

(Research) Article

# Tahajjud Prayer from Psychological and Health Perspectives

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**Abstract :** One of the main sunnah prayers is the night prayer (Tahajud), because the night prayer is one of the mustajab prayers offered by a servant to the Creator, namely those who can wake up at night and pray at night and then perform the prayer service, because the night is the most appropriate time for someone to pray and munajat to perform prayers at night with the highly recommended prayer, namely the Tahajud prayer. The research method used in this article is a library research method with a descriptive qualitative approach. This approach is used to examine and analyze various relevant scientific sources regarding the Tahajjud Prayer in a Psychological and Health Perspective. The results of the study show that the Tahajud Prayer has a significant positive impact on psychological and physical health. Psychologically, Tahajud can increase calm, reduce stress and anxiety, and increase self-confidence and enthusiasm. From a physical health perspective, the Tahajud prayer can help increase endurance, improve blood circulation, and even help overcome digestive disorders.

**Keywords :** Health; Night Worship; Psychology; Spiritual Practice; Tahajjud Prayer.

## 1. Background

Humans were created by Allah SWT. on this earth to serve, worship and worship Allah SWT. Allah has ordered his servants to obey his teachings and Islam as his religion. Prayer is the second pillar of Islam and one of the obligations of a Muslim. According to the Koran and hadith, prayer has a very important position so that Allah prioritizes the matter of prayer from many issues of obedience in the Koran (Sundari, 2021).

Among the sunnah prayers performed by the Prophet Muhammad is the Tahajjud prayer. The Tahajjud prayer is performed in the third quarter of the night, with an unlimited number of rak'ahs and two greetings. The Tahajjud prayer, performed in the third quarter of the night, has long been associated with various psychological benefits (Pratiwi & Kamila, 2023). Initially, the Tahajjud prayer was an obligatory prayer for the Prophet Muhammad (peace be upon him), as revealed in Surah Al-Muzammil verses 1-7. The Prophet consistently performed it and never neglected it, even when he was traveling. Thus, the Tahajjud prayer is obligatory for those who desire to attain status with Allah SWT. Prayer should not be a routine, but rather an obligation that influences a person, whether it is an obligatory prayer or a sunnah prayer.

Humans were created by Allah SWT from the earth and have gone through a perfected process, then breathed with their souls. Earth and souls are one inseparable unity. In the view of the Qur'an as understood by Imam Ghazali, humans have aspects that can be clearly distinguished into three, but definitely cannot be separated. These three aspects are, first; the physical aspect which is the whole physical-biological, cellular system, glands, and nervous system (physiological psychology). Second, the Soul/psychological aspect which is the whole human quality that is unique only to humans, in the form of: thoughts, feelings, and will (humanistic psychology). Third, the spirit/spiritual transcendental aspect which is the whole noble potential of the human psyche (transpersonal psychology). In line with al-Ghazali, Baharuddin distinguishes human aspects consisting of Jismiah, Nafsiah, and Ruhaniah (Baharuddin, 2004).

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Psychology in Islam aims to develop a new concept of psychology based on Islam to integrate the science of psychology. This approach is highly feasible, given the Qur'an's content, which offers the potential to develop a psychological concept with an Islamic perspective. Islam, through the Qur'an, the Sunnah of the Prophet, and the rich body of Islamic thought, has provided sufficient relevant material to begin developing a concept of Islamic psychology. In this article, the author will discuss the concept of religious behavior, namely the tahajjud prayer. It will establish a dialogue between psychology and Islam and conclude with a new concept of psychology called Islamic psychology. Within existing disciplines, it is necessary to develop new paradigms, encompassing Islamic civilization, science, technology, politics, economics, and psychology.

## 2. Theoretical Study

Prayer is an act of worship that includes specific words and actions, starting with takbiratul ihram and ending with greetings (Sabiq, 2015). Seen from the Arabic language, namely shalla - yushalli - shalaatan, prayer means prayer or praise. And the meaning of prayer when viewed from the Qur'an and hadith according to Ibn Manzhar contained in the book Lisanul 'Arab has two meanings. The first meaning is in the form of praise which is the meaning of prayer from Allah. The second is standing, bowing, prostration, prayer and tasbih which are the meaning of prayer for creatures, such as humans, angels, and jinn. Meanwhile for insects, birds and other animals, prayer means tasbih.

The Tahajjud prayer is a Sunnah prayer performed at night after the Isha prayer. The Tahajjud prayer can be performed at the beginning of time, the middle of time, and the end of time, when someone is awake during the day, or when someone is awake at night (Kusumawinakhyu, 2023). The Qur'an describes patience and prayer as beneficial. The Tahajjud prayer itself has the virtues explained in the Qur'an as follows:

مَحْمُودًا مَقَامًا رَبِّكَ يَبْعَثُكَ **Al** عَسَىٰ لَكَ نَافِلَةٌ بِهِ فَتَهَجَّدْ **Allah** وَمِنْ

Meaning: "And during part of the night, perform the Tahajjud prayer as an additional worship for you, perhaps your Lord will raise you to a praiseworthy position." (QS. Al-Isra': 79).

The word tahajjad is taken from the word hujuud which means sleep. The word tahajjad is understood by Al-Biq'a'i to mean leaving sleep to perform prayer. This prayer is also called Lail Prayer / Night Prayer. Because it is performed at the same time of night as sleep. In a hadith narrated by Muslim, from Abu Hurairah ra, it says: The Messenger of Allah SAW said, one of the main sunnah prayers is the night prayer (Tahajjud), because the night prayer is one of the mustajab prayers offered by a servant to the creator, namely those who can wake up at night and pray at night and then perform the prayer service, because the night is the most appropriate time for someone to pray and munajat to perform prayers at night with the highly recommended prayer, namely the tahajjud prayer. The tahajjud prayer is a muakad sunnah prayer in which there is a dialogue between the creature and the creator. In this context, Tahajjud prayer can serve as a form of meditation, allowing individuals to reflect and free their minds from daily worries. This can help reduce stress and anxiety, which are major risk factors for various mental disorders (Widiani & Indrawan, 2014).

## 3. Research Methods

The research method used in this article is library research with a descriptive qualitative approach. This approach was used to review and analyze various relevant scientific sources regarding Tahajjud Prayer from a Psychological and Health Perspective. Data for this study were obtained from secondary sources such as scientific journals, Islamic psychology books, academic articles, previous research results, and trusted digital sources. Data collection techniques were carried out through a process of identification, classification, and content analysis of literature that is highly relevant to the research topic.

## 4. Results And Discussion Psychological Approach

According to Santrock (2011), psychology is the scientific study of a person's behavioral and mental processes. The word psychology is taken from the English word "Psychology" which comes from the Greek word *Psyche*, which means soul, and the word *logos*, science. And there is the word soul which usually includes human thought patterns, behavior, and personality. And it can be understood that psychology is the science of the soul that discusses individual behavior towards their environment and how to interact with their environment, and it is not uncommon for psychology to be called a scientific discipline because it was originally used by scientists and philosophers. According to Abdul Rahman (2008), Psychology is a term used to refer to subtle formations in humans that are invisible and can only be felt. Meanwhile, according to Ichsan (2016), to meet their needs in terms of understanding the thought patterns and behavior of living creatures, starting from primitive to something modern.

According to the above views, the author understands several meanings that psychology is a science that studies the immaterial substance that exists within humans in the form of the soul, namely the spirit (something that is invisible within humans) which can encourage the formation of other substances such as reason, lust and body. If compared with religious activities, it can be said that a person carries out religious behavior solely driven by the desire to avoid dangerous situations that will befall him and provide a sense of security for himself. As the length of Islamic world civilization, psychology began to develop, experts discovered the flow of modern psychological behavior, namely Psychoanalysis, Behaviorism and Humanism.

First, Sigmund Freud (2002) initiated psychoanalysis, explaining humans with a theory of personality structure. The three components of personality structure are the Id, Ego, and Superego. At birth, humans only possess the Id, or drives that demand satisfaction. As humans develop, the Superego develops. The Superego is the values individuals receive from their environment. There is always conflict between the Id and the Superego. The Id represents personal interests, while the Superego represents societal norms. The Ego plays a role in regulating the mechanisms between the two.

Second, Behaviorism, founded by John Broadus Watson and driven by B.F. Skinner, is a school of thought inspired by behaviorism. According to Skinner (2019), human behavior can generally be explained based on the theory of operant conditioning. Humans do things in their lives to obtain causes and effects, whether to fulfill needs or avoid punishment or unpleasant experiences. This school views humans as machines. Their behavior is a response to every stimulus received due to lessons learned. Therefore, this school places great importance on the environment. Its basic assumption is that human behavior as a manifestation of their psyche is a response to stimuli received from the environment. Third, in Maslow's view, all humans have an innate tendency to self-actualize.

The Psychological Approach in Islamic Studies: The primary object of psychological study is humans, and its material object is human behavior. Human existence has been extensively discussed in the Quran, including its characteristics and potential. Humans are God's most perfect creations compared to other creatures. This perfection is evidenced by the gift of reason, which can be used to distinguish between good and evil, right and wrong. Humans are encouraged to seek the truth for their lives in this world and the hereafter, because humans naturally possess this potential.

In Tahajjud Prayer, Islamic Psychology views humans as always in a process of connecting with nature, humans, and God. Not only the relationship between humans, but also the relationship between humans and God is very necessary as a form of devotion to a servant. Happiness is a state of mind that is calm, serene, peaceful, content with oneself, and grateful for God's decree. If you have not achieved this state, it means you have not achieved happiness, but only achieved success. This is as the saying of the Prophet Muhammad (peace be upon him): "Among the happiness of a person is his contentment with God's decree. And among the sufferings of the children of Adam is his unwillingness to submit the choice to God. And among the sufferings of the children of Adam is his anger towards God's decree (Narrated by Abu Dawud, from Sa'd bin Abi Waraqah).

Humans have three aspects that form the totality of human beings that can be clearly distinguished, but cannot be separated. These three aspects are the *jismiah* aspect (physical, biological), the *nafsiah* aspect (psychological, psychological) and the *ruhiah* aspect (spiritual, transcendental) (Baharudin, 2004). The psychological aspect is the overall quality of humanity, in the form of thoughts, feelings, will and freedom, which exist between the

jismiah aspect and the ruhiyah aspect. This nafsiah aspect (psychology) has three dimensions of al-"nafsu, al-'aql and al-'qalb" in carrying out their respective roles and functions. Because individuals who have good mental health are able to use the potentials bestowed by Allah according to their functions. Many studies explain the positive impact of tahajjud prayer when viewed from a health and psychological perspective, such as in Asih's research, which says that tahajjud prayer can be used as an alternative technique to increase the body's immunological resistance response.

According to Sholeh (in Syaiful, 2015), if the tahajjud prayer is performed continuously, with precise movements, devoutly, and sincerely, medically, it will foster the body's immune response (immunology) and lymphocytes in the form of positive perception and motivation, and can effectively increase an individual's ability to overcome problems faced (coping). Therefore, tahajjud prayer, besides having religious value, is also full of psychological content that can influence cognitive control. Devoutly in prayer means with the intention of facing Allah completely and surrendering oneself to Him. Facing Allah completely and surrendering oneself to Him is far from the busyness and problems of life. This will make us feel calm, peaceful, and serene. Feelings of stress, anxiety, and restlessness always put pressure on a person's life (Hasanah, 2019).

When praying, a person generates immense spiritual power. This produces significant influences and changes in the soul. Those who perform prayer are self-controlled, calm, and patient. People with self-control are typically more successful at managing stress and can handle stressful events that are difficult to control (Shifa & Fauziah, 2023).

### **Tahajjud in Health**

From a health perspective, Tahajjud prayer offers numerous benefits, both for mental and physical health. Mental health, from an Islamic perspective, is an individual's ability to manage psychological functions and dynamically adapt to oneself, others, and the surrounding environment, based on the Qur'an and Sunnah as a guide to life, leading to happiness in this world and the hereafter (Ariadi, 2019). When faced with challenges, a person's mental state must be calm, healthy, and strong. Physical health does not necessarily mean mental health, as a mentally healthy person can overcome all life's challenges (Abdurrahman, 2022). This prayer can help reduce stress, increase calm, and even boost endurance. Said Sabiq also explains that there are four major benefits of Tahajjud prayer: drawing closer to Allah SWT, eliminating various evils, preventing sins, and warding off disease (Rahman, 2014).

Allah commands us to perform prayer not only when we are healthy or have the time, but also in all circumstances. As Chotibul Umam (2021) stated about the benefits of prayer, it is a means of developing the Muslim personality, helping to maintain inner and outer purity, as well as physical and spiritual health. Furthermore, it is beneficial for training Muslims in managing their time and opportunities in life, and serves as a bulwark against sin. There are many other benefits to be gained from prayer, including medical benefits. Some of the benefits of prayer, as seen from the movements of prayer, according to medical experts, are:

- 1) Takbiratul Ihram. A straight posture with both hands parallel to the ears can help improve the circulation of oxygen-rich blood and reduce the risk of joint disorders, especially in the upper body.
- 2) Rukuk. In bowing, the head and spine must be straight, helping to maintain the perfect position and function of the spine in supporting the body and nervous system.
- 3) I'tidal. This I'tidal movement is exactly like the exercise to help improve digestion, making digestion smoother.
- 4) Prostration. The brain is a part of the body that rarely receives blood flow, but when prostration occurs, oxygen-rich blood flows to it. And if done with calmness, it can improve one's thinking ability.
- 5) Sitting between two prostrations. The first and second sitting positions have different benefits due to the slight differences in movement. However, in this sitting position, several points are pressed by other body parts that can help improve the reproductive organs and even promote a youthful appearance.
- 6) Greetings. Like the movements often performed in gymnastics or warm-ups, greetings also relax the face and neck, which can help prevent migraines and headaches.

## **5. Conclusion**

The study concluded that Tahajjud prayer, in addition to its religious value, also carries psychological and health benefits. It has a significant positive impact on both psychological and physical health. Psychologically, Tahajjud can promote calm, reduce stress and anxiety, and boost self-confidence and enthusiasm. Physically, Tahajjud prayer can help boost endurance, improve blood circulation, and even help address digestive disorders.

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