

Analysis of the Recitation of Surah Yasin on Spiritual Aspects According to Abraham Maslow's Theory

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Abstract

A source of peace, balance, and meaning in life. In Islam, Surah Yasin, one of the most famous surahs of the Koran, is often recited to achieve inner peace and deepen your relationship with God. This research explores the impact of reading Surah Yasin on individual spiritual experiences through qualitative descriptive methods, involving observations, book references, documents, news and journals. Based on Abraham Maslow's peak experience theory, this research found that reciting Surah Yasin produces various significant spiritual experiences. Findings include increased inner calm, spiritual strengthening and connection with God, enlightenment and deep understanding, feelings of gratitude and happiness, and emotional restoration and healing. This research confirms that the recitation of Surah Yasin not only functions as a religious ritual, but also as a means to achieve peak spiritual experiences that provide positive transformation for an individual's mental and spiritual health.

Keyword: Abraham Mawlow; Spiritual; Surah Yasin

Introduction

Spiritual experiences are often a source of peace, balance and meaning in their lives. In the Islamic context, spiritual practices such as reciting the Qur'an, dhikr, and performing other acts of worship are the main means of achieving a deeper connection with God and enhancing spiritual life (D. Al Mustaqim, 2023). One of the most well-known and frequently recited surahs in the Qur'an, especially among Muslims, is Surah Yasin. This 83-verse surah is referred to as the "heart of the heart" of the Qur'ān because of its tendency to convey profound spiritual lessons. Surah Yasin is often recited on Friday nights, grave pilgrimages, congregational prayers, and when a family member is sick. The

specialty of Surah Yasin is to foster inner calm, fortify faith, and bring the reader closer to God (Fadilah, 2015).

However, the spiritual experience associated with reading Surah Yasin is not always uniform. Each individual may have a unique and personal experience of this practice. Some may feel a deep closeness to God, while others may feel a profound inner peace or experience an extraordinary miracle. Therefore, the author would like to examine the spiritual aspect of reciting surah Yasin according to Abraham Maslow's theory.

Previous research that has been carried out by Hadiyatullah (2023) with the title "Overview of the Spiritual Practice of KH. Ahmad Basyir Abdullah Sajjad," *Journal of Sufism and Psychotherapy*. The aspect of spirituality is crucial in supporting the orientation of human life in the future, especially today, which is in fact being hit by an existential crisis. So it is necessary to present a figure who can be a role model in dealing with this existential crisis problem, namely KH. Ahmad Basyir Abdullah Sajjad. It is intended that the figure can be a guide for humans so as not to fall into a materialist and hedonist life. This research is a qualitative research with a transpersonal psychology approach promoted by Abraham Maslow, with a biographical narrative research method. From the results of this study, it is evident that KH. Ahmad Basyir Abdullah Sajjad is a perfect figure in implementing a figure who has a high level of spirituality as proposed by Abraham Maslow (Hadiyatullah, 2023).

There are differences between current research and previous research. If previous research discussed the spiritual aspects of KH. Ahmad Basyir Abdullah Sajjad using Abraham Maslow's theory. So, the current research discusses the spiritual aspects of reciting surah yasin using Abraham Maslow's theory.

The recitation of Surah Yasin has a profound spiritual dimension, especially when analyzed through the framework of Abraham Maslow's theory of the hierarchy of human needs. In his theory, Maslow places spiritual needs as part of self-actualization, which is the top of the pyramid of human needs (Calicchio, 2023). At this stage, individuals not only seek to fulfill basic needs such as physiological, security, love, and esteem, but also seek a deeper meaning of life and spiritual fulfillment. The recitation of Surah Yasin is often done as a form of this search for meaning, where Muslims seek peace, guidance, and closeness to God.

When a person recites Surah Yasin, they are not only engaging in ritualistic worship practices, but also having a spiritual experience that connects them to the highest aspects of human existence according to Maslow. This process can be attributed to the need to achieve higher happiness, which is not limited to material or social gratification, but rather

the achievement of inner balance and spiritual tranquility. Maslow emphasizes that the attainment of these spiritual needs is a sign that the individual has gone beyond basic needs and is seeking to understand the deeper essence of life (Calicchio, 2023).

Spiritual needs can be seen as a form of achieving transcendental self-actualization, where individuals feel a sense of being with something greater than themselves. A deep reading and understanding of Surah Yasin allows individuals to experience spiritual fulfillment that enables them to reach an optimal psychological state, as described by Maslow (Calicchio, 2023). Therefore, Surah Yasin serves not only as a religious reading, but also as a medium to achieve the highest spiritual needs in human life.

The main problem to be discussed in this study is the analysis of the reading of Surah Yasin on the aspect of spiritual experience. The formulation of the problem of this research is how the reading of Surah Yasin on the spiritual aspect according to Abraham Maslow's theory. The purpose of this research is to know the recitation of surah yasin on spiritual aspects according to Abraham Maslow's theory. It is hoped that this research can provide valuable insights into how religious practices affect the spiritual life of individuals, as well as how individuals interpret and respond to these sacred texts in the context of everyday life. As such, this research not only helps to understand religious practices, but also makes a significant contribution to the understanding of spiritual experiences in Islam more broadly.

Research Methodology

This type of research uses a qualitative descriptive method, which is obtained through observation sources, book references, documentation, news, journal articles, and conclusions from relevant interviews (Darmalaksana, 2020). To better understand this research problem, the research implementation procedure uses a number of data collection techniques. In finding relevant sources of information that are made in the form of research through library studies. Researchers collect and investigate written information. Everything is processed and studied to understand the topics discussed in this research.

Results and Discussion

1. Analysis of How Surah Yasin Helps in Fulfilling Spiritual Needs According to Abraham Maslow

The analysis of how Surah Yasin helps in fulfilling spiritual needs can be understood through several perspectives related to the essence of spirituality in the life of an individual, especially in the context of Abraham Maslow's theory. Spiritual needs, according to Maslow, are at the top of the hierarchical pyramid of human needs, where individuals

not only pursue basic needs such as physical, security, love/belonging, and esteem, but also seek deeper fulfillment, known as self-actualization (Calicchio, 2023). At this stage, individuals seek meaning, purpose in life, and a closer connection with something greater than themselves, be it God, the universe, or other spiritual principles.

Surah Yasin, as one of the important surahs in the Qur'an, is often recited by Muslims with the aim of gaining inner peace, getting closer to God, and seeking guidance in life (Hamid, 2017). This recitation practice is not only a religious routine but also a way to achieve and fulfill spiritual needs. Through the recitation of Surah Yasin, individuals gain significant inner calm, as many report a feeling of peace after reading this surah. This inner calm is one of the essential elements of spiritual needs, where individuals feel psychologically safe and serene, allowing them to deal with stress and anxiety in a more balanced way (Burlian, 2022). Maslow states that the highest spiritual experiences, or what he calls "peak experiences," often include a profound sense of peace, which exceeds rational understanding (Calicchio, 2023). Surah Yasin helps achieve this state, providing a space where individuals can calm their minds and souls.

Furthermore, the recitation of Surah Yasin helps in strengthening the spiritual connection and relationship with God. According to Maslow, one aspect of peak experience is the feeling of connectedness to something greater than oneself. This includes a connection with God or a spiritual entity that the individual recognizes. Surah Yasin, with its content of divine messages and promises of protection and mercy from God, provides space for individuals to feel God's presence in a more tangible and personal way (Pati, 2019). This experience deepens faith and gives individuals a sense that they are not alone in living life, that there is a greater power supporting and guiding them. In this context, Surah Yasin serves as a tool to deepen one's spirituality, transforming religious experiences into more intimate and personal interactions with God.

Surah Yasin also plays a role in providing enlightenment and new insights for individuals who regularly read it. Maslow noted that one of the results of fulfilling spiritual needs is the emergence of a deeper understanding of life and existence (Setiawan, 2014). The reading of Surah Yasin can provide enlightenment about the purpose of life, how to face trials, and understand the wisdom behind every event. This enlightenment brings individuals to a higher spiritual awareness, where they not only see life from a worldly perspective, but also understand the essence and ultimate purpose of their existence (Sofiyah, 2019). Thus, Surah Yasin serves not only as a routine recitation, but also as a

means of reflection and deeper understanding, helping individuals to achieve a balance between material and spiritual life.

Surah Yasin has an impact on emotional health and psychological well-being. Many individuals report that after reading Surah Yasin, they feel stronger in the face of life's challenges, gain new strength, and heal from emotional wounds. This is in line with Maslow's concept of spiritual need fulfillment which includes emotional healing and restoration. The recitation of Surah Yasin, with all its blessings, gives individuals the feeling that they are protected and blessed by God, which in turn helps them to recover from emotional distress and face the future with greater optimism.

Conclusion, Surah Yasin plays an important role in fulfilling the spiritual needs of individuals in various ways (Arikunto, 2002). From providing inner peace, strengthening the spiritual connection with God, to providing enlightenment and aiding in emotional recovery, Surah Yasin becomes an effective medium for individuals seeking true spiritual fulfillment. It not only helps them to achieve self-actualization but also to find a deeper meaning of life, which leads them to a higher level of psychological and emotional well-being.

2. The Impact of Reciting Surah Yasin as a Form of Fulfilling the Highest Spiritual Needs

Humanist psychologist Abraham Maslow is famous for his theory of the hierarchy of needs and his concept of peak experience (Muazaroh & Subaidi, 2019). Maslow defined peak experiences as very intense periods of transcendence, when people feel a connection with something greater than themselves. These experiences are characterized by feelings of deep happiness, ecstasy, wholeness, and spiritual enlightenment. In the context of reading Surah Yasin, these positive impacts can be used to identify individual experiences (A. Mustaqim, 2015).

The recitation of Surah Yasin often has a positive impact on inner peace. Many feel a deep sense of peace after regularly reading Surah Yasin. This is in line with Abraham Maslow's concept of peak experience, where the highest spiritual experience brings a deep sense of peace and calm, beyond the explanation of reason. Some interviewees also revealed that after reading Surah Yasin, they felt a sense of calmness that helped them deal with stress and anxiety in their daily lives. This experience reflects the attainment of higher psychological well-being, as described by Maslow (Sari et al., 2023).

The recitation of Surah Yasin also strengthens spirituality and connection with God. According to Maslow, peak experiences often involve feeling connected to something greater than oneself, such as God. Respondents who regularly read Surah Yasin reported that this practice

deepened their connection with God, as if they were having a conversation or communicating directly with Him. This experience not only strengthens faith, but also provides a tangible sense of God's presence, mirroring the concept of peak experience described by Maslow.

In addition to inner calm and spiritual strengthening, the recitation of Surah Yasin also brings enlightenment and deep understanding to the readers (Karim, 2008). Some respondents stated that after reading Surah Yasin, they gained new insights about life and religion. This understanding provided a deeper perspective on their purpose in life. In addition, Maslow also noted that spiritual experiences are often followed by deep feelings of gratitude and happiness. The recitation of Surah Yasin is believed to increase gratitude for the favors given by God, which not only strengthens personal happiness but also strengthens the spiritual bond with the Creator (Chodjim, 2008). Moreover, such spiritual experiences also serve as a powerful emotional healing tool, helping individuals to heal emotional wounds and gain new strength to face life's challenges. These benefits of reciting Surah Yasin illustrate how important a role spirituality plays in achieving holistic psychological and emotional well-being (Mudzhar, 1998).

Conclusion

Based on the theory of spiritual experience from Abraham Maslow, it can be concluded that reading Surah Yasin has a significant impact in improving the spiritual and psychological well-being of individuals. The spiritual experience resulting from reading Surah Yasin brings inner calm, deepens spirituality, fosters gratitude and happiness, provides enlightenment, and helps heal emotionally. It is hoped that this research will be useful for the community to always practice Surah Yasin in their daily lives. The shortcoming of this research is the lack of in-depth analysis of how the reading of Surah Yasin is present in the midst of people's lives. Furthermore, this article recommends research to conduct interviews with the community regarding the reading of Surah Yasin, in order to get in-depth and comprehensive research results.

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