

## SPIRITUAL VALUES OF PRAYER IN AL-GHAZALI'S THOUGHT AND THEIR RELEVANCE TO CONTEMPORARY SPIRITUAL AND PSYCHOLOGICAL LIFE

Zainal Abidin <sup>1\*</sup>, Fakhrol Razie <sup>1</sup>

<sup>1</sup> STIT Muhammadiyah Aceh Barat Daya

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### Article Info

Received March 11 , 2026

Revised March 20 , 2026

Accepted March 27 , 2026

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### Keywords:

*Prayer, Al-Ghazali; Islamic Spirituality; Mindfulness; Psychological Well-being*

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### ABSTRACT

Prayer (ṣalāh) represents a central practice in Islamic spirituality that encompasses both ritual and transformative dimensions. Despite extensive studies on Al-Ghazali's thought, limited research has systematically integrated his spiritual framework with contemporary psychological constructs. This study aims to analyze the spiritual values of prayer in Al-Ghazali's perspective and to develop a conceptual integration model linking these values with modern psychological theories. This research employs a qualitative library research approach using thematic content analysis and interpretative (hermeneutic) methods. Primary data are derived from *Ihya' Ulum al-Din*, while secondary data include recent scholarly works in psychology of religion. The findings indicate that key spiritual values—ikhlas (sincerity), khushu' (humility), dhikr (remembrance), and hudhur al-qalb (presence of heart)—can be conceptually mapped onto psychological constructs such as mindfulness, emotional regulation, and resilience. This study proposes a conceptual model in which prayer functions as a mediating process that transforms spiritual awareness into psychological well-being. The study contributes theoretically by bridging classical Islamic spirituality and contemporary psychology, while acknowledging that the proposed relationships require empirical validation.

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### Corresponding Author:

Email: [zain.usm.82@gmail.com](mailto:zain.usm.82@gmail.com)

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