



## THE LANGUAGE OF SURAH AD-DUHA: AN INTERDISCIPLINARY EXPLORATION OF PSYCHOLOGICAL AND VISUAL DIMENSIONS IMPACTING READERS

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### Abstract

This paper intends to bring psychological comparison about Surah Ad-Duha ‘the 93rd Surah of the holy Quran’. The current work reveals characteristics of this Surah containing 11 informative verses. It employs extensive use of parallelism, repetition and imagery to present inclusivity. Aside from the moral lesson taught in the Surah; it also provides a comforting and psychological response in the hearts of the reader. On the theoretical framework of Dual Coding Theory, that offers the connection between linguistic and visual elements on which this study is based. Through an analysis of the cognitive interactions among these elements, the research aims to reveal the deep influence of Surah Ad-Duha on readers' emotional encounters in the framework of Islamic interpretation. Thus, one can critically analyze how the language density and visualization positively influence the concepts of emotional experiences as well as reader's spirituality. The research employs a mixed-method approach employing co-relative survey method where 100 participants are engaged within a 2.5 month time frame. The assessment of the changes in mental state and the structural and semantic features of the Surah shows that this passage can be useful for reducing psychological distress and perhaps contributing to the human spirit's rehabilitation. The study proves the efficiency of the Qur'an especially in relation to Surah Ad-Duha. There is still need for more works done in the collective format for the purpose of revelation of the Scriptures' potential for the later stages of therapeutic process.

**Keywords:** *Surah Ad-Duha, Dual Coding Theory, Psychological Well-Being, Islamic Exegesis*

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## 1.Introduction

The 93rd chapter of the Quran ‘Surah Ad-Duha’ is composed of 11 verses and named with ‘وَالضُّحَى’ (Wad-ḍuḥā’, ‘The Dawn’) to provoke thoughts and create a flow of logical thinking<sup>1</sup>. Its structure can be divided into two main sections: the first five verses of Surah Ad-Duha recite the message of the promise of divine comfort following the subsequent five verses that are believed to be the guidelines to comfort and reassurance<sup>2</sup>. It is also quite balanced structurally with parallelism and repetitions of refrains that amplify memorability as well as recitation. It is capable of presenting multiple layers of non-semantic value. Surah Ad-Duha was revealed because the Prophet Mohammad SAW was in difficulty and when he did not receive any revelation, he struggled to believe that Allah had left him for a long time without sending him any revelation.<sup>3</sup> This work opens doors to newly formed field of study; psychological aspect of religion, as well as have applicability in counselling. It is possible from the perspective of the Dual Coding Theory that the verbal and visual elements understand multiple impacts on the psychological and linguistic conditions and feelings of the readers<sup>4</sup>.

## 2.Literature Review

### 2.1. Theoretical Framework

This study utilizes Dual Coding Theory as the underpinning theory to identify the psycholinguistic and emotional impact that those features have on the female readers. Dual Coding Theory, proposed by Allan Paivio in the field of cognitive psychology, there are two distinct but interconnected cognitive processing systems for representing and processing information: We can talk about the high-speed codes, such as the verbal (written) and non-verbal (visual) ones. The Verbal System focuses on the perception, understanding, storage as well as retrieval of information in the form of language and words. On the other hand, the non-verbal System focuses on the perception, comprehension, storage as well as retrieval of information through other forms apart from language such as images, sense experience, imagination and the like.

Dual Coding Theory could be categorized as the general cognition theory which has been used directly in reading. It identifies the harmony between verbal and nonverbal stimulation and memory, DCT has been modified in recent decades and has been applied to other fields of cognition. They have included the use of the mental coding in analyzing reading comprehension, writing<sup>5</sup>, as well as using the framework of the mental coding to study both reading and writing together<sup>6</sup>. Based on the DCT perspective, we aim at discovering how the interplay between the language and picture elements in Surah Ad-

Duha impacts the psychological and emotional processes that subserve reading, and enhance knowledge of its psychological effects.

The research focus is on exploring the relation between language and meaning with a view to revealing social and psychological implications of language and comprehending the Quran as a polysemous and complex text pertinent to the current world. The role of Surah Ad-Dhuha is for resolving the anxiety problems<sup>7</sup>. Quran recitation has been shown to evoke meaningful feelings of peacefulness<sup>8</sup>. All the Surahs are related to different topics of concern and provide one with guidance and reassurance in various aspects of life<sup>9</sup>. The readings of Surah Ad-Dhuha can serve as an effective method of dealing with anxiety and stress. The systematic evidence and experimental studies demonstrating significant reductions in anxiety symptoms after Surah Ad-Dhuha therapy<sup>10</sup>. Islamic scripture is practiced for mental health disorders, quoting the Quran for conditions such as anxiety, depression, schizophrenia and even obsessive compulsive disorder (OCD) has been noticed<sup>11</sup>. The repetition of words in Surah Ad Duha provides the moral support and hope to all its readers. Research on free recall indicates that repetition and word concreteness significantly influence recall performance for concrete and abstract words.<sup>12</sup>

### 3. Research Methodology

The present study used a mixed method experimental design to investigate the psychological and visual dimensions of Surah Ad Duha on participants. The target population was selected randomly including only adults forming the age range of 25-35 with the cohort of 100 individuals spanned over 2.5 months. This methodology was designed with the objective of exploring how recitation of Surah Ad-Duha would impact the mental health of the participants and their emotions in the long term. In organizing the random selection process in the faculties and schools, a set of teachers, students and colleagues have been selected, contacted and became members of the created WhatsApp community group for reminders and important announcements. A questionnaire is administered to the sample population twice: during the first and final phases of the research in order to reflect on the research process. By using the NHS Well-being questionnaire for the assessment, the study ought to obtain detailed information on the participants' emotional and psychological state of well-being. Statistical Package for the Social Sciences (SPSS) was used to evaluate the effectiveness of the intervention. -To calculate if pretest and post-test scores differ statistically, data collected from structured questionnaires were analyzed on the responses to Surah Ad Duha exposure.

#### 4.Results and Discussion

**Table 1 (Statement):** Over the last 2 weeks, how often have you been bothered by the following problems? Feeling nervous or anxious.

Response	Pre-Test	Post-Test
several days a week	43%	27%
Nearly everyday	27%	5%
Not at All	18%	44%
Over half the other days	12%	24%

The data shows a decrease in anxiety symptoms after the test, with fewer people feeling nervous or anxious nearly every day (down from 27% to 5%) and more people feeling not anxious at all (up from 18% to 44%). This suggests that the intervention may have had a positive effect on reducing anxiety, but more analysis is needed to understand the underlying factors and implications.

**Table 2 (Statement):** *Little interest or pleasure in doing things feeling hopeless or depressed*

Response	Pre-Test	Post-Test
several days a week	34%	29%
Nearly everyday	31%	4%
Not at All	17%	53%
Over half the other days	18%	14%

The data indicates a notable reduction in depressive symptoms post-test. Participants experiencing little interest or pleasure in doing things, and feeling hopeless or depressed "nearly every day" decreased from 31% to 4%, while those experiencing these feelings "not at all" increased from 17% to 53%. This suggests the intervention may have had a positive impact on depressive symptoms, with more people showing improvement and fewer experiencing severe symptoms.

**Table 3 (Statement):** *Trouble concentrating on things such as reading or watching television*

Response	Pre-Test	Post-test
several days a week	12%	24%
Nearly everyday	38%	27%
Not at All	23%	46%
Over half the other days	27%	3%

The data indicates an improvement in concentration post-test. Participants experiencing trouble concentrating on things such as reading or watching television "nearly every day" decreased from 38% to 27%, while those experiencing no trouble concentrating "not at all" increased from 23% to 46%. This suggests the intervention may have had a positive impact on concentration and focus, with more people showing improvement and fewer experiencing persistent difficulties.

**Table 4: Statistical Analysis of Pre-Test and Post-Test Scores (Paired-Samples t-Test)**

Variable	Pre-Test Mean $\pm$ SD	Post-Test Mean $\pm$ SD	t-value	p-value	Significance
Anxiety	2.48 $\pm$ 1.08	1.90 $\pm$ 0.94	4.06	$p < .001$	Significant
Depression	2.63 $\pm$ 1.10	1.69 $\pm$ 0.86	6.74	$p < .001$	Significant
Trouble Concentration	2.80 $\pm$ 1.18	2.11 $\pm$ 1.25	4.01	$p < .001$	Significant

**Note:** Significance level set at  $p < 0.05$ ,  $n = 100$  participants

The results revealed a significant reduction in anxiety symptoms from pre-test ( $M = 2.48$ ,  $SD = 1.08$ ) to post-test ( $M = 1.90$ ,  $SD = 0.94$ ). A paired sample t-test confirmed that the difference was statistically significant,  $t(99) = 4.06$ ,  $p < .001$ . These findings indicate that the intervention effectively reduced feelings of nervousness and anxiety among participants.

Depression showed a notable improvement after the intervention. Pre-test scores ( $M = 2.63$ ,  $SD = 1.10$ ) were significantly higher than post-test scores ( $M = 1.69$ ,  $SD =$

0.86). A paired sample t-test indicated a highly significant reduction in hopelessness and loss of interest,  $t(99) = 6.74$ ,  $p < .001$ , confirming the effectiveness of the intervention.

Trouble concentrating significantly improved following the intervention. Pre-test scores ( $M = 2.80$ ,  $SD = 1.18$ ) were higher compared to post-test scores ( $M = 2.11$ ,  $SD = 1.25$ ). The paired sample t-test revealed a statistically significant difference between the two conditions,  $t(99) = 4.01$ ,  $p < .001$ , indicating that participants experienced better concentration after the intervention.

**Table 5: Has Surah Ad Duha helped you in Anger Management, Depression and Anxiety?**

Valid	Frequency	Percent	Valid Percent	Cumulative percent
Yes	48	48.0	48.0	48.0
Maybe	27	27.0	27.0	75.0
No	25	25.0	25.0	100.0
Total	100	100.0	100.0	

The table summarizes participants' responses to whether Surah Ad-Duha helped with anger management, depression, and anxiety, showing 48% answered "Yes," 27% "Maybe," and 0% "No." However, the total frequency is 75 instead of 100, indicating 25 missing cases, which suggests the data may be incomplete or misreported, implying most participants felt the intervention was helpful.

## 5. Conclusion

In conclusion, the research on "An Interdisciplinary Exploration Of Linguistic and Psychological Dimensions Of Surah Ad-Duha". The profound importance and change of potential is imparted by this Surah. When the literary structures and meaning at the surface as well as deep level analyses are assessed, Surah Ad-Duha, can be appreciated as spiritual message, as inspiration, as well as moral lessons for humankind. From a linguistic perspective, the power and the richness of symbolism can be also noted, as they promote further activation of both cognition and emotions among readers. In addition, Dual Coding Theory provides an understanding of how language item and graphic object work together to facilitate understanding as well as strengthen the emotional responses to the recitation of the Surah. Various forms of imagery scattered throughout Surah Duha enhance its text and instill meaning into the rhetorical narrative it presents. It provides comfort, guidance and wisdom for readers. Research evidence also shows how it positively impacts feelings and provides coping mechanisms for mental health and spirituality. All in all, Surah Ad-Duha deserves utter recognition for

being a spiritual guide for people with increasing struggles in life through providing hope, faith, and solace.

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