CHAPTER I

INTRODUCTION

A.   Background

Mental health issues are a staple problems that are still actual and relevant to the conditions and the needs of most people. Mental health issues is a global health challenge that has a crucial impact because of the high prevalence and severe suffering borne by individuals, families, communities and countries. In 2019, exactly three years ago, one of eight people, or 970 million people in this world were currently live with a mental illness (IHME, 2019). In the following year, when the COVID-19 spread all over the world, the pandemic has significantly increased the amount of people with anxiety and depressive disorders. Early estimates show a 26% and 28% increase in anxiety and major depressive disorders, respectively, in just one year (WHO, 2022). In both industrialized and developing nations, mental health issues continue to be pervasive and extensive. (Khorrami, 2010).

A nation's essential capital and development objective is mental health. Citizens with adequate mental health are expected to actively contribute to their communities. However, according to a 1995 study by the World Bank, 8.1% of the Disability Adjusted Life Years (DALYs) of the Global Burden of Disease were attributable to mental health issues. Compared to the impact of other diseases, such as tuberculosis (7.2%), cancer (5.8%), cardiac disease (4.4%), and malaria (2%), this number is greater. In 2010, the leading contributors to the global disease burden were mental disorders, neurological disorders, and substance abuse. The high figures indicate that mental health problems are one of the society's most significant health issues. (Hasan & Tamam, 2018)

This is certainly a concern for some people to take part in reducing mental health cases that have a negative impact on individuals or communities. The possibly one is to promote the importance of maintaining mental health.

Promoting mental health is a positive activity and a comprehensive strategy that aims to increase the visibility and value of mental health at the

various levels, sections, and for individuals; and to safeguard, maintain, and enhance mental health. (Lehtinen, 2008) Mental health promotion seeks to identify and strengthen factors and processes that protect mental health, while minimizing those that are detrimental. (Lehtinen, 2008)

Mental health does not suddenly appear. It is an integral and indispensable component of overall health, which can be defined in at least three ways: as the absence of disease, as a state of the organism that permits the full performance of all its functions, or as a state of equilibrium within oneself and between oneself and one's physical and social environments. (Sartorius, 2022). Mental health noted by The Mental Health Foundation (MHF, 1997) is defined by how peoples feel and think about themselves and their life, and that it affects how peoples cope and manage in times of adversity. (HEA, 1997)

Mental health has become a crucial aspect of human health, reflecting a balanced and moderate state of human personality states through the management of emotions and desires, within the limits of social adjustment and environmental demands. (Tahir & Zubairi, 2020) Mental health typically refers to a condition of cognitive or emotional well-being as well as the absence of mental illness and disorder. (Tahir & Zubairi, 2020)

These days, with technological developments or modernizing in the various sectors of life, not only helping to facilitate every human needs, but also making anxiety, disturb the peace, happiness and health of everyone on their lives. Especially with the presence of social media where people is competes to show off their riches then somebody else life being another standard life that must be met. Life's burden is getting heavy, restlessness and tension and stress feelings are more frequently felt and more pressing then they are able to mentally disturbing everyone. (Burhanuddin, 1999) So, when a person cannot fulfill the demands of life that created it will affect on how that person will behave.

Zakiah Daradjat argues that mental health is the realization of a real balance between psychological function and the creation of self adjustment between human with theirself and their environment, based on faith and piety

and aims to achieve life a more meaningful world and ultimately (Daradjat, 2009).

Zakiah Daradjat (1983) presented five formulations of mental health that are generally accepted by professionals. The order of the five formulations, from the most specific to the most general, demonstrates that the last formulation appears to incorporate the formulations that came before it, including:

1. Mental health is the avoidance of mental disorder (neurosis) and mental illness (psychosis) symptoms. This definition is widely accepted within the field of psychiatry (mental medicine), which views humans from the perspective of health or ailment.

2. Mental health is the capacity to adapt to oneself, to other individuals, and to one's community and environment. This definition appears broader and more general than the first because it relates to all aspects of social life. It is anticipated that adaptability will lead to peace and contentment in life.

3. Mental health is the realization of genuine harmony between the soul's functions, the capacity to cope with typical problems, and the avoidance of anxiety and inner conflict (conflict). This definition demonstrates that the functions of the soul, such as thoughts, feelings, attitudes, views, and beliefs, must work together to create a harmonious existence, preventing people from being indecisive and indecisive and preventing feelings of anxiety and inner conflict.

4. Mental health is the knowledge and practice of maximizing the development and utilization of existing potentials, talents, and traits in order to bring pleasure to oneself and others, and avoid mental disorders and illnesses.

These days mental health is a very important part of modern human life, because with good mental health people will live their lives well too. Good mental health is characterized by a state of peace and tranquility that enables us to take pleasure in life and respect others. A mentally healthy individual is able

to utilize his abilities or potential to the fullest when confronting life's challenges and establishing positive relationships with others. People with poor mental health will experience disruptions in their thinking ability, temperament, and emotional control, which can eventually lead to undesirable behavior. (Kemkes, 2018)

Human's mental health is slightly as influential as physical health, Mental, physical and social wellbeing are virtually inseparable. Good mental health is a vital asset for individuals, families and society. So when their mental health is compromised, human life is disrupted. It greatly affect our daily lives. Thinking about the weather as same as mental health is a simply way to understand. The weather also changes with the seasons. Some days are bright and sunny and make people happy, but sometimes the weather is so dark, like rainy days, that makes people don't want to do anything. Like the weather, mental health can go through periods of positive and bright energy, and it can also take a darker turn.

If people have a problems or feelings, just claim that it is perfectly fine, and people can seek support or talk to parents, family and friends about their feelings. Many people are hesitant to talk about their feelings and mental health. There is still stigma. Ironically, not being able to share emotions with anyone, or not knowing what emotions are, can wreak havoc on a person's mental health. Talking helps someone find hope again and get closer to others.

Notosoedirjo's dissenting opinion is that there are multiple methods to impart knowledge about mental health, namely:

1. Healthy mental means no mental disorder
2. Healthy mental is if there is no ill due to a stressor
3. Healthy mental is if human is in line with his capacity and is harmony with his environment
4. Healthy mental means growing positively (Notosoedirdjo, 2001)

When humans are used to keeping everything they feel, starting from small daily problems, not talking to other people, dealing with everything

alone, even feeling like they don't need other people, at first it might make a person confident. But when at one tie the things that he harbored more and more, most likely he would not be able to overcome them all, so that it would affect his mental state. Science tell that mental health is influenced by both; humans biology and humans life experiences.

In addition to factors from within human that try to keep everything to themselves, there are other things outside of human that can worsen the mental health. People's mental health can change depending on the circumstances they find theirselves in. What human do and what is beyond their control, including physical health, finances, the weather, the environment, and even other people.. Talking about environment, there are several aspect of environment that influenced mental health, like where human live to the curtural message they receive because environment is where human build their mind, our control; from the human's friends make to how they stay connected to them; from stressors in human everyday lives to major societal issues.

While many of people enjoy staying connected on social media, this will causes feelings of anxiety, isolation, depression and FOMO (Fear of Missing Out). Social connections can alleviate tension, anxiety, and depression. The absence of strong social connections poses a significant threat to emotional and mental health. Insecurity and feelings of hopelessness, rapid social change, and the risks of violence and physical illness may explain the greater susceptibility to mental illness of the impoverished in every country. (WHO, Promoting Mental Health, 2004)

Many people rely on social media platforms to become closer in the modern world. Even though social media has its benefits, it is essential to remember that it can never replace real-life human interaction. Ironically, a technology designed to bring people together can actually make them feel more lonely and isolated, aggravating mental health issues such as anxiety, melancholy, and other mental disorders. (Robinson & Smith, 2022)

Humans can't always change the factors that influence their mental health, but human can get support to make them more manageable. So that personal

boundaries as the primary thoughts in this research needed to alleviate even can prevent a mental health disorder. Boundaries are a limits set by human between theirselves and other people due to thoughts, activities and things that aren't in their best interest. Boundaries are a life enhancing system of "yes" and "no's" In the guide book by Self Help Alliance, it is written that *"They are stop signs and borders you install to protect yourself so that it is clear that you own yourlife make good choices, and pursue the authentic expressions of who you are in the way you live, love, give and relate"* (SelfHelpAlliance, 2010). Then, in the next chapter, humanwill understand how borders were discovered, how they can be useful, and what kinds of borders exist. help you do that. Humanmust keep what feeds us inside the fence and what harms us outside.

There are some things that are essential for mental health. This is self care. Self-care, at its core, entails taking care of yourself physically, mentally, and emotionally. Self-care refers to the conscious actions you take to maintain your mental, physical, and emotional health. Everyone has mental health; therefore, self-care is not limited to those with mental illness. (Why Self-Care is an Essential for Your Mental Health, 2021)

Then there is a concept of personal boundaries as a part of self-care that can make our mental health good. In the book *Set Boundaries, Find Peace* by Nedra Glover Tawwab writes "The root of self-care is setting boundaries: it's saying no to something in order to say yes to your emotional, physical and mental well-being". (Cechovic, 2021) Personal boundary is an essential strategy for prioritizing our well being. People can set healthy boundaries using clear communication in a warm way. So that our mental health is maintained if humanare going to fixed it with self-care specifically personal boundaries. After knowing the introduction about personal boundaries in order to take care mental health, the one that should be known is the view of the Qur'an.

Islam is a universal religion that regulates all aspects of its adherents' lives and sciences. The Qur'an's intricate and exhaustive discussion of human existence demonstrates the universality of Islam. The Qur'an does not only contain discourses on God's grandeur. However, the Quran also addresses the

manner in which the ideal social order, a dignified community life, and even Islam teach its people about ethics. (Robiansyah, Syah, Pasetyo, & Afandi, 2023)

The Quran is one of the miracles that received by the Prophet Muhammad PBUH which brought by Gabriel (*al-Ruh al-'Amin*) to his heart as a proof that he is the messenger of Allah. Alquran as a *"Huda"* or guidance for humans so they guided by Allah's guidance to the right path. As mentioned by Muhammad Ali al-Shabuni "The Quran is the word of God that incomparable, revealed to the Prophet Muhammad saw. the closing of the Prophet and Messengers through mediation of the angel Jibril a.s. and written on the mushaf which were then conveyed to us mutawatir, as well as reading and studying them is an act of worship, which begins with Surat al-Fatihah and closes with Surat an-Nas. (Yasir & Jamaruddin, 2016)"

Allah addresses heart disease in the Quran, which is related to mental health and involves processes relating to the mind, heart, reason, and memory. Good mental health is the ability to think, feel, and act in accordance with the demands and desires of human life. However, if a person is suffering from poor mental health, they may find it tough, if not impossible, to manage their frequent thoughts, feelings, and behaviors. This can be as bad as, if not worse than, a physical disease. (Holy Cross Catholic Primary School - Mental Health and Wellbeing. , n.d.) As cited in the Qur'an:

وَبَشِّرِ ٱلصَّـٰبِرِينَ وَٱلثَّمَرَٰتِ وَٱلْأَنفُسِ وَنَقْصٍ مِّنَ ٱلْأَمْوَٰلِ وَٱلْجُوعِ وَلَنَبْلُوَنَّكُم بِشَىْءٍ مِّنَ ٱلْخَوْفِ

"Be sure humanshall test you with something of fear and hunger some loss in goods or lives or the fruits (of your toil), but give glad tidings to those who patiently persevere." (QS. al-Baqarah: 155)

QS. Al-Baqarah verse 10

كَ بِمَا أَلِيمٌۢ عَذَابٌ وَلَهُمْ مَرَضًاۖ ٱللَّهُ فَزَادَهُمُ مَّرَضٌ قُلُوبِهِم فِى يَكْذِبُونَ انُواْ

"In their heart is a disease (of doubtand hypocrisy) and Allah has increased their disease. A painful torment is theirs because they used to tell lies."

Aiming to improve mental health, Personal Boundaries as a part of the types of self-care it says that a boundary is a simply limit humanestablish for ourselves that allows us to build healthy relationships with others. There's a special skill that will help you navigate complexity. It will build your own self-respect and other's respect for you. (Boundaries and Self-Care, 2020). The Qur'an stated in QS. Al-Isra verse 7,

إِنْ أَحْسَنتُمْ أَحْسَنتُمْ لِأَنفُسِكُمْ ۖ وَإِنْ أَسَأْتُمْ فَلَهَا ۚ

"Whenever you did good, it was to your own advantage; and whenever you committed evil, it was to your own disadvantage."

Thus, when human kind to ourselves just like implying personal boundaries in our lives good things will also felt, one of the advantages is humanavoid being treated badly by others because humanrespect ourselves. Boundaries are not only about what behaviors humantolerate, but also how open or closed humanare to others. (Boundaries and Self-Care, 2020) Moreover, by doing good to ourselves, restricting things that don't need to be consumed, limiting relationships with negative things, then humanwell avoid from mental health disorder or our mental health is in a good condition.

Talking about mental health in the Quran, word of Allah:

وَبَشِّرِ ٱلصَّٰبِرِينَ وَٱلثَّمَرَٰتِ وَٱلْأَنفُسِ وَنَقْصٍ مِّنَ ٱلْأَمْوَٰلِ وَٱلْجُوعِ وَلَنَبْلُوَنَّكُم بِشَىْءٍ مِّنَ ٱلْخَوْفِ ۗ

"Be sure humanshall test you with something of fear and hunger some loss in goods or lives or the fruits (of your toil), but give glad tidings to those who patiently persevere." (QS. al-Baqarah: 155)

When humanconnect this verse with mental health, the word *fear* can be assumed to be the fear felt by humans because of the fear given by their opponents or enemy. This is related to the causes of mental disorders, one of which is due to the human tendency to see the achievements and successes of others especially when using social media. When a human doesn't get it, he

will feel like a failure and be afraid if he can't compete with his opponent. Admit it or not, anxiety, depression and other mental health disorder caused by using social media. (The Social Dilemma: Social Media and Your Mental Health, 2022)

Then in ar-Ra'du verse 28 stated:

<div dir="rtl">تَطْمَئِنُّ ٱلْقُلُوبُ ۗ أَلَا بِذِكْرِ ٱللَّهِ ءَامَنُوا۟ وَتَطْمَئِنُّ قُلُوبُهُم بِذِكْرِ ٱللَّهِ ٱلَّذِينَ</div>

"Those who believe, and whose hearts find satisfaction in the remembrance of Allah; for without doubt in remembrance of Allah do hearts find satisfaction,"

If someone feel fear about themselves as noticed in the previous verse, Allah remind us in His Word, that if someone always remember Allah, their heart will full of peace and soberness.

Word of Allah:

<div dir="rtl">اِنَّ اللهَ لَا يَظْلِمُ النَّاسَ شَيْئًا وَّلٰكِنَّ النَّاسَ اَنْفُسَهُمْ يَظْلِمُوْنَ</div>

"Verily Allah will not deal unjustly with man in aught: It is man that wrongs his own soul." (QS. Yunus: 44)

Furthermore, Allah said that Allah doesn't not deal unjustly to the servant, but they do themselves. So the way can be used not to despotic people it self is to do the personal boundaries in encounter the life is make a limit within life.

This research will explain more clearly about the verses related to personal boundaries. Starting from understanding to verses related to the six types of personal boundaries. To complete this research, the authors use the maudhui interpretation method described by al-Farmawi. Then in the process of interpretation, the author uses two books with an *adab Ijtima* style, it is the book of *Tafsir al-Azhar* by Hamka and the book of *Tafsir Al-Misbah* by Quraish Shihab.

By employing the Holy Quran, not only are humanresearching mental health using theory, but humanare also looking at it from the Quran's perspective. It will analyze how the Quran answer the relationship between personal boundaries and mental health. Thus, the author choose the research

"Personal Boundaries to Improve Mental Health based on the Holy Quran" as a part of promoting mental health.

B.   Problems of The Study

In this study, the author propose several problems as the formulation of the problem, it aims to limit the area of this study.

1. What are the verses and the interpretation about personal boundaries that can improve mental health in the Quran?
2. How can personal boundaries improve mental health in the view of the Holy Quran?

C.   The Objectives of Study

Regarding the research question, the objectives of the research are to:

1. To classify the verses about personal boundaries in the Holy Quran;
2. To analyze about personal boundaries that can improve mental health in the view of the Holy Quran;

D.   Significance of the Study

The results of this study are expected to be relevant and important in theory and practice. The results may be useful for all readers concerned with this field. In the following significance of the study are stated theoretically and practically.

1. Theoretically

    The result of this research is expected to be a reference for further research on personal boundaries which in fact can maintain mental health specifically the perspective of the Holy Quran.

2. Practically

    The first, the significance of this study to the readers in order to apply the importance of personal boundaries in everyday life to avoid mental health disorder with Quranic perspective. The researcher hopes it will help them learn about the field of mental health in quran perspective, especially personal boundaries.

The second, for the researcher, it can give advantages who will make the same analysis of personal boundaries that exist in the Quran but with the perspective of other interpretation holy book.

E. Literature Review (Previous Study)

There are some previous mental health studies on the Holy Quran. In this section, the authors reference several previous studies that were collated with this study. But so far author have not found written works that discuss about ***"Personal Boundaries to Improve Mental Health based on The Holy Quran"*** But, the author find a previous study with the same way variable like a psychological problem in the Quran or Tafseer view. They are:

The Thesis *"Self Confidence in Psychology and Tafseer Perspective, a comparation study"* by Zuharah Afifah In'ami. From this thesis there are several issues that are raised is how to view self-confidence from two perspectives, psychology by A. Bandura and interpretation by Hamka. In the end it is stated that the implication of sufficient self-confidence in faith is to foster a positive attitude, gratitude, istiqamah, trust, and self-evaluation. The similarity of the research by Zuharah Afifah In'ami with author research is the methodology of research which is used and the data collection techniques. The differences is the used object, Zuharah Afifah In'ami's object is about Self Confidence, authors is the relation between personal boundaries and mental health.

The Journal *"Toward Islamic Psychology: Understanding of Mental Illness from Quranic Verses by Katimin et al."* which is discusses about Abdullah Saeed contextual interpretation of the Quran by Abdullah Saeed where it told much about psychology in Quran, especially about psychopathology that is equivalent to the term abnormal psychology, psychiatry, or any discipline that addresses mental disorders. (J.P. Chaplin: 406) The similarity of these two study are the theoretical framework which have the same step in order to get conclusion.

The Journal "*Mental Health Perspective of Religious Psychology*". The purpose of this research is to discuss mental health from the viewpoint of

religious psychology. From this analysis, she concluded that trends in the psychology of religion toward its relationship to mental health stem primarily from antiquity. Human life, including mental health, can be affected significantly by religion. People who have good mental health will easily face various problems in their life, they always feel secure and feel blissful under any circumstances, so people in good health will always introspect on all the situation they do in order to control and control themselves. (Dewi & Riyani, 2021) This study is useful to see the object being studied from various perspectives.

The Journal *"Exploring Qur'anic Stance on Mental Health: An Analytical Review"* This study aims to draw attention specifically to mental health and well-being from Quranic discourses and to present possible solutions within the realm of Islam. (Tahir & Zubairi, Exploring Qur'anic Stance on Mental Health: An Analytical Review, 2019) The study's findings underline that the Quranic verses give solid foundations and a vivid framework for the mental health difficulties that Muslim men and women face in today's environment. Furthermore, Quranic mental health practices are completely consistent with human nature and would be crucial in encouraging positive mental health in Muslim communities. This study provided a contextual understanding of mental health from the perspective of the Quran for religious therapists and Muslim psychologists. This initiative will be beneficial to the protection and treatment of Muslims' mental health for the sake of mankind as a whole. The similarity research between these two is about analytical review about mental health especially personal boundaries as a part of self-care that can improve mental health within the framework of Quranic text. The author use the same methodology; descriptive-analytical qualitative methodology. The differences is the author added a specific interpretation *The Holy Quran.*

In addition to the papers that have been mentioned, the author also describes several studies that have been carried out on The Holy Quran.

The Journal *"Konsep Hudud dalam The Quran" by Mustafa,* In this journal it is known that the concept of hudūd in the Qur'an in terminology is the laws

of Allah. According to him, Allah always protects human rights and protects their lives from tyranny. Therefore, Islamic law has been established to guard and protect religion, soul, lineage, reason and property which are adh-dharuriyatal-khamsa (five urgent matters in human life). In this journal it is stated that according to Syaikhul Islam Ibn Taimiyah stated: "Hudud comes from Allah's mercy for creatures and their goodness"

When used as an infinitive in Arabic, the word *"hadd"* means *"to separate"* or *"to prevent (one thing from intruding into another)"*. As a noun, it thus denotes *"that which separates"* or *"that which prevents (something or someone from intruding on another)."* This is very relate with the meaning of had by Ibn Taimiyah. The idea of a limit (which separates one thing from another) is therefore, the most basic meaning of hadd. As humanshall presently see, it is this very idea that has been repeatedly expressed in the Quran in a moral sense when the Quran speaks of hudud Allah or "limits (prescribed by) God" which you may not transgress"

The Thesis, *"Kesehatan Mental dalam Perspektif Tafsir Al-Misbah karya M. Quraish Shihab"by Hilmy Rabi'ah Nur.* In this thesis it is mentioned about the notion of mental health according to Mustafa Fahmi (1977) that mental health has many meanings and discussions. The first mental health is freedom from the symptoms of mental illness and mental health disorders. The second meaning is that, in an active, broad and unlimited way, it relates to the ability of people to adapt themselves and to the society around them.

Through this statement, the author can be more certain that indeed mental health can be influenced by how a person gets along with the surrounding environment. This is closely related to the concept of personal boundaries, how a person can make boundaries between himself and other people. Besides that, through this thesis the writer sees how the thesis writer get the conclusions.

The Thesis, *"Kesehatan Mental dalam Perspektif The Quran: Analisis Surah Yunus ayat 57" by Husnul Hatima A Darise.* Through this thesis the author sees how the forming of the thesis with almost the same theme. Starting

from the elaboration of the theory, then related verses in the Quran to the analysis of the main verses in this thesis.

"Mental Health and Factors Related to mental health among Pakistani University Students" by Uzma Irfan (2016) from this research I took some of the notions cited by the author. To strengthen my theories about mental health.

Considering that this is the first research that explain more about personal boundaries this means that I have not found other thesis or other sources that make the same research. I only found free reading resources about personal boundaries.

F.   Theoretical Framework

To answer the formulation of the problem in this study, the authors use several theories as follows:

The first thing to do is identifying the key concepts. Before starting the research, the researcher need to serves a road map for developing the arguments that will be used in the research. The theories are developed by researcher to explain phenomena, draw connections, and make predictions. Because the theoretical frame work is the opportunity phase to present and explain what the researcher have learn, situated within the researcher's future research topic. So, this is the framing research would definitely field.

First, mental health is a problem that exists almost all over the world. There are many theories that explain about mental health, starting from the meanings, history, causes, to the things that can improve the mental health conditions.

According to the theory, mental health can be defined as the absence of mental illness or as a state that encompasses the biological, psychological, and social factors that contribute to an individual's mental state and ability to function in their environment. (Carter, 1959). Then there is a theories emerged about Self-Care, that theories explain more the way to improving humans mental health condition. But, at first the self-care theory isn't for the mentally

health problem, it's for the people that finished their surgery or being treated. So, it would be explained too in the chapter II.

Fortunately, there is something that can really help strengthen the basis of this research that personal boundaries can improve the state of human mental health. The theory said that the researcher told before, in the book *Set Boundaries, Find Peace* by Nedra Glover Tawwab writes "The root of self-care is setting boundaries: it's saying no to something in order to say yes to your emotional, physical and mental well-being". (Cechovic, 2021) And the self-care is the way to improving mental health.

The theory is only limited to the explanation above, later it will be related to the verses in the Quran. The verses about mental health in the Quran have existed and there has been a lot of research on it. Like some of the verses that have been delivered in the background section. However, when switching to the concept of *"Personal Boundaries"*, researcher spent quite a bit of time finding the right denotation. Then the concept of *"hudoodullah"* was found. Regarding this concept, there have been many articles or journals that discuss this but with the term "*hudood"* in terminology, it is about the laws or the limits that that have been established or ordained by Allah.

But, humanalso need to know that there is a theory that says that there is *Al-Musytarak al-lafziy* is a word that has the potential to have two or more different meanings or is also said to be a word that integrates styles and various meanings. (Abdullah, Without Year) So, the researcher make a hypothesis that it is not matter to use the term "*hudood*" as the next of the basic theory of personal boundaries.

This "*hudood*" was created by Allah to protect and optimize human life on earth — physically, psychologically and spiritually. In addition, human boundaries are for certain individuals, whereas Allah's boundaries are for everyone. Human boundaries are typically intended to secure the few from the many. On the other hand, Allah's boundaries safeguard all humans from all harm and evil. (Pasha, 2009)

To explain about the relativity between the verses of the Quran in psychological approach, researcher use another theory that is the Cognitive Approach Psychology as follow:

1. Self-Care Theory by Dorothea Orem

This theory focuses on the performance or practice of activities thatindividuals initiate and perform on their own behalf to maintain life, health, and well-being. Even though there is a wide range of scope seen in the encompassing theory of nursing systems, there is a superb focus of Orem'swork which is self-care.

As listed before, this *"self care"* is the way for improving our mental health conditions. So this theory would be necessary to explain.

2. Conceptual Tematic by abdul mustaqim

In this research, the author will employ Abdul Mustaqim's thematic theory from his book Research Methods for the Qur'an and Its Interpretation. This study employs conceptual thematic analysis, i.e., a thematic analysis in which there are certain concepts that are not expressly mentioned in the Qur'an but whose ideas are largely present in Al-Qur'an.

The author made minor modifications to Al-Farmawi's theory before adopting it as the basis for this model of thematic research. In this thematic systematics, mufassir typically accumulates all of the Qur'anic key words that are deemed relevant to the subject of his study. The systematic presentation of this topic, despite its technical nature, has a narrower study scope, is conical, and influences the methodological search procedure.

There are several steps that must be performed by the mufassir when applying this method. According to Abdul Mustaqim, as stated:

a. Determine the problem to be discussed

b. Collect relevant biblical verses.

c. Arrange a series of verses in chronological order, according to the order of revelation and comprehension of the asbab an-nuzul.

d. Recognizing the relationship between these verses within their respective suras.

e. Arrange the discussion in an ideal structure.

f. Equipped with pertinent hadiths and psychological or sociological explanations.

g. Mixing the verses as a whole by compiling verses with the same meaning or compromising between '*amm*' and *'khas'*, or which appear to be contradictory on the surface, so that they all point in the same direction.

3. The original hierarchy of needs five-stage model

The theory of the hierarchy of needs is a theory about the levels of human requirements according to what Abraham Maslow has stated. The hierarchy of needs is a theory of human motivation that classifies fundamental human needs in an ascending order and relates these needs to general behavior. According to Maslow, humans will be motivated to satisfy their most pressing needs in accordance with time, circumstance, and their own experiences.

In addition, according to Maslow's theory, a person cannot fulfill the second need if the first need has not been met, nor the third need until the second need has been met, and so on. Because basic needs are the most critical needs and must be met, because if the basic needs are not met, none of the other needs can be met. Maslow categorizes human needs into five fundamental needs that are described as a pyramid, beginning with physiological needs, safety, belonging and love, self-esteem, and self-actualization needs.

a) Physical Requirements In addition to oxygen, food, water, and a relatively constant body temperature, these are the fundamental human physiological and biological needs. Maslow asserts that physiological requirements are the most essential to fulfill. This

physiological need should be the priority for all individuals in quest of satisfaction. When the physiological requirements are met, the next level of need will emerge, which is the need for security.

b) The need for safety (security). The need for security, stability, dependence, protection, freedom from fear, anxiety, and perplexity, etc. People strive to surmount feelings of loneliness and isolation, according to Maslow. It involves giving and receiving affection, love, and a sense of belonging. When a student acknowledges that he has not mastered the material, an educator or lecturer can satisfy this need through democratic learning, which entails allowing the student to engage in various learning activities without fear of intimidation from the educator or other students.

c) The need for affiliation and affection (affection and belonging). Desire to be accepted by oneself in an environment without regard to physical or racial characteristics or social differences. Whereas, if this need is satisfied, it will cultivate a high self-confidence attitude and a sense of belonging. Equal opportunity for advancement and encouragement to participate in all activities according to one's interests and abilities.

d) The need for self-esteem is a person's desire to be acknowledged by others. If the learning objectives are not in accordance with what is desired, educators or lecturers can meet this need by encouraging students to express their opinions. Therefore, the existence of pupils must be acknowledged and realized, because the greater the acknowledgment of their existence, the greater the need for them to demonstrate their accomplishments.

e) The need for self-fulfillment This need is also known as the self-actualization need. Typically, these needs can be satisfied after physiological needs, a sense of security, affection, and social

recognition have been met. Self-actualization, according to Maslow, is the need to be and do what one was "born to do." For instance, a musician must be able to create music, an artist must be able to create paintings, and a poet must be able to write.

G.   Research Metodology

1. Type of Research

The nature of this study is library research, but the writing method is a descriptive-analytical qualitative methodology. Therefore, the content analysis is used to examine relevant verses of the Qur'an in relation to personal boundaries to improve mental health.. Content analysis is a typical approach used to make valid inferences from textual data to provide understanding under exploration. (Bryman, 2012)

In addition, data analysis is completed to draw conclusions and explanations about personal boundaries that can improve mental health within the framework of interpretations from Quranic texts and interpretations..

2. Sources of the Data

To obtain comprehensive information, the author consults a research library to gather facts required to explain and end the investigation. There are two kinds of source in this research which are primer and secondary source obtained from the existing literature related to the theme raised..

The primer sources is "*The Quran, English Translation of the Meanings and Commentary"*. The Al-Azhar Interpetation Book by Hamka and Al-Misbah Interpretation Book by M. Quraish Shihab. Also *Metode Penelitian the Quran dan Tafsir by Abdul Mustaqim* and another book and journal that are appropriate with the theme of this thesis.

3. Data Analysis

The conclusion of this research consists of interpreting and analyzing the data and presenting the findings. Data analysis is the process by which researchers persistently seek for and organize data in order to increase their understanding of the data presented and to enable them to communicate what they have learned. In this activity, the researcher follows a series of steps for data analysis. Those are:

a. Reading the material about personal boundaries its relation to mental health and reading the verses that related to personal boundaries in the Holy Quran

b. Analyzing the translation to the main theory.

c. Interpreting the summarized data to make conclusion. The types of variable used is the causal relationship.

H. The Organization of the Writing

This paper is listed to five chapter, every chapter has a material to explain every single chapter.

Chapter I is Introduction. This chapter consist of background of the study, theproblem study, the objectives of study, the significance of the study, previous study, theoretical framework, research methodology and the organization of thewriting.

Chapter II is Literature Review. The second chapter, about the study of theory regarding the general description of personal boundaries and about mental health, both of which are interrelated. Followed by a discussion of the influence of each other, and its description in verses in the Quran.

Chapter III is about the verses that related to the theme raised. This chapter examines verses pertaining to mental health and personal boundaries, which, in theory, influence one another.

Chapter IV is Findings and Discussion. This chapter is explaining about the analysis of the data that has been accumulated. This chapter is

also discuss the problem formulation, the explanation of personal boundaries that affect mental health from the perspective of the Holy Quran.

The thesis is ended by **Chapter V** with **conclusion and suggestion** for the next research