

**Ministry of Higher Education and Scientific Research**

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# **Educational content for Mental Health In Islamic Thought**

**A dissertation**

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**Educational Philosopy.**

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## **abstract**

We have contributed to the flags of Islamic thought ex-thinkers, scientists and philosophers contributions many important in educational studies is also known as an investigator for scientific research, but studies psychoactive not of interest to researchers in the history of psychology to see an important role in establishing the rules educational as well as progress and development through the eras of history, Historians Western psychology start, usually studies psychological When thinkers of Greece, especially Plato and Aristotle, then move then directly to the thinkers Europeans in the Middle Ages, and the Renaissance modern European They overlook the omission fully Male contributions of Muslim Scholars, which translated many of them into Latin.

When the mental health care of the West is to refer to the strengthening of religious belief and faith issues, and found over time an increase in the establishment of institutions and psychiatric clinics which are based on the treatment of mental disorders that are increasing day after day , And that of the most important manifestations of increased suicides singles and Table Mai, and despite its tireless efforts to issue books and pamphlets Walt guiding mental health and this and that the index was indicative of the despair of life, it is also indicative of the lack of the ability to access mental health because of exclusion or marginalization side the individual's spiritual causing the Western sense of the individual in the length of the world and display it in a ship causes the mainland cut off.

Have shown that Islamic studies that Islamic thought produced ideas, values and philosophies and practices of educational, it was their respective fields and still is the educational process, whether at the level of education intended "teacher, learner," approach or the level of education unintended "socialization, activities of community, the values of family "And when was this thought Sacher in contents Educational guiding to both educational and psychological, it is necessary to

look at the other side (psychological education) on the grounds that mental health in Islamic thought is one of the outputs of this educational process committed to that urged remains not only on that the relationship is positive correlation between the individual and the faith in God Almighty, but building the behavioral the Muslim according to the general framework of this relationship, this essential difference characterized the Islamic perspective on the psychological human being from what is existing theories and principles in all branches of psychology resulting from the thought non-Muslim interested in side in human and material by, which is currently studying in universities and local.

Thus, we find that the contents of educational have been derived importance of Tnaúatha the existence and power of constant spiritual energy emitted from the honor of His Royal Highness and the greatness of the Koran on the one hand and the Sunnah as part behavioral application is required of a Muslim on the other hand, and in this way become a mental health for granted, reflecting their importance they carry between shores assistance mechanism for an individual to possess a psychological balance guarantee not Hdhuzh or extremism for what she wanted him canon of goodness and happiness in this world and the Hereafter, and precisely observed and urged him to be inside a circle of moderation.

The current research targeted to identify: -

Implications educational mental health in Islamic thought in the philosophy of Kindi, Razi and Al-Farabi and in general, then for each area of classification used in the search, Kalmjal: personal, emotional, cognitive, moral, religious commitment, physical health, social, recreational, in particular, as well as for comparison in the educational implications of mental health among thought: Canadian Razi on the one hand, and the Canadian and Farabi on the other hand, and between Al-Razi and Al-Farabi.

To achieve the objectives of the research researcher used, method of content analysis, which required the preparation of rated Uday after studying the substance to be analyzed, and then select the community discussed philosophers referred to above, and by periods of their life time, and chose the sample examined stratified proportionality and by (30%), were ( 167) Page undergone effectively for analysis, has got through it duplicates which revealed the existence of the contents of educational extract inter texts competent psychology and its divisions and condition and health, were the areas of content educational extracted from mental health and that received the highest frequencies down the field; Profile, emotional, cognitive, moral, religious commitment, physical health, social, recreational, it was shown for the researcher to mental health in Islamic thought replete in contents educational Alhad Yeh to a balanced life, and rip Eha and difficulties backed rewards in the afterlife pleased her willingly Muslim, and urges him to continue and architecture of the earth, but in terms of excellence in the presence of frequent content was superior Razi in six areas, while more than Canadian in two areas, the al-Farabi was ahead in one area, though this does not mean neglecting the philosopher of other aspects, and the comparisons between the thought of philosophers of the three, the results showed independence between Canadian and thought philosophies subject of study at the time showed a consistent big between thought-Razi and Al-Farabi.

In the light of the results of this research came researcher recommendations including:

- 1- The colleges of education, science departments, psychological and educational departments include in their curricula guidance, what the Islamic philosophy created it on the subject of mental health and educational contents of the contents and focus them as Islamic trend.
- 2- adoption of educational content in the Islamic philosophical thought such as guiding educational

programs for students to improve their mental health which are the responsibilities of education and educators, to create a balanced character be the point of departure from the center of a circle of moderation.

Complementing the aspects of this research independent researcher came out with a number of proposals, including:

1. psychological studies - similar educational in Islam philosophers thought others who wrote in the self-flag conditions and the impact of refined in the behavior of the individual and the community, to reveal the contents of the underlying educational.
2. adoption of the current rating in subsequent studies that rely on psychological texts - educational in Islamic thought, whether in mental health or in it's disorders and compare their results with the results of the current search.