

## EFFECT OF QURANIC RECITATION ON HUMAN PSYCHOLOGY: A DESCRIPTIVE STUDY

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### Abstract

**Purpose:** This study examines the impact of Quranic recitation on emotional well-being, cognitive clarity, and spiritual resilience among a young and educated population. It explores the relationship between these psychological dimensions and evaluates the predictive influence of emotional well-being and cognitive clarity on spiritual resilience.

**Methodology:** The study employs a descriptive research design. For the study the researcher adopted convenience sampling technique. The data was collected from Muslim students and faculties. A structured questionnaire was used to collect data from 482 respondents and then scrutinized to 436 respondents neglecting unengaged respondents.

**Findings:** The results indicate that frequent and prolonged Quranic recitation significantly enhances emotional stability, stress reduction, and cognitive function. Individuals who engage in daily or prolonged recitation experience the highest levels of psychological and spiritual benefits. The correlation analysis confirms strong positive associations among emotional well-being, cognitive clarity, and spiritual resilience. Regression analysis ( $R^2 = 0.605$ ) reveals that cognitive clarity exerts a stronger predictive influence on spiritual resilience compared to emotional well-being.

**Implications:** The study underscores the importance of Quranic recitation in fostering emotional and cognitive well-being. Encouraging regular recitation can serve as a non-pharmacological approach to enhancing emotional regulation, mental focus, and spiritual strength.

**Keywords:** *Quranic Recitation, Emotional Well-being, Cognitive Clarity, Spiritual Resilience, Psychological Well-being, Mental Health, Stress Reduction.*

### Introduction

Recitation of the Holy Qur'an is bound to every aspect of life concerning Muslims, as it is a spiritual activity as well as an emotional companion to cognitive engagements and

psychological resilience. In addition to its religious associations, Quranic recitation has been positively linked to reduced stress, better mood, and improved concentration, among other positive psychological aspects (Ahmed & Rani, 2019). The melody and rhythm of recitation sweep in the mind and emotions to create a deep meditative state that achieves inner peace with mental clarity (Al-Saud, 2020).

The Qur'an has played a central role historically in the development and preservation of the Arabic language, since it phonologically, syntactically, and semantically shaped the language for more than fourteen centuries. Its verses display unique linguistic traits like rhythmical cadence, eloquence, and rhetorical precision which not only heighten the recitation experience but also engaging cognitive interaction through auditory and linguistic stimulation (Abdul-Raof, 2001). Structured repetition, phonological harmony, and stylistic effects in Quranic Arabic are supposed to activate memory retention and language processing, thus intertwining spiritual engagement with linguistic cognition (Alghamdi, 2016). This conjunction between sacred text and mastery over linguistic expression has made Quranic recitation a dual part form of devotional task and linguistic art.

Research provides evidence that loud reciting the linguistic structure of the holy Qur'an would stimulate the development of neural pathways tied to attention, memory, and even relaxation, thus enriching cognitive and emotional health (Hussain & Malik, 2021). Divinely, the meaning of its verses nourishes a purposeful and resilient individual who raises his head at the messiest period of his life (Rahman, 2018). These psychological and spiritual manifestations apparently differ with the frequency and duration of recitation; thus, establishing a need to investigate the effect of different engagement intensities on these outcomes would be most beneficial.

In the present context, where mental health problems have become much common in the fast pace of the world, the understanding of the healing dimensions of Quranic recitation becomes a religious plus a psychological one. The Holy Quran, miracle of the miracles holds a significant position in transforming and profoundly shaping humanity in every sphere of life. Undoubtedly, it has proven since its first revelation as melting hearts with its unmatched stunning eloquence, incomparable brevity and inimitable beauties and depths. Across centuries, its recitation transformed human psychology from fear into hope, despair into light and happiness and from confusion into clarity and unshakable conviction. In our contemporary world, the Quranic recitation and its profound impact on human psychology has drawn the growing interest among researchers to explore the intersection between recitation and its remarkable capacity to grant psychological benefits including emotional stability, stress reduction and enhanced focus and great concentration. The significance of this study and its relevance increases not only for Muslim world but also as a very significant and valuable component contributing to the wider discourse and global dialogue on culturally diverse approaches to the wellbeing of human psychology particularly in the context of growing corrupt materialism and human souls wandering into quagmire of deviations and temptations. This study aims to descriptively examine and investigate the effects of Quranic recitation on human psychology based on the collected questionnaire data from young Muslim students and faculty as well as also this research seeks to provide deeper and great intersection between Quranic recitation and human psychology based on the understanding of proven effects of Quranic recitation.

### Review of literature

Recitation of the Holy Qur'an has been studied under different disciplines: psychology, neuroscience, linguistics, theology, etc., establishing its strong influence on mental and emotional health. Ahmed and Rani (2019) found that regular Quran reciters lower stress, brighten moods, and stabilize their emotions. These results support those of Al-Saud (2020), which suggested that heart rate modulation and cortisol level reduction from the rhythmic and melodic patterns of recitation are responsible for their physiological relaxation. Cognitive functions associated with Qur'an recitation improve concentration, retention, and clarity. Hussain and Malik (2021) maintain that activities surrounding the Qur'an-memorization, recitation, and reflective reading-allow activation of neural circuits associated with attention and executive functioning. Following the idea, Al-Otaibi (2017) maintains that structured repetition and phonological patterns within Quranic verses facilitate auditory processing and working memory among individuals practicing recitation.

From the perspective of spiritual psychology, Rahman (2018) asserts that the teachings of the Qur'an cultivate resilience in the believer by supplying a construct of meaning and purpose, which is fundamental in meeting life challenges. Within this holistic construct of psychological well-being is the interface between spiritual, emotional, and cognitive benefits. Abdalla and Ahmad (2021) noted that such resilience is deep-rooted not in faith alone, but rather in the nature of meditative and reflective recitation processes.

As a linguistic phenomenon, the Qur'an has been a central force in both shaping Arabic language structure and preserving its classical form. Abdul-Raof (2001) elaborated that its various rhetorical devices bring phonological harmony and syntactic accuracy to create a beautiful text cognitively engaging. Alghamdi (2016) observed that the prosodic features and phonetic arrangement in Quranic recitation foster memorability and comprehensibility, which may subsequently support mental and linguistic development. Taken together, the studies suggest that Quranic recitation is not merely a religious ritual but a multidimensional practice that cuts across psychological, cognitive, spiritual, and linguistic terrains. Nevertheless, while the literature points toward the benefits mentioned, empirical research is sorely needed to examine the variable effects of recitation frequency and duration on emotional well-being, mental clarity, and resilience, particularly in culturally and educationally specific settings.

### Objectives of the Study

1. To compare the variations in cognitive, emotional, and psychological benefits of Quranic recitation based on frequency and duration of recitation.
2. To analyze the relationship between emotional well-being, cognitive and mental clarity, and spiritual and psychological resilience.
3. To determine the influence of emotional well-being and cognitive and mental clarity on spiritual and psychological resilience.

### Research Methodology

This study employs a descriptive research design to analyze the impact of Quranic recitation on emotional well-being, cognitive clarity, and spiritual resilience. The study adopts a convenience sampling technique, allowing for easy access to participants who fit the research criteria. The data was collected from Muslim students and faculty members, as they actively

engage in Quranic recitation and could provide valuable insights into its psychological and cognitive effects. A structured questionnaire was used to gather data from an initial sample of 482 respondents. However, after data screening and the removal of unengaged responses, the final dataset consisted of 436 valid responses.

### Analysis and Interpretation

The study examines the demographic characteristics and engagement patterns of participants concerning Quranic recitation. A total of 436 respondents participated, providing insights into their age, gender, educational qualification, and frequency of Quranic recitation.

**Table No. 1: Percentage Analysis – Demographic Profile**

		Frequency	Percent
Age	Below 20 Years	280	64.2
	21 - 30 Years	144	33.0
	31 - 40 Years	4	.9
	Above 40 Years	8	1.8
	Total	436	100.0
Gender	Male	160	36.7
	Female	276	63.3
	Total	436	100.0
Educational Qualification	High School	64	14.7
	Undergraduate	300	68.8
	Postgraduate	64	14.7
	Doctorate	8	1.8
	Total	436	100.0
Frequency of Quranic Recitation	Daily	332	76.1
	Weekly	80	18.3
	Occasionally	20	4.6
	Rarely	4	.9
	Total	436	100.0
Duration of Recitation per Session	Less than 10 Minutes	48	11.0
	10-30 minutes	248	56.9
	30-60 minutes	96	22.0
	More than 1 hour	44	10.1
	Total	436	100.0
Regular engagement with Quranic recitation (Listening or Reading)	Yes	396	90.8
	No	40	9.2
	Total	436	100.0

Source: (Primary data)

The majority of respondents (64.2%) are below 20 years, with a higher proportion of female participants (63.3%). Most participants (68.8%) have an undergraduate qualification, indicating a young and educated sample. A significant portion (76.1%) engages in daily Quranic recitation, with 56.9% spending 10–30 minutes per session. Additionally, 90.8% of

respondents regularly listen to or read Quranic recitation, highlighting its strong influence on their routine and psychological engagement.

The demographic breakdown highlights gender-based differences in Quranic recitation practices among the 436 respondents. The data explores variations in age, education level, frequency, and duration of engagement with Quranic recitation.

**Table No. 2: Cross Tabulation – Gender with Demographic Profile**

Gender				Total
		Male	Female	
Age	Below 20 Years	100	180	280
	21 - 30 Years	48	96	144
	31 - 40 Years	4	0	4
	Above 40 Years	8	0	8
Total		160	276	436
Educational Qualification	High School	36	28	64
	Undergraduate	100	200	300
	Postgraduate	16	48	64
	Doctorate	8	0	8
Total		160	276	436
Frequency of Quranic Recitation	Daily	156	176	332
	Weekly	4	76	80
	Occasionally	0	20	20
	Rarely	0	4	4
Total		160	276	436
Duration of Recitation per Session	Less than 10 Minutes	4	44	48
	10-30 minutes	60	188	248
	30-60 minutes	60	36	96
	More than 1 hour	36	8	44
Total		160	276	436
Regular engagement with Quranic recitation (Listening or Reading)	Yes	160	236	396
	No	0	40	40
Total		160	276	436

Source: (Primary data)

A higher number of female respondents (276) compared to males (160) is observed, with the majority of both genders being under 20 years old. Educationally, more females have attained postgraduate qualifications, while all doctorate holders are male. Daily recitation is nearly balanced between genders, but weekly and occasional recitation is more common among females. Additionally, females tend to engage in shorter recitation sessions (10–30 minutes), whereas males are more likely to recite for longer durations. Regular engagement in Quranic recitation is significantly high (90.8%), reinforcing its role in daily life and psychological well-being.

The correspondence analysis examines the relationship between the frequency of Quranic recitation and the duration of each recitation session. This analysis helps identify patterns in engagement levels among respondents.

**Table No. 3: Correspondence Analysis - Frequency of Quranic Recitation with Duration of Recitation per Session**

Correspondence Table				
Frequency of Quranic Recitation	Duration of Recitation per Session			
	Less than 10 Minutes	10-30 minutes	30-60 minutes	More than 1 hour
Daily	28	180	80	44
Weekly	12	52	16	0
Occasionally	8	12	0	0
Rarely	0	4	0	0
Active Margin	48	248	96	44
Summary				
Dimension	Singular Value	Inertia	Chi Square	Sig.
1	.275	.075		
2	.125	.016		
3	.064	.004		
Total		.095	41.416	.000 <sup>a</sup>

  

**Row and Column Points**

**Symmetrical Normalization**

Legend:

- Duration of Recitation per Session (Blue circle)
- Frequency of Quranic Recitation (Green circle)

Source: (Primary data)

The results of the correspondence analysis illustrate that daily reciters predominantly engage in sessions lasting 10–30 minutes (180 respondents), with a notable number (80) extending up to 30–60 minutes. Weekly reciters mostly spend 10–30 minutes, while occasional and rare reciters tend to have shorter durations in the recitation of Quran. The chi-square value (41.416,  $p = 0.000$ ) confirms a statistically significant association between recitation frequency and session duration, highlighting those individuals who recite more frequently also tend to engage for longer durations.

The rank analysis using mean scores was carried out to evaluate the impact of Quranic recitation on emotional well-being, considering both frequency and duration of recitation.

**Table No. 4: Rank Analysis Using Mean Score – Emotional Wellbeing**

Frequency of Quranic Recitation	Daily		Weekly		Occasionally		Rarely	
	Mean	Rank	Mean	Rank	Mean	Rank	Mean	Rank
Quranic recitation brings emotional stability.	4.90	2	4.90	2	4.20	6	5.00	1
A sense of peace and relaxation is experienced through Quranic recitation.	4.88	3	4.85	4	4.60	2	5.00	1
Stress and anxiety levels decrease when listening to Quranic recitation.	4.84	5	4.90	2	4.60	2	5.00	1
Negative emotions become easier to manage with Quranic recitation.	4.86	4	4.75	6	4.60	4	5.00	1
Quranic recitation helps in maintaining a positive state of mind.	4.94	1	4.85	5	4.80	1	5.00	1
A feeling of hopefulness and emotional upliftment follows Quranic recitation.	4.80	6	4.90	1	4.40	5	5.00	1
Duration of Recitation per Session	Less than 10 Minutes		10-30 minutes		30-60 minutes		More than 1 hour	
	Mean	Rank	Mean	Rank	Mean	Rank	Mean	Rank
Quranic recitation brings emotional stability.	4.75	4	4.84	3	4.96	1	5.00	1
A sense of peace and relaxation is experienced through Quranic recitation.	4.75	3	4.87	2	4.88	2	4.91	5
Stress and anxiety levels decrease when listening to Quranic recitation.	4.75	5	4.82	6	4.88	2	5.00	1
Negative emotions become easier to manage with Quranic recitation.	4.83	2	4.84	4	4.88	2	4.64	6

Quranic recitation helps in maintaining a positive state of mind.	5.00	1	4.90	1	4.88	5	5.00	1
A feeling of hopefulness and emotional upliftment follows Quranic recitation.	4.67	6	4.82	5	4.71	6	5.00	1

Source: (Primary data)

The findings of the study illustrate that individuals who recite daily and for longer durations (more than one hour) consistently report higher emotional stability, stress reduction, and positivity, with mean scores reaching 5.00 in multiple aspects. Individuals who recite occasionally or for shorter durations experience similar benefits but it was found to be relatively lower mean scores. The results suggest a strong association between frequent and prolonged Quranic recitation leads to enhanced emotional well-being, reinforcing its role in fostering inner peace and mental resilience.

The rank analysis done using the mean scores to examine the cognitive and mental clarity benefits associated with Quranic recitation, considering both frequency and duration of recitation.

**Table No. 5: Rank Analysis Suing Mean Score – Cognitive and Mental Clarity**

Frequency of Quranic Recitation	Daily		Weekly		Occasionally		Rarely	
	Mean	Rank	Mean	Rank	Mean	Rank	Mean	Rank
Quranic recitation enhances concentration and focus.	4.82	5	4.75	2	4.20	4	5.00	1
A refreshed and clear mindset follows after listening to Quranic recitation.	4.92	1	4.65	4	4.40	1	5.00	1
Mental exhaustion and overthinking reduce with regular Quranic recitation.	4.82	4	4.75	1	4.40	1	5.00	1
Decision-making ability improves with Quranic recitation.	4.83	3	4.60	6	4.00	5	5.00	1
Memory retention is positively influenced by Quranic recitation.	4.80	6	4.70	3	4.20	3	5.00	1
The rhythmic nature of Quranic recitation helps in calming the mind.	4.83	2	4.60	5	4.00	5	5.00	1
Duration of Recitation per Session	Less than 10 Minutes		10-30 minutes		30-60 minutes		More than 1 hour	
	Mean	Rank	Mean	Rank	Mean	Rank	Mean	Rank
Quranic recitation enhances concentration and focus.	4.58	5	4.77	3	4.79	3	5.00	1

A refreshed and clear mindset follows after listening to Quranic recitation.	4.67	2	4.84	1	4.88	1	5.00	1
Mental exhaustion and overthinking reduce with regular Quranic recitation.	4.67	2	4.79	2	4.79	2	4.91	6
Decision-making ability improves with Quranic recitation.	4.67	1	4.74	5	4.71	6	5.00	1
Memory retention is positively influenced by Quranic recitation.	4.67	2	4.73	6	4.75	5	5.00	1
The rhythmic nature of Quranic recitation helps in calming the mind.	4.42	6	4.76	4	4.79	3	5.00	1

Source: (Primary data)

The results indicate that individuals who engage in daily or prolonged Quranic recitation (more than one hour) experience the highest cognitive benefits, with consistent top rankings across all parameters. Regular recitation is associated with improved concentration, reduced mental exhaustion, and enhanced decision-making abilities. Those who engage less frequently or for shorter durations still report positive effects, albeit with relatively lower mean scores. This underscores the role of Quranic recitation in fostering mental clarity and cognitive well-being. The rank analysis was carried out using the mean scores evaluates the impact of Quranic recitation on spiritual and psychological resilience, considering both frequency and duration of recitation.

**Table No. 6: Rank Analysis Suing Mean Score – Spiritual and Psychological Resilience**

Frequency of Quranic Recitation	Daily		Weekly		Occasionally		Rarely	
	Mean	Rank	Mean	Rank	Mean	Rank	Mean	Rank
Quranic recitation strengthens spiritual connection.	4.89	2	4.75	1	4.80	2	5.00	1
A deeper sense of purpose and meaning in life develops through Quranic recitation.	4.88	3	4.50	5	4.80	2	5.00	1
Coping with life challenges becomes easier with Quranic recitation.	4.86	5	4.60	2	4.60	4	5.00	1
Patience and tolerance improve through Quranic recitation.	4.89	1	4.60	2	5.00	1	5.00	1

A sense of inner strength and resilience is developed through Quranic recitation.	4.88	4	4.40	6	4.60	4	5.00	1
Self-awareness and mindfulness increase with Quranic recitation.	4.84	6	4.60	2	4.40	6	5.00	1
Duration of Recitation per Session	Less than 10 Minutes		10-30 minutes		30-60 minutes		More than 1 hour	
	Mean	Rank	Mean	Rank	Mean	Rank	Mean	Rank
Quranic recitation strengthens spiritual connection.	4.58	1	4.90	1	4.83	2	5.00	1
A deeper sense of purpose and meaning in life develops through Quranic recitation.	4.50	5	4.81	4	4.88	1	5.00	1
Coping with life challenges becomes easier with Quranic recitation.	4.58	3	4.82	3	4.75	6	5.00	1
Patience and tolerance improve through Quranic recitation.	4.58	1	4.89	2	4.79	3	5.00	1
A sense of inner strength and resilience is developed through Quranic recitation.	4.50	5	4.79	5	4.79	5	5.00	1
Self-awareness and mindfulness increase with Quranic recitation.	4.50	4	4.79	6	4.79	3	5.00	1

Source: (Primary data)

The findings indicate that individuals who recite the Quran daily or for longer durations (more than one hour) experience the highest levels of spiritual growth and psychological resilience. Regular recitation is strongly linked to enhanced spiritual connection, a deeper sense of purpose, improved coping mechanisms, and increased patience. While even shorter or less frequent recitation shows positive effects, the results emphasize that consistency and longer durations contribute significantly to fostering resilience and mindfulness.

The correlation analysis examines the level of relationship between emotional well-being, cognitive and mental clarity, and spiritual and psychological resilience.

**Table No. 7: Correlation Analysis – Relationship between Emotional Well-being, Cognitive and Mental Clarity and Spiritual and Psychological Resilience**

Correlations			
	Emotional Well-being	Cognitive and Mental Clarity	Spiritual and Psychological Resilience

Emotional Well-being	Pearson Correlation	1	.730**	.662**
	Sig. (2-tailed)		.000	.000
	N	436	436	436
Cognitive and Mental Clarity	Pearson Correlation	.730**	1	.763**
	Sig. (2-tailed)	.000		.000
	N	436	436	436
Spiritual and Psychological Resilience	Pearson Correlation	.662**	.763**	1
	Sig. (2-tailed)	.000	.000	
	N	436	436	436
**. Correlation is significant at the 0.01 level (2-tailed).				

Source: (Primary data)

The results reveal strong positive correlations among the three factors considered for the study (Emotional Well-being, Cognitive and Mental Clarity and Spiritual and Psychological Resilience), the indicates that emotional well-being is significantly associated with cognitive clarity ( $r = .730$ ,  $p < .01$ ) and spiritual resilience ( $r = .662$ ,  $p < .01$ ). Additionally, cognitive clarity shares a strong correlation with spiritual resilience ( $r = .763$ ,  $p < .01$ ), suggesting that enhanced mental clarity contributes to greater emotional stability and spiritual strength. These findings highlight that Quranic recitation in fostering emotional, cognitive, and spiritual well-being.

The regression analysis assesses the impact of emotional well-being and cognitive and mental clarity on spiritual and psychological resilience, determining the extent to which these factors contribute to overall resilience.

**Table No. 8: Regression Analysis –Impact of Emotional Well-being, Cognitive and Mental Clarity on Spiritual and Psychological Resilience**

Model Summary						
Model	R	R Square	Adjusted R Square			
1	.778 <sup>a</sup>	.605	.603			
a. Predictors: (Constant), Cognitive and Mental Clarity, Emotional Well-being						
ANOVA <sup>a</sup>						
		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	49.102	2	24.551	331.872	.000 <sup>b</sup>
	Residual	32.032	433	.074		
	Total	81.134	435			
a. Dependent Variable: Spiritual and Psychological Resilience						
b. Predictors: (Constant), Cognitive and Mental Clarity, Emotional Well-being						
Coefficients <sup>a</sup>						

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.075	.230		.326	.744
	Emotional Well-being	.352	.069	.226	5.103	.000
	Cognitive and Mental Clarity	.633	.047	.598	13.519	.000
a. Dependent Variable: Spiritual and Psychological Resilience						

Source: (Primary data)

The model illustrates a strong predictive relationship ( $R^2 = 0.605$ ), indicating that 60.5% of the variance in spiritual and psychological resilience is explained by emotional well-being and cognitive clarity. Both predictors i.e. (Emotional Well-being as well as Cognitive and Mental Clarity) are statistically significant, with cognitive clarity ( $\beta = 0.633$ ,  $p < 0.01$ ) having a stronger influence than emotional well-being ( $\beta = 0.352$ ,  $p < 0.01$ ). These findings suggest that enhanced cognitive clarity plays a crucial role in fostering resilience, while emotional stability further strengthens the effect.

### Findings

The study reveals that the majority of respondents (64.2%) are below 20 years old, with a higher proportion of females (63.3%). Most participants have an undergraduate qualification, indicating a young and educated sample. A significant portion (76.1%) engages in daily Quranic recitation, with 56.9% spending 10-30 minutes per session. Regular engagement in Quranic recitation is significantly high (90.8%), reinforcing its role in daily life and psychological well-being.

The results indicate that daily or prolonged Quranic recitation (more than one hour) consistently reports higher emotional stability, stress reduction, and positivity, with mean scores reaching 5.00 in multiple aspects. Those who recite occasionally or for shorter durations experience similar benefits but at relatively lower mean scores. The results suggest a strong association between frequent and prolonged Quranic recitation and enhanced emotional well-being, reinforcing its role in fostering inner peace and mental resilience.

Individuals who engage in daily or prolonged Quranic recitation (more than one hour) experience the highest cognitive benefits, with consistent top rankings across all parameters. Regular recitation is associated with improved concentration, reduced mental exhaustion, and enhanced decision-making abilities. Those who engage less frequently or for shorter durations still report positive effects, albeit with relatively lower mean scores. This underscores the role of Quranic recitation in fostering mental clarity and cognitive well-being.

The findings reveal strong positive correlations among the three variables, indicating that emotional well-being is significantly associated with cognitive clarity and spiritual resilience. Cognitive clarity shares a robust correlation with spiritual resilience, suggesting that enhanced mental focus contributes to greater emotional stability and spiritual strength.

The model demonstrates a strong predictive relationship ( $R^2 = 0.605$ ), indicating that 60.5% of the variance in spiritual and psychological resilience is explained by emotional well-being and cognitive clarity. Both predictors are statistically significant, with cognitive clarity having a stronger influence than emotional well-being.

### Discussions

The study's findings highlight the profound impact of Quranic recitation on emotional well-being, cognitive clarity, and spiritual resilience. The demographic analysis reveals that the majority of respondents are young, female, and educated, suggesting that Quranic recitation plays a critical role in shaping the psychological and spiritual well-being of this population. The frequency and duration of recitation significantly influence its benefits, with daily and prolonged engagement yielding the highest emotional stability, stress reduction, and positivity. This aligns with previous research indicating that spiritual practices enhance mindfulness, emotional regulation, and overall mental health.

The rank analysis confirms that individuals who engage in frequent or prolonged recitation experience higher cognitive benefits, including improved concentration, reduced mental exhaustion, and enhanced decision-making. Even those who recite occasionally or for shorter durations report positive effects, reinforcing the role of Quranic recitation as a tool for psychological resilience.

The correlation analysis further establishes strong positive associations among emotional well-being, cognitive clarity, and spiritual resilience. This suggests that individuals with higher cognitive clarity tend to experience greater emotional stability and spiritual strength. The regression model ( $R^2 = 0.605$ ) indicates that emotional well-being and cognitive clarity collectively explain a significant portion of the variance in spiritual and psychological resilience, with cognitive clarity exerting a stronger influence. These findings underscore the integrated nature of emotional, cognitive, and spiritual dimensions in psychological well-being.

### Conclusion

The study concludes that Quranic recitation is a powerful tool for enhancing emotional well-being, cognitive clarity, and spiritual resilience. Frequent and prolonged recitation is associated with greater psychological benefits, including reduced stress, enhanced focus, and improved decision-making. The significant correlation among the three variables highlights the interdependent nature of mental clarity, emotional stability, and spiritual strength. The regression analysis confirms that cognitive clarity plays a crucial role in strengthening spiritual and psychological resilience, surpassing the impact of emotional well-being. These insights emphasize the need to promote regular Quranic recitation as a means to foster holistic mental and emotional well-being.

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