

Holistic study: The influence of tahajjud prayer on cortisol hormone and spiritual dimensions

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Kata Kunci:

Kortisol, spiritual, tahajjud, ibadah, sunnah

Keywords:

Cortisol, spiritual, tahajjud, worship, sunnah

ABSTRAK

Kajian ini membahas konsep dan signifikansi terapi tahajjud dalam konteks tarbiyah, yang merupakan proses pendidikan mental untuk memperkuat iman kepada Allah SWT. Terapi tahajjud, sebagai bentuk ibadah malam, memiliki potensi besar dalam meningkatkan kualitas iman dan tauhid seorang. Shalat tahajjud dalam Islam adalah ibadah malam yang mengikuti sunnah Nabi Muhammad SAW. Praktik ini memiliki dampak positif pada kesehatan fisik dan spiritual individu. Fisik, shalat tahajjud menjaga kebugaran dan mengelola stres melalui

gerakan fisik dan produksi hormon kortisol. Selain itu, kajian ini mengkaji kaitan shalat tahajjud dengan hormon kortisol dalam manajemen stres, menyoroti dampak positif terapi tahajjud pada kesehatan fisik dan mental. Kajian ini menggunakan metodologi review literature. Dalam kajian ini, kami mengeksplorasi berbagai aspek terapi tahajjud, termasuk konten doa yang berperan penting dalam mendidik dan memperkuat ketaatan seorang hamba kepada Sang Pencipta. Dengan pemahaman yang mendalam tentang praktik ini, diharapkan kajian ini dapat memberikan wawasan yang bermanfaat bagi seseorang yang ingin memperdalam hubungan spiritual mereka dengan Allah SWT dan memperkuat keyakinan mereka dalam Iman dan Islam. Diharapkan individu dapat memanfaatkan terapi tahajjud sebagai sarana untuk pendekatan spiritual dan kesejahteraan holistik.

ABSTRACT

This study discusses the concept and significance of tahajjud therapy in the context of tarbiyah, which is a mental education process to strengthen faith in Allah SWT. Tahajjud therapy, as a form of evening worship, has great potential in improving the quality of an individual's faith and monotheism. The tahajjud prayer in Islam is an evening prayer that follows the sunnah of the Prophet Muhammad SAW. This practice has a positive impact on an individual's physical and spiritual health. Physically, tahajjud prayer maintains fitness and manages stress through physical movement and the production of the hormone cortisol. In addition, this study examines the relationship between tahajjud prayer and the hormone cortisol in stress management, highlighting the positive impact of tahajjud therapy on physical and mental health. This study uses a literature review methodology. In this study, we explore various aspects of tahajjud therapy, including prayer content which plays an important role in educating and strengthening a servant's obedience to the Creator. With a deep understanding of this practice, it is hoped that this study can provide useful insights for individuals who wish to deepen their spiritual connection with Allah SWT and strengthen their belief in Iman and Islam. It is hoped that individuals can utilize tahajjud therapy as a means for a spiritual approach and holistic well-being.



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Introduction

Education based on the Almighty God is the key to achieve safety, blessings, success and happiness both in this world and the hereafter. One clear example of the success of this education is the Prophet Muhammad SAW, who is recognized by many people, including Michael Hard, as the most influential figure in the history of world civilization. Interestingly, more than 14 centuries ago, Allah SWT appointed the Prophet Muhammad SAW as the final of the Prophets and Messengers. This shows the urgency and priority of his position in morals and ethics. As Muslims, we are also given recognition of this virtue in the Al-Quran, which states that the Prophet Muhammad had noble morals (QS. Al-Qalam: 4) (As'ad, 2014).

However, we need to examine more deeply the life journey of the Prophet Muhammad. Such a prestigious title is not given lightly; they require effort, steadfastness in obeying God, and the ability to face various trials, temptations, and great challenges. Such awards should reflect an extraordinary level of determination and sacrifice for overcoming life's difficulties and differences of opinion. In accordance with the verse of the Qur'an, "Then, if you differ in opinion In accordance with the verse of the Qur'an, "Then, if you differ in opinion about something, then return it to Allah (the Qur'an) and the Messenger (Sunnah)" (QS. an-Nisa': 59). Apart from that, as stated in the history of Abu Daud, "Know that I have been given the Qur'an and something like it (Sunnah)," Prophet Muhammad SAW., himself has explained that the Sunnah is an integral part of revelation. Therefore, the Sunnah is considered equivalent to the Qur'an in terms of being a guideline that Muslims must follow and adhere to. On the other hand, the Sunnah of the Prophet Muhammad SAW. functions as an explanation that explains the contents of the Qur'an, specifies the meaning of general commands contained in the Qur'an, and provides exceptions and explanations for several problems (Bay, 2015).

Tahajjud prayer is the first mahdah prayer ordered by Allah SWT, according to the history of Imam Turmudzi, who quoted Abu Hurairah, Prophet Muhammad SAW. said "The most important sunnah prayer after the fardu prayer is the tahajjud prayer." In a hadist, it is stated that the Prophet Muhammad SAW., himself never left the tahajjud prayer. Allah SWT. ordered people who covered the Qur'an Surah Al-Muzammil verses 1-3 to get up at night and perform the tahajjud prayer. Tahajjud prayer, apart from functioning as additional worship (ibadah), also has various benefits, such as forgiveness of sins, inner peace, and reducing the risk of disease. In fact, research has shown that feeling calm can improve the immune system, reduce the risk of heart disease, and increase life expectancy (Chodijah,2017). The physical and medical benefits are tremendous.

One type of sunnah prayer that is highly recommended is the tahajjud prayer, which allows spiritual interaction between creatures and the Creator (Khalik). The tahajjud prayer, which is performed at night in a calm and quiet state, has many very valuable lessons. Because its implementation time coincides with sleep time, "tahajjud" is also often referred to Lail Prayer or Night Prayer. Some people also interpret the word "tahajjud" as waking up and being conscious after sleeping. This prayer is called "tahajjud" because the person who performs it just wakes up and then performs it. The

tahajjud prayer can include two to eight raka'ahs. After that, there are special prayers that help individual Muslims realize the presence of God's power in their lives. They also recognize the importance of the rewards of heaven and recognize the risks of hell. A Muslim acknowledges the truth of God's word and the words of the Prophet, and hopes to always be protected in life with God and fellow humans, as God's special creation (Afiah, 2022).

The dzikrullah aspect of the tahajjud prayer affects a person's mental state. This prayer is very calming because we can remember Allah truly. The tahajjud prayer has a very high spiritual value because of the dimension of dzikrullah (remembrance of Allah). As mentioned previously, the tahajjud prayer is performed at midnight, when many people are asleep and all daily activities stop completely. According to Chodijah (2017), this situation creates a calm atmosphere. This kind of atmosphere really helps someone who wants to get closer to Allah to concentrate. The purpose of this study is to determine the habit of tahajjud prayer recommended in Islam and the contribution of tahajjud prayer to a person's physical and spiritual health based on the Sunnah of the Prophet Muhammad SAW (Chodijah, 2017). Calmness is the main physical asset of a warrior. So that he can endure difficulties and challenges in the struggle to achieve the life goals he dreams of.

Methods

This research uses a literature review method to examine and analyze literature relevant to "Mental Tahajjud Therapy as Tarbiyah." This approach involves a systematic search through academic databases and relevant literature sources. The first step is to identify appropriate keywords, such as "tahajjud therapy," "mental training," "faith in Allah," "cortisol hormone" and "tauhid." Furthermore, literature relevant to this topic will be selected based on predetermined inclusion criteria, including the quality and relevance of the literature. The results of the literature review will be used to understand the concept of tahajjud therapy, analyze its impact on mental faith, and the role of prayer in increasing monotheism (tauhid). This method will help establish a strong theoretical basis for this research and provide in-depth insight into the importance of tahajjud therapy in educating a servant's mental faith and monotheism towards Allah SWT.

Discussion

Tahajjud prayer is a type of sunnah prayer that is highly recommended, in which a spiritual dialogue occurs between creatures and the Creator. The tahajjud prayer is performed at night in silence and solitude, containing various very valuable lessons. The origin of the word "tahajjud" comes from the word "hujuud," which means sleep. This prayer is also often referred to as the Lail Prayer or Night Prayer, because its time coincides with sleep time. There are also those who interpret the word "tahajjud" as waking up and being conscious after sleeping. Therefore, the person who performs it just wakes up and then performs the prayer. The command for the tahajjud prayer is explained in the Qur'an Surah Al-Isra': 79.

وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَّكَ عَسَىٰ أَنْ يَبْعَثَكَ رَبُّكَ مَقَامًا مَّحْمُودًا

Meaning: And on some nights, perform additional tahajjud prayers (as a form of worship) for yourself: hopefully your Lord will raise you to a place of praise (Q.S. Al-Isra': 79).

Apart from that, tahajjud prayer can reduce anxiety significantly and more effectively than exercise. Exercise simply involves the body and the release of energy. Meanwhile, the Tahajjud prayer has high spiritual value and can be used as a therapy for the peace and tranquility that is generated within the performer. This is due to the importance of dhikru Allah (remembering Allah) which is done in the Tahajjud prayer. Qiyam (standing), rukuk, and sujud can provide a person with energy that can maintain a healthy body if done according to the Prophet's teachings. Prayer will not be effective if the movements are not perfect, and the person praying does not get benefit from it (Rahman & Ma'sum, 2022).

In addition, Tahajjud prayer can improve our body's health by increasing the production of the hormone cortisol, which is responsible for stress management and preparing the body to face it. Mental health refers to a state that protects a person from the symptoms of mental disorders and illnesses. Therefore, there is a need for therapy that can improve mental health, one of which is by regularly carrying out the tahajjud prayer which is performed at night so that you can be more devout in your worship (Rahman & Ma'sum, 2022).

Many diseases can be cured by tahajjud prayer. In clinical practice, research has proven that many patients, both mildly and seriously ill, can recover through tahajjud prayer therapy. When a person experiences stress, it can increase metastasis, accelerate the development of cancer cells, and make a person more susceptible to infection. Tahajjud prayer also has the effect of erasing sins, bringing peace (tranquility), and warding off disease. According to one study, tranquility can improve the body's immune defenses, reduce the risk of heart disease, and extend life expectancy (Rahman & Ma'sum, 2022).

وَعَنْ أَبِي هُرَيْرَةَ - رَضِيَ اللَّهُ عَنْهُ - ، قَالَ : قَالَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - : ((أَفْضَلُ)) الصَّيَّامِ بَعْدَ رَمَضَانَ : شَهْرُ اللَّهِ الْمُحَرَّمِ وَأَفْضَلُ الصَّلَاةِ بَعْدَ الْفَرِيضَةِ : صَلَاةُ اللَّيْلِ ((رَوَاهُ مُسْلِمٌ))

Meaning: From Abu Hurairah radhiyallahu 'anhu, he said that Rasulullah SAW said, "The most important fast after Ramadan is the month of Allah Muharram. And the most important prayer after the obligatory prayer is the evening prayer." (HR. Muslim).

In Badriah and Sahar's (2018) research on diabetes mellitus sufferers, three out of six participants admitted that they prayed more at night and were always on time in performing obligatory prayers. The three sufferers felt quite significant changes in their illnesses after performing regular nightly prayers. According to them, the most effective medicine is prayer and support from family (Badriah, 2018).

In addition, in the research of Walpole, et. al (2013) regarding interventions for Muslim depression sufferers, several researchers recommend late night prayers (tahajjud) and congregational prayers as therapy for depression sufferers. This has been proven to increase the effectiveness of healing (recovery) for sufferers. Apart from that,

prayer can also be integrated into psychotherapy for patients suffering from depression (Walpole et al., 2013).

Prophet Muhammad SAW. taught his friends to ask Allah for help through praying as a means of overcoming the various needs and challenges they face. Thus, therapists must be able to guide their patients by considering the level of anxiety experienced by the patient so that the therapy provided can be adjusted to the conditions faced, and with the hope that the therapy will be successful as desired (Zaini, 2015).

The time for performing the Sunnah Tahajjud prayer is divided into three times (Hafifah & Machfud, 2021) , namely:

- a. The main time to perform the Tahajjud prayer is in the first third of the night or around 19.00 to 22.00.
- b. The best time to perform the Tahajjud prayer is in the second third of the night or around 22.00 to 01.00 in the morning.
- c. The best time to perform the Tahajjud prayer is in the third third of the night (last third of the night) or around 01.00 in the morning.

Differences in the duration and time of night in a region of the earth can change based on its geographic position, which is influenced by latitude and longitude. For a Muslim who really pays attention to time in his worship of Allah SWT, he will divide his night into three parts. This aims to ensure that he can make the best use of his time in relation to Allah, and contribute positively to the community and society where he lives. Thus, he searches for the most ideal and meaningful time horizontally in relation to the Almighty Ruler of the Universe (Nida Hanifah & Tsani Abdul Hakim, 2018).

In research conducted by Rizaldy in 2013, data on cortisol levels were obtained by taking the patient's blood before and after the Tahajjud prayer for six weeks. These results can be described in table 1 below (Rizaldy, 2013) .

Table 1. Results of measuring cortisol hormone levels in the intervention group

N	Cortisol Hormone Levels (µg/dL)	
	Before Shalat	After Shalat
1	13,4	8,4
2	18,3	11,9
3	15,5	13,2
4	9,5	10,6
5	8,3	9,1

6	26,7	16,3
7	15,4	11,5
8	9,9	16,1
	Mean : 14,6 SD : 6,01	Mean : 12,1 SD : 2,93

Note: The mean cortisol levels in the intervention group before treatment and after treatment were in the normal range (morning cortisol levels: 4.30 - 22.40 µg/dL, Prodia Clinical Laboratory).

The table above shows that the average cortisol level before performing the Tahajjud prayer is 14.6 µg/dL with a standard deviation of 6.01. After the Tahajjud prayer the average was 12.1 µg/dL with a standard deviation of 2.93. In general, this shows a decrease, but there were three respondents who experienced an increase, namely from 8.3 µg/dL to 9.1 µg/dL, from 9.9 µg/dL to 16.1 µg/dL and from 9.5 µg/dL to 10.6 µg/dL.

The data results of measuring cortisol levels by taking the patient's blood on the first day and after six weeks can be described in table 2 below.

Table 2. Results of measuring cortisol hormone levels in the control group

N	Cortisol Hormone Levels (µg/dL)	
	Day 1	After 6 Weeks
1	19,54	18,10
2	13,20	10,39
3	18,43	8,96
4	7,82	7,86
5	12,59	16,50
6	20,74	15,74
7	21,34	11,20
8	9,15	8,66
	Mean : 15,35	Mean : 12,1

SD : 5,33	SD : 3,99
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Note: The mean cortisol levels in the control group on the first day and after 6 weeks were in the normal range (morning cortisol levels: 4.30-22.40 µg/dL, Prodia Clinical Laboratory).

The table shows that the mean cortisol level of the control group on the first day was 15.35 µg/dL with a standard deviation of 5.33. After six weeks, the average changed to 12.17 µg/dL with a standard deviation of 3.99. In general, this shows a decline. However, there were two respondents who experienced an increase, namely from 7.82 µg/dL to 7.86 µg/dL and from 12.59 µg/dL to 16.50 µg/dL.

It is believed that the educational and health values applied in tahajut therapy will bring back a glorious time in history, as long as individuals can feel peace and confidence that every struggle in life has a good ending (happy ending). With this strong hope, it is hoped that the achievements and awards obtained through tahajut therapy will be a source of pride for every individual, both in this world and in the afterlife. Hopefully this will be a noble place and praise worthy of being given, as a result of the efforts in undergoing tahajud therapy (Soleha, 2018).

CONCLUSION

The tahajjud prayer in Islam is an night prayer following in the footsteps of the Prophet Muhammad SAW, and research has shown that this practice has a significant positive impact on an individual's physical and spiritual health. In terms of physical health, tahajjud prayer helps maintain body fitness and manage stress through physical movement and its effect on the production of the hormone cortisol. On the other hand, spiritually, tahajjud prayer allows deeper communication with Allah SWT, improves spiritual health, and strengthens faith and monotheism (tauhid).

Mentally, tahajjud therapy, which involves the practice of tahajjud prayers with special prayer content, is a very valuable tarbiyah process in Islam. It is not just an evening worship service, but also an opportunity to educate and strengthen the mental faith and monotheism of a servant to Allah SWT. In the practice of tahajjud therapy, through reading prayers, individuals are expected to gain a deeper understanding of the oneness of Allah and improve their spiritual relationship with Him.

The importance of consistency, understanding, and community support in the practice of mental tahajjud therapy cannot be ignored. This practice has great potential to form a person who is more obedient and firm in his faith in Allah SWT. Therefore, the practice of tahajjud therapy should be an integral part of the life of a servant who wants to get closer to the Creator. Thus, tahajjud therapy can provide extraordinary benefits in a person's spiritual development and holistic well-being.

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