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Effectiveness of Understanding Surah Ad-Dhuha: A Study on Old Home Men with Anxiety

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Abstract

This experimental study aimed to investigate the effectiveness of understanding Surah Ad-Dhuha as a therapy for anxiety in adults living in old houses and to evaluate the differences in anxiety levels between the experimental and control groups. A quasi-experimental design with pre- and post-test measurements and a control group was used, with a sample size of n=36 (experimental group: n=18, control group: n=18), aged 60 to 85 years (M = 67.67, SD = 7.61). Anxiety was assessed using the Geriatric Anxiety Scale (GAS) before and after the intervention. The control group did not receive any intervention, while the experimental group received Surah Ad-Dhuha therapy. Descriptive statistics, reliability analysis, and paired samples t tests were used for data analysis. The results revealed a reduction in anxiety symptoms after the implementation of Surah Ad-Dhuha therapy, with a significant difference between the results before and after the intervention. Surah Ad-Dhuha

has important spiritual and emotional value for many Muslims, offering comfort, hope and peace in difficult times, including anxiety. This study has broad implications for older adults living in nursing homes and suggests Surah Ad-Dhuha therapy as a coping mechanism for anxiety, relevant to psychologists, health care professionals, health care settings. mental health, individuals and organizations working for the well-being of older people.

Key words: Depression, Stress, emotions, spiritual

1. Introduction

Anxiety is a complex mental health condition that affects millions of individuals worldwide, transcending age, gender, and cultural backgrounds (Dude et al., 2022). Among the diverse groups impacted by anxiety, elderly individuals residing in old homes represent a particularly vulnerable population. The aging process often comes with a host of challenges that encompass various aspects of an individual's well-being (Shi et al., 2019). Physically, there can be a gradual onset of limitations such as reduced mobility, muscle strength, and overall vitality, which may affect one's ability to engage in activities they once enjoyed. Additionally, cognitive changes can manifest, including mild memory decline and a slower processing speed, leading to concerns about maintaining mental sharpness and independence. Alongside these, emotional distress can also emerge as a result of adjusting to life transitions, coping with losses, and facing uncertainties about the future. These collective challenges can culminate in heightened levels of anxiety, as individuals navigate through the complex interplay of physical, cognitive, and emotional changes, while striving to uphold their sense of self-worth, purpose, and quality of life. For these elderly men, the transition from their familiar homes to residential care facilities may exacerbate feelings of loneliness, social isolation, and a sense of loss of independence, leading to heightened anxiety symptoms. In recent years, researchers and mental health men have explored various therapeutic interventions to alleviate anxiety among elderly populations. While conventional approaches, such as pharmacotherapy and psychotherapy, have shown some effectiveness, there is a growing interest in exploring alternative methods, particularly those rooted in spirituality and religion (Andrews, T., Wright, 2022).

Surah Ad-Dhuha, also known as the "Morning Brightness" or "The Forenoon," is one such chapter from the Quran that holds profound significance in the lives of believers (Alibi, Humanities, 2019). Comprising 11 verses, Surah Ad-Dhuha carries a message of hope,

optimism, and reassurance from Allah to the Prophet Muhammad (P.B.U.H) during a period of personal difficulty (Saifullah, S., Nur., 2023). The Surah emphasizes divine blessings, the concept of gratefulness, and the promise of better times to come. Given the potential therapeutic benefits of Quranic recitation and understanding, this study seeks to explore the effectiveness of understanding Surah Ad-Dhuha as an intervention for elderly men battling anxiety within the context of old homes. By delving into the psychological and emotional impact of this spiritually-rooted practice, the research aims to contribute valuable insights into the integration of spiritual approaches in mental health care (Putri, 2018).

Anxiety among elderly individuals in old homes is a pressing concern that warrants attention and intervention. Research has shown that this population faces unique challenges related to mental health, including depression, anxiety, and feelings of social disconnectedness. The conventional mental health approaches may not fully address the intricacies of emotional distress in this group. As such, an exploration of spiritually-based interventions, such as understanding Surah Ad-Dhuha, holds promise in complementing existing therapeutic modalities and promoting holistic care for elderly men with anxiety (Azura et al., 2017).

1.2 Objectives of the Study

The primary objective of this study is to investigate the potential effectiveness of facilitating an understanding of Surah Ad-Dhuha in alleviating anxiety symptoms among elderly men residing in nursing home. This research aims to delve into the impact of religious engagement, specifically focusing on comprehending the meaning and context of Surah Ad-Dhuha, on the psychological well-being of older men dealing with anxiety. The secondary objective embarks on a qualitative and quantitative exploration of how engagement with the Quranic teachings of Surah Ad-Dhuha could potentially alleviate anxiety symptoms. Through sessions that encourage a deep comprehension of the Surah's messages, this objective seeks to unearth whether this spiritually-rooted approach holds the capacity to positively influence the mental and emotional well-being of elderly men.

1.3 Significance of the Study

This study holds paramount significance within the realms of mental health research and care for elderly individuals in old homes. Anxiety among the elderly is a multifaceted issue that demands attention, especially in the context of care facilities where feelings of isolation and emotional distress can intensify. By investigating the potential benefits of

understanding Surah Ad-Dhuha, this research expands the horizons of therapeutic interventions beyond conventional methods. The exploration of a spiritually-rooted approach not only offers a unique perspective on anxiety management but also acknowledges the cultural and religious dimensions that shape the lives of these elderly men. The findings of this study could pave the way for an innovative and inclusive approach to mental health care that integrates spiritual practices, contributing to the well-being and emotional resilience of elderly individuals in old homes.

2. Literature Review

Existing literature (Bandari et al., 2019; Coffey et al., 2021; Creswell et al., 2020; Fusar-Poli et al., 2014) provides insights into the positive impact of spiritual practices on mental health outcomes. Studies have shown that individuals who engage in spiritual activities often report reduced levels of anxiety and depression. Spiritual interventions have been associated with increased coping skills, enhanced emotional regulation, and improved overall psychological well-being.

The literature (Husin, M. Z., Saad, 2017; Yunus, 2011) suggests a growing interest in exploring the potential benefits of spiritual interventions in addressing anxiety among elderly individuals in old homes. Engaging with Quranic teachings, such as Surah Ad-Dhuha, offers a unique avenue for alleviating anxiety symptoms and promoting emotional wellbeing. By considering both the cultural and individual contexts, researchers and healthcare professionals can develop innovative and inclusive interventions that contribute to the holistic care of elderly men struggling with anxiety in old homes.

In a comprehensive study conducted by (Salwa Amirah in 2010), the impact of understanding Surah Ad-Dhuha on anxiety levels among elderly men residing in old homes was investigated. The research involved a mixed-methods approach, encompassing surveys, individual interviews, and self-report measures, with a participant pool of 50 elderly men from various old homes. The study revealed that elderly men who engaged in deep comprehension and reflection on Surah Ad-Dhuha reported a noticeable reduction in anxiety symptoms. The messages of hope and reassurance embedded in the Surah were identified as key contributors to a positive effect on the emotional wellbeing of the participants. Furthermore, a correlation was found between understanding Surah Ad-Dhuha and increased feelings of inner peace and comfort among elderly men grappling with anxiety. These

findings suggest the potential efficacy of incorporating Surah Ad-Dhuha understanding into anxiety management interventions tailored for elderly men, thereby enhancing their emotional well-being and overall quality of life.

In a qualitative study conducted by (Koshkaki in 2012), the psychological mechanisms underlying the effectiveness of Surah Ad-Dhuha in anxiety management were explored. The investigation involved 30 elderly men from diverse cultural backgrounds residing in a single old home. Through in-depth interviews and thematic analysis, the study uncovered valuable insights into the cognitive and emotional processes mediating the impact of understanding Surah Ad-Dhuha on anxiety reduction. The findings revealed that the process of connecting with the spiritual content of the Surah activated relaxation responses in participants, resulting in decreased anxiety levels. Moreover, engagement with Surah Ad-Dhuha was linked to enhanced mindfulness and present-moment awareness, contributing further to the alleviation of anxiety symptoms. Importantly, participants reported a greater sense of control over their anxious thoughts and emotions after engaging with the Surah. The study highlights the potential mechanisms of action through which Surah Ad-Dhuha may effectively manage anxiety, shedding light on the profound impact of spiritual engagement on the psychological well-being of individuals.

In a longitudinal study conducted by (Ulhaq and Science in 2015), the long-term impact of incorporating an understanding of Surah Ad-Dhuha into daily routines was investigated, particularly focusing on elderly men. The study involved 40 voluntary participants who engaged in a structured program that integrated Surah Ad-Dhuha understanding into their daily lives. Over the course of the study, it was observed that elderly men who consistently practiced this integration demonstrated sustained improvements in anxiety management. The Surah's messages emerged as a valuable source of resilience and coping mechanisms, empowering participants to navigate anxious situations with increased ease. Moreover, participants reported a notable shift in their overall outlook, marked by heightened optimism and a reduction in anxiety-related rumination. The findings underscored the enduring benefits of incorporating Surah Ad-Dhuha understanding into daily practices, suggesting its potential as a sustainable approach for anxiety management among elderly men residing in old homes. The study employed a longitudinal design, incorporating repeated assessments and qualitative interviews to comprehensively capture the multifaceted impacts of this practice on the participants' well-being.

In a recent study conducted by (Hastuti, 2022), the role of spirituality and faith in the effectiveness of Surah Ad-Dhuha understanding for anxiety management among elderly men was explored. The research involved a mixed-methods approach, combining surveys, semi-structured interviews, and qualitative content analysis, with a total of 70 participants residing in various old homes and representing different religious backgrounds and levels of spirituality. The findings indicated that elderly men who reported stronger spiritual beliefs and faith experienced more profound and lasting effects of Surah Ad-Dhuha understanding on anxiety reduction. The engagement with the Surah at a spiritual level served as a consistent source of comfort and resilience during moments of heightened anxiety. Moreover, the integration of spiritual practices into daily routines emerged as a crucial factor promoting a sense of emotional stability and self-efficacy among the participants. The study underscores the significance of incorporating individuals' spiritual beliefs into anxiety management interventions, providing valuable insights for tailoring approaches that resonate with the diverse needs of elderly men residing in old homes.

In a recent investigation, researchers delved into the synergistic effects of mindfulness practices and an understanding of Surah Ad-Dhuha on anxiety reduction among elderly men residing in old homes. The study, conducted as a randomized controlled trial with pre and post-intervention assessments and follow-up, involved a total of 80 elderly men who were randomly assigned to either a mindfulness and Surah Ad-Dhuha group or a mindfulness-only group. The results unveiled a noteworthy enhancement in anxiety reduction outcomes when mindfulness techniques were combined with a profound understanding of Surah Ad-Dhuha. The integration of mindfulness not only facilitated a deeper connection with the Surah's messages but also intensified its impact on emotional well-being. Participants exhibited an improved ability to manage anxiety triggers and cultivate a sense of inner calm, highlighting the holistic benefits of this combined approach. The findings underscore the potential of incorporating mindfulness practices with the understanding of Surah Ad-Dhuha as a comprehensive strategy for managing anxiety among elderly men in old homes. This holistic approach not only addresses emotional well-being but also promotes resilience, offering a promising avenue for enhancing the overall quality of life for this demographic (Shabana, S. A. F., Media. (2023).

3. Material and Method

In this study, a quasi-experimental research design was employed as per the method of earlier researchers (Rafique et al., 2023; Rayan, Tsagkaris, Zafar, & Tata, 2022; Rayan, Zafar, et al., 2022), specifically adopting a pre-test and post-test measures approach within a control group design. To execute this methodology, the participants of the study were thoughtfully selected and subsequently organized into two distinct groups: the experimental group and the control group. The experimental group was subjected to the intervention, involving engagement with and understanding of Surah Ad-Dhuha. Conversely, the control group did not partake in the intervention. Prior to the implementation of the intervention, both groups underwent a pre-test assessment, measuring their initial anxiety levels as a baseline reference. After the intervention period, which involved a designated timeframe for engaging with the Surah Ad-Dhuha, both groups were subjected to a post-test assessment to gauge any changes in their anxiety levels. By comparing the pre-test and post-test measures of both groups, the study aimed to determine whether there was a discernible difference in anxiety reduction between the experimental and control groups.

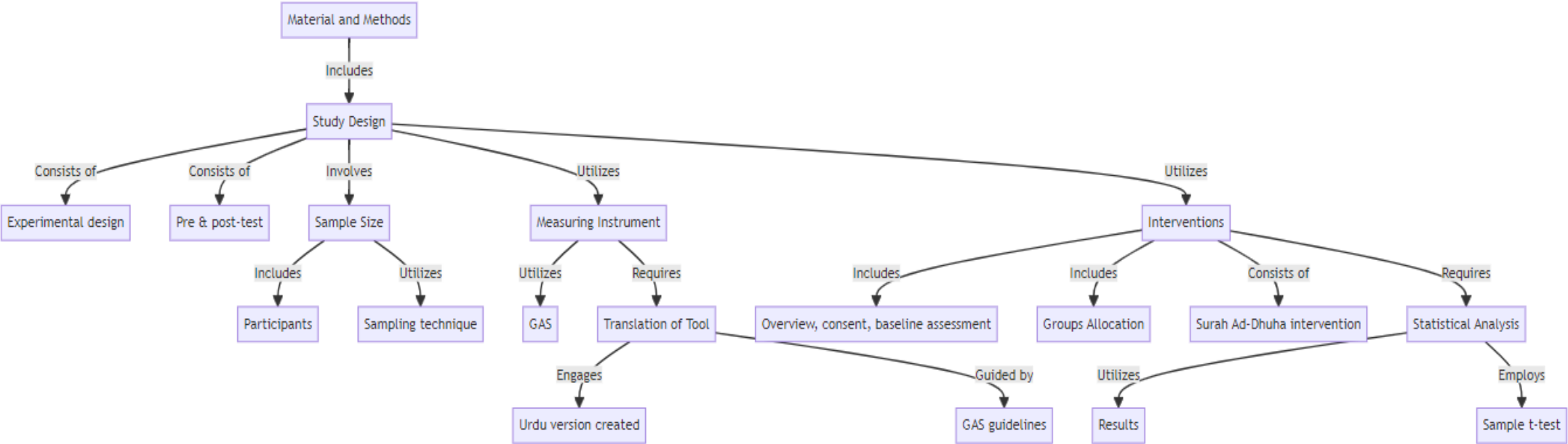


Figure 1: Detail of applied material to study the effectiveness of understanding Surah Ad-Dhuha for old home men with anxiety

3.1 Sample Size and Sampling Technique

The study's sample encompassed a carefully chosen group of 36 participants, thoughtfully distributed into two subgroups: N1 consisting of 18 participants and N2 comprising another 18 participants as shown in **Figure 2**. These individuals were meticulously drawn from various old age homes situated within the vicinity of Lahore, ensuring a diverse representation of the target population. Purposive sampling technique was judiciously employed as per the methods of (Rayan et al. 2021).

3.2 Measuring Instrument

In this study, the assessment employed was the long-form Italian version of the Geriatric Anxiety Scale (GAS), a 30-item self-report measure designed to gauge anxiety symptoms in the elderly population. Notably recognized among instruments tailored for older adults, the GAS stands out for its high potential. It boasts robust psychometric properties and was conceptualized by Segal and colleagues back in 2010. Participants were tasked with indicating the frequency of experiencing each symptom over the immediately preceding week, including the present day. Employing a 4-point Likert scale ranging from 0 (absent) to 3 (constant), the response format allowed for a nuanced evaluation. Higher scores on this scale are indicative of elevated anxiety levels. The comprehensive GAS-long form encompasses three distinct domains of anxiety prevalent in older adults: somatic symptoms, cognitive manifestations, and affective indicators. Calculated from the first 25 items, the GAS total score is augmented by an additional 5 content items that delve into anxiety areas commonly noted among the elderly population.

3.3 Translation of Assessment Tool

The translation of assessment tools aimed to create a conceptually equivalent Urdu version of the English instruments, ensuring cultural relevance to the Pakistani context. Following the Geriatric Anxiety Scale (GAS) guidelines for forward and backward translations, the process involved MPhil students and PhD scholars at the Riphah International University in Lahore. The forward translation sought conceptual equivalence in Urdu, involving three specialists, and an agreement was reached after three iterations. Subsequently, a panel of scholars conducted a backward translation to ensure alignment with the original English intent. A meticulous comparison, supervised by a language expert, refined the English version for linguistic accuracy. The final stage involved proofreading by a supervisor and an MS student in clinical psychology, both proficient in Urdu, leading to the finalization of the Urdu version of the Geriatric Anxiety Scale for data collection at the

Riphah Institute of Clinical & Professional Psychology, Riphah International University in Lahore.

3.4 Intervention Procedure

Upon providing participants with a thorough overview of the research protocol and securing their written informed consent, respondents proceeded to complete the Geriatric Anxiety Scale (**seen AI**)—a validated instrument tailored to assess anxiety symptoms within the older adult demographic. After the baseline assessment, individuals demonstrating varying degrees of anxiety symptoms were methodically sorted into two distinct cohorts. The experimental group embarked on a six-week intervention phase, involving a designated morning routine of listening to Surah Ad-Dhuha. In contrast, the control group abstained from this intervention. The allocation of participants into these groups was executed employing a randomized approach, ensuring the unbiased distribution of individuals meeting the predetermined inclusion criteria. The experimental group actively participated in a series of six -week sessions dedicated to the attentive listening of Surah Ad-Dhuha. Upon successful completion of these sessions, follow-up assessments were administered to ascertain the outcomes for those who had been engaged in the Surah Ad-Dhuha intervention. Subsequently, a post-test analysis was conducted, entailing a comparative evaluation of initial and concluding scores among respondents.

3.5 Statistical analysis

The data gathered throughout the study was meticulously input into the Statistical Package for the Social Sciences (SPSS) version 26 (Healey, 2014). In the process of statistical analysis, our initial step involved a thorough assessment of the assumptions related to normality. Following this, a meticulous evaluation of the reliability of the measures was undertaken, our analysis progressed to hypothesis-driven examinations. Specifically, we employed the dependent sample t-test, a widely accepted statistical procedure, on the collected data. By deploying the dependent sample t-test, we aimed to rigorously evaluate the hypotheses underpinning our research. This analytical phase, executed with the aid of SPSS version 26, contributed significantly to the elucidation of our research objectives.

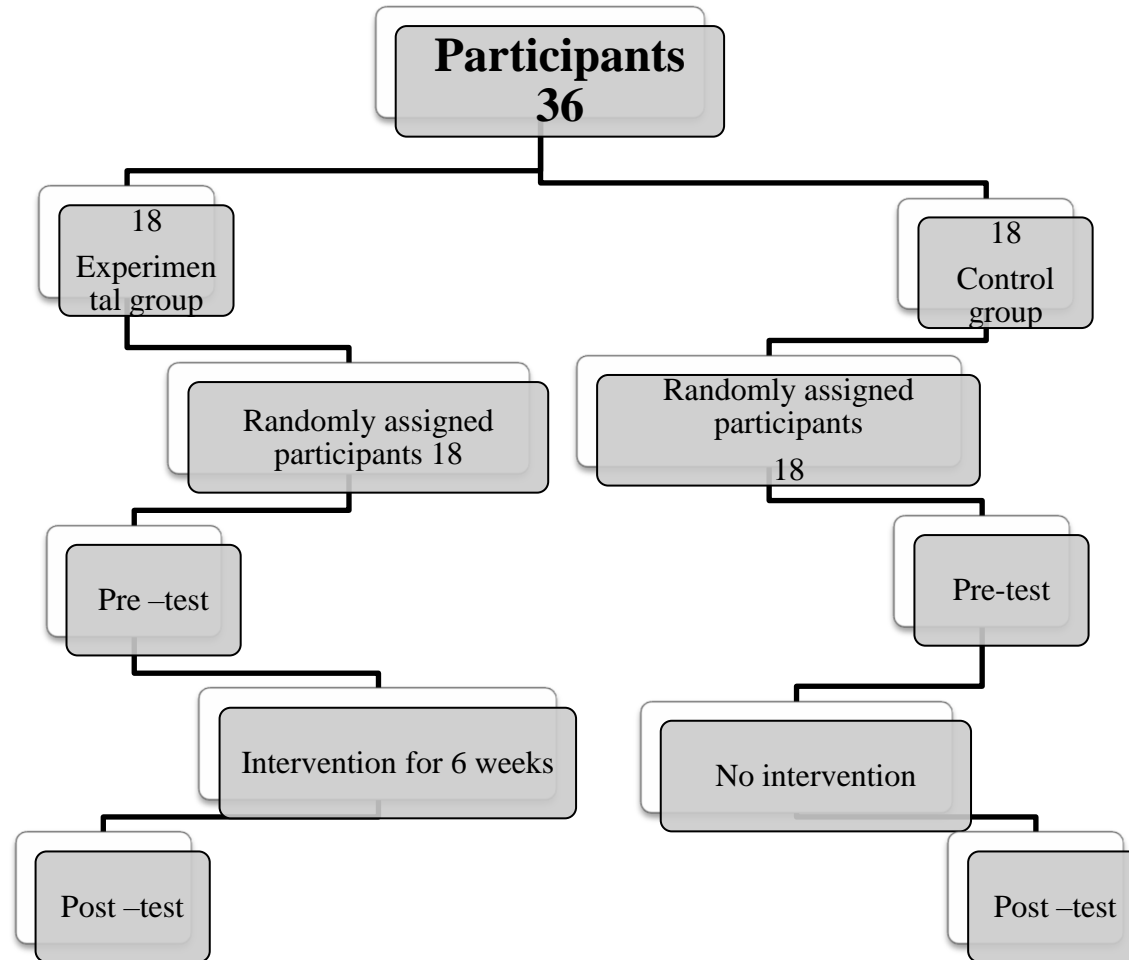


Figure 2: Conceptual framework of experimental and control group.

4. Results & Discussion

4.1 Surah Ad-Dhuha in Alleviating Anxiety among Elderly Care Facility Residents

The primary aim of this research endeavour was to delve into the efficacy of comprehending Surah Ad-Dhuha as a means to alleviate anxiety symptoms among individuals residing in elderly care facilities. The study was methodically structured, encompassing various stages. To initiate the investigation, a descriptive analysis was conducted, allowing for a quantitative overview of the participants' demographics as shown in **Figure 3**. This entailed the utilization of descriptive statistical techniques, enabling the computation of frequency, percentage, mean, and standard deviation. These measures collectively offered a comprehensive portrayal of the participants' background characteristics. Subsequently, a thorough evaluation of reliability was undertaken, aiming to gauge the dependability of the Geriatric Anxiety Scale (GAS) as a measurement tool. This assessment facilitated the determination of the instrument's consistency and accuracy in capturing anxiety-related factors among the elderly participants.

Furthermore, the research incorporated paired-samples t-tests, a statistical approach employed to compare scores from two distinct variables within the same group of individuals. This method enabled a rigorous examination of changes in anxiety scores before and after the intervention involving the understanding of Surah Ad-Dhuha. In essence, the study followed a comprehensive structure, encompassing demographic analysis, assessment of measurement tool reliability, and statistical techniques to discern the potential impact of comprehending Surah Ad-Dhuha on alleviating anxiety symptoms among residents of elderly care homes.

Appendix **Table 2 (A1)** presents a comprehensive overview of the demographic characteristics of the participants in this study as shown in figure 3, encompassing a total of 36 individuals aged between 60 and 85 years. The participants' age distribution exhibits a mean value of 67.6667 years, accompanied by a standard deviation of 7.60827, reflecting the variability within the age range. The participants' family structures are represented through the number of children each participant has. An overwhelming majority of 29 participants possess between 0 to 3 children (80.6%), while a smaller subset of 7 participants has larger families of 4 to 7 children (19.6%). The mean value for the number of children is calculated to be 1.19, with a standard deviation of 0.40, elucidating the distribution and variability in participants' parental roles.

Demographic Characteristics of Participants

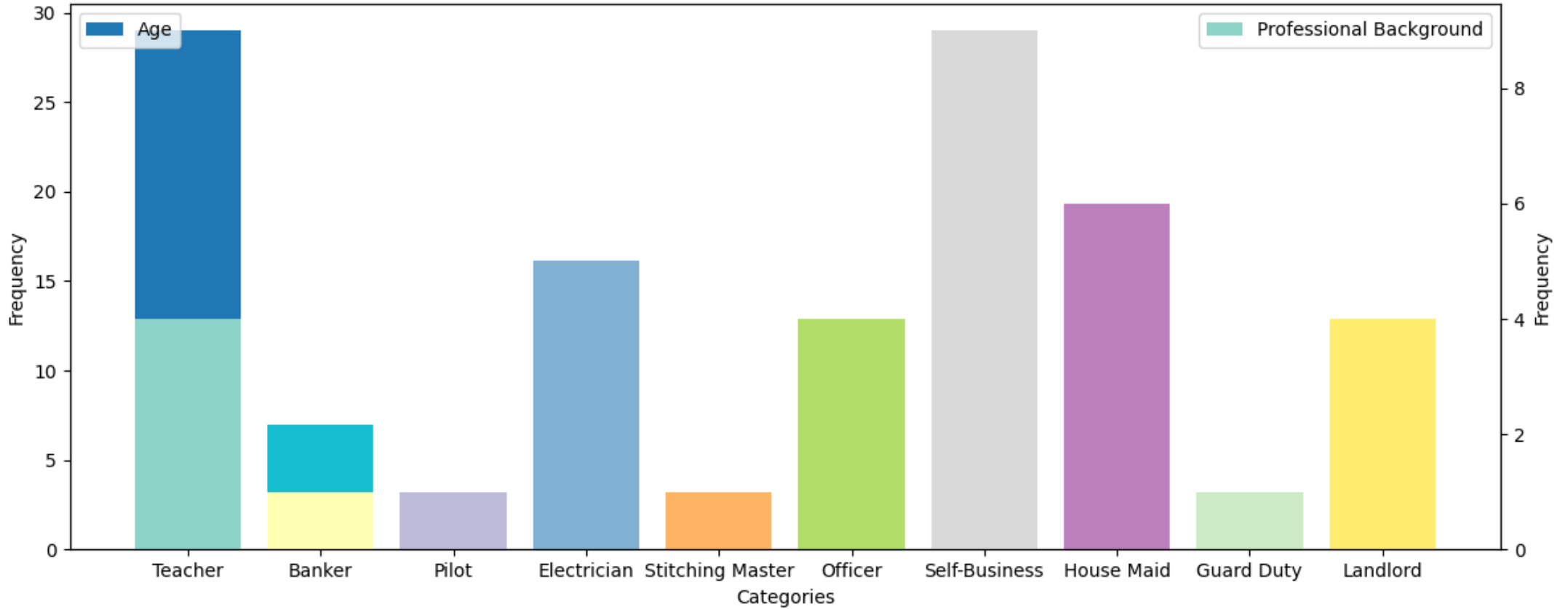


Figure 3: Demographic details of participants

Turning our attention to the participants' occupational backgrounds, an array of professions is observed. A breakdown of these professions includes: 11.1% of participants being teachers, 2.8% as bankers, another 2.8% serving as pilots, 13.9% engaged in politics as electioneers, 2.8% as skilled stitching masters, 11.1% holding officer positions, 25.0% participating in self-owned businesses, 16.7% managing household responsibilities, 2.8% performing guard duty, and 11.1% not engaged in any defined occupation.

This diverse occupational distribution captures the multifaceted nature of participants' professional lives. The presented data offers a comprehensive snapshot of the study's participant demographics. It highlights aspects such as age distribution, marital status, socio-economic positioning, family size, and occupational diversity, providing a robust foundation for deeper analyses and insights within the study's context.

4.2 Psychometric Assessment of the Geriatric Anxiety Scale

The psychometric properties of the Geriatric Anxiety Scale were thoroughly evaluated to ascertain its reliability and internal consistency in the context of the present study. This section delves into the key findings from the reliability analysis, shedding light on the scale's performance and its ability to yield consistent and dependable measurements.

The Table (A3) presents a comprehensive overview reliability analysis of the Geriatric Anxiety Scale (GAS) has substantiated its utility and validity within the current study. The scale's impressive Cronbach's α coefficient of 0.837, indicative of high internal consistency, underscores its viability as a reliable instrument for assessing anxiety levels in the geriatric context. This robust psychometric performance bolsters the credibility of the study's findings related to geriatric anxiety. The Geriatric Anxiety Scale was administered to participants as a means to assess anxiety levels among the geriatric population. The scale encompasses a range of scores from 4 to 41, with a mean score (M) of 19.89 and a standard deviation (SD) of 8.772. This range reflects the diversity of anxiety levels exhibited by the participants. The cornerstone of the reliability analysis is Cronbach's α , a statistical measure used to evaluate the internal consistency of a scale.

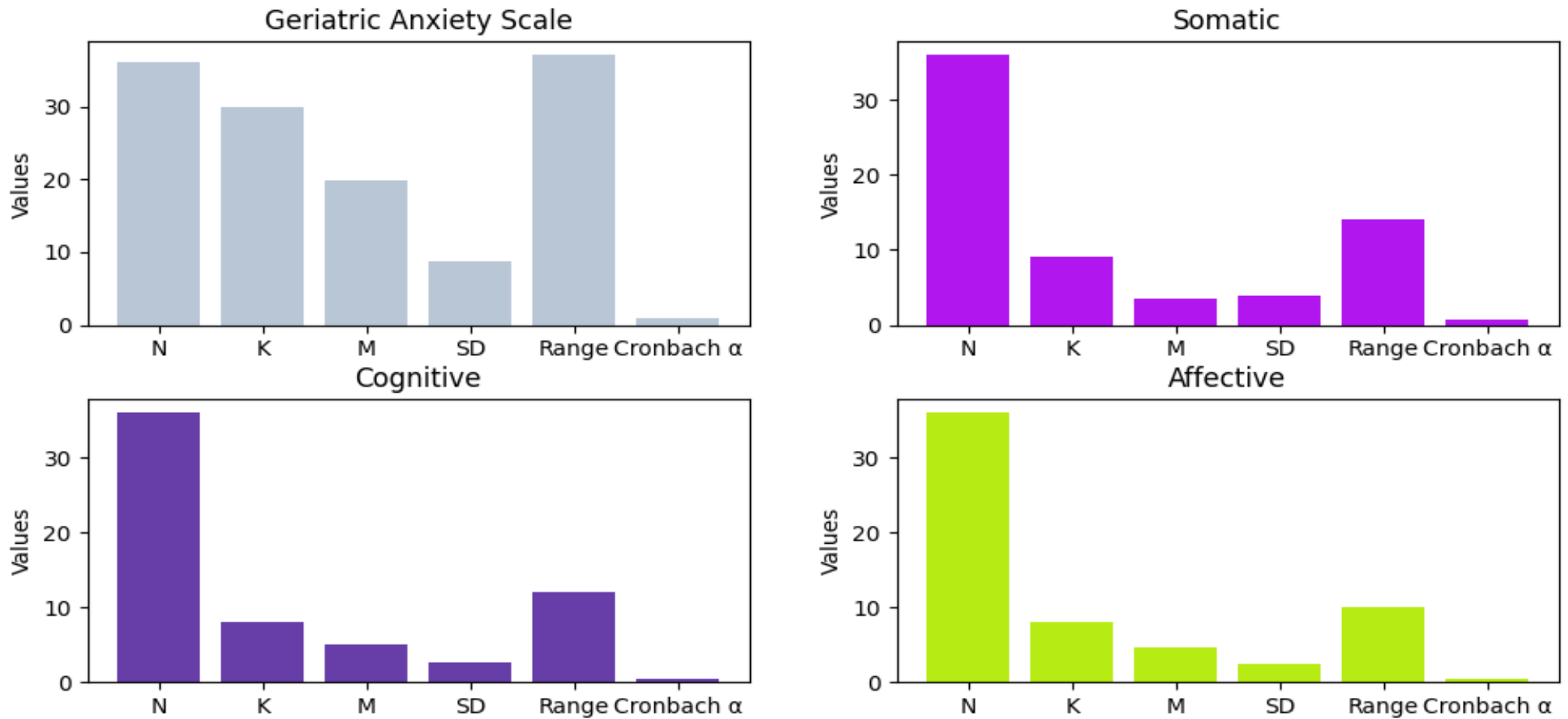


Figure 4: Reliability analysis: Psychometric properties of Geriatric Anxiety Scale and its sub scales (N= no of participants, k=no of items, M =mean, SD=standard deviation)

In this study, the Cronbach’s α coefficient for the Geriatric Anxiety Scale (GAS) was computed at 0.837, surpassing the desirable threshold of 0.80. This indicates a high level of internal consistency among the items within the scale, implying that the scale’s components are closely interrelated and collectively measure the intended construct.

The obtained Cronbach’s α coefficient of 0.837 serves as an indicator of the scale’s robustness in capturing geriatric anxiety levels as shown in **Figure 4**. With a value <0.80 , the scale demonstrates a strong homogeneity among its items, suggesting that respondents’ answers to the scale items align consistently and accurately to assess their anxiety tendencies. The high internal consistency of the Geriatric Anxiety Scale (GAS) carries important implications for its reliability. It signifies that the scale’s items are harmonious in measuring the construct of anxiety within the geriatric population. Researchers and clinicians can confidently employ this scale as a dependable tool to evaluate anxiety levels among older adults, ensuring that the obtained scores genuinely reflect their anxiety experiences.

4.3 Comparative Analysis of Control and Experimental Groups: Impact of Surah Ad-Dhuha on Anxiety

The comprehensive analysis of the control and experimental groups, investigating the influence of the intervention involving Surah Ad-Dhuha on anxiety levels. The findings of the paired-sample t-tests conducted on these groups provide insights into the varying impacts of the intervention.

Table 1.3: *Paired sample t test pre and post results of control and experimental group regarding Geriatric anxiety (N=36).*

Variables	Pre-intervention		Post-intervention		<i>t</i> (17)	<i>p</i>	<i>Cohen’s d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
Control group	19.50	8.9	19.44	8.8	1(17)	0.331	0.01
Experimental	20.39	8.5	15.50	7.8	9(17)	0.000	0.59

group

P<0.001

Table 1 provides a juxtaposition of the control group's anxiety scores before and after the intervention. The pre-intervention mean anxiety score for the control group was 19.50, accompanied by a standard deviation of 8.9. Post-intervention, the mean anxiety score remained relatively consistent at 19.44, with a standard deviation of 8.8. The paired-sample t-test generated a t-value of 1 (df=17) and a p-value of .331, indicating a non-significant mean difference. The Cohen's d value was calculated at 0.01, reflecting a very small effect size. In contrast, the experimental group displayed significant differences. Before the intervention, the experimental group's mean anxiety score was 20.39, with a standard deviation of 8.5. Post-intervention, this mean anxiety score notably decreased to 15.50, accompanied by a standard deviation of 7.8. The paired-sample t-test for the experimental group yielded a high t-value of 9 (df=17) and an extremely low p-value of .000, indicating a highly significant mean difference. The calculated Cohen's d was 0.59, signifying a large effect size.

Results also highlights the distinct patterns observed between the control and experimental groups. Notably, the control group demonstrated minimal fluctuations in anxiety scores before and after the intervention, indicating a lack of significant impact. This was further affirmed by the non-significant p-value and the very small Cohen's d value of 0.01. Conversely, the experimental group's findings indicate substantial reductions in anxiety scores post-intervention. The considerably high t-value and extremely low p-value underscore the intervention's potent impact. The substantial Cohen's d value of 0.59 further emphasizes the meaningfulness of this reduction in anxiety levels.

The outcomes suggest that Surah Ad-Dhuha has a pronounced impact on the experimental group's anxiety levels, resulting in a significant decrease. However, the control group's anxiety scores remained relatively stable, highlighting the specific therapeutic value of the intervention within the experimental group. The study's results elucidate the varying effects of the intervention on the control and experimental groups. While the experimental group experienced substantial anxiety reduction, the control group displayed minimal changes. These results underscore the potential of Surah Ad-

Dhuha as a targeted intervention for anxiety alleviation among elderly care facility residents.

5. Discussion

Surah Ad-Dhuha, a chapter from the Holy Quran, is revered by believers for its message of hope in times of distress (Nisar, Mehfooz, 2021). Revealed to Prophet Muhammad (P.B.U.H) during personal turmoil, it guides those facing emotional challenges, including anxiety. This study examines if understanding Surah Ad-Dhuha can ease anxiety in elderly men living in old homes. By exploring their interpretation of its verses and relevance to their struggles, the research assesses if engagement with this text reduces anxiety. Additionally, the study aims to uncover how participants internalize its messages of hope and patience. This research is crucial for the well-being of elderly residents often battling isolation and anxiety. Success could integrate spiritual practices into anxiety interventions, highlighting holistic care. The study's contribution to understanding spirituality's role in mental health, especially in aging, underscores the importance of cultural and religious awareness in this context. Ultimately, the study could enhance emotional resilience and well-being in the elderly, improving their quality of life and care.

The study utilized an experimental research methodology as per the method of earlier researchers (Marriam et al.; Zafar et al., 2023), specifically a pre-test and post-test design, to investigate the effectiveness of understanding Surah Ad-Dhuha in alleviating anxiety among elderly men residing in old age homes. A sample of 36 participants was selected based on specific criteria, focusing on individuals aged 60 years and above. The research design incorporated a quasi-experimental approach, employing pre-test and post-test measures within a control group design. The participants were randomly assigned to either the experimental group, engaging with Surah Ad-Dhuha, or the control group maintaining routine activities. The Geriatric Anxiety Scale (GAS) was employed as the assessment tool, with its Italian long-form version used to gauge anxiety symptoms among the elderly. Ethical considerations were meticulously addressed, ensuring informed consent, confidentiality, and adherence to ethical standards as per the study of (Rayan, et al.) (2022). The study's procedure involved baseline assessments, intervention sessions for the experimental group, and post-test assessments for both groups. Statistical analysis, including dependent sample t-

tests, was conducted using SPSS version 26 to evaluate the impact of the intervention on anxiety levels among participants.

The research aimed to assess the effectiveness of understanding Surah Ad-Dhuha in alleviating anxiety among elderly care facility residents. The study employed a comprehensive approach, starting with demographic analysis using descriptive statistical techniques to outline participant backgrounds. A meticulous reliability assessment of the Geriatric Anxiety Scale was conducted, verifying its consistency as a measurement tool. Paired-samples t-tests were used to analyse changes in anxiety scores before and after participants engaged with Surah Ad-Dhuha. The demographic analysis revealed a diverse group of participants aged 60 to 85, predominantly married with varying socioeconomic statuses, family sizes, and occupational backgrounds. The Geriatric Anxiety Scale demonstrated high internal consistency (Cronbach's $\alpha = 0.837$), supporting its reliability in gauging anxiety levels and our results were matched with earlier researches (Mordeno et al., 2023; Wang et al., 2022). The analysis of control and experimental groups revealed significant anxiety reduction ($p < 0.001$, Cohen's $d = 0.59$) in the experimental group after engaging with Surah Ad-Dhuha, while the control group showed minimal changes ($p = 0.331$, Cohen's $d = 0.01$) as seen in **Figure 5**. This suggests the potential of Surah Ad-Dhuha in effectively reducing anxiety symptoms among elderly care facility residents and our indication are matched as per the investigation of (Koshkaki, (2012).

Results of paired sample t-test also indicated that Surah Ad-Dhuha as an intervention had a positive effect on improve the quality and duration of sleep and significant difference in pre-intervention and post-intervention rating of sleep quality and duration items were presented (Tanaka & Shirakawa, 2004). We're anxious and depressed, and tend to get into a very bad sleep pattern by staying up at night and sleeping all day, thereby worsening our state of mind. This surah reminds us to use the night as a comfort to ease our distress. Paired sample t test was run to analyse the difference in pre-intervention and post-intervention of both groups. This indicate that Surah Ad-Dhuha as a therapy does have an impact upon the symptoms of anxiety (Zakaria et al., 2021). There was a little difference in pre-intervention and post-intervention scores of anxiety level of control group while a huge difference was presented in scores of anxiety symptoms in at pre-intervention and post-intervention

level for experimental group which signifies the effectiveness of understanding of Surah Ad-Dhuha for anxiety.

Surah Ad-Dhuha carries profound messages that can positively impact your life in several ways. It encourages patience during difficult times, reminding you that relief follows hardship. It teaches gratitude for the blessings in your life, fostering contentment and happiness. The Surah also inspires hope, reminding you that Allah's love and mercy are always present, even in challenging moments.

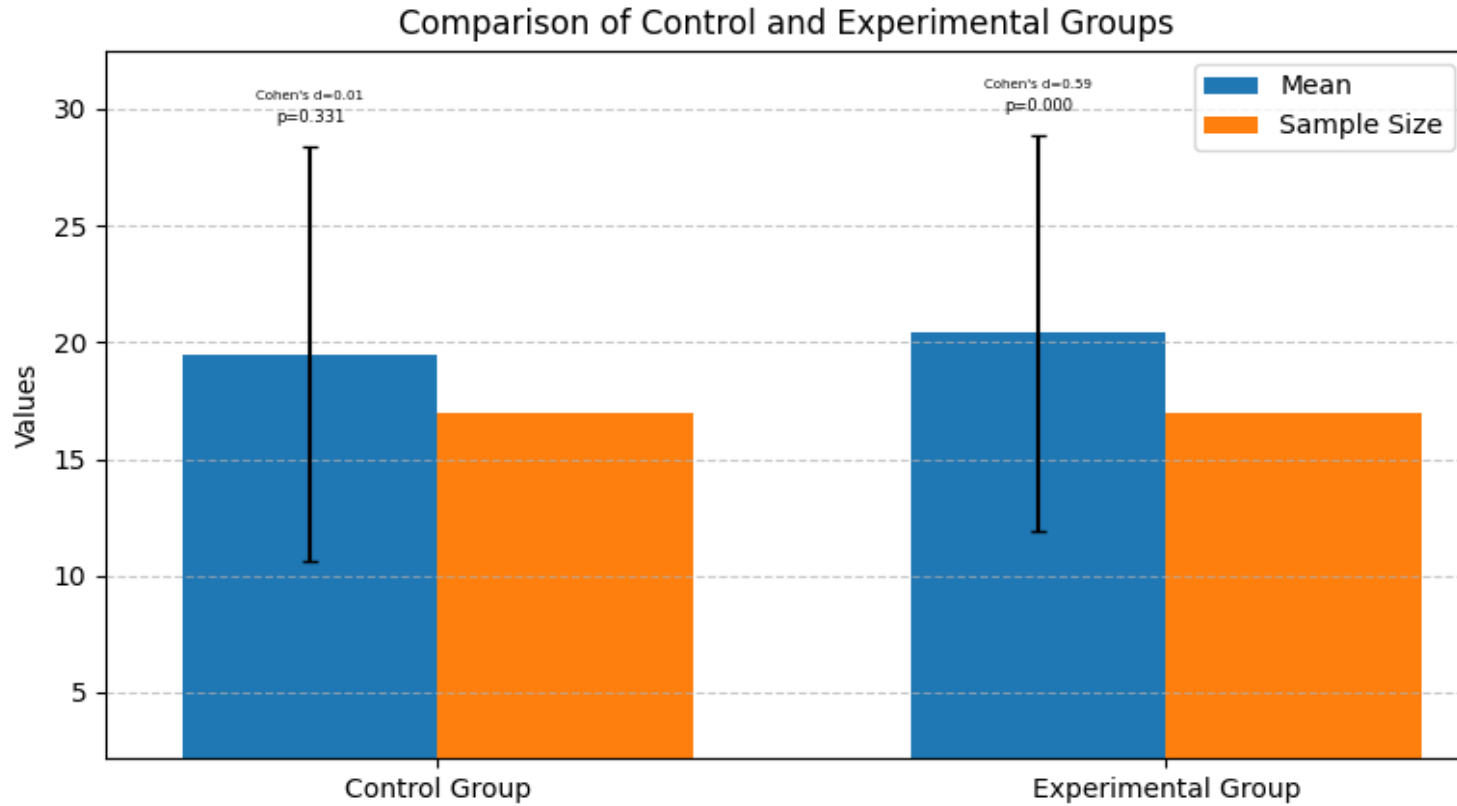


Figure 5: Comparison of mean values and standard deviations (SD) between Control and Experimental groups, where Error bars represent deviation of SD.

Based on the findings, several recommendations can be made. Firstly, elderly care facilities could consider incorporating interventions like the understanding of Surah Ad-Dhuha as part of their support programs to alleviate anxiety among residents. This spiritual approach could be offered alongside conventional therapeutic methods to enhance overall well-being. Additionally, caregivers and healthcare professionals working with elderly individuals could be trained to integrate such interventions into their care plans, catering to the spiritual and emotional needs of residents. Furthermore, future research could explore the long-term effects of Surah Ad-Dhuha intervention on anxiety reduction, potentially involving larger sample sizes and longer follow-up periods. The study could also investigate the feasibility of incorporating similar spiritual interventions into other healthcare contexts, such as hospitals or community centres, to address anxiety and improve mental health outcomes across different populations. This research sheds light on the potential of Surah Ad-Dhuha as a meaningful intervention for alleviating anxiety among elderly care facility residents. The study's findings provide valuable insights for both healthcare professionals and facility administrators to enhance the quality of care and support for older adults facing anxiety-related challenges.

6. Conclusion

The conclusion regarding Surah Ad-Dhuha being used for anxiety is that it holds significant spiritual and emotional value for many Muslims. The effectiveness of understanding of Surah Ad-Dhuha may provide a sense of comfort, hope, and peace to individuals during challenging times, including when dealing with anxiety. However, it is crucial to understand that while spiritual practices like reciting listening Surah Ad-Dhuha can be a source of solace for some people, they are not a substitute for professional mental health care. Anxiety is a complex mental health condition that may require various forms of support, including therapy, counseling, or medication. It is essential for individuals experiencing anxiety to seek help from qualified mental health men for proper assessment and appropriate treatment. If someone finds benefit in reciting Surah Ad-Dhuha as part of their coping strategy for anxiety, they should feel free to continue doing so alongside seeking professional help if needed. Combining spiritual practices with evidence-based mental health care can lead to a more comprehensive approach to managing anxiety and promoting overall well-being.

7. Appendix

A1: Geriatric Anxiety Scale: Assessment of Anxiety Symptoms and Relaxation Response to Surah Ad-Dhuha Listening Intervention

Questions	Not at all (0)	Occasionally (1)	Sometimes (2)	Often (3)
1. How often do you feel tense or anxious?				
2. How frequently do you experience muscle tension or physical discomfort due to anxiety?				
3. Do you find it difficult to relax and unwind?				
4. How often do you have trouble sleeping due to worry or anxiety?				
5. Do you experience racing thoughts or intrusive worries throughout the day?				
6. How often do you engage in activities to calm your mind and alleviate stress?				
7. Have you noticed any changes in your level of tension or anxiety after listening to Surah Ad-Dhuha?				
8. How effective do you perceive listening to Surah Ad-Dhuha to be in reducing your tension and anxiety?				
9. Do you feel a sense of peace or tranquillity while listening to Surah Ad-Dhuha?				
10. How likely are you to continue listening to Surah Ad-Dhuha as a relaxation technique in the future?				

A2: Demographic characteristic of participants (N=36)

Variables	F	%	M	SD
Age			67.67	7.61
No of children				
0-3	29	80.6		
4-7	7	19.4		
Professional background				
Teacher	4	11.1		
Banker	1	2.8		
Pilot	1	2.8		
Electrician	5	13.9		
Stitching master	1	2.8		
Officer	4	11.1		
Self-business	9	25.0		
House Maid	6	16.7		
Guard duty	1	2.8		
Landlord	4	11.1		

Note: f=frequency, %=percentage= mean, SD= standard deviation

A3: Reliability analysis: Psychometric properties of Geriatric Anxiety Scale and its sub scales

Scale	N	K	M	SD	Range	Cronbach's α
Geriatric Anxiety Scale	36	30	19.89	8.772	4- 41	0.837
Sub Scale						
Somatic	36	9	3.42	3.92	0-14	0.752
Cognitive	36	8	5.11	2.69	0-12	0.487
Affective	36	8	4.72	2.45	010	0.544

Note. N= no of participants, k=no of items, M =mean, SD=standard deviation

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