

## Improving Spiritual Understanding and Mental Health of the Community

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Received: 04-02-2025

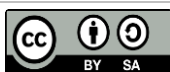
Accepted: 25-05-2025

Published: 02-06-2025

**Abstract:** This study aims to assess the effect of enlightening the heart through Friday worship on improving spiritual understanding and mental health of the community in Lempangan Village. This community service programme was carried out by promoting lectures and spiritual coaching focused on the importance of maintaining a clean heart and deepening the meaning of worship. The results showed that participants experienced an increased understanding of the purpose of Friday worship and felt calmer and more peaceful after attending the programme. In addition, the programme was also successful in reducing negative feelings such as stress and anxiety, and strengthening social relationships in the community. Based on these findings, it can be concluded that the enlightenment of the heart through Friday worship has a positive impact on the spirituality and mental well-being of the community, so it can be an effective model to improve the quality of life holistically.

**Keywords:** Qalbu Enlightenment, Friday Worship, Spirituality, Mental Health

**Citation:** Nurhikmah, N., Al Ayyubi, I. I., Prayetno, E., Hilmansah, D. ., Sholeh, M. I. ., & Putra, A. L. T. . (2025). Improving Spiritual Understanding and Mental Health of the Community. *Abdurrauf Journal of Community Service*, 2(1), 1-13. <https://doi.org/10.70742/ajcos.v2i1.154>



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**Abstrak:** Penelitian ini bertujuan untuk mengkaji pengaruh pencerahan hati melalui ibadah Jumat terhadap peningkatan pemahaman spiritual dan kesehatan mental masyarakat di Desa Lempangan. Program pengabdian kepada masyarakat ini dilaksanakan dengan mengedepankan ceramah dan pembinaan spiritual yang difokuskan pada pentingnya menjaga kebersihan hati dan pendalaman makna ibadah. Hasil penelitian menunjukkan bahwa peserta mengalami peningkatan pemahaman tentang tujuan ibadah Jumat dan merasa lebih tenang dan damai setelah mengikuti program tersebut. Selain itu, program ini juga berhasil mengurangi perasaan negatif seperti stres dan cemas, serta mempererat hubungan sosial di masyarakat. Berdasarkan temuan tersebut, dapat disimpulkan bahwa pencerahan hati melalui ibadah Jumat berdampak positif terhadap spiritualitas dan kesejahteraan mental masyarakat, sehingga dapat menjadi model yang efektif untuk meningkatkan kualitas hidup secara holistik. **Keywords:** Pencerahan Qalbu, Ibadah Jumat, Spiritualitas, Kesehatan Mental  
**Kata Kunci:** Pencerahan Qalbu, Ibadah Jumat, Spiritualitas, Kesehatan Mental

## INTRODUCTION

Friday worship is a blessed moment for Muslims, not only as a ritual obligation but also as a means to deepen spirituality and improve the quality of social life (Nurhikmah, 2024). Every Friday, Muslims gather at the mosque to perform the Friday prayer, which is more than just an obligation, it also serves as an opportunity to renew the relationship with Allah, improve oneself, and strengthen the bonds of brotherhood between neighbours.

Friday prayers also have an important educational dimension. The sermon delivered before the Friday prayer is not only a requirement for the validity of worship, but also a means of disseminating knowledge and advice that can guide people in their daily lives (Dewi, 2020). Through the khutbah, the congregation is taught about Islamic values, social ethics, and guidance to face the challenges of life wisely and based on faith (Mappanyompa et al., 2024). Therefore, the utilisation of Friday worship as a means of enlightening the heart also needs to be supported by the delivery of sermon material that is relevant and touches aspects of the congregation's life (Rohman et al., 2024).

In addition to the spiritual aspect, Friday worship also has a significant social impact (Wahab & Yuwana, 2023). The moment Muslims gather at the



Given these benefits, it is important for the community to understand and maximise Friday worship as a means of enlightening the heart, both individually and collectively. Therefore, efforts are needed to increase people's awareness and understanding so that Friday worship does not only become a weekly routine, but also a means of spiritual transformation that has a positive impact on their personal and social lives. However, in practice, many individuals have not fully realised the potential of Friday worship as a means of enlightening the qalbu (heart). The enlightenment of the heart is an effort to cleanse and improve the state of the heart, keep away from negative feelings, and foster peace and tranquillity (Saddhono & Keguruan, 2019). As an effort to improve the spiritual understanding and mental health of the community, enlightenment of the heart through Friday worship can be an effective medium.

Through the enlightenment of the heart, people can absorb the true meaning of the worship performed, not only performing rituals mechanically but also deepening the understanding of the importance of maintaining a balance between the worldly and ukhrawi. This community service programme aims to provide the community with a deeper understanding of how Friday worship can improve their spiritual quality and mental health. Thus, it is hoped that the community can gain inner peace and improve their overall quality of life.

## METHOD

This research uses a descriptive qualitative approach with a community service method that focuses on enlightening the heart through Friday worship (Creswell, 2010). The research was conducted in Lempangan Village, which was chosen due to the community's desperate need for a spiritual approach to improve their quality of life. The method used was direct intervention through teaching and mentoring activities during Friday prayers. These activities included religious lectures aimed at raising the spiritual awareness of the community, as well as emphasising the importance of cleansing the heart (qalbu) as a step towards achieving peace of mind and inner peace.

The implementation of this activity is carried out continuously every Friday, involving local religious leaders and active participation from the community. The service process involved question and answer sessions,

interactive discussions, and hands-on practice on how to keep the heart clean through worship. Data was collected through observation, in-depth interviews with participants, and documentation of the activities carried out. Evaluation was conducted by measuring changes in spiritual understanding and mental well-being of the community before and after participating in the programme. The results of this study are expected to provide an overview of the effectiveness of Enlightenment of the Heart in improving the quality of worship and mental health of the people of Lempangan Village.

## RESULT AND DISCUSION

### Research Results



**Picture 2.** Lempangan villagers attend Friday worship

Seen in the picture, the hall of the Lempangan Village office was packed with worshippers who attended the Friday worship service. People from all walks of life, from children, teenagers, to the elderly, filled the room that had been prepared for this event. The dense attendance reflects the enthusiasm of the community for this religious activity. One of the organisers, revealed in an interview:

*'We are very grateful to see the extraordinary enthusiasm of the community. In fact, the hall room was not enough to accommodate the worshippers who attended. This shows the spirit of gotong royong and the community's awareness of the importance of worshipping together.'*

On the other hand, a resident of Lempangan village said that:

*'I deliberately came early so I could get a place in the hall. This activity is not only a place to worship, but also an opportunity for us to stay in touch and listen to lectures that increase our religious knowledge.'*



**Picture 3.** Enlightenment of the heart Friday worship done

Enlightenment qalbu Friday worship is a routine activity that is held twice every month in Lempangan Village, located in the village office hall. This activity is one of the important moments for the community to strengthen their faith and build togetherness. At each event, the village hall is filled with people who come with enthusiasm. The activity begins with the recitation of the holy verses of the Qur'an, followed by tausiyah delivered by a specially invited religious figure or Ustaz. The tausiyah delivered usually raises life themes that are relevant to the community, such as the importance of maintaining ukhuwah Islamiyah, strengthening the values of worship, to how to overcome challenges in everyday life.

At the end of the activity, the congregation often engages in interactive discussions, where they can ask questions directly to the speaker. This creates a closer atmosphere between religious leaders and the community. Pencerahan Qalbu Friday Worship is also a gathering place, where people greet each other, strengthen relationships, and show solidarity. This twice-monthly event has become part of the spiritual routine of the people of Lempangan Village, providing not only religious but also social benefits.

Following the implementation of the Enlightenment of the Heart through Friday Prayers programme in Lempangan Village, there were several important findings related to the improvement of the community's spiritual understanding and mental health. Most participants reported an increase in their understanding of the deeper meaning of Friday worship. Previously, most

people considered Friday worship as a ritual obligation, but after participating in the programme, they began to realise that Friday worship is an opportunity to renew their intentions, cleanse their hearts, and strengthen their relationship with God.

In terms of mental health, there was a significant improvement in the participants' mental and emotional state. Many reported feeling calmer, more peaceful, and less susceptible to the stress or pressures of daily life. This was also supported by interviews with participants who revealed that the talks given in the programme helped them to better understand how to manage negative feelings and maintain a clean heart.

### **Discussion**

Qalbu enlightenment through Friday worship has proven to be effective in improving the spiritual quality and mental health of the community in Lempangan Village. The results of this study show that community service activities that prioritise spiritual understanding can serve as a tool to ease inner restlessness and improve mental well-being. In this case, an understanding that worship is not just an obligation, but also a means to cleanse the heart, is crucial to building deeper awareness among the community.

In addition to individual and social impacts, the enlightenment of the heart through Friday worship also has an impact on the economic aspects and productivity of society. With increased peace of mind and mental well-being, people become more focused at work, more disciplined in carrying out daily activities, and more productive in various fields of life (Harahap et al., 2024). Some programme participants stated that they felt more enthusiastic in earning a living after understanding that work is also part of worship if done with the right intention and in accordance with Islamic teachings. Honesty, trustworthiness, and responsibility in work are also emphasised, which has a positive impact on the economy of the Lempangan Village community as a whole.

Furthermore, the programme has also had a positive impact on the mindset and religious behaviour of the community (Sofiyah, 2022). Those who previously performed Friday worship only as a routine began to understand the essence of worship more deeply (Hasan & Mubarok, 2022; Hidayat, 2019; Khamid, 2020; Kuliayatun, 2020; Muzayanah, 2021; Siregar, 2012). This can be

seen from the increasing community involvement in various other religious activities, such as majelis taklim, Islamic discussions, and religious-based social activities. Thus, enlightenment of the heart does not only affect individuals personally, but also forms a stronger and more sustainable religious culture in Lempangan Village. This increased spiritual understanding is closely related to positive changes in the mental and emotional aspects of the community (Agusetiawan, 2023). As stated by the participants, they felt the positive impact of emphasising the importance of maintaining the heart in every worship activity (Ulumuddin et al., 2022).

The *Qalbu* enlightenment programme, which is conducted every Friday, provides the community with a space for introspection and self-evaluation, which helps them to be more patient, forgiving, and positive towards life. In addition, this activity also shows that Friday worship can be an effective time to educate the community on practical ways to maintain a clean heart, such as by avoiding feelings of *hasad*, envy and jealousy, and increasing *dhikr* and prayer (Albab & Rohmah, 2023). With this approach, people not only enrich their religious knowledge, but also gain tangible benefits in their daily lives in the form of peace of mind and social harmony.

However, the success of this programme is highly dependent on the active participation of the community and the support of local religious leaders. Although this programme has shown positive results, there are several challenges that need to be considered for its sustainability. One of them is how to maintain the consistency of community participation, especially among the younger generation who tend to be less active in religious activities (Inayati & Khuriyah, 2024). Factors such as busyness, the influence of social media, and a lack of interest in spiritually-based activities are the main challenges in increasing their engagement (Himawan & Wahyudi, 2023). Therefore, a more innovative and inclusive approach is needed so that the younger generation feels that Friday worship is not only an obligation, but also a means of reflection and self-development.

In this case, the role of a preacher who can deliver spiritual messages in a language that is easy to understand and relevant to everyday life is very important (Yunus, 2022). Preachers who are able to connect Islamic values with modern challenges, such as mental health, social media ethics, and the balance

between worldly and ukhrawi life, will be more effective in attracting the attention of the congregation (Mibtadin & Hedi, 2020). In addition, the utilisation of technology in da'wah, such as the dissemination of khutbah material in the form of short videos, podcasts, or infographics on social media, can be a strategy to reach a wider audience, especially young people. (Alviendra et al., 2023; Farida et al., 2021; Putra et al., 2023; Syawaluddin, 2023; Tri Utomo et al., 2024).

In addition to the communication aspect, support from various parties is also a determining factor for the sustainability of this programme. The local government can play a role in providing facilities that support religious activities, such as improving mosque facilities and organising more interactive Islamic discussion forums (Abduh, 2021). Collaboration with educational institutions is also important, for example by integrating this programme into the school or madrasah extracurricular curriculum. Thus, Friday worship is not only a routine, but also part of a sustainable spiritual development strategy. Therefore, further efforts to develop the enlightenment of the heart method in Friday worship in Lempangan Village need to involve various parties, including the local government, to ensure the continuity and sustainability of this programme. With good synergy, this programme can not only be maintained, but also expanded to have a greater impact in improving the spiritual quality and well-being of the community.

## CONCLUSION

Based on the results of the research conducted in Lempangan Village, it can be concluded that the enlightenment of the heart through Friday worship has a significant impact on improving the spiritual understanding of the community. Before participating in the programme, many community members only saw Friday worship as a mere ritual obligation, but after participating in this activity, they began to understand that Friday worship is also an opportunity to repair the heart and strengthen the relationship with Allah. The programme succeeded in opening their minds to see worship as a means of cleansing the heart and enhancing spirituality.

In addition, the programme also contributes to the improvement of people's mental health. Participants involved in the heart enlightenment

activities reported feeling calmer, more peaceful, and able to manage stress better. Teaching them how to keep their hearts clean and avoid negative feelings had a positive impact on their emotional well-being. Thus, the programme proved effective in providing tangible benefits not only from a spiritual perspective, but also in improving the mental and emotional balance of the community.

Overall, the Enlightenment of the Heart programme during Friday prayers in Lempangan Village demonstrates that a spiritual approach can be an effective tool in improving the quality of life of the community. Therefore, efforts to develop and expand this programme are essential to ensure its sustainability and widen its impact. Support from various parties, including religious leaders, the government, and the community itself, is needed to realise a more prosperous community, both spiritually and emotionally.

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