

# The Role of Faith in Managing the Consequences of Social Networks on Mental Health

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## Abstract

Undoubtedly, one of the most important concerns of contemporary humans is the issue of mental health in individuals and communities, and its risk is also the main challenge in exploiting social networks. Unfortunately, humanistic insights, formed on the basis of social networks, lead to the ignorance of the spiritual life of mankind, and disregard for some of the divine teachings that have come through mankind through revelation. Hence, various harm, from the social network, threatens mental health. This article seeks to study the most important indicators that threaten the health of the people based on the teachings of the Qur'an. These indices are: denial and concealment of right, religion, distortion and ingratitude, the formation and induction of doubts, participation, superstition, denial of the right to hearing, controversy, deception and deception of the general public, and the confrontation with religious values and teachings. The results of this research show that Holy Quran has a substantive and substantial content on this issue, and it seems that the most important solution to these challenges is "faith", which has a significant role in reducing, eliminating mental pressures, and securing your health. This research has described and analyzed the destructive factors of mental health in the social network by the library method, and finally, the most important solution is to achieve healthy and complete health.

**Key words:** Social networks, Healthy people, Holy Quran, Faith

## INTRODUCTION

In the present era, with the development of technology and the advancement of human societies, the peripheral problems of man have multiplied several times; in such a way, this volume of problems, in some cases, has caused a wide disruption among them, and has a direct impact on psychological unrest. Individual and social. Human needs are also neglected, despite the progress made, in various dimensions, and they are not answered correctly. The lack of adequate health among people and communities in today's world has led to the spread of phenomena such as corruption, delinquency, war, suicide, addiction, and many other things, which, of course, are rooted in the structure of dominant culture and new civilization. There is a culture of atheism and denial, not faith, and an affirmation of

Allah Almighty. In this culture, we find that religion, based on the dominant humanistic vision, has been formed, and merely become habit and imitation, in promise and verb, while the truth is forgotten. It is safe to say that religion in the current world is not the basis of the laws and relations of most people. In this attitude, the revelation has been abandoned, and itself and its intellect and thought have been considered to be the criterion of truth, and thus the truth is limited to the subjective truth. This is negligence and survival of religion, and true thinking, which in this culture is raised in the name of trusting in the common sense of the people and in the imagination of anything that does not fit into human intellect. In spite of the fact that in recent decades, public health has been heavily influenced by social networks, and has been intensified by old methods, but in the form of new multi-layered forms, and with new and deceptive advertising packages, in these networks, the audience will be released, and this will also lead to the loss of your health, along with its destructive effects. It can be said that a large volume of personal and social problems in the world is due to the lack of mental health, which is also the main reason for this lack of proper knowledge of humans, and the ineffectiveness of current opinions, due to incomplete Being in the type of

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cognition, and its solution returns. The divine religions and ancient rituals have long predicted this dilemma and, while outlining the causes of mental and psychological well-being, have provided solutions to respond to this basic human need, so that human societies do not disturb psychological stress, and individuals of integrity Personality and self-respect. The Holy Quran, as the last book of heaven, and the most complete and complete version of guidance, contains many factors to deal with psychological injuries that can be used by all humans, and at all times, especially the present. In the Quran's view, the truth of man is his spirit and soul, and his character is judged on the basis of his beliefs, motives, actions, and behaviors. Reflection on religious orders, especially in the educational and psychological system of the Qur'an, shows that the ultimate goal within the framework of this school is to educate perfect, healthy, beneficial, and free from any psychological and behavioral abnormalities. Faith, which is one of the important attributes of this divine school, also plays an important role in the health of the soul; it gives meaning to life, and prevents man's psychological upheaval when problems occur. As it is, about the place of faith in religious teachings stated that the impact terrific in this world and the hereafter, and the fate of a person based on that figure there, also with regard to the role of faith in Mental relaxation in mental health, and having a life It is also desirable. The authors of this paper intend to express the views of the Holy Quran, which is the solution to the crisis, by expressly examining the role of faith in the healthy.

## MENTAL HEALTH CONCEPTS

Theologians consider "health" to be free of pests. (Ragheb Esfahani: 2003, p. 421). Concerning "health", in addition to defining the terminology of definitions, there is a lot of expression, including the definition of the World Health Organization (Worth Health Organization). "Health is the provision of full physical, mental and social well-being, not just the absence of a disease and organ failure," the organization said in a health statement. (WHO report, 2001). In the case of "Healthy People", it must be acknowledged that each person or group has a special idea of "healthy". In the case of physical health, however, there is not such a situation; but in general, it can be said "Healthy people": "All methods and measures that are used to prevent mental illness" (Shamloo, 1997.52)

## MENTAL HEALTH, FROM THE PERSPECTIVE OF THE QURAN

Quran, the Final Testament, the revelation of the test and comprehensive aspects of human existence, and needs,

mental health on the path to prosperity in this world and the hereafter, be considered, and methods and strategies in the field has said. God has considered the Qur'an as the healing, and introduces it as a cure for the hearts. (Younes: 57), the art of the Quran is healing the human mental and psychological diseases. The risk of mental and physical illnesses is far more than physical illness, so God Almighty referred to these kinds of diseases more than the other, and he considers the Quran to heal humanity from these kinds of diseases. (Esra: 82) Imam Ali (PBUH), Sermon 76 of Nahj al-Balagha, about healing the Koran, saying "his treatment of the Koran want, and the hardness of the Quran defend yourselves who, in the Qur'an of the biggest diseases, namely unbelief and hypocrisy, And it is a mischief and astray. (Seyed Razi: 2002, 76). God does not introduce the Quran to medicine, but he does heal, and healing is definitive. Anyone who Quran on offer, understand, accept and act, certainly illnesses inner disappears, unless the person is sick, the Holy See does not, or His referrals the desire not affiliated with, or after the visit He does not accept the Qur'an and its healing version, and does not act, or its action is wrong "(Javadi Amoli: 2012, 234) The soul, in the culture of the Qur'an, is an soul or soul, and mental illness and mental health in the Qur'an are often attributed to the "heart" (Baqare: 10; Congregation: 4); Quranic, along with two verses from a concept called "My Heart" "He has also mentioned. (Shoarae: 89; safat: 84), and in contrast to the heart of the sick, it has been mentioned more than that. (Baqareh: 10; Ma'edeh: 52; Tobeh: 125); in Surah Shoarae, while praying Ibrahim Khalil (PBUH), O God! (Shoarae: 89), the significance of "my heart" is enough, in the time of the Hour of Resurrection, the only factor is salvation; it is also mentioned in other verses: "And remember that Abraham, peace be upon him, was one of followers of Noah, when he was with" My heart is coming " , came before his Lord" (Safat: 84). With Glimpse, interpretive traditions under these verses, interesting points can be obtained, for example, in a hadith by Imam Sadeq (as), the concept of "healthy heart" has been quoted that, he said, "Healthy heart that, See his Lord; while there is no other God in him, and every heart in which doubt and veneration is void " , and also in another narration from the same Imam (AS), he said: "Someone He has a sincere intent, he owns a "healthy heart", because the health of the heart purifies the intention (intention and will) from all wisdom and doubt. " (koleini: 1988, 16) Allameh Tabatabai (RA) says in the interpretation of the "healthy heart": "The healthy heart is the heart that is empty of anything harmful to the affirmation and faith of the supreme god, such as Clear and hidden shrine, the ugly morality and the effects of sin, and any kind of relationship that is other than God, and the human being attracts it, and causes the attention

of God to be disturbed “(Tabataba’i: 1995, 142), in the words of some The interpreters, from the “heartbeat”, are in absolute health, from any moral and religious affirmation. (Makarem Shirazi and others: 1995, 148); (Modaresi: 1998, 252). Therefore, it can be said that the purpose of this Qur’anic interpretation, inner health and the safety of the heart and soul, is from the paths.

## THE CONCEPT OF SOCIAL NETWORKS

The term social networks, for the first time, was designed by J.A.Barnes in 1954, and has since quickly become the key to research and study. In the theory of the traditional social network, a social network is defined as a set of social institutions, including people and organizations, interconnected by a set of meaningful social relationships, and with each other in sharing values. have. The traditional form of service of the social network is focused on a variety of relationships such as friendships, and face-to-face relationships, but social networking services are now focused more on online community and computer-to-middle-media communication. (Memar: 2012, 111). Internet social networks are the base or set of databases that provide the opportunity for users to share their interests, thoughts and activities with others, and others share these thoughts and activities with them. A social network is a set of web-based services that allows individuals to create their own public or private descriptions, or communicate with other members of the network, share their resources with them. And, among other general descriptions of others, to find new connections (Boyd & Ellison 2007: 212). Generally speaking, in defining social networks, social networks are sites that come from a simple site, such as a search engine By adding features, such as chat and email and other features, the sharing feature to your users. Offer. The social network is the site of the gathering of hundreds of millions of Internet users who interact and exchange information, regardless of frontiers, language, gender, and culture. In fact, social networks are designed to enhance and enhance social interactions in the virtual space. In general, facilitating communication is facilitated through information that affects people's profiles, such as user photos, personal information, and interests (all of which provide information about individual identities). Users can see the profiles of others, and communicate through different applications, such as email and chat. (Pumpk et al. 2009, 228), regardless of the benefits that social networks provide for users and its members, it should be acknowledged that the lack of proper management of these types of networks can have devastating effects on the health of the user as well. Here, from the perspective of the Qur'an, there is some baseline and content to some of these consequences.

## DEGRADATION INDICES OF MENTAL HEALTH, IN SOCIAL NETWORKS

Based on the teachings of the Holy Qur'an, the most important indicators that threaten people's health and social networks are:

### Denial and Concealment Right

The right to the word, in various applications, has been used, including in the sense of conformity and agreement, to come to pass, and to God as an being which, according to wisdom and rational philosophy, has created creation, is also entitled. (Ragheb Esfahani: 2003, 246), also means obligatory and fixed, has come against falsehood, and in this sense used in four cases, such as creating something based on wisdom; an object based on wisdom; believing in something The kind of being; the verb and the words that are as long as they are. (Ragheb esfahani: 2003, 146). In the Quran's view, human being as a creature, a tendency to the right and the right of a person is intrinsic to him, and if he tends to falsehood, as in the tendency to defect, a deviation and deviation in nature, and his natural and natural nature is.

"The hidden truth" in the Quran is unhappy. Therefore, a number of verses have paid attention to this issue and have forbidden it. In most of these verses, God has blamed the hypocrites and the people of the Book, for which, despite knowing the truth and revealing it, they cover up. Although the revelation of these verses is about the hypocrites and the people of the book, it can be generalized. God forbidding the people of the Book from concealing the divine truths, and says: "And do not turn away the truth with falsehood! And do not conceal the truth, though you know." (Baghere: 42). In another verse, he says: "O people of the Book, why do you turn the truth into falsehood, and make you mislead, and cover the truth, while you know?" (Al-Emran: 71). In these two verses, there are those who have been blamed for having concealed it despite knowing the right (Makarem Shirazi: 1974, p. 1, 144). Obviously, the sin and ugliness of the denial of the story, by the person who knows, is much higher He is the one who does not know. (Tabarsi: 1981, vol. 1, 152). Allah, in these verses, also notes that this group has made it blatant and false to conceal the truth. (Taleghani: 1987, vol. 1, 141), because the right is fixed, and it is not covered by intellect itself, but if it is blended with falsehoods, it can be concealed. If Imam Ali (as) said: "Therefore, if the falsehood was not mixed with the right, the Taliban would not be covered with the right." (Seyed Razi: 2002, 71)

### Religion, Distortion and Innovation

Perhaps all manner of ways, this way, is the most cowardly way of misleading people, because people search for

guidance through prophets and their followers, and if anyone falsely claims to have prophecy, religion, and religion with the greatest blows, Religion will be true, blows that may not be compensated for centuries. Since uncanny sciences, by sense and experience, cannot be denied and proven, and perceived by each individual through internal experiences, many claimants can show themselves to be well-informed and capable of these affairs, and in a way False, asking for a person who denies their claims. The difficulty of this struggle, not only in the confrontation with the claims of lordship and prophecy, which, in the battle of war with the wizards, and priests also showed itself, as when the Prophet Musa (AS) saw himself against the most powerful wizards of time, worried and thoughtful Because he knew that people might be able to recognize the miracle of magic, and the right not to be false: "And Moses felt in fear, we cursed that you were superior." (Taha: 68 -67). Because of the difficulty of recognizing people, Prophets (a) were repeatedly accused by the opposition of magic or magic. With the advent of every innovation, the traditions and truths are lost, and through propagation of the innovations, the void is covered on the right. Wherever the religion turned out to be chivalrous, he found many customers, as if, for example, Pharaoh could not stop the Muslims from joining the Muslim Brotherhood and believing them, in spite of all the efforts and struggles. A review with the tampering of the ethicists and the distorted ones went wrong with the text of this ritual of Moses, and lost its original and guiding nature, therefore, the work which did not come from the disbeliever of Pharaoh by the seemingly believing people, but rather Religious scholars and scholars.

### **Formation and Induction of Doubts**

As long as the beliefs of the people are firm, the designer does not get to work, but if it is possible to put an end to these bases, then the ability to withstand the heavy pressures will not be believed by adherence to it. To do this, the infidels continuously criticize slander and defamation, and spoof the rumors and spoils of truth and falsehood, and righteousness and falsehood about the personality of the Prophets (AS), and their divine message.

The Holy Qur'an refers to all kinds of disbelievers in relation to the message and mission and the book of Prophets:

### ***Unacceptable knowing the content of revelation***

The right of the unbelievers, sometimes believing in the life after death, and the promised resurrection, were conditioned on the unforgettable things: "Apart from the first death, it is no longer a fact, and we are not alive, if you are truthful, then bring our fathers back." (Dokhan: 36-34), when they called in the call to believe in the Resurrection,

we do not know what the Resurrection is, and since it is not proved to us, and it is merely a probability, we will not accept it: "And when it was said, the promise of God is right And there is no doubt about the resurrection, you said: we do not know what the resurrection is, except we suppose, and we are not sure. " (Jasieh: 32)

### ***Suspected content of revelation***

Sometimes they pretended that the whole course of the invitation of the Prophet of Allah is suspect: "Woe to us, surely, we are hardly afraid of what you call us." (Hud: 62)

### ***Mental woven, not revelatory findings***

Sometimes they claimed that the Holy Book is the woven of the mind of the Prophet: "They say:" It made a lie. "" (Yunes 3) "But they said:" His words are disturbed and disturbing dreams, but they are overthrown, but he is a poet. " (Anbia: 5)

### ***Human learning***

Sometimes the Bible, as a result of the teachings of the Prophet Muhammad (peace be upon him), introduced others: "And those who disbelieved, said: This is not the Qur'an, but the lie that Muhammad has committed, and another group has helped him. And they said that the legends of the ancients are that they write to him, which is called on him every morning and night. " (Forghan: 5-4) "The unbelievers said that the Quran is a tale of defamation to God, and they write to the Prophet the people of the old mythology, and then spell so much in order to be preserved, then as the Word of God, for his people "(Tabataba'i: 1995, 250)" They went after him, saying that they were mad lessons. " (Dokhan: 14)

### ***Obvious magic***

Sometimes scripture Magic read: "If written, written on paper, you had sent down, and they do it with their hands touching were certainly those who disbelieve say:" This is nothing but magic is not clear. " (Nahl: 103), "And those who are right, when they came to them, disbelieved, they say:" This is nothing but a voodoo. "(Sabae: 43)

### ***Tactical faith***

Some, such as Jews, obstinate, to create doubt and demoralization, and believes the believers, to trick faith, tactics, and then announced frustration, and then back turned, "and the congregation of the People of the Book said in the beginning of the day to those who believe came Believe and deny at the end of the day; they may turn away from Islam. " (Al Emran: 72)

### **Parenthood**

In the Qur'an, Allah has revealed Shirk as an unforgivable sin, and from Great elders: "Allah will never forgive Shirk,

it will give it more than anyone else wills, and He who makes a partner for Allah will commit the greatest Sinned. " (Nesa: 48). Quran, reference all the attributes of vice as "Shrek" and the origin of all qualities of waste as "faith" in God, and pure monotheism knows, in the sense that the source of many sins in the Qur'an and hadith mentioned, from including the pride, hypocrisy, vanity and arrogance, to Chastity leads, and Chastity in fact, Shrek divine, the work of three oppression is, the oppression of the Lord of the partner, he believed, and oppression Self, from which the personality and value of his existence, to the worship of a piece of stone, and the timber down, and oppression to the community, which, through the polytheism of divisions and dispersion, and away from the spirit and Vigor and unity. (Makarem Shirazi and others: 1995, p. 5, 184)

### Superstitions

Superstition, in essence, is said to be futile, false, myth, legend, superstition. In the old days, they were superstitious to the nightly tales that were not real. (Montahiolarab: 2010). The Holy Quran has mentioned superstitions called "myths". "Mythology" means "abathil", and naive words that have no basis. (Al-Tarihi: 637), and the term "myths", false writings, false narrations, and legends. "Mythology" is from the root of the "line" and the aggregate, and "mythology", according to Ragheb, is a collection of "myths". The word "mythology" refers to myths and superstitions, which have often been attributed to the Prophet of Islam (Holy Prophet Mohammad) and the Bible of the Quran, from the unbelievers and polytheists. (Qarashi: 266) The Qur'an, for example, has referred to various occasions of "superstition" as "myths", as it says: "And those who disbelieve say, these are myths of the forefathers." (Anam: 25) says elsewhere: "This is the promise given to us and our fathers, these are the same myths of the ancients." (Naml: 68). Quran, always with the phenomenon of superstition fought with words, actions, vainly opposed, and in the absence heart of clean Prophet (Peace be upon him and his family) revealed that, superstitious ideas and unfounded, and tales of imaginary and baseless, the community of the Hijaz to They had conquered themselves, and people were heavily overwhelmed by superstitions and baffled matters of ignorance, and the chains of ignorance, the tendency toward myths, and myths had been tied to their hands and feet, and had given birth to a lively and lively life. Qur'an, the verses themselves, gradually veils of ignorance and superstition aside, and take them with facts introduced, as he says, "of which the envoy of God, the Prophet," Amy "follow, who attributes the Torah and the Gospel They will find them, and they will order them to the famous, and disobey the disbelievers, make them lawful for them, boycott the impurities, and lift up the heavy burdens and chains that were upon them, Those who believe in him, support him and help him, and follow the light that was revealed to him,

they are prosperous." (Aeraf: 157). Somewhere else he says: "And the idolaters gave him a share of what Allah created for her, and herds and herds, and said that they thought it was God's possessions, and these are the property of our partners (idols), what their partners were. You do not fall in love with God, but what was God's belonging to their partners." (Anam: 136-140). Factors such as: ignorance and ignorance of genuine Islamic beliefs, Qur'anic concepts, blindness of Ignorance (Baqareh: 170), the profiteering and interest of some individuals, such as the calf, the follower of Prophet Musa to (Taha. 87) -96), the effects of the ancients' prehistory beliefs, and prejudices and prejudices. (Baqareh. 170). As the Holy Quran, by designing some of the factors and superstition of superstition, has struggled with it; on the other hand, it has tried among the people with solutions and guidance to eliminate superstition. In many verses, God has paid attention to the thought of these people in this matter, as He says: "This is how God describes your verses to you, maybe you think!" (Bagherh: 242). God bless prophets and transcendence for the elimination of superstitions and fears, and, on the other hand, the dissemination and expansion of divine truths and teachings, has provided many prophets, and they have been commissioned to familiarize humans with the truths. We sparked in every nation a messenger that "worship one God, and avoid aggression!" (Nahl 36), Allah guided a group, and a group of distractions and misguided their laps, then look on the ground, and see How was the end of the deniers (Anam: 11). Another way of preventing the promotion of superstition is to make good and forbid evil, because the tendency toward superstition is considered as venerable: as the Holy Qur'an says, one must call among you, a collective invitation, and a well-known and Do not deny!, And they are the same as those who are prosperous " (Al-Emran: 104). (Makarem Shirazi and others: 1995, p. 5, 460)

### To Avoid Hearing the Truth

In the first steps of the struggle against the Prophets (PBUH), the unbelievers tried to dissuade the mind from giving attention to the words of the Prophets (a) in various ways, including raising a number of worthless items, preventing the divine message from being heard People will be: "And those who disbelieved, they said:" You do not listen to this Qur'an, and you can repeal it, maybe you will succeed. " (Fosellat 2), "In other words, by fooling the words, making noise and reading poetry, and rejecting the words, the effect of your words is to be discarded." (Tabarsi: 1981, p. 22, 50). Today, in order to prevent the listening of the words of the truthful, in addition to creating hatred, they are labeled as reactionary, terrorist, fascist, harsh, solid, and dirty, etc., and the like, or false and false proportions, cases, Deceptive attempts are also being made. Another form of preventing the

listening of the righteous is the engagement of the eyes, ears and hearts with a variety of music and films, a variety of modes and plurality of innovations, in the virtual space (which puts man in an unending race to achieve modern technology), as well as Physical and intellectual engagement, with occupational concerns and heavy workload that allows people to listen and think freely. All this with the man of today, they do the same thing that, the infallible eagerness, centuries ago in the time of the Prophets (AS) with their equal people!

### **Controversy**

One of the common ways of those who were against the Prophets (AS) was a noisy controversy, but free of logic, in order to: (1) slam the peoples; (2) to cast doubt on the people; (3) space minds, he thought useless and boring Formation; 3) in the position of Premier, and from the right in a position, always being defended; and 4) With the excuse of endless carvings endless, unbelievers to reasonable and justified, pretend Represent;

God reads this way of behaving, due to the joy of heart and glory: "Those who argue about the verses of Allah, without the proofs that have come to them, are a great contributor to God and to those who believe. This way God is stumbling on the hearts of any arrogant and arrogant." (Ghafer: 35) Satan's long experience of deception comes at the helm of the false prophet, and he constantly suffers from mental disputes and anxiety of the mind and the heart: "And in fact, the devils tempt their friends to confront you." (Anam: 12), inspired by Satan militants, in the same continuity, to be hidden, perhaps unwittingly, done, as much as they think, these words made his breath is, and so on Their arrogance adds, And because of the grudging and stinging of the heart, his purpose in these talks is not to achieve the right to eliminate the right: "And those who disbelieve argue falsely, so that they may overthrow the truth. (Kahf56)

### **Deception and Deception of the General Public**

Opponents always try to use all the means to bring hearts and tongues and steps together, some efforts to persuade and attract people to this end:

#### *Inducing beautiful but charming words*

Among deceptive tools, words and sentences have a very prominent position, as they are among the leading tools in guiding people. The effect of words is so much that one can influence even on himself by constructing, engineering, and inducing sentences.

A successful speaker provides a good platform before and during his speeches, so that the words will well advance their power in influencing perceived comprehension. Among those who attended the Holy Prophet (Peace be

upon him and his family) looked, speakers who could afford them, rhetoric him, too, to wonder reminded, but the Lord of the gap between the tongue and the heart of tell them that: "Among the people who That, in the life of this world, your words will surprise you, and he will testify to God in everything in his heart, while he is the hardest enemy." (Baghereh: 204) It is, if verbal technical and time and place, and the proper approach to say, may the heart affect, even if it comes from the heart is not true; the enemies of falsehood adorned, and the exchange was that Everyone who was attracted to the world, saw himself desirable in that glare: "And thus, for every prophet, we have enmity against the devils of man and jinn, some of which bring some beautiful words to deceive others." (Anam: 112). If sins and the evil, justifying pleasant to people, the supply were not certainly the nature of God-seeking and God-fearing man, he will take the ordeal sins tries to prevent the self Appearance pleasant, and the devils also manifestations of this setting, it, however they can also Turning.

#### *Spreading entertainment in vain*

Sometimes suffering from indifference and anxiety can be a prelude to doubts, so enemies, if they can not, change the mind to the whole, by promoting hobbies and frivolous professions, in the form of satire, poetry and story, and showing and Etc., people are busy doing things, and they dismiss religious duties and teachings. "And some people are those who buy vain words, to mislead people from the path of God without knowledge and to ridicule the way of God." (Loghman: 6) "The meaning of" God's Way, "the Holy Qur'an, and the study of the right and wrong of beliefs, instructions, and especially the stories of prophets and Imams, are past, which the idol worshiped all. The superstitions and the supremacy are primarily The truth stories conflict, and secondly, the foundation of other right and right education, in the eyes of the people, is loose and then destroyed, and, on the other hand, it causes the perception of any hadith, so that the people also have the real traditions To take a ride." (Tabatabai: 1995, 16, 313)

#### *Scene and oppression*

The opposition has been arranged around the clock for teamwork, think tanks, and networked clubs to strive for new ways to fight and make them more effective, including scenes for their covert plans. The following verse refers to an example of these behind-the-scenes activities: "And do not defend those who betray themselves, that God does not love anyone who is betrayal and guilty. They conceal their iniquities from people. But they can not hide from God, and because they spend time at night, and the words say that he is not pleased, he is with them, and God always surrounds what they do." (Nesa: 108-107). Therefore, believers should be careful not to unwittingly speak for the traitors, and not be influenced by the atmosphere they make, and not judge

in a hasty manner, and have no emotional and prejudicatory advocacy, and be aware that, for the distortion of mind, thought and emotion They gather false evidence, to prove their legitimacy, at night at the gathering of opportunistic and traitorous traitors. They spend the night in secrecy, they write evil plays, and the day runs it in deception in public, and the heavy cost of these shows, ultimately, is the same people who, with their simplicity, are caught in their traps.

### **Confronting Religious Values and Teachings**

The enemies, not only the Prophets (a) and their followers, but also the foundations and contents of the scripture, and religious values, were also targeted by the terrible blows of denials. Several different approaches have been used in this regard, which we are now discussing.

#### ***Harassing the content of the message, and the teachings of the prophets (AS)***

Among the divine commands and prayers in the protection of religious values and beliefs of the believers, they have a special position against the devotees: "Establish a prayer that prevents prayers from working unkindly." (Ankabut: 45). Prophets, prayers, and all that are signs of religiosity were scorned in order to create disillusionment, embarrassment and retreat for believers: "When you call people to prayer through ears, they take it to be ridiculous and playful." (Maedah: 58) Sometimes they pretended that the Prophet's words are ambiguous and non-existent: "They said:" O Shoaib! We do not understand much of what you say." (Hud: 91), sometimes instead of criticizing the content of the language, the origin of the word was introduced by myths and the way of the past: "As our verses are read upon him, he says:" These are the legends of the ancients." (Mutaffefin: 13). Because of the destructive effect of ridiculous behaviors, believers were commissioned to minimize divine rituals, so that every house could be polluted by disdain, to leave, in order to thrive: "Whenever you hear the revelations of God rebuked, Take it with them, so that they will be able to speak without words" (Nesa: 140)

#### ***The spread of corruption, and the promotion of evil***

Propagating wickedness and the spread of corruption, due to the nature and effects that follow, is causing the people's anxiety in the right direction, and even being in the queue of the fighters with it. No matter how rhetoric they are to the honorable people, the space for doing evil is wrapped up. Worthless show famous, and at the head of the famous discussion of monotheism, prophethood and resurrection, and the appearance of fine up to evil, with techniques such as justification and glorification misplaced or indifference, contempt, doubt, distortion, displacement strong, allegorical, etc. It has been done, for example, that the idolaters justify the greatest denial, that is, the worship of idols, that our intention is to become closer to God:

"We bring them closer to Allah, except to bring us closer to God. We do not worship." (Zomar: 3)

#### ***Sacrifice, and neglect of divine privileges***

The opposition, with justification Terminators holy law, attempt, committing them are allowed to show, so much so that usurers claimed, the difference between the sale and magnets do not see, because both exchange based on consent of the parties are: "They said: 'trade It's just like rubbish, and while God is lawful to trade, and forbade usury." (Baghereh: 275)

#### ***Constructing and promoting corruption centers***

The centers and active centers that cause the epidemic of promoters of prostitution are the houses of the Satan's team, in which two important things are pursued: 1) There is hostility and hatred between people; 2) People should be stopped from mentioning God, which, The source of all good and good is in bondage. "Verily Satan wants to make enemies and hatred between you and wine and gamble, and keep you from remembrance of Allah and from prayer, so will you turn away?" (Ma'edeh 91: 90)

#### ***Creating disturbances in religious society***

Unsecure space, and imbued with the atmosphere of a religious society, a sense of intimidation and uncertainty and concern, treats, effective, inefficient demonstrate adherence to the teachings of prophets and men of God, and vice versa, security and freedom, even in the shadow of obedience It is a pleasure for many people, especially after suffering a period of conflict and insecurity, to espouse the Taliban. Opponents of religious prophets, Nick knows the Clutter and disorder, social, and not having anything in place, and to trigger chaos politically, and face the people with tension mental, emotional, and economic, to what extent dissatisfaction Increases the public, and leads to the emergence of betrothal, robbery and embezzlement, and the gap between people and hearts. In a society that cares for everyone and his family, religious concerns are diminishing, and introduces problems as an inadequate pretext for introducing existing regulations and the ideology of the ruler. The opposition in the community, always looking for people disillusioned and unhappy they are, and as much common ground with them, they are of interest, and discontent fueled, the problem of what is bigger, and disturbing himself, frustrated with and Agree to: "For those who displeased what God sent down, they said:" We will obey you somewhat in the cause of disobedience, "and Allah is well aware of their companionship." (Mohammed: 26)

#### **Assassination of Personality**

##### ***Humiliation and mockery***

"Slandering Opponents" and "Mocking" are two tragedies that all the Prophets (AS) have been entangled in their

entirety at all times by all the people. These two are never logicians, and they have no limits, and if Someone wants to lie, he says no limit whatsoever he wants. Even the ridicule also has no limited radius, in this case, the impact of all the regions on one side, the mental pressure of ridicule is also on one side." (Motahari: 2009, p. 26, p. 686), because of this strong influence, the opposition, when confronted with divine verses, began to ridicule: "And because it knows something about our signs, it is ridiculing it." (Jasieh: 9)

### Mocking prophets

It is stated in some verses that all the prophets were subjected to the assassination of the personality and the mockery: "In these servants, no messengers came upon them unless they had ridiculed him." (Yasin: 30) "If the prophets were ordinary people and did not rely on divine power, they certainly would have left the battlefield, because when a person is mocked with something special, he can hardly resist, and in these cases, if it is expedient, That society will abandon." (Mesbah yazdi: 2009, 99)

### Mocking believers

In some of the verses it is said that they ridiculed the believers for following and adhering to divine orders and Prophets: "Those who sinned were grieving those who believed, and when they passed over, the bouts of eyes and eyebrows came together, and when they returned to their families, they were humorous." (Motaffefin: 31-29). Just as the people of Noah believed that believers were worthless, believing was believed to be limited to a handful of thugs, and those who possessed high levels did not see any advantage they did not believe: ". And we cannot see but a congregation of our descendants, no one has ever seen you, someone has followed you, and you are not privileged to us." (Hud: 27). One of the horrific acts of the Jewish people was to humiliate Islamists by introducing the polytheists, a group of civilized and culturally aware and respectable people, and, on the other hand, they called Muslims as misguided and uncontrollable, so that they were not worthy of it. Which will be recognized as a people who are in the right direction of life: "Have they not seen those who have found the celestial book who believe in Jabat and the tyrant, and say that those who disbelieve say that they are more than those who believe?" (Nesa: 51). The ridiculing of the atheists by the criminals is because the life of the world, in their eyes, is precious and enchanting, and the rejection of the world from them is the same mistake.

"The life of the world is adorned in the sight of the disbelievers, and they repent the believers." (Baghareh: 212)

### Unfair proportions

True adherence has the inevitable consequence that, at least, they are subjected to linguistic harassment, and at

their head are thud and defamatory. At this point, we will examine a few of these slandering's.

### The ratio of the magician

The opponents of this era used this accusation against the Prophet (pbuh): "Therefore, there were no prophets among those who preceded them, except they said that they were magic or madmen." (Zariat: 52)

### Nonsense ratio

During the history of mankind, there were relatives such as Al-Pharaoh, the people of Samud, and the people of Antakya who, in order to confront the Prophets (AS), hurled them and their followers badly, as the people of Antioch told their apostles: "We respond to our presence, we are in a bad mood. If you do not abandon us, we will stone you, and surely a painful doom will come from us." (yasin: 18) Their saying was that, as you come, we will be divided between us, and we will be separated from our sacred places, and this is your overwhelming result. (Fazlollah: 1998, p. 19, 136). "We said:" We have done bad things to you and to anyone who was with you. "(Naml 47). Al ferovn also, whenever they were distressed and troubled, immediately reluctantly afflicted themselves with the serenity of the Prophet Moses (AS) and the Israelites: "Then, when goodness and blessing came to them, they said:" This is for our own merits, and Because they were bitterly mistreated, they mourned Moses and his companions. " (Aeraf: 131). Because bad deities caused despair and disability and fear, enemies often used it as an effective psychological weapon in opposition to Prophets (AS). On the other hand, the Prophets (AS) condemned it as "strong superstition," as far as the prophet Muhammad (PBUH) was quoted: "Humility is a Shirk." (Ibn asir: 467)

### The ratio of madness, foolishness and poetry

The most common slander against the Prophets was the slander of madness: "The criminals said," Are we leaving our gods for a crazy poet?! "(Safat: 34)," So on those who were before them There were no prophets except they said that they were magic or crazy. Or did they order the other one, no, but they were rebellious people. " (Zariat: 52-53)

The Quran announces the unbelievers' efforts to reduce the position of the Prophet (PBUH): "They said:" He who is mentioned has been revealed to him, surely you are mad. " (Forghān: 41) "The unbelievers did not bring their name to the name of the mockery, but they said to the unclean mustache:" The one who was mentioned has been revealed to him ", as well as the name of the despicable God, so that they We do not know where God is, and where did you send this book to you, and trust and confidence in your statement that God did not reveal this book? In addition, they have interpreted the Holy Qur'an as saying that, All



of this is a mockery of these sacred things, and worse of all, the slander and denial are explicit. " (Tabatabai: 1995, J, 15, 308)

### Good intentions ratio

The other charge was the power of power, and the head of the authority and world powers, as the Pharaohs said to Moses (AS): "Did they come to us to bring us back to the way that we found our fathers to find, a great and great, In this land, there are two for you? "(Yunes: 78)" Alferovn meant that the caprice, the government and the government, and the widening of power and influence of will, they pretended, the Prophet Moses and Aaron, want a new way that, themselves It is the originator of this, to replace the Pharaonic way, and by executing it among the people and believing in the ruling class, and obeying it, the Israeli government They will hold up their imamate and their hymns; but they refuse to accept the invitation, they do not want to reach their dreams. " (Tabatabai: 1995, J, 15, 16) (Tabataba'i: 1995, 16)

## FAITH AND MENTAL HEALTH

Faith, as one side of the triangle, is a criterion of humanity in the Quran, along with good science and practice, is a virtue that gives man the immortality, life, will and greatness. Faith is presented in two cultures of Christianity and Islam, which, in the culture of contemporary Christianity, is more of a mental state, with doubts in the form of a philosophy of vision. While in Islamic culture, it is an epistemic thing, and there is no doubt in it. (Faali: 2004, 66) Belief and belief in God, and the exercise of religious practices by individuals, have an effective role in their mental and physical well-being., And plays an important role in the formation of a personality and a healthy lifestyle. Religion as a set of criticisms, dictates and pretexts, as well as proprietary and generalized values, is one of the most effective psychological supports, which can provide the meaning of life at the moment of life, and in certain circumstances, by providing The explanatory clauses will save the person from being suspended and meaningless. (Bahrami, 1999).

### The Concept of Faith

In the Holy Qur'an, the word of faith and its derivatives has been repeated about 480 times, and this indicates the particular attention of the Qur'an to the meaning of the term and shows that the Qur'an has been expanding the word in defining the boundaries of faith and disbelief.

Faith in the word means authentication and restoration of the heart, and disbelief in the word means to cover it, and to the farmers and the breeders of it, in order for

the seeds to be covered with scab, is said to be infidels. Belief in the meaning of the term is from belief in the heart to God and His messenger, such a belief and an awareness that there is no doubt about it. Trustworthy, reliable and certificate confirmation that will not be shaky and frustrated, and fantasies and sages will not be affected, and there is no doubt about the heart and feel of it. In the Qur'an, in the holy surah of Fath, we read: "He is the One who descends peace in the hearts of the believers, in order to add faith to their faith." (Congregation: 4), the first impression taken is that There is no spiritual and psychological restraint without faith, or at least it can be said that one of the factors of calming is the belief in God. According to Allameh Tabatabai, "apparently the meaning of the scripture in this verse, the tranquility and the rest of the soul and It is believed in the belief that believed in it, and thus considered the descent of the script "to" add faith to their faith. "(Fath: 4) ", then the meaning of the verse is that: God is someone That is, stability and assurance is a regular requirement of the levels of the soul, placed in the heart of the believer, in order to become more complete and more faithful of the faith that he had before his decline. "(Tabataba'i: 1995, 188, 258)

### Individual and Social Works of Faith

Faith has great effects on the individual and social life of individuals, including the following:

#### *Calm*

Relaxation is the hope of every human being. Peaceful, that is, that man does not settle in his will and will, and he does not have any anxiety and concern. In the waves of worries and anxieties, the Holy Quran introduces the hope of Allah and His mention, as the supreme calming remedy, and the healer of the hearts, and the Lord has counted it from the virtues of faith and His great blessings: "Be aware. Which, with the remembrance of God, calms down the hearts, and unrest and anxieties are restrained "(Raed, 28).

#### *Expansion of happiness and happiness*

Other signs of hope in life are optimism to the world and creation, because the person with faith and hope sees his creation, and the world as its goal, and the goal represents good, evolution and happiness. Such a person provides the ground for advancement and excellence for himself and for others. Expanding your mind, and enjoying your happy life is very close. Schwarz and Strak (1991) argue that happy people are inclined to optimism and happiness in the processing of information, and thus have more hope for life. Deyer (2002) regards happiness as an evaluation of himself and of life. There are many factors involved in creating happiness, such as the role of education, money and income (Argyll, 2001), job satisfaction and life satisfaction (Adler & Fagley, 2005), physical and mental

health (Eddington and Schumann, 2004), and having faith and religion (Skomiker, 2002). Findings of the research indicate that considering happiness and designing programs, for happiness with different motivations, it increases happiness, and boosts life expectancy. In fact, happiness is a healthy product, not its purpose. In terms of physiological effects, many studies have shown that certain states and elements of spirituality and faith may have positive effects on health physiological mechanisms involved. Excitements such as hope, love and passage, which are promoted in the tradition of religion, may affect the neurological pathways associated with the immune system, which may affect their health (Seebold and Hill, 2001).

#### ***Enhancing mental energy, and the ability to adapt to the environment***

Beliefs have the effect of increasing the mental energy of mankind, and causing him to increase his efforts to achieve his purpose. In fact, faith is a demonstration of human abilities. The personality and behavioral characteristics of healthy and hopeful people, having coping skills, and correct coping with the problems. Nowadays, in the world, people have the ability and ability to live socially and individually in society, which, along with intelligence and subjective abilities, have another function called emotional intelligence and social, therefore, strengthening emotional intelligence, in People will be better matched to society and society, and the individual will be more comfortable in this situation.

#### ***Reduce fear and anxiety***

Anyone who loses hope for improvement and correction, is afraid and anxious about the future and the end of the work. Hope is something that can reduce his fear and anxiety. He who knows God knows that all things are in the hands of God, and that He is the one who brings man from sinful sin, through repentance to the height of glory, so the least reason is not despair. We must also expect ourselves and the people around us to be accessible and appropriate to our efforts and activities to fail, and therefore not to be disappointed (Asgari, 2011)

#### ***Enhancing decision-making power, and social participation***

Increasing social interactions, collective participation and decision-making power can increase morale, empowerment and hope. In terms of cognitive-social, hope is closely related to cognitive decision-making, because hope can make a person in a critical situation, such as risk taking in real situations. In real terms, human decisions depend on his perception of risk (risk), and of the indicator of hope, and this causes an individual to decide on the situation and expectations that it has, and the consequences.

#### ***Raising human capacity for death***

Human life has joy and joy, and many of them, after much effort, can be prevented and eliminated. Hope in humans creates resistance, makes sweet bitterness, and makes hardship, and even death, unimportant in his eyes. From psychologists' point of view, most mental illnesses, caused by the bitterness of life, are seen in unbelievers and disappointed individuals. The more hopeful and faithful a person is, the more reserved the diseases. Because of unbelief and disappointment in this age, mental and neurological diseases have become widespread. The feeling of mortality and lack of evolution, the underlying cause of existential fears, and absurd feelings. Religion, by promising immortality, can fight these negative feelings in the other world, and make life meaningful, and in the minds of its audience, it provides for this world stability and durability. Several studies have shown that what is more and more suffering for today's human being is a vacuum of existence and a sense of inferiority, and a disappointment in life. The same sense of frustration and emptiness which, due to the forgetfulness of God, as the origin and destination of life, has caused, and fears, the future when the contemporary man thinks about the end of life, while having a religion, by creating a cohesive system of thought and conscience within the framework of origin and resurrection, one can understand the realities of life for man, and make the world a purposeful and meaningful one. The impact of religious values and beliefs on people's health has been studied in various researches.

## **CONCLUSION**

The vast amount of personal and social problems in the world is due to the lack of mental health. Regardless of the benefits and benefits of providing social networks for users and its members, it should be acknowledged that the lack of proper management of these types of networks can have devastating effects on the health of people who, in terms of Quran, are basically and contently In this study, some of these consequences have been investigated: the denial of and denial of right, religion, distortion and instigation, the formation of the formation and the induction of doubts, participation, superstition, restraining the right to hearing, controversy, deception and deception People and confront religious values and teachings. Based on religious principles, an effective strategy that can control the outcomes of social networks is "religious faith," which plays a significant role in reducing and eliminating psychological pressures and securing health. The supreme position expressed in religious texts for faith is due to the role faith has in human happiness and perfection. Belief on the one hand, the last connecting loop, is the position of the divine caliph and the other is spiritual, and on the other hand, according to the

Qur'an and the traditions, the origin and grace of all the qualities of the soul and the goodness of the behavior are faith. A man with such faith thinks that God can benefit from him in the future, and this is the source of his hope for God. This idea makes it only a heartbreak to God, and this is one of the most prominent adjectives of humanity, and is a goddess. Faith is one of the essential traits for man, which makes him determined to move in the direction of perfection and integrity, and its absence leads to defects in human and psychic characteristics. In fact, faith constitutes an executive force for movement, and all human behaviors, effects and effects of this power and mental tendency. Truly, having peace in life is the first source of happiness, and one who is deprived of this blessing is also deprived of the blessing of happiness, and never will taste the taste of happiness. Belief in the world, with imaginative thoughts and thoughts, is a matter of concern. Hence, it constantly struggles with itself within itself, and it is always at a loss in choosing the path of life and in its decisions. But contrary to that, man is comforted with faith in all of these, and has set all thoughts, goals and thoughts under one goal, and only for that purpose, and puts it on it, namely, the pleasure of God Almighty There is no other reason for people to be pleased with him, or to be angry with him. And hence, it's never lost, and it's always in a state of tranquility.

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