Bibliometric Analysis the Role of Islamic Psychology Based on Qur’an in Overcoming Anxiety and Improving Mental Health Among Women

Azmil Iman Hartafan¹; Andri Nirwana AN²; Cut Linda Marheni³

Abstract

This study aims to conduct a bibliometric analysis related to the role of Islamic psychology in overcoming anxiety (Anxiety) and improving mental health among women. Bibliometric analysis techniques were used to explore all publications indexed in the Scopus database and the data obtained were analyzed using excel, R-studio and VOS viewer. This research method involves searching and analyzing scientific articles related to Islamic psychology such as, keywords, number of publications per year, main data information, number of citations, productive researchers, and place of publication related to this research, to provide an understanding of the development and impact of research in this field. The results of the bibliometric analysis show that the role of Islamic psychology in overcoming (Anxiety) and improving women’s mental health has been the subject of increasing research in recent years as well as a significant increase in the number of publications in this field. The limitations of this study are only taking datasets or meta-data on publications indexed on Scopus. Other national and international databases were not taken into account in this study. This study presents a brief overview of the literature accessible to researchers and provides recommendations for future research.

Keywords: Human Psychology; Islam; Female: Mental Health; Anxiety

Introduction

Islamic psychology is a psychological approach based on Islamic teachings to help individuals overcome mental and emotional problems. In overcoming anxiety and improving mental health among women, Islamic psychology provides several concepts and principles in overcoming anxiety among women, such as: Tawakal, prayer and dhikr, worship, morality and ethics, positive social relationships, compassion, meditation, knowledge and education.

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Anxiety is a normal reaction if it occurs against something that is considered threatening, but anxiety becomes unnatural if the reaction and its occurrence are inappropriate, both in intensity and level of symptoms. Anxiety is one of the mental health illnesses that is currently gaining attention in today's modern society, especially in generation Z. Anxiety is a common mental health disorder, and it can significantly affect a person's quality of life. In this context, women are often vulnerable to anxiety due to the various pressures and demands experienced in everyday life.

Every human being has their own anxiety that cannot be equated with others. Some are anxious about losing something, anxious about their environment, fear, bullying, some are anxious about what they have not faced. Anxiety is also a reaction to certain circumstances that are perceived to be a threat, and is something that naturally occurs in development, change, new events that have never been done, as well as in finding identity and meaning of life. If we look at the Qur'an, anxiety is called Al-Halu' which is the formation of isim fa'il on the wazan sighah mubalaghah, fa'ul which shows a change in the meaning of the word's origin, this word comes from the verb hala'a, yahli'u, hali'a meaning "restless", "indecisive", or "complaining". Allah says in the Qur'an surah Al-Ma'arij 19-21:

\[\text{إِنَّ الَّذِينَ خُلِقَ هَلُوعًا إِذَا مَسَّهُ ٱلۡشََُّّ جُرَؤُعًا وَإِذَا مَسَّهُ ٱلۡإَيۡإُ مَنُوعًا ۞ إِنَّ الَّذِينَ إِلَّا مَسَّهُ إِنَّهُ أُلْقَى جَزَآءًا وَإِنَّهُ مُكَبَّرُ مَنِيعًا}\]

Verily, man was created to be complaining and miserly. When he is afflicted, he complains, and when he receives good, he is miserly.

According to Ibnu Katsir in his book, the trait of Al-Halu' is a despicable character that exists in humans. Among the signs of this trait is when a human being is afflicted with hardship, he will become indecisive, anxious, and complain. They will be so afraid of the hardship that they will despair of getting any good. But if a human being gets pleasure and wealth, they will be stingy in channeling the wealth towards goodness.

In addition, according to Ibnu 'Atiyyah Al-Andalusi also interpreted Al-Halu' as a pressure experienced by humans in a state of fear, anxiety, and greed.

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when dealing with calamities. Anxiety can be treated with several treatments. If we look from the perspective of modern medicine, which is based on research made by western psychiatric experts, this disorder can be treated with the use of drugs and psychological approaches. In general, the approach made by western society towards the treatment of anxiety is actually only using an approach that merely treats the external symptoms that arise from the disease and not the disease itself.

Research on Anxiety first appeared in 1969 as many as 1 document until it experienced a significant increase in 2020 as many as 64 documents. The

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following is previous research \(^{10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25}\) In previous studies, anxiety was caused by various things, namely: war trauma,


\(^{24}\) A Masjedi-Arani et al., “Effectiveness of an Islamic Approach to Hope Therapy on Hope, Depression, and Anxiety in Comparison with Conventional Hope Therapy in Patients with...
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sexual abuse, trauma of rejection from society, and pandemics. As we know, research on Anxiety has increased in 2020, at which time the covid-19 pandemic emerged which made us experience high panic. It is important to critically...
analyze existing research findings to pave the way for future research as well as provide projections on anxiety towards women. This evaluation procedure relies heavily on the availability of data from scientific research activities and the accuracy of the data. Bibliometric indicators are one of the tools that play a role in evaluating the results of scientific research; examining the interaction between science and technology, producing mapping of scientific fields, tracking / tracing the development of new knowledge in a particular field, and are future indicators in making strategic plans.

This study aims to map the development and direction of research on the role of Islamic psychology in overcoming anxiety and improving mental health among women in publications indexed in the Scopus database from 1971 - 2023. The year 1971 was chosen as the starting year based on the findings in the Scopus database that in that year the first publication on Anxiety was found.

**Method**

Bibliometric analysis method was used in this study. Information was obtained by using the Boolean search engine to comb the Scopus database between 1971 and 2023. The search was conducted on May 27, 2023. The researcher used the R/R studio, Vos Viewer and Microsoft Excel tools to analyze documents and networks.

**IN THE FIRST STAGE,** the researcher will conduct a literature review of related themes to ensure relevant research is carried out on bibliometric topics. In addition, the literature review is useful for determining appropriate keywords.

**SECOND STAGE,** at this stage researchers used the KK operator to search on Scopus which resulted in 948 documents. Furthermore, filtration is carried out with the Boolean operator (LIMIT-TO (DOCTYPE, "ar")) AND (LIMIT-TO (EXACTKEYWORD, "Human") OR LIMIT- TO (EXACTKEYWORD, "Psychology") OR LIMIT-TO (EXACTKEYWORD, "Islam") OR LIMIT-TO (EXACTKEYWORD, "Religion")) AND (LIMIT-TO (SRCTYPE, "j")) to exclude articles in press and only produce final documents of 543.

**THIRD STAGE,** analysis is carried out on the final search documents using Scopus analyzer and R and Rstudio to determine the number of documents per year, documents based on journals, authors, affiliations, countries and subjects / fields. Furthermore, the network level was analyzed.

The detailed research procedure can be seen in figure 1 below.
Figure 1 Research Procedure
Result and Discussion

A. Document Analysis

• KEY INFORMATION ABOUT THE DATA

<table>
<thead>
<tr>
<th>Description</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAIN INFORMATION ABOUT DATA</td>
<td></td>
</tr>
<tr>
<td>Timespan</td>
<td>1969:2023</td>
</tr>
<tr>
<td>Sources (Journals, Books, etc)</td>
<td>333</td>
</tr>
<tr>
<td>Documents</td>
<td>543</td>
</tr>
<tr>
<td>Annual Growth Rate %</td>
<td>3,93</td>
</tr>
<tr>
<td>Document Average Age</td>
<td>9,48</td>
</tr>
<tr>
<td>Average citations per doc</td>
<td>14</td>
</tr>
<tr>
<td>References</td>
<td>20747</td>
</tr>
<tr>
<td>DOCUMENT CONTENTS</td>
<td></td>
</tr>
<tr>
<td>Keywords Plus (ID)</td>
<td>2774</td>
</tr>
<tr>
<td>Author’s Keywords (DE)</td>
<td>1390</td>
</tr>
<tr>
<td>AUTHORS</td>
<td></td>
</tr>
<tr>
<td>Authors</td>
<td>1689</td>
</tr>
<tr>
<td>Authors of single-authored docs</td>
<td>126</td>
</tr>
<tr>
<td>AUTHORS COLLABORATION</td>
<td></td>
</tr>
<tr>
<td>Single-authored docs</td>
<td>132</td>
</tr>
<tr>
<td>Co-Authors per Doc</td>
<td>3,36</td>
</tr>
<tr>
<td>International co-authorships %</td>
<td>22,84</td>
</tr>
<tr>
<td>DOCUMENT TYPES</td>
<td></td>
</tr>
</tbody>
</table>

Table 1 provides an overview of the 543 documents collected over 54 years. Including 1689 authors, 126 single authors, 22.84% international authorship collaborations, 20,747 references with an average of 14 citations per document.

B. Document By Year

The Table shows that in 1971 1 document appeared that discussed anxiety and experienced a significant increase in 2020 as many as 64 documents, which
at that time during the co-19 pandemic many experienced anxieties because they were afraid of being exposed to the disease until in 2023 it decreased to 8 documents.

C. Most Relevant Authors

![Figure 4 Most Relevant Authors]

In this table that the most authors are Kizilhan, J.I. as many as 6 publications while the least authors are Denkinger, J.K. wrote as many as 3 documents if we pay more attention to people who wrote 6 documents as many as 1 person, 5 documents as many 3 people, who wrote 4 documents as many as 8 people, and 3 documents as many as 1 person.

D. Documents By Affiliation

![Figure 5 Affiliation]

Based on the data above, there are 3 universities with the most publications on anxiety, namely Tehran university of medical sciences as many
as 21 documents indexed in Scopus then in second place is Malaya university as many as 11 documents indexed in Scopus and finally the international Islamic university Malaysia as many as 10 documents indexed in Scopus.

E. Documents By Country

![Figure 6 Country](image)

In this data, the country with the most publications on anxiety is the United States with 106 documents while the Asian country with the most publications is Malaysia with 43 documents.

F. Documents By Source

![Figure 7 Source](image)

This figure shows that the 3 major journals that are most frequently published are the Journal of Religion and Health with 58 journals then the second is the Eastern Mediterranean Health Journal with 31 journals and in the last place
is Plos One with 12 journals and the least number of journals is 4 journals consisting of 8 sources.

**Sub Discussion**

**Three Field Plot**

Table 8 contains 3 elements that are observed; the journal publication name, the author’s name and the theme/topic used. The three elements are then connected by gray plot lines that are related to each other. Based on the journal name, each journal shows which authors most frequently contribute to its publications, especially those with the theme of Anxiety.

The size of the plot shows how many publications are related to the theme. Based on the figure above, there are 3 journals. The journal that publishes the most research on the theme of Anxiety is Journal of Religion and Health which is shown in dark red and is associated with several authors such as Awaad R, Achour M, Ahmadi F, Mohd Nor Mr, Mat Akhir Ns, Ali S, Padela Ai, Kizilhan Ji, Engelhardt M, and Junne F.

Based on the figure above, the size of the bar chart shows how many research publications from each author. Among the 10 authors who wrote the most articles on the theme of Anxiety are Awaad R, Achour M, Ahmadi F, Mohd Nor Mr, and Mat Akhir Ns.

In the third element, each research topic is connected to authors who write a lot about the topic of ict literacy. From the analysis results, there are 10 keywords about anxiety in Islamic psychology and the word Islam is at the top. This shows that the word is very closely related to research related to anxiety in Islamic psychology.
Corresponding Author's Countries

From the picture above, the largest SCP is the country of Iran while the largest MCP is 2 countries, namely the USA and Germany while the highest continent for corresponding authors or the continent that dominates is the Asian continent which consists of several countries such as Iran, Malaysia, Indonesia, Turkey, Pakistan, China, and Iraq. If we look at the top 3 countries namely Iran, USA, United Kingdom then there are differences in SCP and MCP from these 3 countries: Iran SCP : 62 & MCP : 8 USA SCP : 53 & MCP : 12 United Kingdom SCP : 30 & MCP: 11 We can see that Iran is the country with the highest SCP as well as the lowest MCP of the 3 countries above.

Most Globally Cited Documents

<table>
<thead>
<tr>
<th>Paper</th>
<th>Total Citations</th>
<th>TC per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRITCHARD C, 2007, PSYCHOL MED</td>
<td>123</td>
<td>7.24</td>
</tr>
<tr>
<td>LESTER D, 2006, ARCH SUICIDE RES</td>
<td>122</td>
<td>6.78</td>
</tr>
<tr>
<td>AHMED A, 2008, BR FOOD J</td>
<td>117</td>
<td>7.31</td>
</tr>
<tr>
<td>FAKHR EL-ISLAM M, 2008, TRANSCULT PSYCHIATRY</td>
<td>103</td>
<td>6.44</td>
</tr>
<tr>
<td>WHITTAKER S, 2005, CLIN CHILD PSYCHOL PSYCHIATRY</td>
<td>103</td>
<td>5.42</td>
</tr>
<tr>
<td>ALI OM, 2005, PSYCHIATR SERV</td>
<td>103</td>
<td>5.42</td>
</tr>
<tr>
<td>FABREGA JR H, 1991, COMPR PSYCHIATRY</td>
<td>102</td>
<td>3.09</td>
</tr>
<tr>
<td>VERBEKE W, 2013, MEAT SCI</td>
<td>93</td>
<td>8.45</td>
</tr>
<tr>
<td>ODEH YOSEF AR, 2008, J TRANSCULT NURS</td>
<td>90</td>
<td>5.63</td>
</tr>
<tr>
<td>DELVECCHIO GOOD M-J, 1988, CULT MED PSYCH</td>
<td>81</td>
<td>2.25</td>
</tr>
</tbody>
</table>

Figure 9 Author’s Countries

Figure 10 Global Cited Document
In this data, the paper with the highest citation is Pritchard C with 123 citations followed by 2nd place is Lester D with 122 citations and 3rd place is Ahmed A with 117 citations. The paper with the Highest Tc Per Year is Verbeke W with 8.45 if we look at the table above, Tc has no influence on Tc per Year because the highest Tc of 123 has a Tc per Year of 7.24 and Tc of 93 has a High Tc per Year of 8.45. From this we understand that Year of Issue has an influence on Tc.

**Most Local Citation**

<table>
<thead>
<tr>
<th>Paper</th>
<th>Local Citations</th>
<th>Global Citations</th>
<th>LC/GC Ratio (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rothman A, 2018, J RELIG HEALTH</td>
<td>6</td>
<td>41</td>
<td>14.63</td>
</tr>
<tr>
<td>Ilhan JI, 2018, ARCH WOMEN'S MENT ALTH</td>
<td>6</td>
<td>19</td>
<td>31.58</td>
</tr>
<tr>
<td>Iter D, 2006, ARCH SUICIDE RES</td>
<td>6</td>
<td>122</td>
<td>4.92</td>
</tr>
<tr>
<td>Ibrahim H, 2018, BMC MED</td>
<td>5</td>
<td>41</td>
<td>12.20</td>
</tr>
<tr>
<td>Kizilhan JI, 2017, EUR PSYCHOL</td>
<td>5</td>
<td>22</td>
<td>22.70</td>
</tr>
<tr>
<td>Siraj A, 2012, J LESBIAN STUD</td>
<td>4</td>
<td>50</td>
<td>8.00</td>
</tr>
<tr>
<td>Jahnri MZ, 2016, PALLIATIVE PORTIVE CARE</td>
<td>3</td>
<td>14</td>
<td>21.40</td>
</tr>
<tr>
<td>Khan MM, 1998, CRISIS</td>
<td>3</td>
<td>17</td>
<td>8.11</td>
</tr>
<tr>
<td>Kizilhan JI, 2018, BMC PSYCHIATRY</td>
<td>2</td>
<td>9</td>
<td>22.25</td>
</tr>
</tbody>
</table>

*Figure 11 Most Local Citation*

This data shows that the largest LC is Skinner R with a total of 7 LCs with a GC of 29 while the data that shows the largest GC is Lester D with a total of 122 with an LC of 6 from the comparison of the largest LC / GC ratio is Kizilhan JI with a ratio of 31.58. In this data we can also know that the year of publication has an effect on LC and the longer the year of publication will not have an effect on LC.
Network Analysis

The table above is an occurrence analysis of Islamic psychology research in overcoming Anxiety with a minimum cluster size of 15 in this figure. 3 clusters are formed with 102 items consisting of cluster 1 of 38 items, cluster 2 of 37 items, and cluster 3 of 27 items. In cluster 1, the keywords that dominate are Islam and article, cluster 2 human and psychology, and cluster 3 adult, female, and male.

Overlay

Figure 12 Network Analysis

Figure 13 Overlay VosViewer
The table above shows the keyword network analysis based on the overlay. It can be seen that the keywords psychology, human, adult are keywords with usage in the current year. While the keywords psychological aspect, prejudice, social value are keywords with relatively old usage around 2006.

**Density**

The table above is a density analysis if we look at the figure above, the keywords that have the highest density are psychology, Islam, adult, human, and article. The keywords that are still rarely researched are anxiety, human experiment, mental disease, posttraumatic stress disorder, etc.

<table>
<thead>
<tr>
<th>KEYWORD</th>
<th>OCCURANCE</th>
<th>CLUSTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arabic</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Article</td>
<td>307</td>
<td></td>
</tr>
<tr>
<td>attitude</td>
<td>43</td>
<td>1</td>
</tr>
<tr>
<td>Attitude to health</td>
<td>81</td>
<td></td>
</tr>
<tr>
<td>Behavior</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Psychology</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>276</td>
<td>2</td>
</tr>
<tr>
<td>Awareness</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Aged</td>
<td>58</td>
<td></td>
</tr>
<tr>
<td>Attitude of health person</td>
<td>24</td>
<td></td>
</tr>
</tbody>
</table>
Bibliometric Analysis the Role of Islamic Psychology...

<table>
<thead>
<tr>
<th>Theme</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescent</td>
<td>94</td>
</tr>
<tr>
<td>Anxiety</td>
<td>27</td>
</tr>
<tr>
<td>Child</td>
<td>39</td>
</tr>
<tr>
<td>Controlled study</td>
<td>76</td>
</tr>
<tr>
<td>depression</td>
<td>37</td>
</tr>
</tbody>
</table>

The table above shows the occurrence in each cluster that represents the main themes in the research field of Islamic psychology in dealing with Anxiety. The theme in the first cluster is Article. The theme in the second cluster is psychology and adult, and the theme in the third cluster is human.

Conclusion

The findings of this study indicate that the discussion of Islamic psychology in dealing with Anxiety is still very little, we can see from the keyword Anxiety through Vosviewer is very rarely researched. The university that publishes many publications about Anxiety is Tehran University Of Medical Science with a total of 21 documents and the most dominating continent about Anxiety is the Asian continent. The journal that publishes the most about Anxiety is the journal Religion and Health, the discussion about Anxiety has increased in 2020, which was during the covid-19 pandemic, because at that time people's anxiety levels also rose due to covid-19. This study has several limitations, such as only using one database so that the results cannot be generalized for all studies, therefore, it is hoped that a deeper and more comprehensive study will be carried out in the future, using additional data such as Google Scholar, Web of Science, and others.
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