

EFFECT OF QURANIC RECITATION ON EMOTIONAL WELL-BEING, COGNITIVE CLARITY, AND PSYCHOLOGICAL RESILIENCE

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Abstract

This study investigates the impact of Qur'anic recitation on emotional well-being, cognitive clarity, and psychological resilience among students pursuing the 'Aalim course. Using multivariate, correlation, and regression analyses on data collected from 496 students, the study reveals that regular engagement with Qur'anic recitation significantly enhances all three psychological dimensions. Strong correlations were found between emotional well-being, cognitive clarity, and psychological resilience, indicating their interdependent nature. Regression results further show that both emotional well-being and cognitive clarity positively predict psychological resilience, with cognitive clarity being the stronger predictor. Students who regularly listen to or recite the Qur'an demonstrate substantially higher levels of mental clarity, emotional balance, and inner strength. These findings affirm the spiritual, cognitive, and psychological value of Qur'anic recitation, highlighting its role as a holistic healing and strengthening practice for Islamic learners.

Keywords: Qur'anic recitation, Emotional well-being, Cognitive clarity, Psychological resilience, Aalim students, Islamic psychology, Spiritual engagement

INTRODUCTION

The Qur'an, often described as a divine miracle, is not merely a religious text but a profound source of psychological and spiritual healing. Its phonological framework (Tajweed) and rhythmic recitation are believed to have transformative effects on the human mind and emotions. As highlighted by Kamaruddin (2023), the healing potential of Qur'anic recitation remains an area that has not been sufficiently explored in contemporary psychological research. Muslims around the world affirm that the Qur'an stands apart from all other scriptures, both in its divine origin and in its linguistic and emotional resonance. The Qur'an itself declares: "And We send down from the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss" (Al-Israa, 82). This verse underscores the Qur'an's capacity to act as a remedy for the heart and soul.

Recent studies have demonstrated that reciting or listening to Qur'anic verses can significantly reduce symptoms of stress, anxiety, depression, and psychological distress, while simultaneously enhancing emotional stability and spiritual awareness (Islam, 2025). The growing empirical evidence supports the notion that Qur'anic recitation positively influences both psychological and physiological well-being, offering a natural, spiritual complement to modern therapeutic practices. Beyond its emotional and spiritual dimensions, the Qur'an also serves as the foundation of Arabic linguistics and intellectual development. The divine text inspired the formalization of Arabic

grammar by the end of the first Islamic century (Gholitabar, 2012). Although some sources attribute the birth of Arabic grammar to the need to correct linguistic errors, the Qur'an played a decisive role in shaping a unified and eloquent language across diverse Arab tribes. The eloquence and precision of Qur'anic Arabic elevated the linguistic identity of the Arab nation, embedding the language with cultural, moral, and spiritual significance (Abdul-Raof, 2000).

From a neurocognitive perspective, the phonetic and rhythmic patterns of Qur'anic verses are believed to activate neural networks associated with attention, memory, relaxation, and emotional regulation (Ismail, 2023). The melodic intonation and measured articulation during recitation stimulate both hemispheres of the brain, fostering mental clarity and cognitive balance (Sirin, 2021). In today's fast-paced and mentally taxing world, the recitation of the Qur'an provides a spiritual sanctuary, promoting tranquility, resilience, and mindfulness. This descriptive study therefore seeks to examine how varying frequencies and styles of Qur'anic recitation influence the emotional, cognitive, and spiritual well-being of individuals. The research aims to illustrate how continuous engagement with the Qur'an not only strengthens spiritual fortitude but also contributes to mental clarity, emotional regulation, and overall psychological nourishment. By exploring these interconnections, the study aspires to bridge the gap between spiritual healing and psychological science, reaffirming the Qur'an's role as both a divine revelation and a therapeutic guide for the human soul.

REVIEW OF LITERATURE

The recitation of the Holy Qur'an has been examined through multiple disciplinary lenses—psychology, neuroscience, linguistics, and theology—each emphasizing its profound influence on human mental and emotional well-being. According to Moulaei (2023), individuals who engage in regular Qur'anic recitation experience reduced stress levels, elevated mood, and greater emotional stability. These psychological effects are reinforced by physiological evidence from Alhouseini (2014), who demonstrated that the rhythmic and melodic patterns inherent in Qur'anic recitation contribute to heart rate modulation and a reduction in cortisol levels, thereby inducing states of calmness and relaxation.

From a cognitive standpoint, Qur'anic recitation has been shown to enhance focus, memory, and cognitive clarity. Ab Aziz (2024) highlights that activities surrounding the Qur'an—such as memorization, recitation, and reflective reading—activate neural pathways related to attention and executive functioning. Similarly, Kannan (2022) contends that the structured repetition and phonological symmetry found in Qur'anic verses facilitate auditory processing and strengthen working memory among consistent reciters.

Within the realm of spiritual psychology, Saged (2020) emphasizes that Qur'anic teachings cultivate psychological resilience by instilling a profound sense of meaning and purpose—key components in navigating life's adversities. Building on this, Kugle (2021) notes that resilience is not rooted merely in faith, but also in the meditative and reflective nature of Qur'anic recitation, which harmonizes spiritual insight with emotional and cognitive well-being.

Historically and linguistically, the language of the Qur'an has been recognized as the epitome of eloquence and linguistic perfection among Arabic dialects. Its revelation marked a turning point in the formalization of Arabic grammar and linguistic study. The divine text inspired scholars to codify grammatical rules, enabling broader understanding and application of the Qur'an across various spheres of life—legal, economic, political, and social. Sawaie (2025) observes that the rise of Islam motivated early grammarians to establish systematic linguistic principles, ensuring that Arabic could serve as a vehicle for divine communication, moral guidance, and intellectual discourse. Consequently, the Qur'an not only shaped spiritual consciousness but also became the cornerstone of Arabic linguistic and cultural identity.

Objectives of the Study

1. To examine the emotional, cognitive, and psychological benefits of Qur'anic recitation among students pursuing the 'Aalim course.
2. To assess the interrelationship between emotional well-being, cognitive clarity, and psychological resilience among students pursuing the 'Aalim course.
3. To investigate the impact of emotional well-being and cognitive clarity on psychological resilience among students pursuing the 'Aalim course.

METHODOLOGY

This study adopts a descriptive and analytical research design to investigate the influence of Qur'anic recitation on emotional well-being, cognitive clarity, and psychological resilience. The descriptive component helps in understanding the demographic and psychological characteristics of respondents who engage in regular Qur'anic recitation, while the analytical framework enables statistical examination of the relationships among the key variables. The study specifically focuses on how emotional well-being and cognitive clarity function as predictors of psychological resilience, thereby offering empirical evidence to support long-held spiritual and psychological perspectives in Islamic tradition.

Primary data were collected using a structured questionnaire developed on a five-point Likert scale, measuring emotional well-being, cognitive clarity, self-awareness, mindfulness, and psychological resilience. A purposive sampling technique was employed to select participants who consistently engage in Qur'anic recitation, ensuring relevance and depth in the responses. A total of 496 valid responses were obtained through both online and offline modes, ensuring adequate representation. The data were analysed using statistical software, employing reliability tests, descriptive statistics, correlation analysis, and linear regression to determine the predictive strength of emotional well-being and cognitive clarity on psychological resilience. Ethical considerations were strictly maintained throughout the study. Participants were informed about the purpose of the research, their participation was voluntary, and anonymity and confidentiality were ensured. This methodological approach ensures that the findings are statistically sound, ethically grounded, and contextually meaningful, especially in understanding the psychological and spiritual influence of Qur'anic recitation.

Analysis and Interpretation

In exploring the spiritual and psychological impact of Quranic recitation, understanding the demographic and devotional profile of students pursuing the 'Aalim course offers profound insight into how deeply the Qur'an shapes their hearts, minds, and daily lives.

Table No. 1: Percentage Analysis – Demographic Profile

		Frequency	Percent
Age	Below 20 Years	320	64.5
	21 - 30 Years	164	33.1
	31 - 40 Years	4	.8
	Above 40 Years	8	1.6
	Total	496	100.0
Gender	Male	162	32.7
	Female	334	67.3
	Total	496	100.0
Educational Qualification	High School	69	13.9
	Undergraduate	343	69.2
	Postgraduate	76	15.3
	Doctorate	8	1.6
	Total	496	100.0
Frequency of Quranic Recitation	Daily	371	74.8
	Weekly	95	19.2
	Occasionally	25	5.0
	Rarely	5	1.0
	Total	496	100.0
Duration of Recitation per Session	Less than 10 Minutes	60	12.1
	10-30 minutes	288	58.1
	30-60 minutes	102	20.6
	More than 1 hour	46	9.3
	Total	496	100.0
Regular engagement with Quranic recitation (Listening or Reading)	Yes	449	90.5
	No	47	9.5
	Total	496	100.0

Source: (Primary data)

The demographic profile of the 496 'Aalim students surveyed in Tamil Nadu reveals a vibrant, spiritually inclined youth community, with the majority (64.5%) below the age of 20—an age where hearts are soft, receptive, and eager for divine guidance. A significant proportion (67.3%) are female learners, reflecting a heart-warming rise in Islamic scholarship among young women, echoing the prophetic encouragement that seeking knowledge is a duty for every believer. Educationally, most respondents (69.2%) are undergraduates, demonstrating that Qur'anic engagement continues alongside modern academic pursuits, harmonizing worldly learning with sacred wisdom. The spiritual commitment of these students is profoundly evident: nearly three-fourths (74.8%) recite the Qur'an daily, and more than half spend 10–30 minutes in each session—time that may seem modest in length, yet is rich in barakah (blessing) and inner transformation. Remarkably, 90.5% regularly engage with the Qur'an, whether through listening or reading, reflecting a deep consciousness of Allah's words as a source of serenity, clarity, and resilience in their scholarly journey. These patterns collectively portray a generation profoundly anchored in revelation, nurturing emotional well-being, cognitive clarity, and unwavering psychological resilience through a consistent relationship with the Qur'an.

The emotional influence of Qur’anic recitation emerges with remarkable clarity when examined through rigorous multivariate analysis, revealing how divine words soothe the human heart across different groups of learners.

Table No. 2: Multivariate Analysis – Emotional Well-being

Multivariate Tests^a					
Effect		Value	F	Hypothesis df	Error df Sig.
Age	Pillai's Trace	.057	1.544	18.000	1434.000 .067
Gender	Pillai's Trace	.095	8.282 ^b	6.000	476.000 .000
Educational Qualification	Pillai's Trace	.189	5.365	18.000	1434.000 .000
Frequency of Quranic Recitation	Pillai's Trace	.296	8.724	18.000	1434.000 .000
Duration of Recitation per Session	Pillai's Trace	.277	8.113	18.000	1434.000 .000
Regular engagement with Quranic recitation (Listening or Reading)	Pillai's Trace	.258	27.534 ^b	6.000	476.000 .000
Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Quranic recitation brings emotional stability.	496	3.00	5.00	4.873	0.362
A sense of peace and relaxation is experienced through Quranic recitation.	496	4.00	5.00	4.861	0.346
Stress and anxiety levels decrease when listening to Quranic recitation.	496	3.00	5.00	4.845	0.410
Negative emotions become easier to manage with Quranic recitation.	496	2.00	5.00	4.827	0.474
Quranic recitation helps in maintaining a positive state of mind.	496	4.00	5.00	4.923	0.266
A feeling of hopefulness and emotional upliftment follows Quranic recitation.	496	1.00	5.00	4.788	0.656

Source: (Primary data)

The multivariate analysis of emotional well-being demonstrates that several demographic and devotional factors significantly shape how students experience the Qur’an’s impact on their hearts. While age shows no statistically significant effect, variables such as gender, educational qualification, frequency and duration of recitation, and regular engagement with the Qur’an display strong and meaningful influence on emotional outcomes ($p < .001$). This suggests that the more consistently and consciously students immerse themselves in the recitation—whether through reading or listening—the greater the tranquility, emotional balance, and inner harmony they derive. The descriptive statistics further illuminate this spiritual phenomenon: respondents reported exceptionally high levels of emotional upliftment, with mean scores close to 5 on all statements, reflecting near-universal agreement that the Qur’an brings peace, reduces anxiety, and nurtures a positive state of mind. Notably, the statement “Quranic recitation helps in maintaining a positive state of mind” yields the highest mean (4.923), signifying the Qur’an’s powerful role in strengthening emotional steadiness. Even the lowest mean (4.788), associated with hopefulness and upliftment, remains profoundly high—an indication that Allah’s words penetrate deeply into the emotional core of these young scholars. Collectively, these findings affirm what centuries of Islamic tradition have taught: the Qur’an is truly *shifā’* (healing), offering stability to the troubled heart, serenity to the restless mind, and hope to the weary soul.

The cognitive effects of Qur’anic recitation, when examined through statistical rigor, reveal how profoundly the divine words illuminate and strengthen the mind of the believer.

Table No. 3: Multivariate Analysis – Cognitive Clarity

Multivariate Tests^a					
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Effect		Value	F	Hypothesis df	Error df	Sig.
Age	Pillai's Trace	.046	1.248	18.000	1434.000	.214
Gender	Pillai's Trace	.105	9.268 ^b	6.000	476.000	.000
Educational Qualification	Pillai's Trace	.061	1.663	18.000	1434.000	.039
Frequency of Quranic Recitation	Pillai's Trace	.149	4.177	18.000	1434.000	.000
Duration of Recitation per Session	Pillai's Trace	.146	4.067	18.000	1434.000	.000
Regular engagement with Quranic recitation (Listening or Reading)	Pillai's Trace	.113	10.092 ^b	6.000	476.000	.000
Descriptive Statistics						
	N	Minimum	Maximum	Mean	Std. Deviation	
Quranic recitation enhances concentration and focus.	496	3.00	5.00	4.778	0.457	
A refreshed and clear mindset follows after listening to Quranic recitation.	496	1.00	5.00	4.849	0.475	
Mental exhaustion and overthinking reduce with regular Quranic recitation.	496	3.00	5.00	4.784	0.436	
Decision-making ability improves with Quranic recitation.	496	1.00	5.00	4.754	0.586	
Memory retention is positively influenced by Quranic recitation.	496	3.00	5.00	4.746	0.476	
The rhythmic nature of Quranic recitation helps in calming the mind.	496	1.00	5.00	4.748	0.553	

Source: (Primary data)

The multivariate analysis on cognitive clarity demonstrates that while age does not significantly influence cognitive benefits derived from Qur'anic recitation, factors such as gender, educational qualification, frequency and duration of recitation, and consistent engagement with the Qur'an show meaningful impact ($p < .001$). This indicates that the more regularly and attentively students connect with the Holy Qur'an, the clearer, sharper, and more focused their minds become. The descriptive statistics paint an inspiring picture of cognitive upliftment: mean scores approaching 5 on all statements reveal overwhelmingly positive experiences. Students reported enhanced concentration ($M = 4.778$), reduced mental exhaustion ($M = 4.784$), improved decision-making ($M = 4.754$), and strengthened memory retention ($M = 4.746$). The highest mean value, "A refreshed and clear mindset follows after listening to Quranic recitation" ($M = 4.849$), reflects the Qur'an's unique ability to rejuvenate the intellect and dispel cognitive fog—an effect long acknowledged in Islamic scholarship, which views the Qur'an as *nūr* (light) that enlightens both heart and mind. These findings collectively affirm that the rhythmic, divinely inspired recitation not only soothes the soul but also cultivates mental clarity, cognitive balance, and intellectual discipline, guiding students toward a more focused and spiritually grounded way of thinking.

The profound role of Qur'anic recitation in nurturing inner strength becomes strikingly evident when its impact on psychological resilience is examined through careful multivariate analysis.

Table No. 4: Multivariate Analysis – Psychological Resilience

Multivariate Tests^a						
Effect		Value	F	Hypothesis df	Error df	Sig.
Age	Pillai's Trace	.039	1.044	18.000	1434.000	.405
Gender	Pillai's Trace	.084	7.313 ^b	6.000	476.000	.000
Educational Qualification	Pillai's Trace	.112	3.101	18.000	1434.000	.000
Frequency of Quranic Recitation	Pillai's Trace	.255	7.397	18.000	1434.000	.000

Duration of Recitation per Session	Pillai's Trace	.140	3.892	18.000	1434.000	.000
Regular engagement with Quranic recitation (Listening or Reading)	Pillai's Trace	.161	15.248 ^b	6.000	476.000	.000
Descriptive Statistics						
	N	Minimum	Maximum	Mean	Std. Deviation	
Quranic recitation strengthens spiritual connection.	496	2.00	5.00	4.861	0.448	
A deeper sense of purpose and meaning in life develops through Quranic recitation.	496	1.00	5.00	4.810	0.558	
Coping with life challenges becomes easier with Quranic recitation.	496	3.00	5.00	4.792	0.430	
Patience and tolerance improve through Quranic recitation.	496	2.00	5.00	4.847	0.472	
A sense of inner strength and resilience is developed through Quranic recitation.	496	1.00	5.00	4.780	0.574	
Self-awareness and mindfulness increase with Quranic recitation.	496	1.00	5.00	4.774	0.559	

Source: (Primary data)

The multivariate analysis highlights that while age does not significantly influence levels of psychological resilience, factors such as gender, educational qualification, frequency and duration of recitation, and consistent Qur'anic engagement exhibit strong statistical significance ($p < .001$). This shows that resilience—the ability to endure hardships, face trials, and rise above emotional burdens—is deeply enriched by regular connection with the Qur'an. The descriptive statistics beautifully reinforce this reality: students overwhelmingly agree that Qur'anic recitation strengthens spiritual connection ($M = 4.861$), builds patience and tolerance ($M = 4.847$), and cultivates a sense of purpose in life ($M = 4.810$). These are not merely psychological outcomes; they resonate with the Qur'anic promise that “Verily, in the remembrance of Allah do hearts find rest.” The high mean scores across all statements reveal that Qur'anic recitation acts as a spiritual anchor, helping young learners cope with challenges ($M = 4.792$), develop inner strength ($M = 4.780$), and grow in self-awareness and mindfulness ($M = 4.774$). These findings affirm what generations of scholars have observed—the Qur'an refines the soul, fortifies the heart, and empowers believers with resilience rooted not merely in mental toughness, but in tawakkul (trust in Allah), sabr (patience), and a deep sense of divine companionship in every hardship.

The interconnectedness of emotional well-being, cognitive clarity, and psychological resilience becomes profoundly evident when viewed through the lens of statistical correlation, reflecting the holistic harmony nurtured by Qur'anic engagement.

Table No. 5: Correlation Analysis – Relationship between Emotional Well-being, Cognitive Clarity and Psychological Resilience

Correlations		Emotional Well-being	Cognitive Clarity	Psychological Resilience
Emotional Well-being	Pearson Correlation	1	.726**	.645**
	Sig. (2-tailed)		.000	.000
	N	496	496	496
Cognitive Clarity	Pearson Correlation	.726**	1	.748**
	Sig. (2-tailed)	.000		.000
	N	496	496	496
Psychological Resilience	Pearson Correlation	.645**	.748**	1
	Sig. (2-tailed)	.000	.000	
	N	496	496	496

** . Correlation is significant at the 0.01 level (2-tailed).

Source: (Primary data)

The correlation analysis reveals strong and statistically significant positive relationships among all three dimensions—emotional well-being, cognitive clarity, and psychological resilience ($p < .001$). Emotional well-being shows a high correlation with cognitive clarity ($r = .726$), suggesting that a peaceful heart naturally supports a focused and clear mind—a notion beautifully aligned with Islamic teachings that serenity of the heart brings illumination to the intellect. Similarly, cognitive clarity exhibits a robust correlation with psychological resilience ($r = .748$), indicating that mental clarity strengthens one’s ability to endure challenges with wisdom, patience, and purpose. The meaningful association between emotional well-being and resilience ($r = .645$) further underscores how tranquility derived from Qur’anic recitation nurtures inner strength and fortitude. These results collectively affirm that the Qur’an does not shape isolated aspects of the believer; rather, it weaves emotional, cognitive, and psychological states into a harmonious whole—just as Allah describes the Qur’an as a “light” and “healing for what is in the breasts.” Thus, the data highlights a powerful truth: when hearts engage with the divine words, the mind becomes clearer, and the soul becomes stronger, creating a deeply integrated spiritual and psychological well-being.

A comparison of students who regularly engage with the Qur’an and those who do not reveals a profound difference in their emotional, cognitive, and spiritual states, highlighting the transformative power of divine remembrance.

Table No. 6: Descriptive Statistics – Emotional Well-being, Cognitive Clarity and Psychological Resilience with Quran Engagement

Regular engagement with Quranic recitation (Listening or Reading)		Emotional Well-being	Cognitive Clarity	Psychological Resilience
Yes	Mean	4.8705	4.8185	4.8560
	N	449	449	449
	Std. Deviation	.25706	.31065	.28703
No	Mean	4.6844	4.3759	4.3794
	N	47	47	47
	Std. Deviation	.39046	.79283	.99072
Total	Mean	4.8528	4.7765	4.8108
	N	496	496	496
	Std. Deviation	.27740	.40323	.43046

Source: (Primary data)

The descriptive analysis clearly shows that students who regularly engage with Qur’anic recitation—whether through listening or reading—experience significantly higher emotional well-being, cognitive clarity, and psychological resilience compared to those who do not. Those who maintain regular engagement report remarkably elevated mean scores across all three dimensions (Emotional Well-being: 4.8705; Cognitive Clarity: 4.8185; Psychological Resilience: 4.8560), reflecting a state of inner peace, mental sharpness, and spiritual strength cultivated through consistent interaction with Allah’s words. In contrast, students who do not engage regularly show noticeably lower means, particularly in cognitive clarity (4.3759) and psychological resilience (4.3794), along with higher standard deviations—indicating greater emotional and mental fluctuations. This distinction echoes classical Islamic wisdom: the Qur’an is dhikr (remembrance), and remembrance brings stability to the heart, guidance to the mind, and steadfastness to the soul. The data thus affirms that regular Qur’anic engagement acts as a spiritual nourishment that harmonizes the believer’s emotional landscape, sharpens intellectual clarity, and fortifies resilience, enabling them to face life’s challenges with patience, purpose, and a profound sense of divine connectedness.

The regression analysis unveils how deeply emotional well-being, nurtured through Qur’anic recitation, strengthens a believer’s capacity to face life’s trials with steadfast psychological resilience.

Table No. 7: Regression Analysis – Impact of Emotional Wellbeing on Psychological Resilience

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.645 ^a	.416	.415	.32922		
a. Predictors: (Constant), Emotional Well-being						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	38.179	1	38.179	352.260	.000 ^b
	Residual	53.542	494	.108		
	Total	91.721	495			
a. Dependent Variable: Psychological Resilience						
b. Predictors: (Constant), Emotional Well-being						

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-.048	.259		-.184	.854
	Emotional Well-being	1.001	.053	.645	18.769	.000

a. Dependent Variable: Psychological Resilience

Source: (Primary data)

The regression analysis reveals a powerful and statistically significant impact of emotional well-being on psychological resilience ($\beta = .645$, $p < .001$), indicating that as emotional stability and tranquility increase—often through the soothing influence of Qur’anic recitation—one’s inner strength and ability to cope with challenges rise proportionately. The model explains 41.6% of the variation in psychological resilience ($R^2 = .416$), which is substantial for behavioral and spiritual studies, showing that nearly half of a student’s resilience can be predicted by their emotional state. The strong F-value (352.260, $p < .001$) further confirms the model’s robustness. The coefficient for emotional well-being ($B = 1.001$) suggests that even a small enhancement in emotional stability produces a significant increase in resilience, reflecting the Qur’anic promise that “Allah sends down tranquillity into the hearts of the believers.” The non-significant constant indicates that resilience does not emerge on its own—it blossoms from a heart that finds peace, hope, and balance through spiritual grounding. Overall, the findings affirm that emotional well-being shaped by Qur’anic engagement becomes a divine shield, enabling believers to endure hardships with patience, clarity, and unwavering trust in Allah’s wisdom.

The enlightening power of the Qur’an extends beyond spiritual guidance, nurturing the mind and heart in ways that strengthen a believer’s inner resilience.

Table No. 8: Regression Analysis – Impact of Cognitive Clarity on Psychological Resilience

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.813 ^a	.660	.660	.25107		
a. Predictors: (Constant), Self-awareness and mindfulness increase with Quranic recitation.						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	60.581	1	60.581	961.072	.000 ^b
	Residual	31.139	494	.063		
	Total	91.721	495			
a. Dependent Variable: Psychological Resilience						
b. Predictors: (Constant), Self-awareness and mindfulness increase with Quranic recitation.						
Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.823	.097		18.792	.000
	Self-awareness and mindfulness increase with Quranic recitation.	.626	.020	.813	31.001	.000

a. Dependent Variable: Psychological Resilience

Source: (Primary data)

The regression analysis clearly reveals that cognitive clarity—defined here as enhanced self-awareness and mindfulness resulting from Qur’anic recitation—significantly predicts psychological resilience. The strong R value (.813) and high R^2 (.660) indicate that nearly 66% of the variation in psychological resilience among respondents can be explained by the clarity and mindfulness they attain through engaging with the Qur’an. The F-value (961.072, $p < .001$) further confirms the robustness of this relationship. The coefficient ($B = .626$) signifies that as individuals deepen their awareness and mental clarity through recitation, their capacity to cope with emotional challenges, face adversities with calmness, and maintain inner strength increases substantially. This aligns beautifully with Islamic teachings, for Allah says that “in the remembrance of Allah do hearts find rest.”

Thus, the recitation of the Qur'an not only enlightens the intellect but also fortifies the soul, offering a profound psychological shield in navigating life's difficulties.

Findings

The analysis reveals that Qur'anic recitation plays a significant role in shaping the emotional, cognitive, and psychological well-being of students pursuing the 'Aalim course. The multivariate results show that factors such as gender, educational qualification, frequency of recitation, duration of recitation, and regular engagement with the Qur'an significantly influence psychological resilience. Descriptive statistics further display very high mean scores across all resilience-related items—such as spiritual connection, inner strength, patience, purpose, and mindfulness—indicating that students perceive Qur'anic recitation not merely as a ritual, but as a deeply enriching experience that strengthens both heart and spirit. These findings suggest that the divine words of the Qur'an act as a source of tranquillity, cultivating emotional balance and spiritual grounding.

The correlation analysis emphasizes a strong and positive interconnectedness among emotional well-being, cognitive clarity, and psychological resilience. Emotional well-being shows strong ties with cognitive clarity and resilience, while cognitive clarity shares the strongest relationship with resilience. This demonstrates that the illumination of the Qur'an transcends the spiritual realm and flows into the intellectual and psychological domains, suggesting that when the heart is at ease with the remembrance of Allah, the mind becomes clearer and the inner self becomes more resilient. These intertwined relationships further highlight that the Qur'anic influence nurtures a holistic transformation, aligning emotion, thought, and inner strength.

Regression findings reinforce these insights, showing that emotional well-being and cognitive clarity significantly predict psychological resilience, with cognitive clarity being the stronger predictor. Moreover, students who regularly engage in Qur'anic recitation—whether through listening or reading—report substantially higher levels of emotional well-being, cognitive clarity, and psychological resilience than those with irregular engagement. This confirms the timeless truth echoed throughout Islamic tradition: that the Qur'an is not only a healing for the hearts but also a light for the intellect and a shield for the soul. For these students, frequent recitation becomes a spiritual anchor, shaping their psychological endurance and guiding them toward a more grounded, purposeful, and resilient life.

DISCUSSION

The findings of this study offer profound insights into the multifaceted benefits of Qur'anic recitation on emotional well-being, cognitive clarity, and psychological resilience among students pursuing the 'Aalim course. The results indicate that Qur'anic engagement is not a passive spiritual act but an active psychological and cognitive enhancer. The strong statistical relationships observed—particularly the robust connections between cognitive clarity and psychological resilience—suggest that the Qur'an nurtures the mind in a way that fortifies inner strength. As students immerse themselves in its rhythmic verses and divine wisdom, they appear to develop improved focus, sharper decision-making abilities, and greater mental calmness, reflecting the Qur'anic promise: "Verily, in the remembrance of Allah do hearts find rest." (Qur'an 13:28)

Moreover, the study highlights significant differences between students who regularly engage with Qur'anic recitation and those who do not. Regular listeners and reciters display markedly higher scores in emotional stability, cognitive functioning, and resilience. This suggests that the therapeutic influence of the Qur'an is cumulative—deepening with consistency and sincerity. In an educational journey that demands discipline, patience, and spiritual alignment, the Qur'an becomes both a companion and a guide, supporting students in navigating academic pressure and personal challenges. The data strongly supports the Islamic scholarly perspective that the Qur'an is a healing (*shifā'*) for emotional turmoil, a light (*nūr*) for intellectual clarity, and a mercy (*rahmah*) that strengthens the soul against life's adversities.

The predictive analyses further emphasize that cognitive clarity, influenced by Qur'anic recitation, is the strongest contributor to psychological resilience. This highlights an important pedagogical insight: spiritual learning enhances not only character but also mental endurance. Students who cultivate mindfulness and self-awareness through Qur'anic engagement develop deeper inner stability, enabling them to manage stress, adapt to challenges, and maintain positivity. Thus, the Qur'an's impact extends beyond spiritual fulfilment—it contributes holistically to emotional, cognitive, and psychological well-being, making it a powerful tool for character formation and mental health development among Islamic scholars in training.

CONCLUSION

This study concludes that Qur'anic recitation significantly enhances emotional well-being, cognitive clarity, and psychological resilience among students pursuing the 'Aalim course. The analyses consistently demonstrate strong interrelationships among these dimensions, indicating that emotional calmness, mental clarity, and inner strength are deeply interconnected and collectively nurtured through regular engagement with the Qur'an. The results affirm the timeless Islamic belief that the Qur'an provides healing, tranquility, and enlightenment. Students who actively listen to or recite the Qur'an experience greater stability in their emotions, improved mental focus, and strengthened psychological endurance. Therefore, Qur'anic recitation stands not only as a religious practice

but also as a transformative tool for holistic well-being—supporting students spiritually, intellectually, and psychologically as they undertake the demanding journey of Islamic scholarship.

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