



QiST: Journal of Quran and Tafseer Studies

ISSN (Online): 2828-2779

Received: 15-02-2024, Revised: 15-03-2024

Accepted: 15-04-2024, Published: 15-05-2024

DOI: 10.23917/qist.v3i2.5042

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

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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 symptoms⁴. 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 life⁵. If we look at the Qur'an, anxiety is called *Al-Halu'* which is the formation of *isim fa'il* formed on the *wazan sighth 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"⁶. Allah says in the Qur'an surah Al-Ma'arij 19-21

﴿إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا إِذَا مَسَّهُ الشَّرُّ جَزُوعًا وَإِذَا مَسَّهُ الْخَيْرُ مَنُوعًا﴾

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 'Atiyah Al-Andalusi also interpreted *Al-Halu'* as a pressure experienced by humans in a state of fear, anxiety, and greed

⁴ Jeffrey S Nevid, Spencer A Rathus, and Beverly Greene, *Abnormal Psychology in a Changing World, 5th Ed.*, *Abnormal Psychology in a Changing World, 5th Ed.* (Upper Saddle River, NJ, US: Prentice Hall/Pearson Education, 2003).

⁵ Paul Harrison, "Kaplan and Sadock's Synopsis of Psychiatry. Behavioural Sciences/Clinical Psychiatry, 7th Edn. By H. I. Kaplan, B. J. Sadock and J. A. Grebb (Pp. 1257; Illustrated.) Williams & Wilkins: Baltimore. 1994.," *Psychological Medicine* 25, no. 6 (1995): 1301-2, <https://doi.org/DOI: 10.1017/S0033291700033304>.

⁶ Musthafa Al-Ghulayan, "Jami' Al-Durus Al-Arabiyyah," *Jami' Al-Durus Al-Arabiyyah*, 1993.

when dealing with calamities⁷. 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 itself⁸⁹.

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

⁷ Ibnu Athiyah Al-Andalusi, *Muharrar Al-Wajiz* (Beirut: Dār al-Khayr, 2007).

⁸ Sa'ri Che Zarrina, Syed Muhsin Sharifah Basirah, and Mohd Akib Mohd Manawi, "Al-Halu' (Kecelaruan Kebimbangan) Dan Perbahasannya Serta Hubungannya Dengan Psikologi Islam The Discussion of Al-Halu' (Anxiety Disorder) and the Relationship with Islamic Psychology," *Jurnal Usuluddin* 49, no. 2 (2021): 135–69, <https://doi.org/10.22452/usuluddin.vol49no2.5>.

⁹ Sa'ari Che Zarrina, "Penyakit Gelisah (Anxiety / Al-Halu') Dalam Masyarakat Islam Dan Penyelesaiannya Menurut Psiko-Spiritual Islam," *Jurnal Usuluddin* 14 (2001): 1–22.

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,

¹⁰ K da Costa Silva et al., "Terrorist Threat, Dehumanization, and Right-Wing Authoritarianism as Predictors of Discrimination," *Scandinavian Journal of Psychology* 60, no. 6 (2019): 616–27, <https://doi.org/10.1111/sjop.12574>.

¹¹ A Attari, S Dashty, and M Mahmoodi, "Post-Traumatic Stress Disorder in Children Witnessing a Public Hanging in the Islamic Republic of Iran," *Eastern Mediterranean Health Journal* 12, no. 1–2 (2006): 72–80, <https://www.scopus.com/inward/record.uri?eid=2-s2.0-33748433129&partnerID=40&md5=867db554758aeb1763c3cba76af7898f>.

¹² S De Schepper et al., "Post-Traumatic Stress Disorder after Childbirth and the Influence of Maternity Team Care during Labour and Birth: A Cohort Study," *Midwifery* 32 (2016): 87–92, <https://doi.org/10.1016/j.midw.2015.08.010>.

¹³ J I Kizilhan and M Noll-Hussong, "Post-Traumatic Stress Disorder among Former Islamic State Child Soldiers in Northern Iraq," *British Journal of Psychiatry* 213, no. 1 (2018): 425–29, <https://doi.org/10.1192/bjp.2018.88>.

¹⁴ Y Hoffman, "Who Is Afraid of ISIS? ISIS Anxiety and Its Correlates," *Stress and Health* 34, no. 1 (2018): 84–92, <https://doi.org/10.1002/smi.2764>.

¹⁵ M Jiang et al., "The Psychological Effect of 2019 Coronavirus Disease Outbreak on Nurses Living in Islamic Culture Dominant Region, China," *Archives of Psychiatric Nursing* 34, no. 6 (2020): 513–19, <https://doi.org/10.1016/j.apnu.2020.09.004>.

¹⁶ R Awaad et al., "Addressing Mental Health Through Community Partnerships in a Muslim Community," *Psychiatric Services (Washington, D.C.)* 74, no. 1 (2023): 96–99, <https://doi.org/10.1176/appi.ps.202100505>.

¹⁷ H Ibrahim et al., "Trauma and Perceived Social Rejection among Yazidi Women and Girls Who Survived Enslavement and Genocide," *BMC Medicine* 16, no. 1 (2018), <https://doi.org/10.1186/s12916-018-1140-5>.

¹⁸ C Herawati et al., "The Role of Anxiety, Stigma, Religiosity, and Economic Condition in COVID-19 Preventive Efforts among Lecturers," *Journal of Infection in Developing Countries* 15, no. 9 (2021): 1281–85, <https://doi.org/10.3855/jidc.14085>.

¹⁹ M G Carta, M F Moro, and J Bass, "War Traumas in the Mediterranean Area," *International Journal of Social Psychiatry* 61, no. 1 (2015): 33–38, <https://doi.org/10.1177/0020764014535754>.

²⁰ H Molla Jafar et al., "The Effectiveness of Group Training of CBT-Based Stress Management on Anxiety, Psychological Hardiness and General Self-Efficacy Among University Students," *Global Journal of Health Science* 8, no. 6 (2015): 47–54, <https://doi.org/10.5539/gjhs.v8n6p47>.

²¹ T Saleem and S Saleem, "Religiosity and Death Anxiety: A Study of Muslim Dars Attendees," *Journal of Religion and Health* 59, no. 1 (2020): 309–17, <https://doi.org/10.1007/s10943-019-00783-0>.

²² P Jamshidian-Qalehshahi, A Aghaei, and M Golparvar, "Investigating the effectiveness of iranian-islamic positive therapy on depression, anxiety, and stress of infertile women," *Journal of Isfahan Medical School* 35, no. 418 (2017): 70–76, <https://www.scopus.com/inward/record.uri?eid=2-s2.0-85018666564&partnerID=40&md5=ae11bb62b6b6aa9bf19563fabe21b374>.

²³ S Vasegh and M.-R. Mohammadi, "Religiosity, Anxiety, and Depression among a Sample of Iranian Medical Students," *International Journal of Psychiatry in Medicine* 37, no. 2 (2007): 213–27, <https://doi.org/10.2190/J3V5-L316-0U13-7000>.

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

Coronary Heart Disease," *Journal of Advances in Medical and Biomedical Research* 28, no. 127 (2020): 82–89, <https://doi.org/10.30699/jambs.28.127.82>.

²⁵ A Al-Asmi et al., "Magnitude and Concurrence of Anxiety and Depression among Attendees with Multiple Sclerosis at a Tertiary Care Hospital in Oman," *BMC Neurology* 15, no. 1 (2015): 1, <https://doi.org/10.1186/s12883-015-0370-9>; Hoffman, "Who Is Afraid of ISIS? ISIS Anxiety and Its Correlates"; E González-Mesa et al., "Correlates for State and Trait Anxiety in a Multicultural Sample of Turkish and Spanish Women at First Trimester of Pregnancy," *Journal of Affective Disorders* 249 (2019): 1–7, <https://doi.org/10.1016/j.jad.2019.01.036>; R Jahanian and Z Poornaghi, "The Relationship between State-Trait Anxiety and Students' Sense of Social Self-Efficacy," *World Applied Sciences Journal* 20, no. 3 (2012): 395–400, <https://doi.org/10.5829/idosi.wasj.2012.20.03.1275>; Molla Jafar et al., "The Effectiveness of Group Training of CBT-Based Stress Management on Anxiety, Psychological Hardiness and General Self-Efficacy Among University Students"; F Alosaimi et al., "Association of Help-Seeking Behavior with Depression and Anxiety Disorders among Gastroenterological Patients in Saudi Arabia," *Saudi Journal of Gastroenterology* 20, no. 4 (2014): 233–40, <https://doi.org/10.4103/1319-3767.136977>; Herawati et al., "The Role of Anxiety, Stigma, Religiosity, and Economic Condition in COVID-19 Preventive Efforts among Lecturers"; R Awaad and S Ali, "A Modern Conceptualization of Phobia in Al-Balkhi's 9th Century Treatise: Sustenance of the Body and Soul," *Journal of Anxiety Disorders* 37 (2016): 89–93, <https://doi.org/10.1016/j.janxdis.2015.11.003>; W Jiang, "Beyond the Psychopathological Approach to Study the Relationship between Body Dissatisfaction and Suicide: A Moderate and Mediated Analysis," *BioMed Research International* 2022 (2022), <https://doi.org/10.1155/2022/6285473>; S K Sulaiman et al., "Perceived Changes in the Mental Well-Being among Nigerians Due to Ramadan Intermittent Fasting during the COVID-19 Pandemic," *Brain and Behavior* 13, no. 5 (2023), <https://doi.org/10.1002/brb3.2990>; G İ Geyik et al., "The Effect of Music Therapy on the Physical and Mental Parameters of Cancer Patients during Hematopoietic Stem Cell Transplantation," *Perspectives in Psychiatric Care* 57, no. 2 (2021): 558–64, <https://doi.org/10.1111/ppc.12578>; E Ullmann et al., "Circumcision Does Not Alter Long-Term Glucocorticoids Accumulation or Psychological Effects Associated with Trauma- and Stressor-Related Disorders," *Translational Psychiatry* 7, no. 3 (2017), <https://doi.org/10.1038/tp.2017.23>; J I Kizilhan, "PTSD of Rape after IS ('Islamic State') Captivity," *Archives of Women's Mental Health* 21, no. 5 (2018): 517–24, <https://doi.org/10.1007/s00737-018-0824-3>; P H Taha, T P Nguyen, and S Slewa-Younan, "Resilience and Hope among Yazidi Women Released from ISIS Enslavement," *Journal of Nervous and Mental Disease* 209, no. 12 (2021): 918–24, <https://doi.org/10.1097/NMD.0000000000001400>; N Isgandarova, "Muraqaba as a Mindfulness-Based Therapy in Islamic Psychotherapy," *Journal of Religion and Health* 58, no. 4 (2019): 1146–60, <https://doi.org/10.1007/s10943-018-0695-y>; M Amin-Esmaeili et al., "Alcohol Use Disorders in Iran: Prevalence, Symptoms, Correlates, and Comorbidity," *Drug and Alcohol Dependence* 176 (2017): 48–54, <https://doi.org/10.1016/j.drugalcdep.2017.02.018>; M Asadzandi, "An Islamic Religious Spiritual Health Training Model for Patients," *Journal of Religion and Health* 59, no. 1 (2020): 173–87, <https://doi.org/10.1007/s10943-018-0709-9>; D M Abdullah and B M O Abdulla, "Psychological Wellbeing of Yazidi Females Following Group Art-Based Intervention: An Interventional Study," *Complementary Therapies in Medicine* 46 (2019): 165–71, <https://doi.org/10.1016/j.ctim.2019.08.013>; V Ghasemi et al., "Prevalence, Dimensions, and Predictor Factors of Sexual Dysfunction in Women of Iran Multiple Sclerosis Society: A Cross-Sectional Study," *Neurological Sciences* 41, no. 5 (2020): 1105–13, <https://doi.org/10.1007/s10072-019-04222-6>; A Siraj, "I Don't Want to Taint the Name of Islam': The Influence of Religion on the

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

Lives of Muslim Lesbians," *Journal of Lesbian Studies* 16, no. 4 (2012): 449-67, <https://doi.org/10.1080/10894160.2012.681268>; K Bakhteyar et al., "Factors Associated with Mental Health of High-School Students in the Islamic Republic of Iran," *Eastern Mediterranean Health Journal* 24, no. 4 (2018): 368-76, <https://doi.org/10.26719/2018.24.4.368>; J Anum and R Dasti, "Caregiver Burden, Spirituality, and Psychological Well-Being of Parents Having Children with Thalassaemia," *Journal of Religion and Health* 55, no. 3 (2016): 941-55, <https://doi.org/10.1007/s10943-015-0127-1>; M A AlJaffar et al., "Determinants of Quality of Life of Cancer Patients at a Tertiary Care Medical City in Riyadh, Saudi Arabia," *Frontiers in Psychiatry* 14 (2023), <https://doi.org/10.3389/fpsy.2023.1098176>; M Banaei et al., "Bio-Psychosocial Factor of Vaginismus in Iranian Women," *Reproductive Health* 18, no. 1 (2021), <https://doi.org/10.1186/s12978-021-01260-2>; F Ranjbar et al., "Mental Health Status among Female Sex Workers in Tabriz, Iran," *Archives of Women's Mental Health* 22, no. 3 (2019): 391-97, <https://doi.org/10.1007/s00737-018-0907-1>; Kizilhan and Noll-Hussong, "Post-Traumatic Stress Disorder among Former Islamic State Child Soldiers in Northern Iraq"; J I Kizilhan, F Steger, and M Noll-Hussong, "Shame, Dissociative Seizures and Their Correlation among Traumatized Female Yazidi with Experience of Sexual Violence," *British Journal of Psychiatry* 216, no. 3 (2020): 138-43, <https://doi.org/10.1192/bjp.2020.2>; A F Al Shawi and S M Hassen, "Traumatic Events, Post-Traumatic Stress Disorders, and Gender among Yazidi Population after ISIS Invasion: A Post Conflict Study in Kurdistan - Iraq," *International Journal of Social Psychiatry* 68, no. 3 (2022): 656-61, <https://doi.org/10.1177/0020764021994145>; H A Ghaferi, C Bond, and C Matheson, "Does the Biopsychosocial-Spiritual Model of Addiction Apply in an Islamic Context? A Qualitative Study of Jordanian Addicts in Treatment," *Drug and Alcohol Dependence* 172 (2017): 14-20, <https://doi.org/10.1016/j.drugalcdep.2016.11.019>; S Ahmadi et al., "Psychometric Properties of the Eating Attitude Test-26 for Female Iranian Students," *Eating and Weight Disorders* 19, no. 2 (2014): 183-89, <https://doi.org/10.1007/s40519-014-0106-7>; M Fauzi, "The Implementation of Islamic Shari'a in Aceh Province in the Reform Era (a Perspective from Interfaith Psychology)," *Man in India* 97, no. 19 (2017): 331-42, <https://www.scopus.com/inward/record.uri?eid=2-s2.0-85032468582&partnerID=40&md5=412dc8a79eaa8089b3384b0e36a4328d>; O Al Omari, N M Abdel Razeq, and M M Fooladi, "Experience of Menarche Among Jordanian Adolescent Girls: An Interpretive Phenomenological Analysis," *Journal of Pediatric and Adolescent Gynecology* 29, no. 3 (2016): 246-51, <https://doi.org/10.1016/j.jp.2015.09.005>; S Tagay et al., "How are religiosity, psychological distress and integration interrelated? A comparative study of the religiosity in Turkish /Kurdish migrants in comparison to Germans," *Psychiatrische Praxis* 36, no. 6 (2009): 286-92, <https://doi.org/10.1055/s-0029-1220340>; S Hasnain, "'Everyone Just Ate Good Food': 'Good Food' in Islamabad, Pakistan," *Appetite* 127 (2018): 1-9, <https://doi.org/10.1016/j.appet.2018.04.013>; A Lim, H W Hoek, and J D Blom, "The Attribution of Psychotic Symptoms to Jinn in Islamic Patients," *Transcultural Psychiatry* 52, no. 1 (2015): 18-32, <https://doi.org/10.1177/1363461514543146>; K A Ingman, T H Ollendick, and A Akande, "Cross-Cultural Aspects of Fears in African Children and Adolescents," *Behaviour Research and Therapy* 37, no. 4 (1999): 337-45, [https://doi.org/10.1016/S0005-7967\(98\)00108-9](https://doi.org/10.1016/S0005-7967(98)00108-9); M Inozu, D A Clark, and A N Karanci, "Scrupulosity in Islam: A Comparison of Highly Religious Turkish and Canadian Samples," *Behavior Therapy* 43, no. 1 (2012): 190-202, <https://doi.org/10.1016/j.beth.2011.06.002>.

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

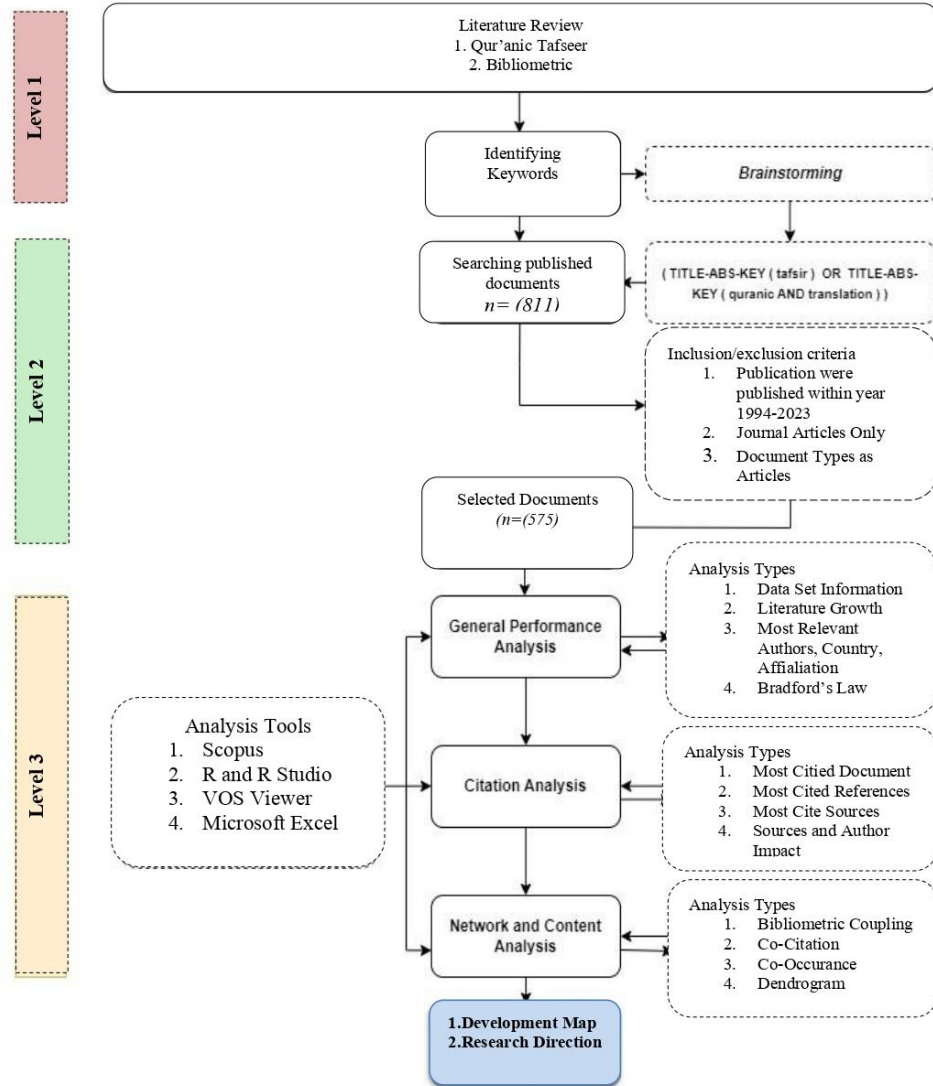


Figure 1 Research Procedure

Result and Discussion

A. Document Analysis

- KEY INFORMATION ABOUT THE DATA

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

Figure 2 Main Data Information

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

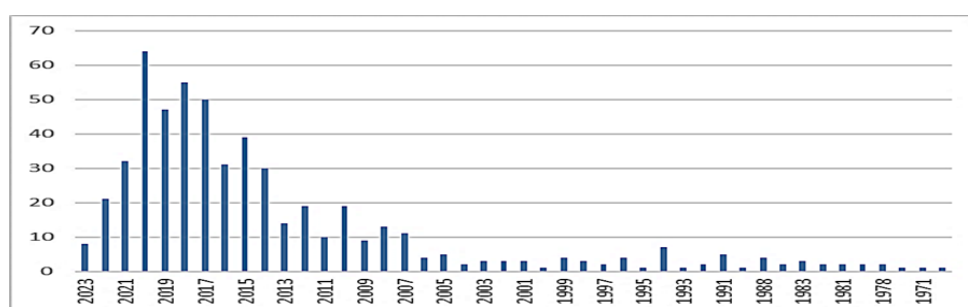


Figure 3 Document By Year

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

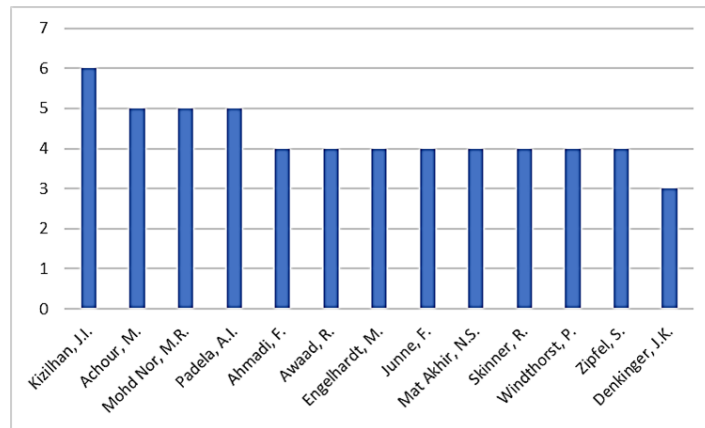


Figure 4 Most Relevant Authors

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

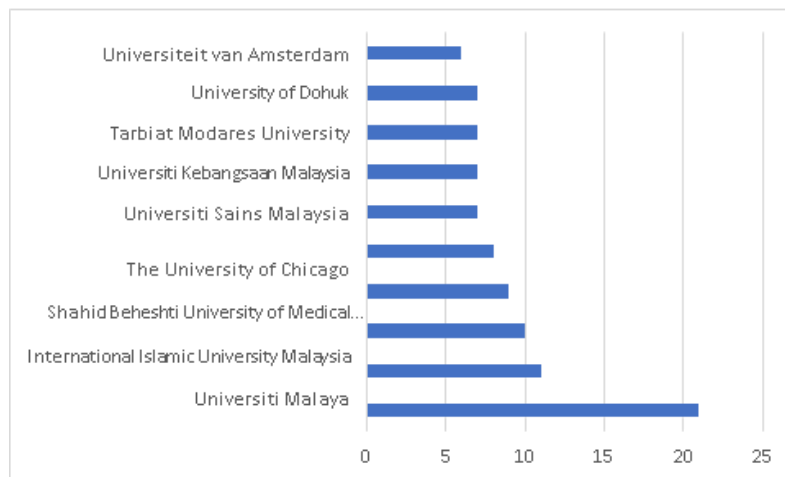


Figure 5 Affiliation

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

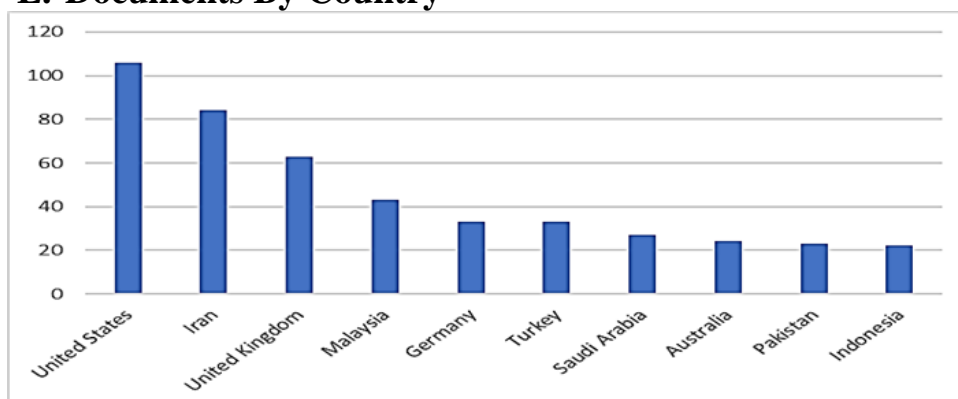


Figure 6 Country

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

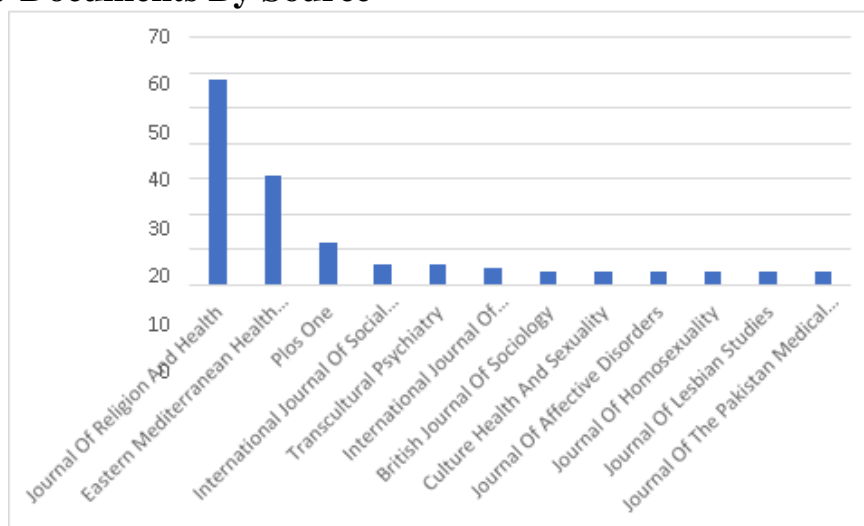


Figure 7 Source

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

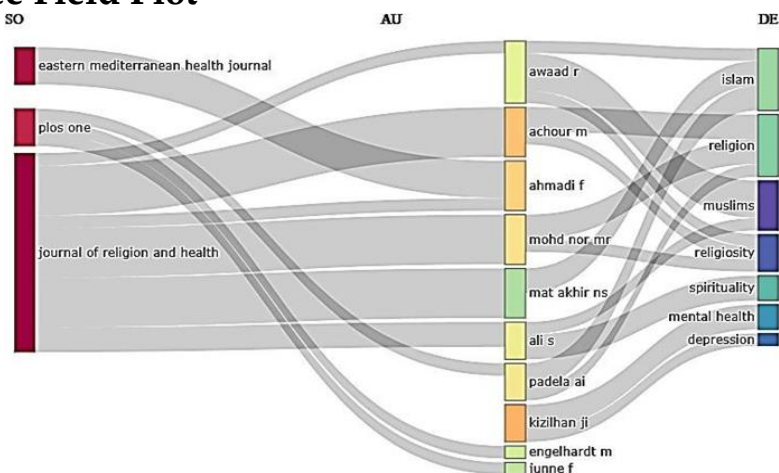


Figure 8 Three Field Plot

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

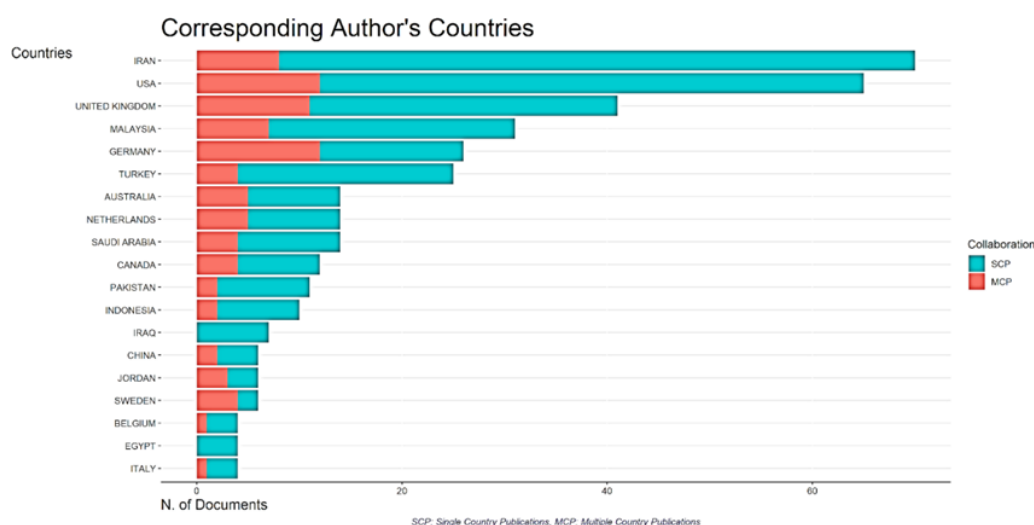


Figure 9 Author's Countries

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

Paper	Total Citations	TC per Year
PRITCHARD C, 2007, PSYCHOL MED	123	7,24
LESTER D, 2006, ARCH SUICIDE RES	122	6,78
AHMED A, 2008, BR FOOD J	117	7,31
FAKHR EL-ISLAM M, 2008, TRANSCULT PSYCHIATRY	103	6,44
WHITTAKER S, 2005, CLIN CHILD PSYCHOL PSYCHIATRY	103	5,42
ALI OM, 2005, PSYCHIATR SERV	103	5,42
FABREGA JR H, 1991, COMPR PSYCHIATRY	102	3,09
VERBEKE W, 2013, MEAT SCI	93	8,45
ODEH YOSEF AR, 2008, J TRANSCULT NURS	90	5,63
DELVECCHIO GOOD M-J, 1988, CULT MED PSYCH	81	2,25

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

Document	Year	Local Citations	Global Citations	GC Ratio (%)
SKINNER R, 2010, MENT HEALTH RELIG CULT	2010	7	29	24,14
KIZILHAN A, 2018, J RELIG HEALTH	2018	6	41	14,63
KIZILHAN JI, 2018, ARCH WOMEN'S MENTAL HEALTH	2018	6	19	31,58
LESTER D, 2006, ARCH SUICIDE RES	2006	6	122	4,92
SAHIM H, 2018, BMC MED	2018	5	41	12,20
WILKINSON PM, 2017, EUR PSYCHOL	2017	5	22	22,73
SKINNER R, 2012, J LESBIAN STUD	2012	4	50	8,00
SHAHRI MZ, 2016, PALLIATIVE SUPPORTIVE CARE	2016	3	14	21,43
SKINNER R, 1998, CRISIS	1998	3	37	8,11
KIZILHAN JI, 2020, BMC PSYCHIATRY	2020	2	9	22,22

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

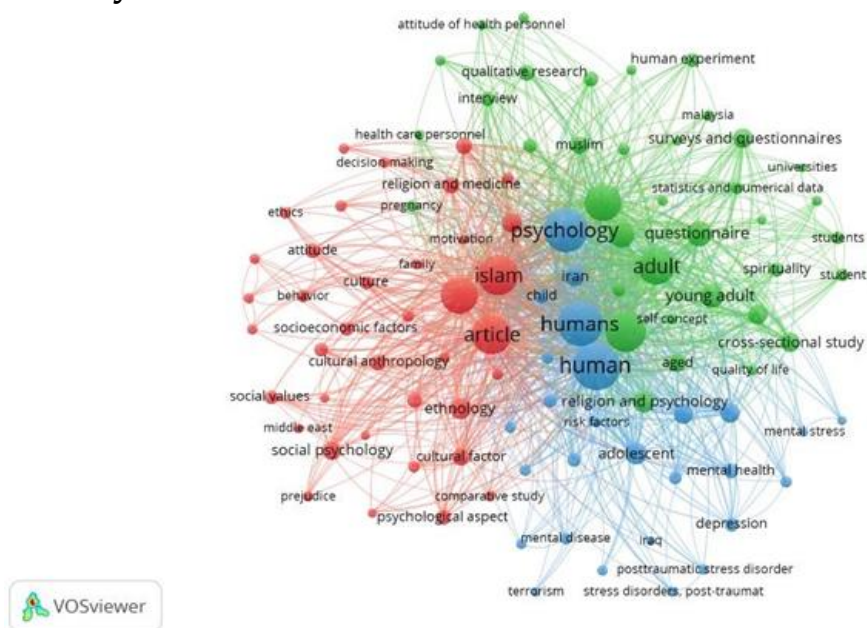


Figure 12 Network Analysis

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

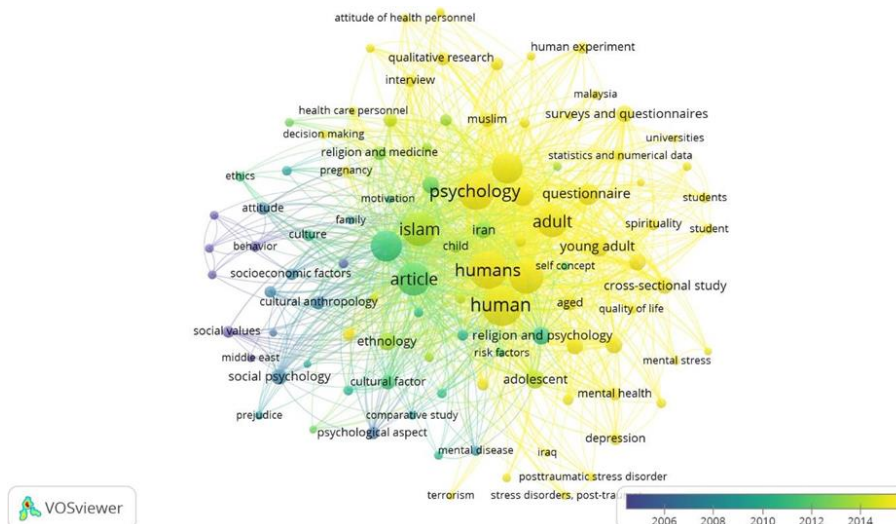


Figure 13 Overlay VosViewer

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

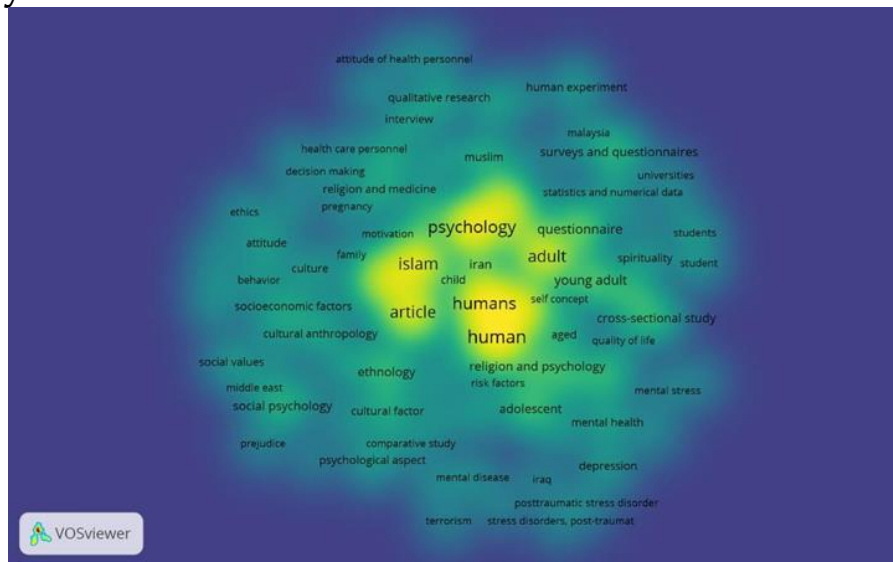


Figure 14 Density VosViewer

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.

KEYWORD	OCCURANCE	CLUSTER
Arabic	22	1
Article	307	
attitude	43	
Attitude to health	81	
Behavior	36	
Psychology	23	2
Adult	276	
Awareness	21	
Aged	58	
Attitude of health person	24	

Adolescent	94	3
Anxiety	27	
Child	39	
Controlled study	76	
depression	37	

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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