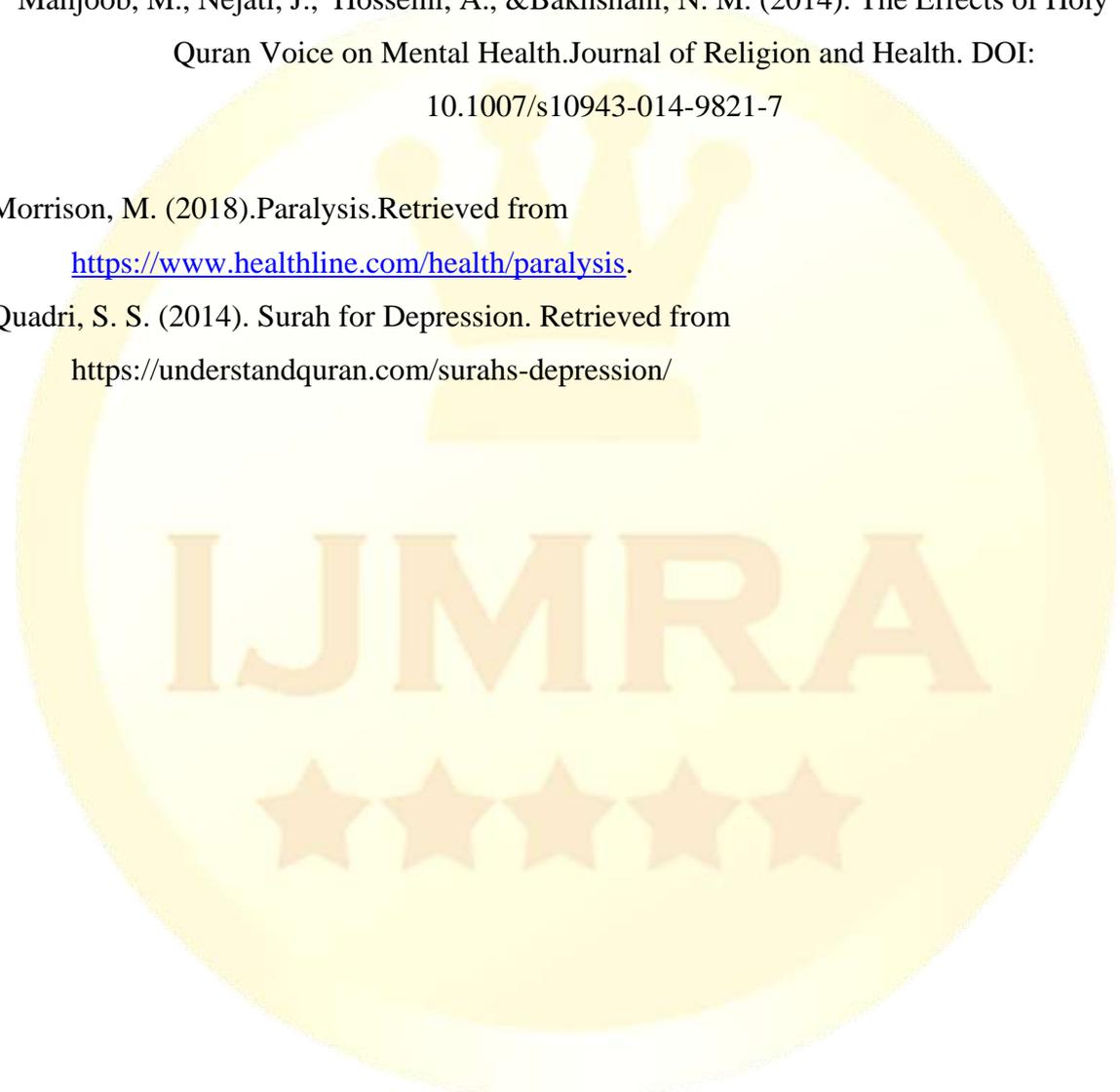
Legg, T. J. (2019). *Psychological Stress, Physical Stress, and Emotional Stress*. Retrieved from <https://www.healthline.com/health/psychological-stress>

Lim, S. W. et al. (2017). Anxiety and Depression in Patients with Traumatic Spinal Cord Injury: A Nationwide Population-Based Cohort Study.  
doi: 10.1371/journal.pone.0169623

Mahjoob, M., Nejati, J., Hosseini, A., & Bakhshani, N. M. (2014). The Effects of Holy Quran Voice on Mental Health. *Journal of Religion and Health*. DOI: 10.1007/s10943-014-9821-7

Morrison, M. (2018). Paralysis. Retrieved from <https://www.healthline.com/health/paralysis>.

Quadri, S. S. (2014). Surah for Depression. Retrieved from <https://understandquran.com/surahs-depression/>



- Rafique, R., Anjum, A., & Raheem, S. S. (2017). Efficacy of Surah Al-Rehman in Managing Depression in Muslim Women. *National Center for Biotechnology Information*. Doi: 10.1007/s10943-017-0492-z.
- Rana, S. A. & North, A. C. (2007). The Effect of Rhythmic Quranic Recitation on Depression. *Journal of Behavioural Sciences*. Vol. 17. Retrieved from <https://search.proquest.com/openview/8a0a414681c0c993605ab6bb6a96e9c1/1?pq-origsite=gscholar&cbl=136244>
- Raza, A. (2012). *A doctor who prescribes a dose of Quranic verses*. Retrieved from <https://www.dawn.com/news/705440/a-doctor-who-prescribes-a-dose-of-quranic-verses>
- Rehman, A. (2018). Spiritual Power Of Surah Ar-Rehman. Medical Practitioners and Scientists Prescribe a Dose as a Cure for Ailments and Life-Threatening Diseases. Retrieved from <https://www.dentalnewspk.com/spiritual-power-of-surah-ar-rehman/>
- Rizwan, M. (2017). Five reasons you should recite surah Rehman daily. Retrieved from <https://pakistanthinktank.org/5-reasons-you-should-recite-surah-rehman-daily-by-maham-rizwan>
- Sadaf, D. (2018). Cure of Severe anxiety and depression by listening Surah al Rehman therapy. Retrieved from <https://www.youtube.com/watch?v=NI45tPcL0MM>
- Sami, S. & Mehwish. (2018). Cure Of Depression By Listening Surah Alrehman Therapy. Retrieved from <https://www.youtube.com/watch?v=RI28HDjSbfk>
- Sincero, S. M. (2012). What is Stress? Retrieved from <https://explorable.com/what-is-stress>
- Smith, Y. (2019). *What is paralysis?* Retrieved from <https://www.news-medical.net/health/What-is-Paralysis.aspx>
- Thomas, L. (2018). *What causes paralysis?* Retrieved from <https://www.news-medical.net/health/What-Causes-Paralysis.aspx>