

## ABSTRACT

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### **PERSONAL BOUNDARIES TO IMPROVE MENTAL HEALTH BASED ON THE HOLY QURAN**

This paper aims to examine mental health issues that are influenced by personal boundaries in greater depth. Although people's awareness of mental health has increased from year to year, this understanding is not widely known. Participating in reducing mental health cases with detrimental effects on individuals or communities is undoubtedly a concern for some individuals. The possibility is to emphasize the value of maintaining mental health. Humans cannot always control the factors that affect their mental health, but they can receive assistance to make these factors more manageable. In order to alleviate or even prevent a mental health disorder, personal boundaries need to be the primary focus of this research. In addition, the existence of these two elements in the Quran will be discussed in this paper. Thus, the problem formulation is: how can personal boundaries improve mental health according to the Holy Quran?

In answering the problem found, this final project aims to find the explanation that mental health problems exist as a test from Allah for His servants, to test the patience of His servants. However, Allah does not just give a test without telling what the cure is. Allah mentions that the cure is the Quran itself. To obtain comprehensive information and to address the previously mentioned formulation of the problem, this study employs qualitative methods with library research and data acquisition techniques to accumulate data needed to explain and conclude the research.

The result of this final project in this research are interpreting and analyzing the data, that the collected data, it is the verses related to personal boundaries that can improve mental health, and to demonstrate that it is in the Quran and that the two are related.

**Keywords:** mental health, personal boundaries, self-care, tafsir maudhui, the Quran