

ABSTRACT

Yusuf Fitrando: Mental Health in the Qur'an (A Comparative Study of Tafsir Al-Misbah and Tafsir Ibn Kathir), Department of Qur'anic and Exegesis Studies, Faculty of Islamic Religion, Darul 'Ulum University, Jombang, 2025.

Mental health is a crucial aspect of human life, especially in the current modern era. The Qur'an, as the holy book for Muslims, contains principles relevant to maintaining and restoring mental health. This research aims to examine and compare the interpretations of M. Quraish Shihab in *Tafsir Al-Misbah* and Ibn Kathir in *Tafsir al-Qur'an al-Azhim* regarding verses related to mental health.

The method used is qualitative with a comparative and thematic approach, conducted through a literature review of the two works of exegesis. The researcher selected *Tafsir al-Misbah* and *Tafsir al-Qur'an al-Azhim* as primary sources because the two commentaries originate from different periods, sparking the researcher's curiosity about the state of mental health in the contemporary and classical eras.

Another reason is the difference in their interpretive styles. *Tafsir al-Misbah* employs an exegetical style that seeks to understand the Qur'an by connecting its texts with contemporary challenges. In contrast, *Tafsir al-Qur'an al-Azhim* has an interpretive style that understands the Qur'an using hadith, narrations from the Companions (Sahabah) and their successors (Tabi'in), and occasionally employs reason and logic in its interpretation.

Keywords: Mental health, Al-Qur'an, Tafsir Al-Misbah, Tafsir Ibn Kathir, comparative study