



## Research Article

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# The Effect of Listening to The Holy Qur'an on Improving Some Psychological and Physical Variables Among Yoga Practitioners

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## Abstract

*This study aims to identify the effect of listening to the Holy Qur'an on some psychological and physical variables among practitioners of yoga exercises among Al Ain University students. Where the study population consisted of male and female students of the Physical Health course in the first semester of the academic year 2020/2021, and the study sample was chosen by the deliberate method as it consisted of (80) students from the original study community, and in one experimental group to achieve the study objectives and its questions, where psychological measurements (mood, focusing attention) were performed during the practice of yoga exercises before and after listening to the Holy Qur'an and after performing a constant intensity (below the maximum) for the sample members, and the physical variables (heart rate, muscle relaxation and flexibility) for all members of the study sample before and after listening to the Qur'an, the pulse was also measured, as the experiment was repeated a week after with listening to the Qur'an while performing yoga exercises, where the researchers used a headset connected to a personal phone and a smartwatch to calculate the intensity of the pulse individually for each player to listen to the Holy Qur'an. After collecting the data and using the necessary statistical treatments, the results of the study showed a clear improvement in the psychological and physical variables of the study sample during listening to the Holy Quran, and in light of the results, the researchers recommended that they prefer the use of listening to the Holy Qur'an while practicing yoga exercises, and in training sessions, especially curative ones, as well as conducting similar studies for players who show signs of anxiety before competition and after training for the purpose of recovery and calming down, and applying the study to different categories of athletes and in some sports.*

**Keywords:** *The Holy Quran, psychological and physical variables, yoga exercises, aerobic exercise, sports training, heart rate, relaxation.*

## 1. Introduction

The Holy Qur'an is one of the countless graces of Allah, as its descent was a mercy from Allah for his servants, and it is their guide, and their reference in recitation and action, and Allah the Almighty has ensured that the Holy Qur'an be memorized, "Surely We have revealed the reminder and we will most surely be its guardian", (AlHijr, 9). And Allah the Almighty has given this great Qur'an the great merit in guiding the souls of people and their happiness even when it is heard by non-Muslims, and many contemporary western scholars also affirm that the problem of contemporary man is mainly related to religion and moral values and that the Qur'an is a book for human beings and it is in line with the concepts of growth and human evolution, (Koshan and Vaghei, 2008) and that listening to the Holy Qur'an has a great impact on souls, and that includes reforming it, relieving it, and curing it from various diseases. Among the evidences for this is what came in the words of Allah - the Blessed and Exalted be he -: "And We send down of 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). It is considered a cure for the heart, and It is often known as a source of guidance and treatment. As human nature has an internal tendency towards harmony with rhythm such as music, as stated in the study of (Masoumy, et. al. 2013), and (Mirbagher, et. al, 2011) as well as enjoying the rhythm, regular harmony, order and coordination in the Holy Qur'an as it has an eloquent expression and a magical style that affects individuals as stated in the study of (Jabbari, et. al, 2017) and (Sadeghi, 2011) and (Agha Mohamadi, 2014).

Among the evidences that came in the Prophet's Sunnah on the merit of listening to the Holy Qur'an is that the Messenger of Allah - may Allah bless him and grant him peace - used to like to hear the Qur'an from others, attesting to what came in the holy hadith in the words of the Prophet - may blessings and peace be upon him - as was narrated on him by Amr bin Marra al-Juhani He said: That the Prophet said to him, "Recite the Qur'an to me." Abdullah said, "Shall I recite (the Qur'an) to you while it has been revealed to you?" He said, "I like to hear it from others) ", So I read Surat Al-Nisaa until I reached the verse "So how [will it be] when We bring from every nation a witness and we bring you, [O Muhammad] against these [people] as a witness? (Al-Nisaa, 41), " He said: stop, and his eyes filled with tears, (Sahih Al-Bukhari - 4582).

The effect of listening to the Holy Qur'an was not limited to mankind, but the effect also included the jinn, attesting to the words of ALLAH the Almighty on the lips of the jinn when they heard the Qur'an: (They said, "We have really heard a wonderful Recital, it gives guidance to the Right, and we have believed therein: we shall not join (in worship) any (gods) with our Lord"). Among the effects of listening to the Holy Qur'an are raising hearts and inspiring fear in them, calmness and comfort, and reducing the level of depression.

Scientists confirm that it can be used as a safe non-drug measure to reduce anxiety, depression and tension and improve the mental health of individuals when listening to it, as stated in the results of the study of (Ashraf and Afsaneh, 2018) and (Eskandari, et al.2012). It is supported by (Chang, et. al 2008) and (Balung , 2017) and (Petersson & Almerud 2003) and (Shekha & Othman 2013) that listening to the Holy Qur'an delays the onset of fatigue, removes negative feelings, creates a feeling of relaxation, and increases the secretion of endorphins by stimulating alpha brain waves and thus increases relaxation.

There are studies, such as the study of Bechir, et.al (2017) indicated that listening to the Holy Qur'an led to a great improvement in the psychological aspects of patients with kidney and various diseases. Also, (Babamohamadi, et al, 2011) and (Abdullah & Omar, 2011) study indicated that listening to the Qur'an led to a significant reduction in the level of anxiety among the sample members during and after the exercise of physical exertion.

## 2. Study Problem and its Importance

There is no doubt that the interest in the field of applied sports psychology and (sports training) as

a science of sports is very important to achieve excellence in sports performance, as it has a positive impact in achieving progress in the physical, psychological and mental health of those who are practicing sports activities, whether beginners or professionals, as stated in the study of (Aghamohammadi, 2014), (Al Zobaidi, 2011), (Bradshaw et, al.2004). Through their review of previous studies and related theoretical literature, the two researchers believe that most of these studies were interested in studying listening to music or the effect of listening to the Holy Qur'an on kidney patients, heart disease and other diseases, and conditions such as pregnancy and mental disorders, as well as concentration for elite players, as well as noticing the lack of interest of researchers in studying the effect of listening to the Holy Qur'an during exercises (such as yoga) for various groups, whether amateur or professional, and studying its impact on the psychological and physiological aspects of the practitioners. Here lies the problem of the study, which prompted the two researchers to carry out this study to find out the effect of listening to the Qur'an on some psychological variables such as (mood, concentration of attention and physicality such as (heart rate, muscle relaxation and flexibility) for practitioners of yoga exercises, which are practiced by not a few in the community, whether in society, home or gyms for different ages and for both genders. Hence the importance of this study and that is due to the urgent need to know the effect of listening to the Holy Qur'an on some psychological and physical variables for yoga practitioners, which contribute to raising their level of performance and improving their psychological and physical state during and after performing physical exertion, which would contribute to the development of their self-motivation, improvement of mood and muscle relaxation and reduce the level of anxiety, heart rate and sense of exertion.

### 3. Objectives of the study

This study aims to identify:

- The effect of listening to the Holy Qur'an on some psychological variables (mood, focusing attention) among practitioners of yoga exercises at Al Ain University.
- The effect of listening to the Holy Qur'an on some physical variables (heart rate, muscle relaxation and flexibility) among practitioners of yoga exercises at Al Ain University.

### 4. Search Questions

- What is the effect of listening to the Holy Qur'an on some psychological variables (mood, focusing attention) among practitioners of yoga exercises at Al Ain University?
- What is the effect of listening to the Holy Qur'an on some physical variables (heart rate, muscle relaxation and flexibility) among yoga practitioners at Al Ain University?

### 5. Terminology of Study

The Holy Quran:

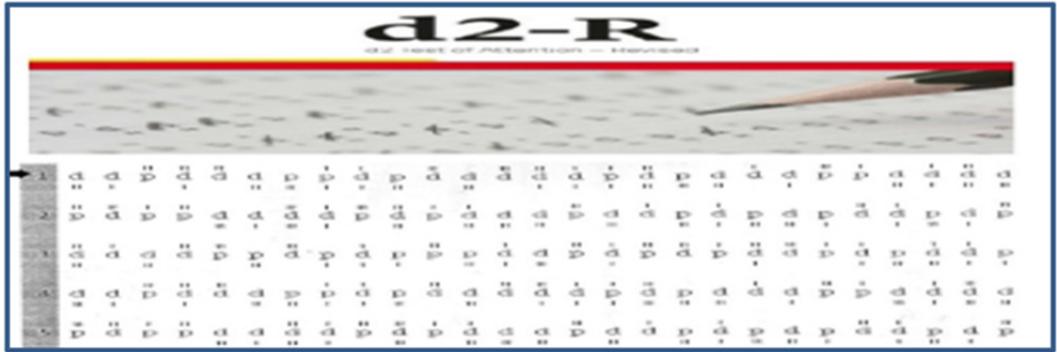
It is the word of Allah the Almighty, miraculous and transmitted in frequency (a collective transmission that does not make mistakes) beginning with Surat Al-Fatiha and ending with Surat Al-Nas. It has been sent down to last of the prophets and messengers "Muhammad bin Abdullah", and it is the last divine book after the Scroll of Abraham, Al- Zabur, Al-Torah and the Gospel. (Procedural definition).

#### 5.1 D2 test

It is a neuropsychological test that measures attention of all kinds (selective and continuous). The original version of the test was invented by (Briker, Kamp, 1962), and it is one of the most famous and most used scales in various fields of sports and applied psychology. The test contains 14 lines per line,

16 letters (P) and 16 letters (d), with one, two, three or four marks below each letter.

The examinee should search for the letter D with two marks below it and above and ignore the rest of the letters and other signs, and each line is given a period of 20 seconds to move to the next line. The test results are as follows: 50-60% is poor, 60-70% is average, 70-85% is good, over 85% is very good.



**Figure 1:** Demonstrates the D2 test for measuring focusing attention.

## 6. Determinants of the Study

- The human determinant: The study was conducted on male and female students of Physical Health course at Al Ain University in the first semester of the academic year 2020/2021, whose number was (298) male and female students.
- Spatial determinant: The study was conducted with students remotely in the MS Microsoft Teams program.
- Timeframe: The study was conducted in the period between 3/10 - 10/24/2020 of the first semester.

## 7. Study Methodology and Procedures

### 7.1 Study Approach

The researcher used the semi-experimental approach and the one experimental group for its relevance and the nature of the study and its objectives.

### 7.2 Study population

Study population consists of Physical Health course students, males and females, at Al Ain University, who are officially registered in the first semester, as their number is (298) male and female students.

### 7.3 Study sample

The research sample was chosen by the deliberate method, as it consisted of (80) students of the physical health course distributed among (40) males, (40) females, representing 27.9% of the total study population.

## 8. Tools for Collecting Study Data

### 8.1 Study tool

To answer the study's questions, the researchers used the questionnaire as a tool to collect data on the subject of the study and apply it to the study sample individuals, and they followed the following steps in designing the questionnaires:

Access to some different scientific references and studies that dealt with the subject of the study, such as Baba mohamadi al (2005).

Then, the axes and paragraphs of the questionnaire that measure the level of mood, anxiety and focus of attention were defined, and presented to a group of specialized experts to determine the suitability of the paragraphs of the questionnaire for the variables to be measured, and to make the amendments requested by the referees to be the final version of the tool, which proves content validity.

## 9. Scientific Transactions of the Study Tool

### 9.1 Tool Validity

Tool validity was calculated by (the validity of the content as mentioned previously, and the validity coefficient of internal consistency). The two researchers extracted the validity of the internal consistency by calculating the correlation coefficient of the phrase with the total sum of the axis to which it belongs. The expression whose internal consistency coefficient did not achieve the significance acceptable to the researchers amounting to (0.521) at the level of (0.05) was deleted.

### 9.2 Instrument stability

The reliability coefficient was calculated for each dimension of the scale, then the scale as a whole using the internal consistency coefficient Cronbach's Alpha on a sample consisting of (6) students from outside the study sample, and Table (1) illustrates that.

**Table 1.** Scientific transactions of the study tool

Domain	Stability
Mood	0.80
Attention Focus	0.78
The domain as a whole	0.79

Table (1) indicates that the stability coefficients in the study tool ranged between (0.78-0.80). The overall stability of the scale was (0.79), which fulfills the purposes of the study.

### 9.3 Study procedures

To obtain the study data, the two researchers used the following tools, which are of high validity and stability:

1. Questionnaires were used to measure mood level, focus attention, and measure stability.
2. Focusing Attention test (D2) was used and it is a test of high validity and reliability.
3. Smart watch to measure heart rate.

Where the two researchers also set the schedule for the implementation of the study with the study sample and explained to them the mechanism of applying the study tests, which are psychological tests for psychological variables (mood, focusing attention) after practicing yoga

exercises without listening to the Qur'an.

Then the same test was repeated a week later (to avoid the recollection factor of the form). The test was repeated on the sample, but by listening to the Holy Qur'an for a period of (11.20 / d) minutes with the voice of the reciter, Sheikh Mishari Al-Afasy, by reading Surat Al-Rahman from verse (78-1) and using a handset connected to a personal phone while performing yoga exercises, and doing psychometric measurements again in the same previous method and statistical analysis of the results.

As for the physical variables, the experiment was explained to the study sample and how to estimate the perceived intensity through heart rate, then the researchers asked each individual to perform various cardio exercises in the place and various jumps for a period of 5-15 minutes until the student is exposed to an effort below the maximum of maximum pulse (85%) depends on the pulse intensity calculated (for each of the sample members separately), according to the following formulas referred to (Al-Saleh, 2020):

- The formula for calculating the maximum heart rate: (maximum heart rate 220 - age).
- The formula for calculating the target heart rate for 85% of the maximum heart rate is as follows: Target heart rate for exercise intensity =  $(85 \times \text{max heartbeat}) \div 100 =$
- Then perform specific yoga exercises and measure the physical variables after two minutes of completing the exercises (heart rate HR, muscle relaxation, flexibility, "flexibility box test"), without listening to the Quran.

Then repeat the test after three days, in the same way (to avoid the training factor) with the same previous procedures, but with listening to the Qur'an immediately after completing the effort and re-measurements after completing the yoga exercises in the same previous way and analyzing the data statistically.

## 10. Statistical Processors

To achieve the study objectives and answer its questions, the following statistical methods were used: Arithmetic means and standard deviations of mood level and focus of attention for practitioners of yoga exercises without listening to the Holy Quran and immediately after it.

As well as applying a paired sample T test to compare the two measurements before and after listening to the Holy Qur'an for some psychological and physical variables for practitioners of yoga exercises.

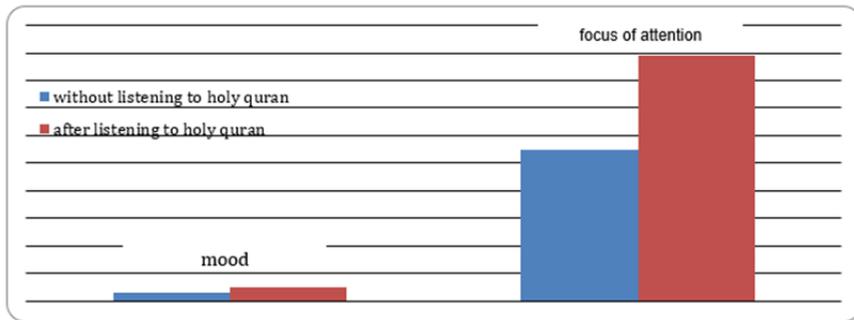
## 11. Results and Discussion

### 11.1 To answer the first question

What is the effect of listening to the Holy Qur'an on some psychological variables (mood, focusing attention) among practitioners of yoga exercises at Al Ain University? The two researchers applied (Ttest) for the paired samples to identify the differences between the arithmetic averages before and after listening to the Holy Qur'an, for the psychological variables, mood, attention focus, and the table and figure No. (2) illustrate that:

**Table 2.** shows the results of (T Test) test for paired samples to identify the differences between the arithmetic averages before and after listening to the Holy Qur'an for psychological variables (mood, focus of attention) (n = 80)

Psychological tests (the variable)	Without listening to the Holy Qur'an		After listening to the Holy Qur'an		T value	Indication level
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation		
Mood	1.41	0.09	2.47	0.17	13.659	*0.001
Focusing Attention	53.32	26.74	86.92	14.31	-4.463	*0.002



**Figure 2:** The arithmetic mean before and after listening to the Holy Quran for psychological variables (mood, focus of attention)

Table and figure (2) showed that there are statistically significant differences between the two measurements before and after listening to the Holy Qur'an for the mood variable, and for the benefit of the measurement after listening to the Holy Qur'an with an arithmetic mean of (2.47), while the arithmetic mean before listening to the Holy Qur'an was (1.41). The value of (v) (-13.659), in statistical terms (0.001).

This indicates the effect of listening to the Holy Quran in improving and raising the mood of yoga practitioners. Table 2 also showed that there are statistically significant differences between the measurement before and after listening to the Holy Qur'an with variable focus of attention, and in favor of the post measurement with an arithmetic mean (86.92), while the arithmetic mean before listening to the Holy Qur'an was (52.32), and the value of (T) reached (-4.463) and in statistical terms (0.002), and this indicates the effect of listening to the Holy Quran in improving and raising the level of focus of attention of practitioners of yoga exercise.

The researchers attribute these positive effects of listening to the Holy Qur'an on mood variables and focus attention of the study sample in the post-measurement to the influence of various body systems such as the central nervous system and the glands responsible for secreting hormones associated with improving mental health such as endorphins and serotonin and by stimulating alpha brain waves as stated in the results of the study of (Poor Dehkordi H, Jafari, 2008) (Almerud & Petersson, 2003) (Eskandari, et al, 2012) and (Chang et.al, 2008), which thus may be the reason for delaying the onset of fatigue and eliminating negative emotions, and creates a feeling of relaxation. And that listening to the Holy Qur'an leads to an improvement in the level of mood and attention and a decrease in the level of anxiety, and this is consistent with the words of Allah the Almighty in Surat Yunus (57) verse of his holy book:

"O mankind! there hath come to you a direction from your Lord and a healing for the (diseases) in your hearts, and for those who believe, a guidance and a mercy". And in Surat Al-Israa, verse (82): "And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss".

Where these results also agree with what the results of (Ashraf. G. & Afsaneh, K 2018) (Babamohamadi, et. al, 2015) and (Sadeghi 2011) indicated that listening to the Holy Quran is in itself a "cure" and sometimes it is known as a heart healer. As human nature has an internal tendency towards harmony with the regular and harmonious rhythm that enjoys order and coordination, and the Holy Qur'an has an eloquent expression and a charming style that affects individuals and enters the heart and captures it even if it is not the listener.

As for the study (Bradshaw et. al, 2014), it agrees with the results of the study in that listening to the Qur'an has a positive effect on mental health, and this is supported by the study of (Bechir, et. al 2017), which indicated that listening to the Holy Qur'an led to greater improvement on the psychological aspects of the members of the experimental group through the positive effect on calm

and rest of the soul, reducing the level of depression, anxiety and tension, improving the mental health of individuals, and the occurrence of a significant decrease in the level of anxiety among the study sample.

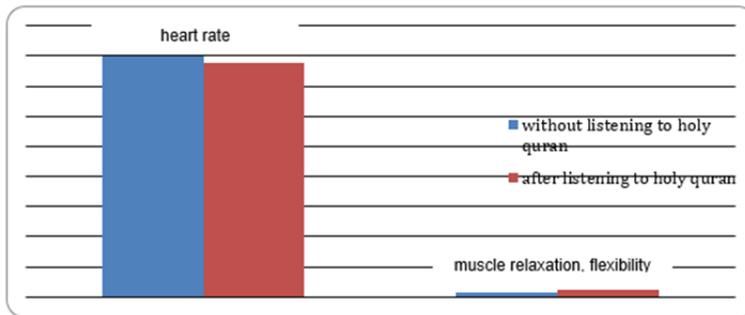
11.2 To answer the second question of the study

What is the effect of listening to the Holy Qur’an on some physical variables (Heart rate, muscle relaxation, flexibility) among yoga practitioners at Al Ain University?

The researchers applied a (T Test) for the paired samples to identify the differences between the arithmetic means before and after listening to the Holy Qur’an, for the physical variables (Heart rate, muscle relaxation, flexibility) among yoga practitioners. Table and Figure (3) illustrate that:

**Table 3:** Shows the results of the (T Test) test for paired samples to identify the differences between the arithmetic averages in the measurement before and after listening to the Holy Qur’an for physical variables (heart rate, muscle relaxation, flexibility) (n = 80)

Physiological tests (variable)	Without listening to the Holy Quran		After listening to the Holy Quran		T value	Indication level
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation		
Heart rate	160.2	8.37	154.8	8.79	15.493	*0.000
Muscle relaxation and flexibility	+4.80	0.95	+7.60	0.62	8.366	*0.000



**Figure 3:** Arithmetic mean in the measurement before and after listening to the Holy Quran for physical variables (heart rate, muscle relaxation, flexibility)

Table and figure (3) showed that there are statistically significant differences between the pre and post measurements of the heart rate variable, in favor of the post measurement with an arithmetic average (154.8), while the arithmetic mean of the measurement without listening to the Holy Quran was (160.2), the value of (T) was (15.493), and the statistical significance (0.000), this indicates the effect of listening to the Holy Qur’an in reducing the level of heart rate for yoga practitioners. The table also indicates that there are statistically significant differences between the pre and post measurements of the muscle relaxation variable and flexibility, in favor of the post measurement with an arithmetic mean (+ 7.60), while the arithmetic mean of the measurement without listening to the Holy Qur’an was (+4.80), the value of (T) was (8.366), and the statistical significance (0.000), this indicates the positive effect of listening to the Holy Qur’an in increasing the percentage of muscle relaxation and flexibility for yoga practitioners.

The researchers attribute the positive effects of listening to the Noble Qur’an on the variables of heartbeat, muscle relaxation, and trunk flexibility of the study sample to the fact that relaxing and

enjoying hearing the sweetness of harmony found in the Holy Qur'an in addition to the humble and beautiful voice of the reader may be the reason for improving mood, calm, de-stress, relaxation and benefit from the delivery of oxygen carried in the blood to the muscles, which led to a decrease in the heart rate when listening to the Holy Quran, and the reason may also be the increase in muscle elasticity and flexibility of the trunk and the rest of the body with movements that need a large muscle stretch while performing some poses of yoga exercises for the study sample individuals. And that listening to the Holy Quran during these exercises led to an improvement in the psychological state such as mood and a decrease in the level of anxiety, which led to a decrease in their sense of stretching effort and reducing the sense of pain associated with their stretching, and this is consistent with the study of the results of the study of Aghamohamadi M, et al (2014) and Jember Balung. (2017) and Abdullah & Omar (2011) and Chang et al (2008) whose results indicated that listening to the Holy Qur'an delays the emergence of fatigue, removes negative feelings and creates a sense of relaxation, especially muscular and psychological. The results of this study also agree with the results of both Shekha & Othman (2013), which indicated Listening to the Holy Quran has a specific effect on .Heart relaxation for a person, which is affected by the secretion of hormones responsible for relaxation, such as endorphins, melatonin and dopamine, and thus the effect of their results on a decrease in the heart rate, improving the level of mood, and reducing the level of stress and anxiety, which reduces the heartbeat and makes the person calm and relaxed.

## 12. Conclusions

The researchers concluded the following, through presenting and discussing the results:

- Listening to the Holy Qur'an has a positive effect on improving the level of mood, attention, and reducing the level of anxiety.
- Listening to the Holy Qur'an has a positive effect on decreasing the heartbeat and increasing muscle relaxation.
- Listening to the Holy Qur'an affects positively some psychological and physical aspects of its listeners.
- Listening to the Holy Qur'an affects positively yoga practitioners and increases the effectiveness of meditative and relaxing performance.

## 13. Recommendations

Through the conclusions of the study, the researchers recommend the following:

- Listening to the Holy Qur'an while doing yoga exercises, in order to improve some psychological and physical aspects of yoga practitioners.
- Employing the use of listening to the Holy Qur'an in training sessions, especially the curative.
- Make a similar study for players who show signs of pre-competition and post-exercise anxiety for the purposes of recovery and calming.
- Conducting similar studies to identify the effect of listening to the Holy Qur'an on other psychological, physical, and physiological variables on professional players for various sports (individual or group).

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The Holy Qur'an

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