THEMATIC ANALYSIS OF RESEARCH STUDIES ON MAQASID SHARIAH AND MENTAL HEALTH

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ABSTRACT

Debates and discussions related to mental health are closely related to maqasid al-shariah encompassing worldly and religious affairs, especially the aspects of tahsiniyyat and kamaliyyat to complete the essentials or necessities (daruriyyat). Published literature and articles have shown an increased interest in the intellectual discourse related to maqasid al-shariah. The objective of this research is to analyze and examine past literature on maqasid al-shariah related to mental health between 2017 to 2021. This research is conducted in the form of the descriptive method through document analysis of past literature from online articles and journals under the keyword "maqasid al-shariah" with mental health derived from an online database including books and conference papers published in various fields. This research seeks to analyze selected articles by identifying several variables that encompass several patterns such as number of articles published, year of publication, number of authors, research approach, subject, and gender of the authors. The general findings of this research show majority of past research are based on the qualitative method. Besides that, the discussion on the concept of maqasid al-shariah related to mental health issues is an unchartered area that still requires need in-depth research in the context of the society from the aspects of children, adolescents, and the elderly. This research is expected to be a guide for further research.

Keywords: *Mental health, Islam, Maqasid Shariah, Literature Review, DataBase*

1.   INTRODUCTION

Mental health issues are becoming more prevalent and concerning towards the end of this decade as occurrences of anxiety, depression and other mental illnesses are on the rise. (Mitha, 2020). Some mental health researchers at the global level indicate that Muslims today are no exception in facing the challenges of mental health particularly in the large and small community areas as well as interpersonal aspects (Genc & Baptist, 2020; Tanhan & Young, 2021). This reflects that mental illness can befall anyone, regardless of race and religion. Moreover, according to the World Health Organization (WHO) half of practically all types of mental illness begin as early as 14 years of age as most go undetected and untreated at an early stage (Daily News, 2018). Meanwhile, in Malaysia, it is estimated that almost 500,000 individuals aged 16 and above suffered from depression during the Covid-19 pandemic (Harian Metro, 2021).

According to the World Health Organization (WHO), mental health is a state of well-being in which an individual is aware of their abilities, can cope with the normal life stresses of life, can work productively, and can contribute to society (WHO, 2004). Mental healthcare is very much in line with one of the concepts of maqasid al-shariah which is the preservation of the mind and intellect in the context of Islam. Indirectly mental health is an evolving research topic that is closely linked to spirituality and religion (Carey et.al., 2021; Tanhan, 2019). Studies on mental health and the relationship with religion, especially from the maqasid al-shariah point of view, are constantly expanding over time. The debate and writing development on the knowledge of maqaṣid al-shariah mainly occurred among past scholars as well as the contemporary scholars and the present experts. All of these demonstrate the maturation of maqaṣid al-shariah knowledge which has long begun and has been occurring for some time (Ahmad Syukran Baharuddin et.al, 2020).

Violence, discrimination, cultural norms and social duties are just a few of the many social causes of mental illness (Alibudbud,2022). However, the past two (2) years has seen the escalation of discussion on Covid-19 pandemic as the triggering factor of mental illness. The Covid-19 pandemic has posed significant impact on public mental health (Cui et.al,2022). It is interesting to note that mental health has emerged to be significant and has caused the awareness of the public in comprehending this issue. Some of the factors of mental illness associated to Covid-19 pandemic includes consumption of online misinformation (Verma et.al,2022), retrenchment, decrease of income (Murat et.al, 2022) and fear of the future due to Covid-19 pandemic impact especially for younger generations (Wu et.al, 2022).

The preservation of the mind and intellect about mental is an important aspect emphasized in Islam. This is because the preservation of the mind forms the five important elements of maqasid al-shariah. The mind and mental state need to be holistically preserved and well-balanced in life. Every effort that can nurture the function of human intellect and mental intelligence should always be encouraged. On the other hand, things that can affect the function of the mind and mentally such as alcohol consumption is strictly prohibited (Sharifah Fadylawaty et.al, 2019). Also, there are some individuals with Mental health problems that could also lead to suicidal attempts or end their life by committing suicide. However, the prohibition of suicide has been strictly stated in Islam because Allah SWT is Most Merciful to human beings. The command of Allah SWT plays a major role in the prevention of any action which can cause injury and destruction to oneself and society. (Husain, 1998).

According to Siti Nazurulaina et.al (2021), the increase in mental health is closely associated with several factors such as criminal cases, social symptoms, drug abuse, incest, rape cases, and so on. In addition, studies show that persistent psychosocial stress such as negative attitudes discrimination, and physical and verbal attacks also cause stress on mental health (Tanhan, 2019). These are the situations that caused many Muslims to face mental problems, especially those living in Muslim minority countries (including the majority of Muslims) as shown in the study conducted by Koenig and al-Shohaib (2019). The study stated that 62 percent of Muslims who live in the United States have symptoms of mental illness such as depression.

This study looks at the extent of mental health development in the context of Islamic studies related to maqasid al-shariah based on observations on the study and writing of articles published by academics over the last 5 years. Therefore, based on the questions raised, this study was conducted to analyze the development of maqaṣid al-shariah and mental health through a re-examination of the literature review published by academics through several databases available online.

2. METHODOLOGY

This article applies a descriptive analysis based on the literature on mental health issues and their relation to Islamic studies especially maqasid al-shariah for five (5) years between 2017 and 2021. Data were collected using database software for Web of Science (WOS) status journals), Scopus and MyJurnal as well as through Mendeley and Google Scholar in the scope of the search are only focused on Malay and English, to identify journal articles that describe mental health issues and keywords with maqasid al-shariah. WOS and Scopus

are academic literature databases that store thousands of selected writings from around the world. While MyJurnal is a database of literature collection published in Malaysia.
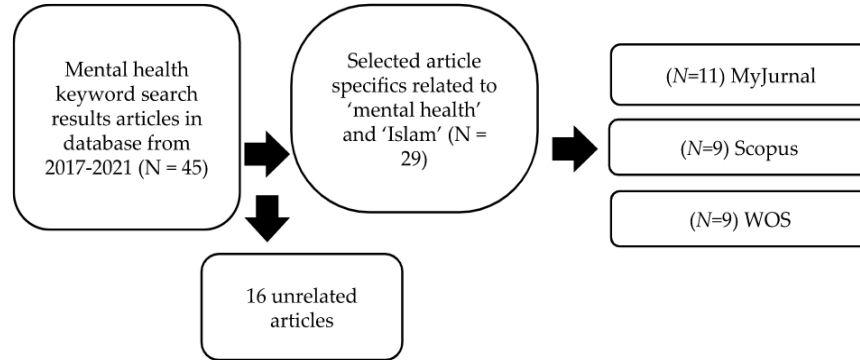

Figure 1. Search of an article from the database (Inclusion and exclusion criteria in the thematic review)

This review focused specifically on articles written within the scope of the study and only relevant articles were collected. Searches from several databases are filtered by the following keywords.

"*Kesihatan Mental*" OR "*Islam*" OR "*Maqasid*"

Further, the search is limited only in the scope of the research. This study has used a descriptive research approach that will highlight the general trends of the journals reviewed and obtain information related to mental health and Islam. However, only 29 articles were linked to the keyword mental health in Islam while 16 other articles were excluded because there were similarities and irrelevance, in addition to inaccessible articles as shown in Figure 1.

Results generated from 29 articles using word cloud found some of the following keywords:

Figure 2. Generated Results of World Cloud Through 29 Articles

3.   RESULT

Preliminary searches in the database for this study showed that over 100 probability articles were having the same topic and keywords. However, only 29 articles met the requirements of the study. Thus, this section will analyze the information from the three database sources (MyJurnal, Scopus, and WOS) displayed and discussed according to different topics. The following is a concept map of the research results for a total of 29 selected articles:
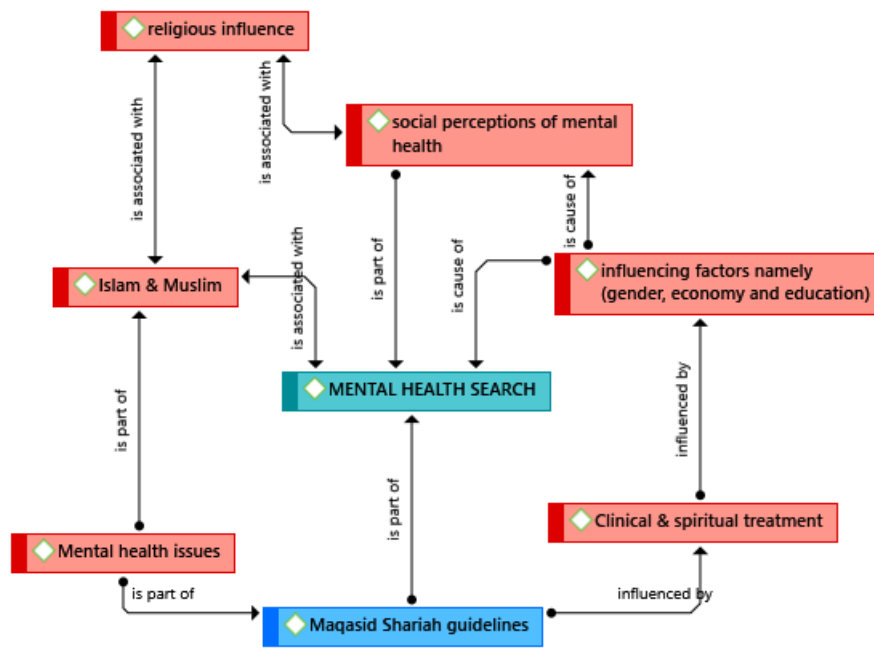

Figure 3: The concept map of the research keywords

3.1   *Theme 1: Year of publication*

Meanwhile, the first theme of the articles is shown in table 1. Based on search results of articles published by year order from 2017 to 2021. Based on the average, articles published annually from 2017 to 2021 were 5 to 6 articles per year. In 2017, only a few articles were produced, namely 3 articles, but in the following years there was an increase in articles produced. As a result, it has become clear that these research areas are still relatively new and require further investigation.

Table 1. Numbers of the article based on year of publication

Years of publication	Journal Index			Total
	Mycite	Scopus	WOS	
2017	0	2	1	**3**
2018	2	0	2	**4**
2019	3	2	3	**8**
2020	2	4	2	**8**
2021	4	1	1	**6**
Total	**11**	**9**	**9**	**29**

3.2   *Theme 2: Category of the study*

Table 2. Number of articles based on the category of study

Year of Publication	Category of the study				Total
	Analysis	Descriptive	Empirical	Exploratory	
2017	2	0	0	1	3
2018	0	2	2	0	4
2019	1	2	4	1	8
2020	0	6	1	1	8
2021	1	4	1	0	6
Total	**4**	**14**	**8**	**3**	**29**

Next, Table 2 shows the types of studies that have been conducted by the authors of each article from 2017 to 2021. There are usually four types of research forms used, namely analytical, descriptive, empirical, and exploratory studies. Analytical research attempts to determine why a study occurs in such a way or how it occurs. In addition, analytical research also usually looks for cause and effect in a study. Next descriptive research attempts to determine, explain, or identify a thing that happens. Descriptive research uses description, classification, measurement, and comparison to explain phenomena. The empirical research method is a research method in which observations or empirical data are collected to answer specific research questions. Exploratory research is done if little or no previous studies exist and as well as speculating about future possibilities after further analysis of the available cause and effect evidence (Fuadah et.al, 2014). All 29 articles produced had all four of these types of studies. However, the results show that the descriptive type is widely used compared to analytical, empirical, and exploratory studies.

3.3   *Theme 3: Types of article review*

Table 3. Number of articles based on the type of methods

		2017	2018	2019	2020	2021	**Total**
Types of methods	Qualitative	1	2	4	7	5	**19**
	Quantitative	2	2	2	0	0	**6**
	Mix method	0	0	2	1	1	**4**
Total		**3**	**4**	**8**	**8**	**6**	**29**

There are three types of forms or methods of research conducted by researchers in producing articles, namely qualitative (subjective approach), quantitative (numerical analyst), and mixed mode (combination of two qualitative and quantitative approaches). Table 3 shows the methods used by the researchers in each article produced in the last 5 years. Most of the studies used qualitative methods instead of quantitative and mixed mode which is 19 articles. While the article used a quantitative method with 6 articles and a mixed mode with only 4 articles. It became clear that the qualitative method approach is better suited for mental health and maqasid shariah research.

3.4   *Theme 4: List of Article Publishing Countries*

Table 4. List of Article Publishing Countries

Country	*f*	**Percentage (%)**
Malaysia	14	48.3
Pakistan	1	3.4
India	2	6.9
United Kingdom	6	20.7
Canada	1	3.4
United States	3	10.3
Turkey	2	6.9
Total	**29**	**100**

Based on table 4, articles published by country show that there are only seven countries where articles were published from 2017 to 2021. The most published articles came from Malaysia (f = 14, 48.3%), the next country is United Kingdom (f = 6, 20.7%). The United States became the third largest country to publish articles (f = 3, 10.3%). While Turkey and India each have 2 articles and Canada and Pakistan 1 article. It manifested that the Muslim countries are very rarely involved in such studies.

3.5   *Theme 5: Number of Literature by Number of Authors*

Table 5. Number of authors

		Journal Index			**Total**
		Mycite	Scopus	WOS	
Numbers of authors	An author	2	1	1	**4**
	Two authors	2	1	4	**7**
	Three authors	2	5	1	**8**
	Four authors	2	0	1	**3**
	More than five authors	2	1	1	**7**
Total		**11**	**9**	**9**	**29**

According to table 5, there are a total of 99 authors involved in producing 29 articles related to the study in the last 5 years. During the same period, a total of 11 articles were published indexed Mycite (37.9%), while only 9 articles were indexed Scopus (31%) and WOS (31%) respectively. In terms of the number of authors, articles written with three authors reached the highest number of 8 articles. In addition, there is an article written by many authors that is a total of 12 authors and indexed WOS.

3.6   *Theme 6: Number of Publications by Keyword*

Table 6. Number of Literature by Field

	Frequency	Percent
Mental Health	15	51.7
Maqasid	4	13.8
Well-being	2	6.9
Quality of Life	5	17.2
Spiritual	3	10.3
Total	**29**	**100.0**

Table 6 indicates the number of literatures published by keyword. All these articles are sorted according to their respective keyword categories. Based on observations, the most used keyword was Mental Health 15 times (51.7%) out of a total of 29 articles. In addition, some other keywords are also used in some articles such as spiritual keywords as many as 3 times.

4.   DISCUSSION

Based on the results of the analysis that has been done on articles published from 2017 to 2021, several discussions can be summarized:

1. There has been an increase in the publication of articles related to the keyword mental health with Islam in general over the last 5 years, starting with only 3 articles published in 2017 to 8 publications in 2019 and 2020. The publication of these articles is indexed in journals high impact in particular Scopus and WOS demonstrating the importance of research in this area. In addition, research in this field has begun to gain attention and popularity among academics and is expected to increase from time to time. This increase is contributed by several factors that have occurred in the last decade such as economic problems and pandemics. According to Altalib et.al (2019), awareness of mental health among developing countries especially in Muslim majority countries has attracted the interest of many researchers to conduct studies related to mental health and its relationship with Islam.

2. The descriptive approach is widely used by researchers in addition to qualitative methods are also the choice of many researchers in publishing articles. This shows that the study on mental health related to maqasid al-shariah, especially still in the study stage to identify the relationship between mental health and its relationship with religion, especially issues involving components in maqasid al-shariah such as daruriyyat, hajiyyat, and tahsiniyyat and kamaliyyat. The religious aspect was chosen because mental health is very close to the spiritual aspect (Mohamed Saladin et.al, 2020).

3. Most researchers who publish articles on mental health focus more on local solutions. For example, articles published in Malaysia make up 48.3% of the 29 articles, many focusing on solving mental health issues that occur in Malaysia such as the study of Siti Khadijah et.al (2021), Siti Nazurulaina et.al (2021) and Setiyawan et.al (2020). While some researchers from the West such as Hena Din et.al (2017) and Tanhan & Young (2021) are more focused on studies in the West as well as globally in general.

4. The content analysis study contains some limitations, although only analyzing the data available in the MyJurnal, Scopus, and WOS databases, it needs to be improved by adding more specific search keywords. In addition, the lack and limited access to some databases include articles in languages other than Malay and English. The study also did not explore and touch in depth on articles produced related to mental illnesses such as depression, schizophrenia, major depressive disorder, and bipolar disorder.

5. CONCLUSION

This analytical study is based on several articles that have been produced from 2017 to 2021. Looking at the pattern of publications related to

mental health, this field is gaining coverage, but the discussion is quite limited to linking mental health with maqasid al-shariah. These limitations require details, which are not mentioned and are proposed to be published in relevant journals specializing in bibliometric, documentary, and bibliographic research-based writings. Several measures of emphasis to improve the mental health literature, especially in the maqasid al-shariah are very necessary. In addition, a comprehensive study related to this field can provide a clear picture and help Muslims, in, to answer and resolve questions related to mental health. Next, further research should be done to obtain more detailed publications or bibliometric data related to this field.

6.   ACKNOWLEDGMENT

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