

**The Concept of Dhikr in The Qur'an and Its Psychological  
Relevance for Managing Anxiety Disorders (Thematic Study)**



**By:**

**M. Akmal Ramadhan**

**422021231096**

**DEPARTMENT OF QUR'ANIC SCIENCE AND TAFSIR STUDIES**

**FACULTY OF USHULUDDIN**

**UNIVERSITY OF DARUSSALAM GONTOR**

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**The Concept of Dhikr in The Qur'an and Its Psychological  
Relevance for Managing Anxiety Disorders (Thematic Study)**

**THESIS**

**Presented to  
University of Darussalam Gontor  
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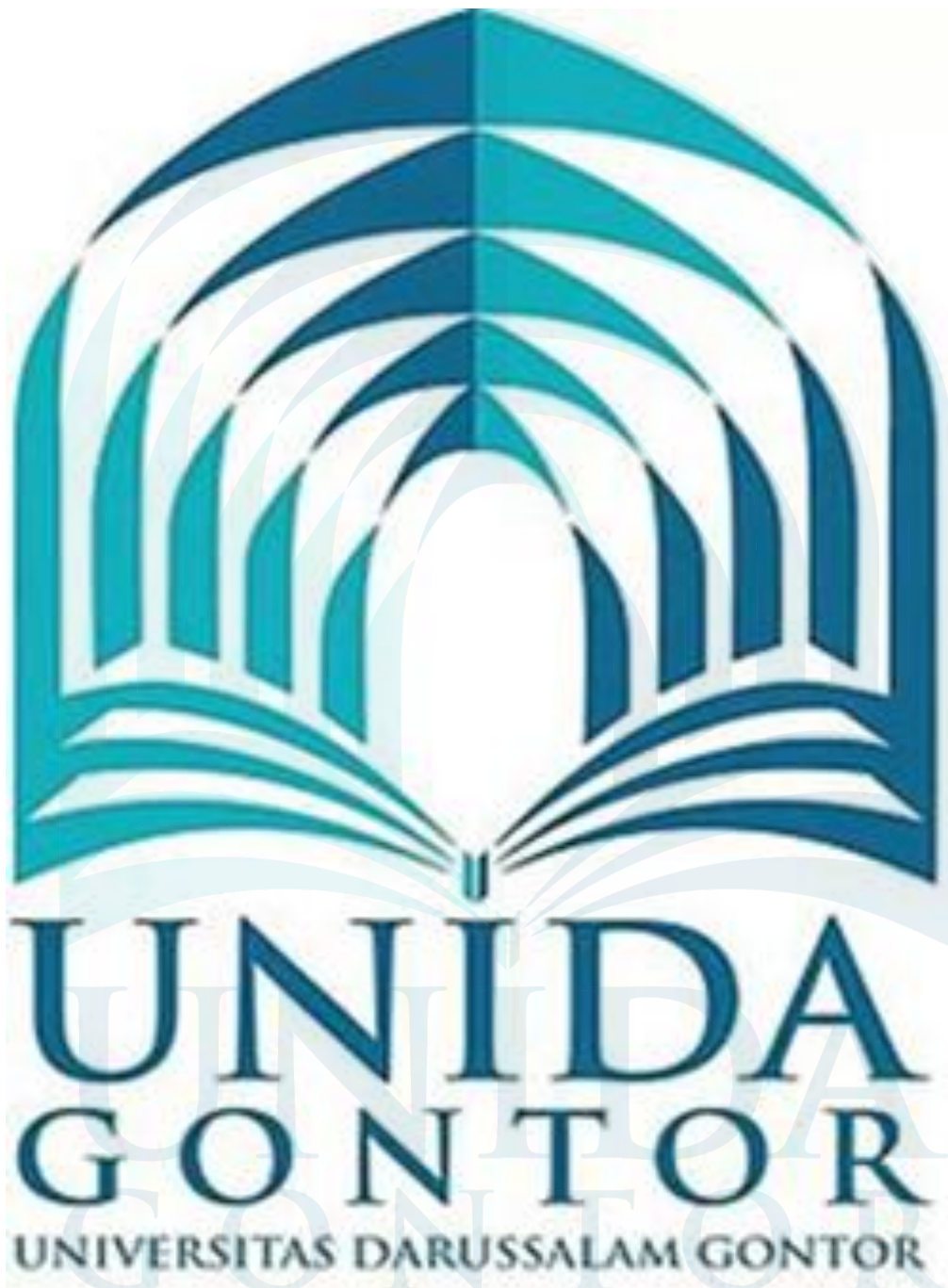
**By :  
M. Akmal Ramadhan  
NIM. 422021231096**

**Supervisor :  
Rochmad, M.A., Ph.D.  
NIDN. 2114048703**

**DEPARTMENT OF QUR'ANIC SCIENCE AND TAFSIR STUDIES  
FACULTY OF USHULUDDIN**

**UNIVERSITY OF DARUSSALAM GONTOR**

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UNIVERSITAS DARUSSALAM GONTOR

## ABSTRAK

### Konsep Dzikir dalam Al-Qur'an dan Relevansi Psikologisnya untuk Mengelola Gangguan Kecemasan (Kajian Tematik)

M. Akmal Ramadhan

422021231096

Dhikr (mengingat Allah), konsep Qur'ani yang sentral dalam spiritualitas Islam, menumbuhkan kesadaran dan keseimbangan psikologis. Studi tematik ini mengkaji dimensi teologis dan kognitifnya serta mengusulkan dhikr sebagai intervensi berbasis iman bagi gangguan kecemasan, yang merupakan tantangan kesehatan mental global yang ditandai dengan rasa takut berkelanjutan. Melalui analisis wacana Qur'an, penelitian ini menyoroti potensi dhikr dalam mengatur emosi dan menguatkan eksistensi individu. Dengan menjembatani spiritualitas Islam dan kesejahteraan psikologis, dhikr diposisikan sebagai pendekatan holistik yang dapat melengkapi terapi modern, khususnya dalam perawatan kesehatan mental yang terintegrasi dengan nilai-nilai keimanan.

Penelitian ini bertujuan untuk menganalisis konsep dzikir dalam Al-Qur'an, khususnya dalam Surah Ar-Ra'd (13:28), serta mengkaji bagaimana praktik dzikir berkontribusi dalam manajemen gangguan kecemasan dari perspektif psikologi dan spiritual.

Penelitian ini menggunakan metode tafsir tematik (tafsir maudhu'i) dengan menganalisis berbagai tafsir klasik dan kontemporer, seperti Tafsir Ibn Katsir, Ruh al-Ma'ani, Mafatih al-Ghayb, dan lainnya. Selain itu, penelitian ini juga meninjau berbagai studi empiris yang mengkaji efektivitas dzikir dalam mengurangi kecemasan, baik pada individu dengan gangguan kecemasan maupun mereka yang mengalami tekanan psikologis akibat kondisi medis tertentu.

Dzikir berfungsi sebagai mekanisme relaksasi yang menurunkan tingkat stres, menyeimbangkan emosi, dan meningkatkan kesehatan mental secara keseluruhan. Secara neurobiologis, praktik dzikir membantu menurunkan kadar kortisol yang berhubungan dengan stres sekaligus merangsang sistem saraf parasimpatis yang berperan dalam memberikan efek menenangkan. Studi empiris juga menunjukkan bahwa terapi dzikir efektif dalam mengurangi kecemasan pra-operasi, meredakan tekanan pada pasien penyakit kronis, serta meningkatkan kesejahteraan mental lansia dan individu yang mengalami tekanan psikologis tinggi. Hasil penelitian menunjukkan bahwa dzikir berdampak positif terhadap kondisi psikologis individu dengan gangguan kecemasan.

Dengan demikian, dzikir bukan sekadar ritual ibadah, tetapi juga berfungsi sebagai terapi komplementer dalam penanganan gangguan kecemasan. Penelitian ini memberikan kontribusi terhadap literatur yang berkembang mengenai integrasi praktik spiritual Islam dengan kesehatan mental. Studi lanjutan diharapkan dapat mengeksplorasi lebih jauh efektivitas dzikir melalui uji klinis kuantitatif dan studi terkontrol, sehingga dapat diterapkan secara praktis dalam psikoterapi berbasis spiritual.

**Kata Kunci:** *Dzikir, Gangguan Kecemasan, Tafsir Tematik, Kesehatan Mental, Al-Qur'an.*

## ABSTRACT

### The Concept of Dhikr in The Qur'an and Its Psychological Relevance for Managing Anxiety Disorders (Thematic Study)

M. Akmal Ramadhan

422021231096

Dhikr (remembrance of Allah), a Qur'anic concept central to Islamic spirituality, fosters mindfulness and psychological equilibrium. This thematic study examines its theological and cognitive dimensions to propose dhikr as a faith-based intervention for anxiety disorders, which are a global mental health challenge marked by persistent fear. By analyzing Qur'anic discourses, the research highlights dhikr's potential to regulate emotions and provide existential grounding. Bridging Islamic spirituality with psychological well-being, it positions dhikr as a holistic complement to contemporary therapies, particularly in contexts where mental health care integrates faith.

This study aims to analyze the concept of dhikr in the Qur'an, particularly in Surah Ar-Ra'd (13:28), and examine how its practice contributes to anxiety management from both psychological and spiritual perspectives.

The research employs a thematic exegesis (tafsir maudhu'i) methodology, analyzing various classical and contemporary interpretations, including Tafsir Ibn Kathir, Ruh al-Ma'ani, Mafatih al-Ghayb, and others. Additionally, this study reviews multiple empirical studies that investigate the effectiveness of dhikr in reducing anxiety among individuals with anxiety disorders, as well as those experiencing psychological distress due to medical conditions.

Dhikr serves as a relaxation mechanism that lowers stress levels, regulates emotions, and enhances overall mental health. Neurobiologically, dhikr practice helps reduce cortisol levels, which are associated with stress, while simultaneously stimulating the parasympathetic nervous system, promoting a calming effect. Empirical studies further demonstrate that dhikr therapy effectively reduces preoperative anxiety, alleviates distress in chronic illness patients, and improves mental well-being in elderly individuals and those experiencing significant psychological pressure. The findings indicate that dhikr positively impacts the psychological well-being of individuals suffering from anxiety disorders.

Thus, dhikr is not merely a religious ritual but also functions as a complementary therapy for managing anxiety disorders. This research contributes to the growing body of literature on the integration of Islamic spiritual practices with mental health. Future studies are encouraged to further explore the effectiveness of dhikr through quantitative clinical trials and controlled studies, ensuring its practical application in spiritual-based psychotherapy.

**Keywords:** *Dhikr, Anxiety Disorders, Thematic Exegesis, Mental Health, Qur'an.*

To Honorable,  
**Dean of Faculty of Ushuluddin**  
**University of Darussalam Gontor-Ponorogo**

*Bismillahirrahmanirrahim*

*Assalamu'alaikum Warahmatullahi Wabarakatuh.*

It is my honor to present the thesis written by:

Name : M. Akmal Ramadhan  
Reg. Number : 422021231096  
The Title : The Concept of Dhikr in The Qur'an and Its  
Psychological Relevance for Managing Anxiety  
Disorders (Thematic Study)

I declare that this thesis has been processed and corrected to fulfill the requirements for the degree of Licentiate in the Department of Qur'anic Science and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor. Therefore, I request that the thesis be examined soon.

*Wassalamu'alaikum Warahmatullahi Wabarakatuh.*

Ponorogo, 7<sup>th</sup> Sya'ban 1446 H  
6<sup>th</sup> February 2025 M

Supervisor,



(Rochmad, M.A., Ph.D.)

To Honorable,  
Dean of Faculty of Ushuluddin  
University of Darussalam Gontor-Ponorogo

*Bismillahirrahmanirrahim*

*Assalamu'alaikum Warahmatullahi Wabarakatuh.*

It is an honour to present this thesis, written by:

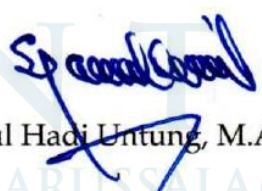
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The Title : The Concept of Dhikr in The Qur'an and Its  
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In partial fulfillment of the requirements for the degree of Licentiate  
in the Department of Qur'anic Science and Tafsir Studies in the Faculty of  
Ushuluddin, academic year 1445-1446 H / 2024-2025 M.

*Wassalamu'alaikum Warahmatullahi Wabarakatuh.*

Ponorogo, 29<sup>th</sup> Sya'ban 1446 H  
28<sup>th</sup> February 2025 M

Dean of Faculty of Ushuluddin,



Syamsul Hadi Untung, M.A., M.L.S.

DECISION OF THE EXAMINER TEAM

The committee that held the thesis examination in partial fulfillment of the requirements for the degree of Licentiate in the Department of Qur'anic Science and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor, on:

Day/date : Monday, 3<sup>rd</sup> Ramadhan 1446M / 3<sup>rd</sup> March 2025  
Place : UNIDA Gontor

The thesis Written by:

Name : M. Akmal Ramadhan  
Reg. Number : 422021231096  
The Title : The Concept of Dhikr in The Qur'an and Its Psychological Relevance for Managing Anxiety Disorders (Thematic Study)

Decided to grant him a pass in the thesis examination. Hence, he is eligible to be awarded the degree of Licentiate in Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor

Chief of Examination Board,

Secretary,

  
Rochmad, M.A. Ph.D.

  
Mahmud Rifaannudin, M.Ag

1<sup>st</sup> Examiner : Dr. Ali Mahfuz Munawwar, M.Hum.

2<sup>nd</sup> Examiner : Mahmud Rifaannudin, M.Ag.

## DECLARATION

I here by,

Name : M. Akmal Ramadhan  
Reg. Number : 422021231096  
Faculty/Department : Ushuluddin / Qur'anic Science and Tafsir  
Studies  
The Title : The Concept of Dhikr in The Qur'an and Its  
Psychological Relevance for Managing Anxiety  
Disorders (Thematic Study)

I genuinely affirm that this degree thesis is entirely my own work  
and is not associated with any other researchers pursuing different degrees.  
This thesis has not been previously published, except for certain sections  
that include their original citations.

Ponorogo, 3<sup>rd</sup> Ramadhan 1446 H  
3<sup>rd</sup> March 2025 M

Writer,



(M. Akmal Ramadhan)



MOTTOES

أعوذ بالله من الشيطان الرجيم

بسم الله الرحمن الرحيم

(الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ)

سورة الرعد (١٣:٢٨)

UNIDA  
GONTOR  
UNIVERSITAS DARUSSALAM GONTOR

مَنْ جَدَّ وَجَدَ

## DEDICATION

I dedicate this thesis to:

*My beloved parents, Ma'am Siti Hajar and Mr. Badarudin who have always been my source of strength and love. Your prayers and sacrifices are the light that guide my every step. As Allah says, "And lower to them the wing of humility out of mercy" (QS. Al-Isra': 24). May Allah reward you with His Paradise. My siblings, who have always supported and encouraged me at every turn. Thank you for all the support you have given throughout this journey. To my lecturers, thank you for your shared knowledge, guidance, and patience. Every lesson from you is a valuable asset that has guided me to this point. And to my dear friends, who have stood by me through joy and hardship. Thank you for the laughter, support, and motivation you've shared.*

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May Allah reciprocate a proportionate reward and bless them and may this humble thesis be valuable and useful for the readers, especially the researcher.

Ponorogo, 7<sup>th</sup> Sya'ban 1446 H  
6<sup>th</sup> February 2025 M

Sincerely yours,

(M. Akmal Ramadhan)