



“ A Study Of Muslims Those Who Practice Regular Namaz And Tilawat -e- Quran And Muslim Those Who Do Not Practice Regular Namaz And Tilawat -e- Quran Respect To Mental Health And Self Concept”

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Abstract:

The purpose of the study to find out the mental health and self concept among Muslim those Who Practice Regular Namaz and Tilawat -E- Quran and Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran . Mental health inventory by jagdish and self concept test by Dr. C G Deshpande. Hypotheses of the study There will be significant difference between Muslim those who Practice Regular Namaz and Tilawat -E- Quran and Muslim those who Do Not Practice Regular Namaz and Tilawat -E- Quran the dimension of mental health and self concept. Conclusion: 1) Muslim those who Practice Regular Namaz and Tilawat -E- Quran have significantly high mental health than Muslim those who do Not Practice Regular Namaz and Tilawat -E- Quran. 2) Muslim those Who Practice Regular Namaz and Tilawat -E- Quran have significantly high self concept than Muslim those who do Not Practice Regular Namaz and Tilawat -E- Quran.

INTRODUCTION:

The first and most important duty in Islam after one has brought faith in God and in Prophet Mohammad and borne witness to Divine Oneness and the Apostleship of the holy Prophet is Namaz. It is a most special act of Divine worship, which a Muslim is called upon to Practice five times a day. There are numerous verses of the Quran and the Traditions of the Prophet enjoining the Namaz on us. It has been described as the pillar and the foundation of the faith. Namaz, if it is offered with a sincere heart and proper devotion and mental concentration, is particularly vested with the property of cleansing the heart and reforming one's life and ridding it of sins and impurities. It generates love for piety and truth and promotes fear of God in man. Thus it is that Islam has laid greater emphasis on it than on all other religious obligations. When anyone came to the Prophet to embrace Islam, the first promise the sacred prophet took from him, after instructing him in Divine Oneness, was that he will offer the Namaz regularly. In fine, after the Kalima, Namaz is the bedrock of Islam.

BLESSINGS OF NAMAZ

When a person stands before the Almighty with his arms folded, five times a day, and celebrates His praises and kneels down before Him and touches the ground with his forehead and makes earnest supplications to Him, he becomes worthy of His love and beneficence, his sins are forgiven with every Namaz he offers, his heart attains enlightenment and his life becomes pure. The Prophet once gave an excellent example to illustrate this truth. He asked his Companions, “Tell me, if a stream flows at the door of anyone of you and he takes a dip in it five times a day will there be left any grime on his body?” The

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Companions replied, “No, Sir. No grime will be left on his body”. The Prophet said, “It is exactly the same with the five daily prayers. God removes all impurities and sins because of their auspiciousness:”

Superiority of Congregation

It appears from the Prophet's Traditions that Namaz should be offered in congregation if one wants to derive full benefit from it. The Prophet was so very particular about it that once while condemning the conduct of Muslim those who avoided coming to the mosque to say their prayers in congregation due to laziness or indifference he observed with anger that he felt like burning down their homes.

There is lot of religions in this world. Religion came to the world to guide the people on the right track. Islam is the latest religion of the world. In all religions, there is only one creator. After, Islam, there is no religion which came to this world. Islam is the right pathway of a Muslim. In Islam, the holy prophet Hazrat Muhammad (Sm), went to 'namaz' and took a gift from Almighty Allah that is "namaz", which is also called "salat" in Arabic. Every Muslim prays to Allah, five times a day through Namaz. Namaz gives us not only mental peace, but also physical fitness. When we start the "namaz", the whole brain concentrates on Allah. After starting 'namaz' the blood circulation of the body goes in normal way. When we want to do "Ruku", the body bends and the blood goes to the brain swiftly. At the same time the joints of our body work well. When we go for 'sizda' in 'namaz', the head bows down to the heart and the heart pumps blood fast, much to the brain directly and also to the central nervous system, which is doing best to keep our mind fresh and healthy. Moreover, in 'namaz' the whole body moving which is very helpful for our physical health.

In 'namaz' our total concentration belongs to Allah, so that our mind would be free from tension. 'Namaz' gives mental peace as well as physical peace. In medical science there are many systems in our body. Nervous system is one among them which includes brain and spinal cord which is called central nervous system. This CNS (central nervous system) is the main key operator of the whole body. The another nervous system is PNS (peripheral nervous system). Namaz' keeps running the nervous system. At that time, the physical movement of our body remains sound. The doctor said that 'spiritual dimensions' is one which keeps our whole body fit. 'Namaz' is the most spiritual work which gives all assistance to our body and mind.

So everybody should pray to Allah by Practiceing 'namaz' and Almighty Allah likes 'namaz' very much. In the Holy Quran and the 'Hadish' it is said that 'namaz' is the main prayer of a Muslim to Allah. 'Namaz' is not only prayer but also the best exercise for staying healthy.

OBJECTIVE AND AIM OF THE STUDY:

To examine the Study of Muslim those Who Practice Regular Namaz and Tilawat -E- Quran and Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran Respect to Mental Health and Self Concept.

HYPOTHESIS:

- 1) There will be significant difference between Muslim those Who Practice Regular Namaz and Tilawat -E- Quran and Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran the dimension of mental health.
- 2) There will be significant difference between Muslim those Who Practice Regular Namaz and Tilawat -E- Quran and Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran the dimension of self concept.

METHOD:

SAMPLE:

For the present study 60 respondent were selected from Aurangabad, Maharashtra State, India. The effective sample consisted of 60 respondents, 30 Muslim those Who Practice Regular Namaz and Tilawat -E- Quran and 30 Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran. The age range of subjects was 18-30 years Ratio were 1:1.

TOOLS:

MENTAL HEALTH INVENTORY (MHI):

Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and

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general health questionnaire (Gold beig, 1978) it was found to be .54.

SELF-CONCEPT SCALE:

This test is developed and standardized by C.G.Deshpande. The test consisted of 60 Items. The subjects were required to respond to each item in terms of 'YES' OR 'NO'. The reliability coefficient of the test was found 0.86 with Spearman Brown formula. The validity coefficient was found 0.84

PROCEDURES OF DATA COLLECTION:

Group-1) 30 Muslim those That Practice Regular Namaz and Tilawat -E- Quran and Group- 2) 30 Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran. Given the mental health & self concept test & collect the data.

VARIABLES:

INDEPENDENT VARIABLE: SUBJECTS

- a) Regular Namaz and Tilawat -E- Quran
- b) Do Not Practice Regular Namaz and Tilawat -E- Quran

DEPENDANT VARIABLE:

- 1)Mental Health
- 2)Self Concept

STATISTICAL ANALYSIS AND DISCUSSION

REGULAR NAMAZ AND TILAWAT -E- QURAN AND DO NOT PRACTICE REGULAR NAMAZ AND TILAWAT -E- QURAN SHOWS THE MEAN S.D AND'T' VALUE OF MENTAL HEALTHAND SELF CONCEPT

	Regular Namaz and Tilawat -E- Quran			Do Not Practice Regular Namaz and Tilawat -E- Quran			DF	t
	Mean	SD	SE	Mean	SD	SE		
Mental Health	70.42	9.29	1.69	58.81	7.90	1.44	58	5.21**
Self Concept	43.51	5.13	0.94	37.03	4.22	0.77	58	5.34**

The results related to the hypothesis have been recorded. Mean of mental health score of the Muslim those Who Practice Regular Namaz and Tilawat -E- Quran Mean is 70.42 and that of the Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran Mean is 58.81 The difference between the two mean is highly significant ($t' = 5.21$, $df = 58$, $P < 0.01$) It is clear that Muslim those Who Practice Regular Namaz and Tilawat -E- Quran and Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran Differ Significantly From each other from the mean scores and graph it was found that the Muslim those Who Practice Regular Namaz and Tilawat -E- Quran have Significantly high mental health than the Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran.

The results related to the hypothesis have been recorded. Mean of self concept score of the Muslim those Who Practice Regular Namaz and Tilawat -E- Quran Mean is 43.51 and that of the Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran Mean is 37.03 The difference between the two mean is highly significant ($t' = 5.34$, $df = 58$, $P < 0.01$) It is clear that Muslim those Who Practice Regular Namaz and Tilawat -E- Quran and Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran Differ Significantly From each other from the mean scores and graph it was found that the Muslim those Who Practice Regular Namaz and Tilawat -E- Quran have Significantly high self concept than the Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran.

RESULTS:

- 1)Muslim those Who Practice Regular Namaz and Tilawat -E- Quran have significantly high mental health than Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran.
- 2)Muslim those Who Practice Regular Namaz and Tilawat -E- Quran have significantly high self concept than Muslim those Who Do Not Practice Regular Namaz and Tilawat -E- Quran.

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