

The effect of Holy Quran Voice on the quality of life among the Elderly during Coronavirus Outbreak

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Abstract: *Fear is normal during the Coronavirus (COVID-19) outbreak because it new, and we don't know much about it yet. Consequently, the study aimed to investigate the effect of the holy Quran voice on the quality of life among the elderly during Coronavirus (COVID-19) Outbreak. To achieve this, we used the quasi-experimental approach on a sample consisting of (64), divided into two groups (N= 32) as a control group and (N= 32) as the experimental group. Because of the home quarantine and to reduce face-to-face interaction, we used a questionnaire to measure the quality of life using the Google form. The experimental group applied the experiment by listening to the Quran for (10) minutes and 3 times a day for 30 days, after completing the experiment the quality of life was measured for the two groups. The results of the study have shown that the level of quality of life came with a lower degree in the pre-measurement of the two groups, as well as the mental health domains that were the most affected in a positive way through listening to the Quran, additionally, there were statistically significant differences between the post-measurement of the two groups and favor of the experimental group. The researchers recommend that the regularity strategy should be used to hearing the Quran because of its positive effects on the various body systems.*

Keywords: *Holy Quran, Mental health, Quality of life, Social relations, Coronavirus.*

I. INTRODUCTION

Fear is normal during the Coronavirus (COVID-19) outbreak because it new, and we don't know much about it yet. New viruses are always frightening because our preventive immunity is little or no against these viruses, and we do not have vaccines, and there are many factors that contribute to increased psychological pressure on individuals such as fear of the future, the rapid spread of the virus, social isolation due to home

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quarantine, long incubation period Virus and the possibility that a person is infected with this virus without symptoms.

Where there are interrelationships between the different body systems for example, maintaining a normal level of psychological aspects, Contributes positively to controlling the level of hormones in the body, such as endorphins, serotonin, and cortisol, these hormones are related to the immune system, as the immune cells are able to produce the hormone endorphins, this reflects the bilateral relationship between the nervous and immune system (Jonsdottir, 2000). Where studies indicate that people who have a high level of stress are more likely to be injured, due to a defect in the regulation of hormonal secretion, and this reduces their immune response as a high level of cortisol hormone contributes to the inhibition of this response (Schmidt et al., 2014). Accordingly, it is important to control the level of psychological aspects among the individuals, because it is linked to the quality of life, as listening to the Quran improves the release of endorphins by stimulating alpha brain waves, altering negative emotions and creating a feeling of relaxation (Chang et al., 2008). Listening to the Quran also improves the mental health of individuals (Mahjoob et al., 2016). In several verses in the Quran has been mentioned as a “cure” and sometimes it is known as the heart therapist and sometimes it is known as the source of guidance and treatment, as human nature has an inner tendency towards harmony with the rhythm and enjoyment of order and coordination and the Quran voice has an eloquent expression and charming style that effects of individuals (Sadeghi, 2011).

The Quran is full of verses that dealt with relaxation and the way to achieve it, as well as setting some strategies that can be followed in dealing with stressful situations, in general the Quran calls to calmness and tranquillity (Ebrahim, 45; Al Tobeh, 103; Al Fath, 4). The Quran also provided many solutions, principles, and guidelines for mental health (Kazemi et al., 2003). Mahmodiyan et al (2008) also indicate that the Quran contains strategies for learning life skills that are important and effective in reducing depression. Hasnpoor (2001) also, notes the effectiveness of listening to the Quran voice in controlling depression, anxiety and stress within normal limits. Listening to the Quran includes waves that cause normal, active and positive vibrations of cells, contribute to increase positive energy, and reduce stress (Karren et al., 2006). Listening to the Holy Quran has been shown to improve the functioning of the nervous system and react positively to sound stimulants at regular frequencies (Ansari et al., 2005). Listening to the Quran positive effects on the people who suffer from stress and stress, it is noteworthy to consider that this effect includes the individuals who were not familiar with the Arabic language and did not understand the meaning of the verses (Ghanei, 2012). Brown (2009) notes that quality of life is associated with interrelated relationships with mental, environmental and physical health. Quality of life existed as the individual's ability to satisfy psychological needs, positive social relationships, and the ability to resist social pressures, optimistic expectation and the ability to manage the surrounding conditions. Good quality of life includes controlling positive and negative emotions such as sadness, anxiety, depression and family stability (Longest, 2008).

Through the previous presentation, we see that there are interrelationships between the quality of life, psychological aspects, life skills and social relations, and it is linked to the effectiveness of releasing hormones in the body such as endorphins, serotonin, and cortisol, and its effects on the effectiveness of the response to the immune system in the human body, which is considered a major defence line in the face of the Coronavirus, where all indicate Media means that the elderly are more likely to be infected with this virus. In view of the effectiveness of listening to the Quran on these aspects, the researchers launched this study with the aim of identifying the effect of listening to the Quran on the quality of life among the elderly in light of the Coronavirus outbreak. Consequently, part of the research gap in this area is bridged by providing more scientific evidence on the effectiveness of listening to the Quran.

II. Methodology

Patients and study design

To achieve the objectives of the study, we used the Quasi- experimental approach on a sample that consisted of (64), with the average age of (56.4±2.3) years, divided into two groups (32) as a control group and (32) as the experimental group. As the study sample was distributed among the governors (Amman, Zarqa and Irbid).

The experiment

Before applying the experiment, the quality of life was measured in the study sample in the two groups (control and experimental), then verses from the Quran that were concerned with spreading reassurance and calm were sent through WhatsApp. As it was requested from the study sample in the experimental group to listen to these verses for a period of (10) minutes and (3) times daily for a period (4) weeks, with the exception of the control group from that. The study sample was contacted during the performance of the experiment through Zoom and Skype applications. Where people who are accustomed to hearing the Quran voice and who take psychiatric medications such as antidepressants are excluded. Due to curfew in the country and to reduce interaction face to face an electronic questionnaire was built by using (Google forms) which consist of (30) paragraphs to measure the level of quality of life by sending the link to the WhatsApp applications, where the study sample was confirmed after completing the questionnaire by pressing send. The study tool consisted of (10) paragraphs associated with psychological health (10) paragraphs associated with social relations and (10) paragraphs associated with Satisfaction with life.

Scientific coefficients of the study tool

To verify the validity of the study tool, we presented it to a committee of (five) arbitrators with the competence and experience of the faculty members at the University of Jordan to find out the suitability of paragraphs of this questionnaire and its ability to achieve the goal of the study. In addition, we used the triple Likert scale to measure how participants feel about each paragraph (table 1).

Table 1

The estimation scale of the study sample responses

The response	Degree	average	Level
Completely apply to me	5	More than 4.20	Very high
Greatly apply to me	4	3.40- less than 4.20	High
Moderate apply to me	3	2.60- less than 3.40	Moderate
Low apply to me	2	2.60- less than 1.80	Low
Never applies to me	1	Less than 1.80	Very low

To verify the consistency of the study tool, we used the Alpha Cronbach coefficient, where its value reached (0.80), and this value is considered a high indicator of the stability of the study tool.

Ethical considerations

The participants' rights were protected by explaining the purpose and significance of the study. Participants were reassured that their responses would remain anonymous. The clients were informed that their participation in the study would remain anonymous and that their privacy was respected. They were provided with a comprehensive explanation that their involvement in the study was voluntary and that they could withdraw at any time and written approval was obtained from all study participants. As no blood samples were drawn, the experiment was limited to hearing the holy Quran voice and answering the paragraphs of the study tool.

Statistical analysis

To achieve the objectives of the study and answer its questions, the researchers used arithmetic averages and standard deviations and a (t) test for Independent- Sample (T. test) by using SPSS version 24 with a confidence level of 95% (p value= 0.05).

III. Results

Figure 1 indicates the mean for the quality life domains in the pre-measurement for each group (control, experimental). Where the level of significance was to Levine's test (0.875) a greater than 0.05 and an indication of the homogeneity of the study sample in the pre-measurement.

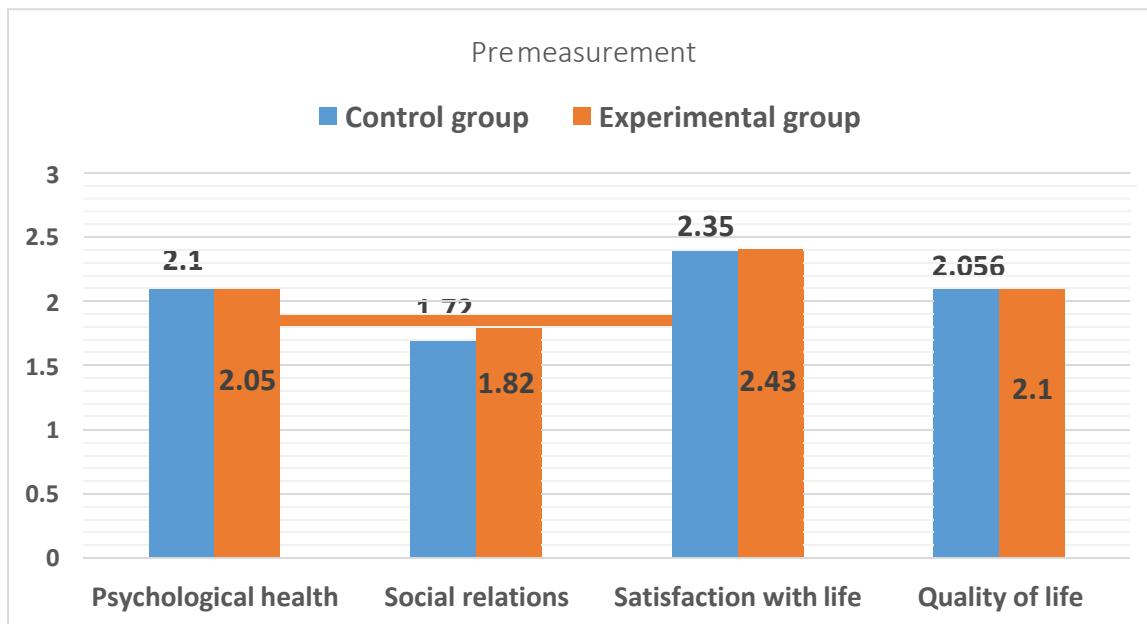


Fig 1. Mean of the quality life domains in the pre- measurement

Figure 1 indicates the mean for the quality of life domains in the post- measurement for each group (control, experimental).

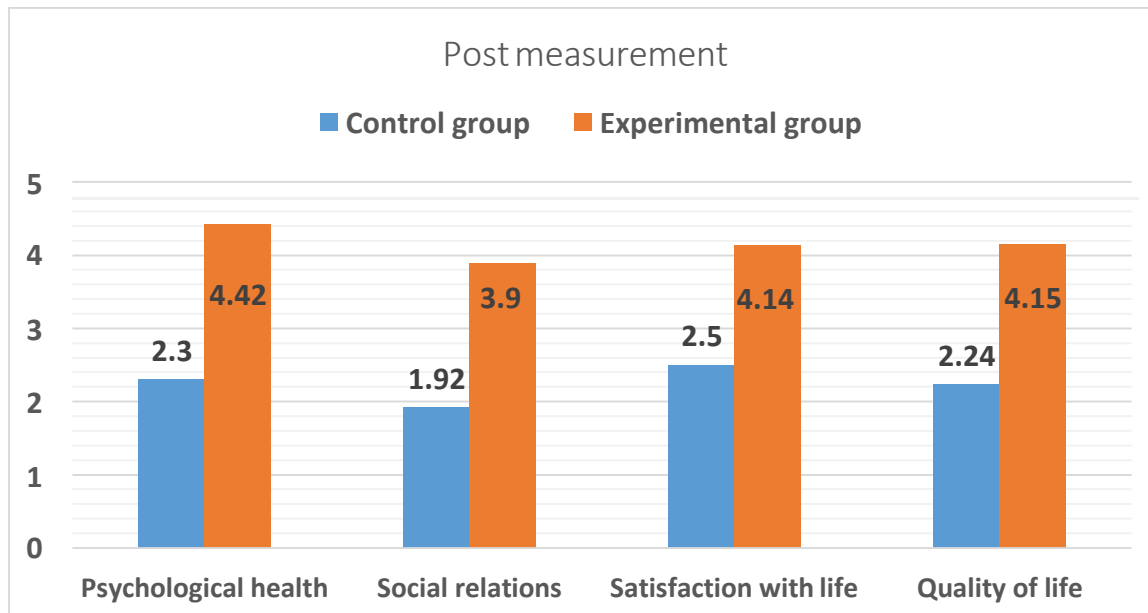


Fig 2. Mean of the quality life domains in the post- measurement

Table 2 indicates the results of the T. test for independent groups in the post-measurement of the quality life domains

Table 2

Results of T - test in the post- measurement of the quality life domains

Group's	Domains	Mea ns	St. Deviation	T	Sig
Control	Psychologi cal health	203.	.05 1	130 88	.0* ..
	Social relations	10.2	.04 8		
	Satisfaction with life	205.	.00 2		
	Quality of life	2024	.05 3		

Experimental	Psychological health	4042	.048
	Social relations	3011	.001
	Satisfaction with life	4014	.052
	Quality of life	4015	.001

)* $\alpha \leq 0.05$ (

IV. Discussion

The results of this study have shown that the level of quality life for the study sample in the pre-measurement was low in each group (control and experimental), where the social relation's domain was the most affected, then the mental health domain, finally the life satisfaction domain. We due this to many factors, including fear of spreading, which is considered normal in light of the Coronavirus outbreak, because it is new and we do not know much about it yet, and new viruses are often frightening because we have little or no protection against these viruses and we do not have vaccines. Additionally, there are many factors that contribute to increasing psychological pressures on individuals such as fear of the future, the rapid spread of the virus, social isolation due to home quarantine, the long incubation period of the virus and the possibility that a person may be infected with this virus without symptoms. In addition, the results of a study conducted by the researchers showed that there are many risk factors that may lead to a high level of depression and anxiety in individuals during the Coronavirus outbreak, including failure to adhere to public safety instructions. Also, it must be noted that there is a group of interacting between the various body systems, for example, the high level of some psychological aspects contribute to increasing the secretion of some hormones in the body and this would reduce the effectiveness of the immune response among the individuals and effect on the ability of the immune system to produce a hormone Endorphins and the efficacy of natural killer cells found in the immune system. In addition, it can negatively effect on the bilateral relationship between the nervous and immune systems, it is necessary to control the level of psychological aspects among the individuals because it is linked to the quality life. Undoubtedly, home quitting and stopping work may be considered a reason for the low quality life for the individuals, as it is an important aspect related to quality life. Not forgetting that the great focus of the various media in this crisis and the rumours about all social media may contribute to the high level of some psychological aspects, this reflects negatively on the quality life. The researchers believe that social isolation and the accompanying social separation may be a reason for this.

Referring to the results of this study, the data of Figure 2 shows the means of the responses of the study sample in the post measurement. We found that hearing to the Quran voice among the experimental group contributed to a high level of quality life with high degree, where the mental health domains were the most affected and positively, followed by the life satisfaction domains finally The social relations domains and the results indicates that there are statistically significant differences between the two groups in the post-measurement and favour of the experimental group. We attribute this to the positive effect of hearing the Quran voice on the individuals. The Qur'an is known as the heart therapist and sometimes it is known as the source of guidance and treatment, as human nature has an internal tendency towards harmony with rhythm and enjoyment of order and the Holy Quran has an eloquent expression and an enchanting style that effects on the individuals. The Quran is full of verses that dealt with relaxation and the way to achieve it, as well as setting some strategies that can be followed in dealing with stressful situations, in general, the Quran calls for calm and the tranquillity. The Quran also provides many solutions, principles and guidelines for mental health, and contains the strategies for learning life skills that are important and effective in reducing depression. There is also clear effectiveness for the Quran voice in controlling the level of depression, anxiety and tension within the natural limits by increasing positive energy and reducing psychological pressure. It has been proven that the Holy Quran voice improves the work of the nervous system and interacts positively with sound stimulants at regular frequencies and this will improve the interactive relationship between the immune and nervous system.

It can be said that listening to the Qur'an positively affects the satisfaction of psychological needs and positive social relationships and improve their ability to resist social pressures and raise the level of optimistic expectation and the ability to manage the surrounding conditions. This is in line with the words of Allah in Surat Yuns verse (57) " O people! There has come to you advise from your lord, and healing for what is the hearts, and guidance and mercy of the believers" and Al-Isra verse (82) " We send down in the Quran healing and mercy for believers, but it increases the wrongdoers only in loss" and al-Baqarah verse (216) " Fighting is ordained for you, even though you dislike it. But it may be that you dislike something while it is good for you, and it may be that you like something while it is bad for you. God knows, and you do not know". With the meditation of the last verse, we find that Allah has appreciated everything, and nothing will happen except by His command, and no one will choose anything but good because He knows the future, but we do not know. Thus, the view of everything becomes an optimistic view instead of pessimism, and the person becomes happy with everything that happens to me, even if it appears sad. The voice of the Quran is sound waves that have a specific frequency and a specific wavelength, these waves propagate vibrating fields that effect the brain cells and achieve a rebalancing of them, which gives them great immunity to resist all stresses, as the continuous pressures cause a disruption in the work of these cells, And hearing the Quran reprograms these cells.

V. Conclusions

The rapid of the Coronavirus outbreak and the accompanying preventive measures such as imposing curfews and increasing social spacing requires the use of all strategies that protect individuals and help them overcome this crisis, as hearing to the Quran provides comfort, reassurance and improves the work of brain cells and contributes positively to improving the level of psychological aspects of different for the individuals. This is what appeared in the results of the study, which indicated to the positive effect of the Quran voice on the quality life for individuals in various fields. We recommend the need for the Quran voice at various times because of its positive effects on the different body systems.

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