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## Resolution of Psychological Problems in The Perspective of *Seerah*

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### Abstract

*Allah bestowed His Blessings upon man when He sent His Messenger, Hadrat Muhammad Mustafa (PBUH). At that time, man was entangled in social, cultural, environmental, emotional and psychological barriers which had been weakening his bondage to his Creator, The Almighty. He (PBUH) explicitly planned to free human beings from the shackles that chained them from within and from without". As the Qur'an says that the Prophet (PBUH) is commissioned "to remove from their burdens and the shackles which were upon them". A number of books and articles have been written on his diligent training of mankind for its social, cultural, environmental and emotional evolution. The Researcher felt the need of acknowledgement of his practices in the context of psychological problems. This article has explored the psychological aspect of his (PBUH) character and discussed as to how the Muslims can help themselves to eradicate and solve the psychological problems prevailing in the society with the help of Seerah of the Holy Prophet (PBUH). The study is qualitative and analytical based on the Qur'an, the Hadith and the Researches done so far in the field of Psychology.*

**Keywords:** Holy Prophet (PBUH), Seerah, Psychological problems, Solution

### Introduction

Man is entangled in multiple shackles of social, economic, geographic and political stresses and strains, since his birth. These chains have become more constricting for the modern man. This confinement has poisoned the whole system of man; his within, as well as, his surroundings.

This is the point, where this modern man is standing bewildered, in search of his liberty and freedom. This apprehension does not suit a true Muslim; since Islam offers the most powerful antidote. As Khalifa Abdul Hakim says, “Liberty is essential for man's ascent towards divinity and therein lies the dignity of man. Islam teaches that we are made free in order to freely surrender our will to the Will of God; Freedom from wants clears the way for the human soul to advance towards the things of the spirit”.<sup>1</sup>

Islam defines as to how to live a happy life in private domain and a peaceful life in the social sphere.

وَلَا تَهِنُوا وَلَا تَحْزَنُوا وَأَنْتُمْ الْأَعْلَوْنَ

“So lose not heart, nor fall into despair: For ye must gain mastery”.<sup>2</sup>

Islam does not render any abstract idea or solution to these inner conflicts, and social disorders. Rather, an organized and model-based system has been furnished in the best interest of man in general, and a Muslim in particular. As Allah, the Almighty explicitly states that He has sent the Holy Prophet (PBUH) as the Role Model for the whole mankind.

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ

“Verily, in the Messenger of Allah, ye have a good example”.<sup>3</sup>

The Holy Prophet (PBUH) has taught the mankind in the best possible way\_\_ the way as per orientated by the Almighty Creator of the mankind. He proved himself to be the best exemplar for a man in every domain of life. Since, he taught the mankind what he had learned from Allah, the Almighty. He, himself has asserted the same role in these words:

وَإِنَّمَا بُعِثْتُ مُعَلِّمًا

“Verily I have been sent as a teacher”.<sup>4</sup>

The Sunnah of the Holy Prophet (PBUH) provides with the best ways to live a happy and contented life. He practically liberated the man from the shackles and chains of various kinds. He was excellently conscious of the geographical significance, social strains, economic pressures, family bonding, inner weaknesses, psychological stresses, and human feebleness. Thus, he had to be the best person to deal with the

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<sup>1</sup>Khalifa Abdul Hakeem, "Prophet Muhammad (PBUH), The Greatest Liberator", Institute of Islamic Culture, Lahore, 1993.

<sup>2</sup>Al-Qur'an, Al-Imran 3:139

<sup>3</sup>Al-Qur'an, Al-Ahzaab 33:21

<sup>4</sup>Muhammad bin Yazeed Ibn Majah, Sunan Ibn Majah :Vol. 1, Book 1, Hadith 229  
<https://sunnah.com/ibnmajah:229>

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human problems. As Khalifa Abdul Hakim says, “This Prophet has been the greatest liberator of mankind. There was hardly any aspect ... to which he did not turn His attention, in order to suggest the disease and suggest the cure”.<sup>5</sup>

We have been reading much about Hadrat Muhammad Mustafa (PBUH) as a Prophet, an ideal human being, a righteous administrator, an equitable legislator, a true moralist, a solemn reformer, a great political scientist and unfeigned economist. A significant trait of his eminent character\_\_\_ The Holy Prophet (PBUH) as a Psychologist, who set universal laws of psychology in order to develop a balanced personality and ultimately a balanced society, need to be revealed. This is the high time to research the psychological perspective of his Sunnah, in order to find the solution to the psychological problems. In other words, it can be said that the article in hand is a research on the application of the *Seerah* of the Holy Prophet (PBUH), to cure psychological problems in terms of modern psychological theories and philosophies.

This article has enumerated the psychological problems of modern man; and then suggested the cure to these psychological ailments in the perspective of Seerah of the Holy Prophet (PBUH). The study was Qualitative in its mode; and Descriptive in its expression. The primary sources were preferred, yet secondary sources have also been utilized.

This article comprises of the following heads: 1- Literature Review & Research Gap 2- Research Methodology 3- Psychology And its Types 4- The Holy Prophet (PBUH) as a great psychologist 2- Solution to social psychological problems 3- Solution to individual psychological problems 4- Conclusion

### **Literature Review & Research Gap**

The researchers and the psychologists have done a great deal in order to find the best possible solutions to the psychological problems. There have been written many books and articles on details of human psychology, its limitations, its problems and their cure. No doubt, they have found some of the scientific and logical cures. Since, man has been created by Allah and He knows the best about his psychology and its related problems. There are some books available on research based on the religious teachings, which may suggest the best solution to the psychological problems. Yet, the solution in the perspective of the Seerah of the Holy Prophet (PBUH) is needed to be researched and explored.

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<sup>5</sup>Khalifa Abdul Hakeem, "Prophet Muhammad (PBUH), The Greatest Liberator"

"Resolution of Psychological Problems in the perspective of *Seerah*" can be called the topic of modern times, because we can not find much on this topic written earlier. Some of the researchers started working on this aspect of the Holy Personality of Allah's Messenger (PBUH) in last two decades of the 20<sup>th</sup> century. Since then, we find a very few articles on the subject. Simultaneously, Dr. Syeda Sadia Ghaznavi has selected the subject and wrote two books entitled:

1. *Uswa-e-Hasana Aur Ilm-e-Nafsiyāt* اسوہ حسنہ اور علم نفسیات
2. *Nabi Akram Bâtaur Mâhir-e-Nafsiyāt* نبی اکرم بطور ماہر نفسیات

The Researcher found that neither social scientists, nor the psychologists or the religious scholars have paid a heed to this much significant research topic.

This study is meant to fill this gap through the exploration of those suggestive solutions to the psychological problems, as presented by the Holy Prophet (PBUH).

### **Research Methodology**

The study is qualitative and analytical; based on the *Qur'an*, the *Hadith*; and the Researches done so far in the field of Psychology.

The psychology and its types have been introduced, as per devised by different psychologists.

As for analytical aspect of the research article, the scientific and psychological solutions have been coordinated with the orders and directions of Allah, the Almighty and His Beloved Prophet (PBUH). The theories by the renowned psychologists have been quoted and analyzed in the context of the *Qur'an* and the Sunnah.

### **Findings**

The study in hand, will present the research in the following heads:

- 1- The Holy Prophet (PBUH) as a great psychologist
- 2- Solution to social psychological problems
- 3- Solution to individual psychological problems.

It was found that most of the theories and philosophies regarding the solution of the psychological problems, have been existing in Islam since fourteen hundred years. Even, the most feasible form of solution has been directed by the Holy Prophet (PBUH). There are a number of problems, where the psychologists are entangled in a blind street with no hope, yet the Holy Prophet (PBUH) has successfully devised the best solution. Thus, the Holy Prophet (PBUH) maybe called the modern psychologist equipped with solution to every psychological problem.

## Psychology And Its Types

In order to get acquainted with the psychological problems, we need to know what is psychology and its division. Here are some definitions of psychology and description of its types.

Psychology is "scientific study of the human mind and its functions, especially those affecting behaviour in a given context".<sup>6</sup>

"Social psychology is a broad field whose goals are to understand and explain how our thoughts, feelings, perceptions, and behaviors are influenced by the presence of, or interactions with, others".<sup>7</sup>

In short, Psychology deals with human thought, behaviour and character of an individual personality.

Ata-ur-Rehman Muhammad Abd-ul-Haq divides psychology in two following heads:<sup>8</sup>

1. Individual Psychology
2. Social Psychology

Psychological Problems as described by the psychologists can be termed as:<sup>9</sup>

1. Neuroses
2. Psychoses

These two psychological problems include psychological diseases such as Anxiety, Panic Attacks, Phobias, Conversion Reaction, Depression, Fear Complex, Guilt Complex, Inferiority Complex, Emotions, Behaviour and Personality Formation; Schizophrenia and Hypo-mania/Mania,<sup>10</sup> caused by Lack of confidence, Childhood Deprivation, Parental behaviour, Particular incidents, financial issues, Anger and Prejudice. The climax of these psychological problems, if not cured, maybe Suicide.

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<sup>6</sup> Dictionary, Oxford

<sup>7</sup> Ata ur Rehman Muhammad Abd Al-Haq, "Social Behaviour of the Holy Prophet Muhammad (SAW) And Their Psychological Impact"

<sup>8</sup> ibid

<sup>9</sup> Dr. Muhammad Malik, "*Islam Aur Nâfsiyatî Mâsâil Kâ Hâl*", <https://www.google.com/amp/s/urdumehfil.net/2018/11/15>, Accessed on August 30, 2021, 10:15 a.m

<sup>10</sup> ibid

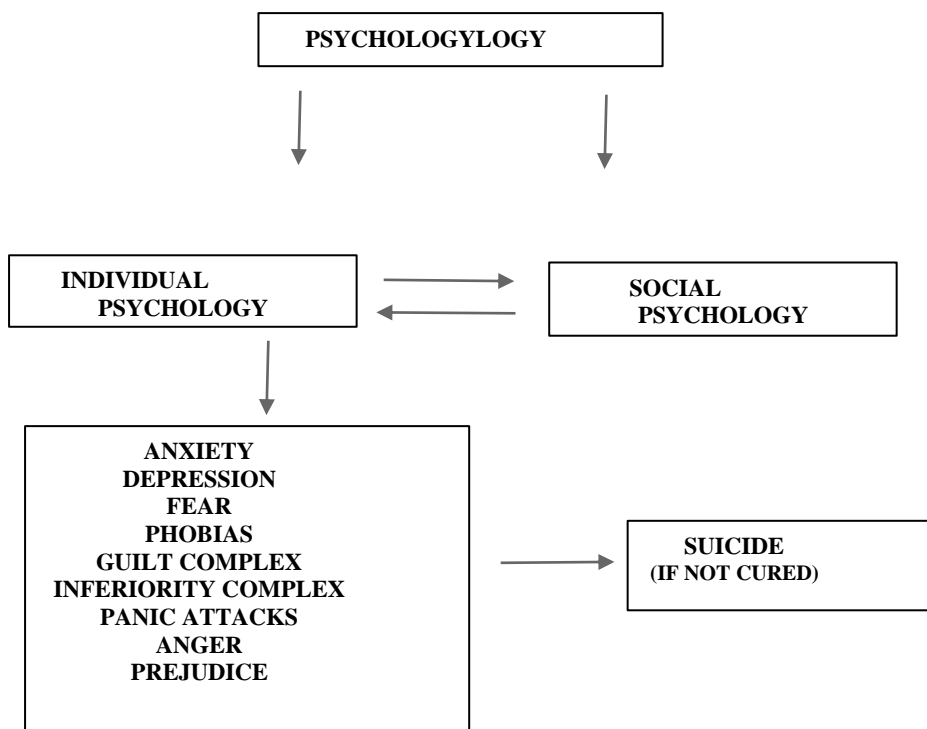


Figure: 1.1: An illustration of Psychology, its Types and Psychological Problems

"...mood and anxiety disorders are caused in part by genetic factors..., in part by the individual's particular thought patterns and in part by the ways that other people in the social environment treat the person with the disorder".<sup>11</sup>

The emotions of love, hatred and fear form the personality of an individual.<sup>12</sup> In case a person, suffering from a psychological problem, is not treated efficiently, may lead to its worst. Therefore, the psychologists have been working on psychological problems. They have devised certain solutions to these problems as under:<sup>13</sup>

1. Interpersonal Psychotherapy

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<sup>11</sup> Author (N.A), "Introduction To Psychology", Chapter 12, pg. 513

<sup>12</sup> "*Ilm e Nafsiyât \_\_ Rawayāy Aur Zehn Ki Science*", <http://www.google.com/amp/s/jung.com.pk>, Accessed on September 2, 2021, 7:44 p.m

<sup>13</sup> Dr. Muhammad Malik, "*Islam Aur Nâfsiyatî Mâsâil Kâ Hâl*"

2. Cognitive Behavior Therapy
3. Psycho-dynamic Psychotherapy
4. Humanistic Psychotherapy
5. Gestalt Therapy
6. Aversion Therapy
7. Ellis's Rational-Emotive Therapy
8. Family Therapy-Group Therapy

### **The Holy Prophet (Pbuh) As A Great Psychologist**

In this age of chaos and extremes, psychological problems have circumvented the modern man, who is looking for help. The only solution to these problems is to surrender to the teachings of the Holy Qur'an:

وَلَوْ أَنَّهُمْ إِذْ ظَلَمُوا أَنفُسَهُمْ جَاءُوكَ فَاسْتَغْفَرُوا اللَّهَ وَاسْتَغْفَرَ لَهُمُ الرَّسُولُ لَوَجَدُوا اللَّهَ تَوَّابًا  
رَّحِيمًا

“And if, when they had wronged themselves, they had but come unto thee and asked forgiveness of Allah, and asked forgiveness of the Messenger, they would have found Allah Forgiving, Merciful”.<sup>14</sup>

This holy verse not only guides to follow the Seerah, but also suggests the ultimate solution to every single issue befalling in man's life. Allah has sent the Holy Prophet (PBUH) as a mercy to the worlds.<sup>15</sup> He treated all the diseases of human beings whether they be physical, mental, spiritual or psychological. His *Seerah* not only provides the benefits to body and soul but cures psychological illness as well.<sup>16</sup> He not only diagnosed the psychological problems of human beings but also presented a practical solution to them. These practical implementations of the Holy Prophet (PBUH) are an evidence of the successful analysis of human psyche, as well as, the best possible cure. We can have an idea while observing his *Seerah* to cure psychological problems in terms of modern psychological solutions.

He addressed the following areas of psychology:<sup>17</sup>

<sup>14</sup> Al-Qur'an, Al-Nisa 4:64

<sup>15</sup> Al-Qur'an, Al-Anbiya 21:107

<sup>16</sup> Syeda Sadia Ghaznavi, "*Nabi Akram Bâtaur Mâhir e Nafsiyât*", Zahid Bashir Printers, Lahore, 5th Edition, 1995, *Deebachâ* by Mufti Muhammad Hussain Naeemi, pg. 5

<sup>17</sup> Syeda Sadia Ghaznavi, "*Nabi Akram Bâtaur Mâhir e Nafsiyât*".

1. Abnormal psychology (the study of abnormal behavior and psychopathology)
2. Biological psychology/ bio-psychology (studies how biological processes influence the mind and behavior)
3. Clinical psychology (focused on the assessment, diagnosis, and treatment of mental disorders)
4. Cognitive psychology (study of human thought processes including attention, memory, perception, decision-making, problem-solving, and language acquisition)
5. Comparative psychology (concerned with the study of animal behavior)
6. Developmental psychology (looks at human growth and development over the lifespan including cognitive abilities, morality, social functioning, identity, and other life areas)
7. Forensic psychology (focused on using psychological research and principles in the legal and criminal justice system)
8. Industrial-organizational psychology (uses psychological research to enhance work performance and select employees)
9. Personality psychology (understanding how personality develops as well as the patterns of thoughts, behaviors, and characteristics that make each individual unique)
10. Social psychology (focuses on group behavior, social influences on individual behavior, attitudes, prejudice, conformity, aggression, and etc.)

The Holy Prophet (PBUH) presented such solutions to these psychological issues which are universal in their approach and equally significant, viable, feasible and practicable even today, in the age of science and technology. Science has made many developments but the *Seerah* of the Holy Prophet (PBUH) shows that all these developments are still lurking in confusion, finding no ultimate solution since every solution leads to another unfounded discovery. We find the excellence only in the *Seerah* of the Holy Prophet (PBUH).

### **Solution To Social Psychological Problems**

The Holy Prophet (PBUH) detected social psychological aspects and presented solution to them. An eminent example of social psychology is the spread of Islam, where he had influenced with such positivity that people embraced Islam. In his Sermon on Last Friday, he says:



دمائكم واموالكم و اعراضكم حرام عليكم

Your blood (life), your property and your honour are inviolable (to each other).

Social psychology is directly related to individual Psychology. The Holy Prophet (PBUH) was very well aware of these psychological aspects and their connection. Therefore, we find such glorious examples where he influences the whole society through an individual practice, as well as, inspires an individual through a social psychological aspect.

For instance, he (PBUH) presents a principle of individual Psychology which ultimately controls the social psychology:

المُسْلِمُ مَنْ سَلِمَ النَّاسُ مِنْ لِسَانِهِ وَيَدِهِ وَالْمُؤْمِنُ مَنْ أَمِنَهُ النَّاسُ عَلَى دِمَائِهِمْ وَأَمْوَالِهِمْ<sup>18</sup>

"The Muslim is the one from whose tongue and hand the people are safe and wealth are and the believer is the one from whom the people's lives safe."

A responsible person promotes a peaceful environment. We see that the Holy Prophet (PBUH) concentrates on personality formation. On various occasions he (PBUH) says:

لَا إِيمَانَ لِمَنْ لَا أَمَانَةَ لَهُ وَلَا دِينَ لِمَنْ لَا عَهْدَ لَهُ<sup>19</sup>

"He who is not trustworthy has no faith, and he who does not keep his covenant has no religion."

Social psychology was greatly directed and affected after *Hijra* (migration) to Madina city. He had set a unique example of Brotherhood, in order to overcome financial, as well as, mental and psychological setback after their homeland, which even astounded the modern psychologists. He signifies the importance of brotherhood on many places:

المُسْلِمُ أَخُو الْمُسْلِمِ لَا يَظْلِمُهُ وَلَا يَخْذُلُهُ وَلَا يَحْقِرُهُ<sup>20</sup>

Translation: "A Muslim is the brother of a Muslim. He neither oppresses him nor humiliates him nor looks down upon him".

## Solution To Individual Psychological Problems

There are many *Hadiths* which suggest the solution to many modern psychological problems. This clicks the modern psychology where

<sup>18</sup> Sunan an-Nasa'i 4995, English translation : Vol. 6, Book 47, Hadith 4998

<sup>19</sup> Mishkat al-Masabih 35, Book 1, Chapter 1b, Section 2, Hadith 31

<sup>20</sup> Sahih Muslim 2564a : Book 45, Chapter 10, Hadith 2564a

the patient should not be given impression of his psychological problem for a speedy recovery.

He (PBUH) cures the anxiety by telling us the way as to how to get the "peace" \_\_ *sakina*:

لَا يَفْعُدُ قَوْمٌ يَذْكُرُونَ اللَّهَ عَزَّ وَجَلَّ إِلَّا حَفَّتْهُمُ الْمَلَائِكَةُ وَعَشِيَتْهُمُ الرَّحْمَةُ وَنَزَلَتْ عَلَيْهِمُ السَّكِينَةُ  
وَذَكَرَهُمُ اللَّهُ فِيمَنْ عِنْدَهُ

"The people do not sit but they are surrounded by angels and covered by Mercy, and there descends upon them tranquility as they remember Allah, and Allah makes a mention of them to those who are near Him. "<sup>21</sup>

The Holy Prophet (PBUH) tells us to get mental, emotional, psychological and spiritual contentment through *Dhikr* of Allah The Almighty. As the Qur'an says:

أَلَا يَذْكُرُ اللَّهُ تَطْمَئِنُّ الْقُلُوبُ <sup>22</sup>

"Verily, in the remembrance of Allah do hearts find rest."

The Holy Prophet (PBUH) practised himself to eradicate the Phobic Anxiety which the people of Makkah were suffering from, when the Holy Prophet (PBUH) conquered Makkah. The oppressors of the past, who brutally made Muslims to leave their homeland, tortured them physically, mentally and emotionally, framed traps and put wars on the Muslims, were looking at the merciful aspect of the Holy Prophet's (PBUH) kindness. It gives us a lesson that the Holy Prophet (PBUH) fought wars when the people of Makkah were in power but he (PBUH) forgave them when they were at the mercy of the Holy Prophet (PBUH). In fact, he (PBUH) tells us that a true man is never egotistic or self- conceited.

The Holy Prophet (PBUH) proclaims the reward of the positive attitude which not only helps a man to deal with the loneliness and boredom but also develops a healthy social contact.

مَا مِنْ مُسْلِمَيْنِ يَلْتَقِيَانِ فَيَنْصَافِحَانِ إِلَّا غُفِرَ لَهُمَا قَبْلَ أَنْ يَفْتَرِقَا <sup>23</sup>

"Two Muslims will not meet and shake hands having their sins forgiven them before they separate."

The Holy Prophet (PBUH) does not recommend Psychoanalytic approaches every time\_\_ as suggested by modern psychologists\_\_ "Islam highlights the importance of community rather than looking inward to

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<sup>21</sup> Sahih Muslim, Book 49 *Az-Zikr wa duā wa tāuba wal istighfār*, Hadith 7030

<sup>22</sup> Al-Qur'an, Ar-Rāad, 13: 28

<sup>23</sup> Sunan Abi Daud, Book 42 Al-Adāb, Hadith 5193

establish their identity. Muslims tend to look outward, identify their identity in religious teachings, culture, and family."<sup>24</sup>

These practices help to end Anger which has become a serious psychological issue in present times. The Holy Prophet (PBUH) tells us to shed our feelings of anger once and for all. Anger is a negative emotion that may lead a man to such a catastrophic climax which cannot be reversed. The great Psychologist knew that a man would not find it easy to forgive others, pay greetings to his foes or unknown or talk politely to an unlikable person. So, the Apostle of Allah (PBUH) said: "If any of you becomes angry and he is standing, let him sit down, so his anger will go away; if it does not go<sup>25</sup> away, let him lie down."

It has been accepted by the psychologists that during anger specific hormones are discharged which control human behaviour and actions. Modern researchers have suggested the same cure in the following three types:<sup>26</sup>

1. Physiological Change
2. Motivational Behaviour
3. Emotion Evolution

This cure has been prescribed by the Holy Prophet (PBUH) fourteen centuries ago. Anger maybe caused by hatred, jealousy, prejudice or some inferiority complex. It is easy to root out if we follow the Holy Prophet (PBUH):

أَلَا لَا فَضْلَ لِعَرَبِيٍّ عَلَىٰ أَعْجَبِيٍّ وَلَا لِعَجَبِيٍّ عَلَىٰ عَرَبِيٍّ وَلَا لِأَحْمَرَ عَلَىٰ أَسْوَدَ وَلَا أَسْوَدَ عَلَىٰ أَحْمَرَ  
إِلَّا بِالتَّقْوَىٰ<sup>27</sup>

"There is no favour of an *Arab* over a foreigner, nor a foreigner over an *Arab*, and neither white skin over black skin, nor black skin over white skin, except by righteousness."

Rhonda Byrne wrote "The Secret" in which she speaks about three secrets of a peaceful life:<sup>28</sup>

<sup>24</sup> Walaa M. Sabry and Adarsh Vohra, " Role of Islam in the management of Psychiatric disorders", Indian Journal of Psychiatry, Wolters Kluwer -- Medknow Publications, 2013 Jan; 55(Suppl 2): S205–S214. Online: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705684/> accessed on September 1, 2021, 10:14 p.m

<sup>25</sup> Sunan Abu Dawud, Book 36, Hadith 4764

<sup>26</sup> Malik, Dr. Muhammad, "Islam Aur Nâfsiyatî Mâsâil Kâ Hâl"

<sup>27</sup> Musnad Ahmad 23489; "Farewell Sermon"

1. To Pray
2. To Believe
3. To Feel

She took its idea from an ancient book but we have got the idea of these three secrets from the *Seerah* of the Holy Prophet (PBUH) in form of

1. Prayer (*Dua*)
2. Belief in Allah, The Almighty
3. Feel sympathetic and grateful to others

Strong belief in Allah saves a man from Depression. Modern man has become lonely and encapsulated in his shell. Weaker bondage to the Creator has also worsened the situation. Modern man has busied himself in materialistic life where he is hurt and depressed when others do not forgive him, support him nor treat politely. "It is not unusual to feel 'down' or 'low' at times, particularly after a painful event."<sup>29</sup> Now a days, mostly depression is associated with the financial pressure. The Holy Prophet (PBUH) has also detected this very aspect of depression and has suggested:

لو أنكم كنتم تَوَكَّلُونَ عَلَى اللَّهِ حَقَّ تَوَكُّلِهِ لَرَزَقَكُمْ كَمَا يَرْزُقُ الطَّيْرَ

If only you relied on Allah the way you should, He would provide for you " as He provides for birds; they set out hungry in the morning and return <sup>30</sup> "satiated in the evening"

Those, who are confronted with difficulties, are advised to face them bravely and courageously. The Holy Prophet (PBUH) shows the path to get encouragement through patience, determination and perseverance. As the Qur'an says:

يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

"O you who believe! Seek help in patience and the prayer. Truly, Allah is with the patient."<sup>31</sup>

This incentive motivates a true believer to confront every calamity with courage, determination and perseverance. It also saves the person from depression. As the Holy Prophet (PBUH) says: "If you ask, ask of

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<sup>28</sup> Ali, Shafaqat, "Psychological Aspect of the Teachings of the Holy Prophet SAW", online: <https://www.minhaj.info/mag/index>, accessed on August 30, 2021, 10:54 a.m

<sup>29</sup> Author (N.A), "Introduction To Psychology", Chapter 12, pg. 541

<sup>30</sup> Sunan al- Tirmidhi, Book: al-Zuhâd, Chapter: fi Tawakûl âlâllah, 573/4, Hadith 2344; Musnad Ahmad: Book: al-Zuhâd, Chapter: al-Tawakûl wa al-yâqeen, 1344/2

<sup>31</sup> Al-Qur'an, *Al- Baqara* 2:153

Allah; if you seek help, seek help of Allah. Know that if the Nation were to gather together to benefit you with anything, it would benefit you only with something that Allah had already prescribed for you."

This is an effective treatment for inner satisfaction and psychological sustainability. It soothes the formula of give-and-take lying deep in his consciousness. Modern man can transgress from the righteous path of Thanksgiving to Allah Almighty, so, the Apostle of Allah (PBUH) says: "Look at those who are less fortunate than yourselves, not at those who are better off than yourselves, so that you will not be little the blessings that Allah has bestowed upon you". The sight of less fortunate people can save a man to come out of his feeling of being deprived and he can realize the blessings of Allah bestowed upon him which otherwise he could not be able to know.

This is the climax when such a man does have only two choices: "Do or die". One, who does not follow the path shown by the merciful Messenger of Allah (PBUH), chooses to attempt suicide. This is evident from the statistics that suicidal attempt ratio is much more in European countries especially where there is no religion. Secular system can give philosophies but without substance. The substance lies in true belief in Allah and His beloved Prophet (PBUH). The Qur'an says: "Nor kill (or destroy) yourselves; for verily Allah hath been to you Most Merciful."<sup>32</sup>

The Holy Prophet (PBUH) tells us that killing oneself is not the solution to any problem rather it is a sin because life is a precious gift of Allah Almighty. One, who accepts it, is pleased with the rewards. One, who does not accept this incentive, the Holy Prophet (PBUH) threatens him while saying:

مَنْ قَتَلَ نَفْسَهُ بِحَدِيدَةٍ فَحَدِيدَتُهُ فِي يَدِهِ يَتَوَجَّأُ بِهَا فِي بَطْنِهِ فِي نَارِ جَهَنَّمَ خَالِدًا مُخَلَّدًا فِيهَا

أَبَدًا<sup>33</sup>

Whoever kills himself with (an instrument of) iron, his iron will be in his in his stomach with it, in the fire of hand, to continually stab himselfhell ,  
".dwelling in that state eternally

Those who choose the righteous path and follows the teachings of the Holy Prophet (PBUH), they are predicted about their relief as follows:  
Translation: "And for those who fear Allah, He always prepares a way out, and He provides for him from sources he never could imagine."

<sup>32</sup> Al-Qur'an, Al-Nisa 4:29

<sup>33</sup> Sahih Muslim 300, Chapter: *Ghalāza tehreem qatāl Al insān nafsīhi*, 72/1, Hadith 300; Sunan Tirmidhi Vol. 4, Book 28, Hadith 2179

This is not the end. When one realizes one's mistakes timely, these can be reversed. When someone commits sin, he feels guilty.<sup>34</sup>

This is the moment when we reach once again to the personality of the Holy Prophet (PBUH) as told earlier<sup>35</sup>. One who commits sin or does wrong, is directed to come to the Apostle of Allah (PBUH), so that he could save him from eternal damnation. This is the path as shown by Allah Almighty and His beloved Messenger (PBUH).

A path "in which a trained Sufi master (shaykh) guides the person to the path to God, Initially the person needs to show his/her desire to serve God and humanity and show a commitment to act according to the Master's guidance... by directing the individual to the goal of detachment from the world and to the presence of God."<sup>36</sup>

This is the way shown by Allah Almighty in the Qur'an when He says:

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَابْتَغُوا إِلَيْهِ الْوَسِيلَةَ وَجَاهِدُوا فِي سَبِيلِهِ لَعَلَّكُمْ تُفْلِحُونَ<sup>37</sup>

"O you who believe! Have *Taqwa* (fear) of Allah and seek the *wasilah* (means) to Him, and strive hard in His cause, so that you may be successful."

## Conclusion

This article is an attempt to establish the role of the Holy Prophet (PBUH) as a great Psychologist. It tells us as to how Allah Almighty has shown His righteous path through His beloved Prophet (PBUH).

إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ<sup>38</sup>

"Guide us to the straight path".

The human Guide of the guides (PBUH) directed us to the righteous path, the path that strengthens the bondage of relationship among Allah Almighty and the man, as well as, brings a man to ultimate success. The great Consoler (PBUH) provides a solace to the heartbroken, depressed and deprived human beings through his *Seerah*.

In addition to all the foregoing, it must be said that human beings were created by Allah The Almighty, Who knows the best about his nature,

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<sup>34</sup> Ghaznavi, Syeda Sadia, Nabi Akram Bâtaur Mâhir e Nafsiyât, Al- Faisal Publishers Lahore, 5th edition, 1995, pg 43

<sup>35</sup> Pg. 5 This article

<sup>36</sup> Walaa M. Sabry and Adarsh Vohra, " Role of Islam in the management of Psychiatric disorders",

<sup>37</sup> Al-Qur'an, Al-Maïda 5:35

<sup>38</sup> Al-Qur'an, Al-Fatiha 1:5

necessities and psychology. He sent His beloved Prophet (PBUH) with that knowledge of human psychology, who diagnosed the psychological issues and suggested the cure. Human psychology is universal in its approach and in its manner of conduct. Similarly, the solution to psychological problems is universal in its application. The solution to psychological problems presented by the Holy Prophet (PBUH) fourteen centuries ago, is quite modern, feasible and universal in its approach. Rather, the Holy Prophet (PBUH) presents the precautions to remain protected from psychological issues and suggests a cure if any of them occurs. This study paves the way for further research in this field of the psychological aspect of the Seerah of the Holy Prophet (PBUH).



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