
Fiqh Contemporary Health In Perspective Mental Health Of Muslims

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Abstract

The development of modern life has presented various psychological challenges that have a significant impact on the mental health of humans, including Muslims. Social pressures, changing values, and the complexity of contemporary life have made mental health disorders a serious issue affecting the quality of life of individuals and society. This article aims to analyze the role of contemporary health jurisprudence (fiqh) in developing and maintaining the mental health of Muslims through a normative and contextual approach. This research uses qualitative methods with a library study of classical and contemporary fiqh sources and mental health literature. The results indicate that contemporary health jurisprudence places mental health as an integral part of the goals of Islamic law, particularly in protecting the soul and mind. Health jurisprudence also encourages a holistic approach through the integration of spiritual, psychological, and social values, while also playing a role in reducing the stigma of mental disorders and building collective awareness among Muslims. These findings confirm that contemporary health jurisprudence has a strategic contribution to the sustainable and dignified development of the welfare of Muslims.

Keywords: Health Fiqh, Mental Health, Maqāṣid al-Syarī'ah, Contemporary Islam, Welfare of the Ummah.

INTRODUCTION

The development of human civilization in the modern era has brought rapid changes across various aspects of life, ranging from communication patterns and work systems to social structures. While these transformations offer many conveniences, they simultaneously present new and increasingly complex pressures for individuals. These massive shifts affect how humans think, feel, and interact, directly impacting psychological conditions and mental health (Hasan & Mud'is, 2022). In a life full of productivity demands, competition, and high social expectations, individuals are often faced with unstable psychological states. Excessive anxiety, prolonged stress, insecurity, loneliness, and existential pressure have become increasingly common phenomena. Mental health is no longer merely an individual issue but has evolved into a social concern affecting the broader quality of community life (Harahap et al., 2024).

The rising phenomenon of mental health disorders cannot be separated from modern social structures that emphasize efficiency, speed, and material success. An increasingly pragmatic life orientation often shifts human attention away from inner balance toward purely worldly achievements. Consequently, many individuals lose their sense of meaning, spiritual direction, and inner peace, even when they appear materially successful (Mansyur, M. S., 2022).

As part of the global community, the Muslim Ummah also feels the impact of these changes. The lives of Muslims today are inseparable from the pressures of globalization, technological disruption, and the penetration of new values that do not always align with Islamic teachings. The tension between religious values and modern reality often creates internal conflicts leading to psychological distress, particularly among the younger generation. On the other hand, Rohman (2025) notes that Islamic teachings have always viewed humans as holistic beings consisting of physical, intellectual, and spiritual dimensions. These three dimensions are inseparable. When one aspect is disturbed, the overall balance of human life is compromised. Therefore, mental health in Islam is understood not just as the absence of mental disorders, but as a state of harmony between the physical, psychological, and spiritual selves.

The Qur'an describes the "tranquil soul" (*nafs al-mutma'innah*) as one of the primary goals of human life. Many verses emphasize the importance of peace of heart, firmness of faith, and emotional

stability as the foundation of a happy life. This indicates that mental health holds a vital position within the framework of Islamic teachings, serving as a prerequisite for a meaningful and dignified life (Mukminina, U., 2025). However, in modern practice, the spiritual dimension is often marginalized by material demands and worldly busyness. Acts of worship, self-reflection, and the strengthening of faith are no longer top priorities for some. This condition leads to an inner vacuum that ultimately weakens an individual's mental and spiritual resilience when facing life's pressures—such as economic failure, family conflict, academic stress, and future uncertainty. Without a strong spiritual foundation and a healthy social support system, individuals become more vulnerable to sustained psychological distress. In this context, a comprehensive approach to addressing the mental health of the Muslim Ummah is becoming increasingly urgent. Such an approach must not only rely on modern medical or psychological perspectives but must also integrate the religious values and Islamic ethics that have proven effective in shaping psychological resilience.

Islamic jurisprudence, as a system of guidance, plays a strategic role in regulating the lives of the Ummah, not only in ritual worship but also in social and humanitarian dimensions. Over time, this legal framework has undergone dynamic expansion, giving rise to contemporary branches, including Health Jurisprudence, which seeks to respond to modern health issues contextually and practically (Ismail, H., 2025). This contemporary framework emerged as a collective intellectual effort (*ijtihad*) by scholars to answer the increasingly complex challenges of the era, particularly in the health sector. It encompasses various medical issues, health ethics, and psychological problems faced by modern humans, including the urgent need to address mental health systematically. According to Hasana, N., & Novira, N. (2025), within the framework of *maqāṣid al-syarī'ah* (the objectives of Islamic law), the protection of life and the intellect are two primary goals. Mental health disorders directly threaten both aspects. Therefore, maintaining the mental health of the Ummah is not only a medical necessity but also a religious obligation with legal and moral dimensions in Islam. When mental health is neglected, the impact is felt not only by the individual but also by families, communities, and overall social stability.

The rise in social conflict, domestic violence, substance abuse, and various behavioral deviations are often rooted in poorly managed psychological disorders (Maulana et al., 2023). This reality demands an integration of modern scientific approaches and Islamic values in formulating sustainable mental health solutions. Contemporary health jurisprudence has great potential to serve as a bridge between medical science, psychology, and Islamic spirituality in building a holistic and equitable mental health system. Furthermore, this perspective plays a role in raising awareness among the Ummah regarding the importance of maintaining mental health as a part of worship and religious responsibility (Mustofa, 2025). This awareness is a vital foundation for building a psychologically healthy culture within Muslim society. Currently, public understanding of mental health from an Islamic perspective remains relatively limited. Stigma, misunderstandings, and a lack of mental health literacy cause many individuals to be reluctant to seek help or acknowledge their psychological condition. Consequently, mental disorders often progress without adequate treatment. Therefore, academic studies on contemporary health jurisprudence regarding the mental health of the Muslim Ummah are crucial to strengthening the scientific basis, broadening the community's insights, and encouraging the birth of social policies and practices that favor mental well-being.

This study is expected to provide a conceptual contribution to formulating a legal and ethical approach that is more responsive to mental health problems. It also serves as a reference for health practitioners, educators, and policymakers in developing mental health service systems grounded in Islamic values. Thus, the discussion of contemporary health perspectives is not only of academic relevance but also of practical urgency in answering the challenges of the Muslim Ummah in an increasingly complex and high-pressure modern era. Ultimately, the integration of jurisprudence, psychology, and Islamic spirituality is expected to give rise to a new paradigm in developing mental health for the Ummah that is more humane, equitable, and sustainable, in line with the ultimate goal of Islamic law: to realize the welfare of all humanity.

RESEARCH METHODS

This study employs a qualitative approach through library research, which relies on an in-depth review of various written sources relevant to the theme of the study (Sari, M., & Asmendri, 2020). This approach was selected because the research focus is not on quantitative measurement, but rather on conceptual, normative, and contextual understanding of contemporary health jurisprudence and its relationship with the mental health of the Muslim Ummah. This study seeks to explore the meanings, principles, and values contained within Islamic scholarly sources and mental health literature to be analyzed systematically.

The research data sources consist of primary and secondary sources. Primary sources include the Qur'an, Hadith, classical and contemporary texts of Islamic jurisprudence, as well as the works of scholars and Muslim intellectuals discussing *maqāṣid al-syarī'ah*, health ethics, and Islamic legal frameworks. Meanwhile, secondary sources include books, scientific journals, academic articles, and institutional reports related to mental health, Islamic psychology, and contemporary health issues. The selection of sources is conducted selectively, considering relevance, credibility, and the recency of the information.

Data collection techniques are carried out through documentation and literature study—specifically by reading, reviewing, noting, and classifying information directly related to the research focus. The collected data is then organized thematically to facilitate the analysis process. The researcher also performs a comparison between the opinions of scholars and experts to obtain a more comprehensive picture of the development of Islamic legal thought regarding health and the concept of mental health in Islam.

Data analysis is conducted using a descriptive-analytical method, which involves presenting the data systematically and then analyzing it using the frameworks of Islamic legal thought and *maqāṣid al-syarī'ah*. A normative approach is used to understand the foundations of Islamic law, while a contextual approach is applied to adapt these concepts to the realities of the mental health of the Muslim Ummah in the contemporary era. Through this analytical process, the research is expected to produce a holistic, critical, and applicable understanding of the role of contemporary Islamic health frameworks in maintaining and improving the mental health of the Muslim Ummah.

RESULTS AND DISCUSSION

The phenomenon of increasing mental health disorders among the Muslim Ummah in the modern era demands a scholarly approach that is not only medical or psychological but also normative and spiritual. The complexity of mental health issues cannot be understood partially, as they simultaneously affect the dimensions of the human intellect, soul, and spirituality. Therefore, this study positions contemporary health jurisprudence as the primary analytical framework for understanding and formulating mental health solutions for the Ummah. The literature review results indicate that this contemporary legal framework possesses a strong conceptual and normative capacity to address the mental health problems of the Ummah. It functions not only as a legal system regulating human actions but also as an ethical guide that shapes awareness, behavior, and social structures.

Budiman, A. (2022) states that in the context of mental health, Islamic jurisprudence provides religious legitimacy for efforts in prevention, treatment, and rehabilitation of mental disorders. This section will systematically outline how contemporary health perspectives position mental health as an integral part of the objectives of Sharia, how the integration of spiritual, psychological, and social approaches is built, how this framework plays a role in eliminating the stigma of mental disorders, and the implications of these concepts for the overall welfare of the Muslim Ummah.

Mental Health as an Integral Part of the Objectives of Sharia

Mental health, from the perspective of contemporary health jurisprudence, occupies a fundamental position because it is directly related to the primary objectives of Islamic law. Within the concept of *maqāsid al-syarī'ah*, preserving life (*hifz al-nafs*) and preserving the intellect (*hifz al-'aql*) are two of the five core objectives of the Sharia. Mental health disorders—whether in the form of chronic stress, anxiety, depression, or other psychological conditions—directly threaten the continuity of these two objectives (Rahajeng, 2025). This study finds that contemporary scholars increasingly emphasize that mental health is not merely an individual matter but concerns the welfare of the Ummah as a whole. Individuals experiencing mental health issues will face difficulties in performing acts of worship, fulfilling social roles, and meeting community responsibilities. Thus, maintaining mental health becomes part of the collective obligation of the Muslim Ummah.

Contemporary health perspectives expand the scope of Islamic law by including mental health issues as part of religious responsibility (*syar'i*). Preventive measures against mental disorders, the provision of mental health services, and the offering of social and spiritual support are viewed as realizations of Sharia values in real life. Furthermore, the *maqāsid* approach ensures that mental health is no longer narrowly understood as a medical issue but as a pillar of human well-being. This demonstrates that Islam's concern for mental health has been deeply rooted in the structure of Islamic legal objectives since its inception. In this context, contemporary health jurisprudence serves as a bridge between normative Islamic texts and the social reality of the Ummah, presenting legal and ethical formulations that are responsive to modern psychological problems without losing their normative roots in Islamic teachings. Therefore, it can be concluded that mental health is not just an additional issue in legal studies, but an integral part of the primary goal of Sharia in safeguarding human dignity, welfare, and survival.

Integration of Spiritual, Psychological, and Social Approaches

Research results show that contemporary health jurisprudence encourages a holistic and integrative approach to mental health management. Islam views humans as a unity of body, intellect, and spirit; therefore, mental disorders cannot be healed through a single-dimensional approach alone (Musripah, M. 2024). The spiritual approach plays a vital role in building individual mental resilience. Acts of worship such as prayer (*shalat*), remembrance (*dhikr*), supplication (*dua*), and the recitation of the Qur'an are proven to have a calming effect on the soul, strengthening the meaning of life and fostering hope and optimism. The Islamic legal framework provides religious legitimacy for these practices as a means of spiritual therapy.

On the other hand, contemporary perspectives do not deny the role of modern psychology and medical science. Rather, medical and psychological approaches are viewed as forms of effort (*ikhtiyar*) that align with Sharia principles in preserving human life and intellect. This integration gives rise to an Islamic-based mental health service model that is collaborative rather than dichotomous (Kholiq, A., & Supriani, N. 2025). Psychological counseling, medical therapy, and spiritual guidance work hand-in-hand within a complementary system. Harahap et al. (2024) emphasize that the social approach also plays a central role. The family environment, community, and religious institutions function as primary support systems for individuals with mental health issues. This framework encourages a culture of empathy, solidarity, and social care within Muslim society. Thus, spiritual, psychological, and social integration becomes the main foundation for building a sustainable and dignified mental health system for the Ummah.

The Role of Islamic Jurisprudence in Eliminating Stigma and Building Awareness

A key finding of this research is that the stigma surrounding mental disorders remains a major obstacle to the recovery of the Muslim Ummah. Many individuals are reluctant to seek help for fear of being labeled as having "weak faith," being ungrateful, or being unable to control themselves. Contemporary health jurisprudence plays a strategic role in correcting these perceptions. By affirming that mental disorders are health conditions requiring professional treatment, it helps shift public perception from stigma toward scientific and empathetic understanding (Cahya, A. N. 2024). Through legal rulings (*fatwas*), scholarly studies, and preaching (*da'wah*), this framework builds awareness that

seeking medical and psychological help is not a sign of weak faith, but a form of effort encouraged by Sharia. This strengthens social legitimacy for individuals to access mental health services without fear or shame.

Furthermore, this perspective builds a culture of protection for vulnerable groups. The community is encouraged to provide support, not judgment, to those experiencing mental distress. This paradigm shift directly impacts the increase in mental health literacy among the Ummah. The resulting collective awareness creates a social environment that is safer, more open, and more inclusive. Consequently, contemporary health jurisprudence plays a role not only in formulating laws but also in shaping a psychologically healthier social culture.

Implications for the Welfare Development of the Muslim Ummah

The application of contemporary health jurisprudence to mental health issues has a broad impact on the welfare development of the Muslim Ummah. Setiawan, Solikhina & Nada (2022) note that mentally healthy individuals tend to be more stable, productive, and capable of performing their social and religious roles optimally. Meanwhile, Fajar et al. (2025) state that at the family level, good mental health creates harmonious relationships, healthy parenting patterns, and a safe emotional environment for the younger generation to grow. This contributes directly to the quality of human resources within the Ummah. At the social level, a community with mental health awareness will be more resilient in facing social changes, economic crises, and global challenges. Collective psychological resilience becomes an essential asset in maintaining the stability and sustainability of the Ummah's life.

Contemporary health jurisprudence, therefore, functions as a framework for civilizational development that positions mental well-being as one of the main pillars of progress in Muslim society. Finally, it can be emphasized that the integration of legal values, psychology, and Islamic spirituality is not only a solution for individual mental health issues but also the foundation for the sustainable, dignified, and equitable development of the Muslim Ummah (Mardiana et al., 2025).

CONCLUSIONS

Based on the results and discussions presented, it can be concluded that contemporary health jurisprudence plays a vital role in building and maintaining the mental health of the Muslim Ummah amidst the complexities of modern life. Mental health is not merely a medical or psychological issue but an integral part of the objectives of Sharia (*maqāṣid al-syarī'ah*), which is oriented toward the protection of life and the intellect as the foundation of human welfare. Contemporary health jurisprudence offers a holistic approach through the integration of spiritual, psychological, and social values in managing mental disorders. This approach strengthens individual mental resilience, reduces social stigma toward those with mental health conditions, and builds a collective awareness among the Ummah that maintaining mental health is a part of both religious and humanitarian responsibility.

The application of this Islamic health framework to mental health issues provides a tangible contribution to the welfare development of the Muslim Ummah. Mentally healthy individuals are able to fulfill their religious and social roles optimally, while a society possessing collective mental resilience becomes more stable, productive, and resilient in facing the challenges of the era. Thus, contemporary health jurisprudence is not only relevant as an academic study but also serves as a paradigm for the sustainable and dignified development of the civilization of the Muslim Ummah.

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