



Qualitative study on Belief, Perception and Health effects on Standing Zikr among Thai Muslim in Nakorn-nayok province

Chaturon Tangsangwornthamma¹, M.D., Naowarat Ahmad² B.N.S., Suthee Rattanamongkolgul³ M.D., Ph.D

¹Faculty of Medicine Ramathibodi Hospital, Mahidol University, Bangkok, Thailand

²Onkarak Hospital, Nakorn-nayok, Thailand

³Faculty of Medicine, Srinakarindwirot University, Nakorn-nayok, Thailand



Introduction

- Islam is the second rank most practiced religion in Thailand with 2.2 million people or 4.5 percent whilst Muslim residing in Onkarak district, Nakorn-nayok province had been found 23.3 percent.
- Many Muslim residing in the study states the importance of Standing Zikr as a common ritual activity which is inevitably linked with Muslims health and wellbeing.
- Main purpose of the study is to explore belief, perception and health effects regarding the standing Zikr.

Methodology

- The study was performed during October 2013 to June 2015 in a Muslim communities, Nakorn-nayok province.
- Eligibility criteria includes any Muslim who is 15 years or older and had been practicing the standing Zikr for at least one year before the date of interviewing.
- Data were collected by face-to-face in-depth interview at participant home and analyzed using the constant comparative method of qualitative analysis. Saturation was achieved after conducting interviews with 15 participants with the average time for interviewing was 35 minutes for a subject.



Figure 1: Muslims were practicing the standing Zikr at the Zikr Center, Bangkok on December 13th, 2014.

Results

	Male (%)	Female (%)	Total (N = 15)
Sex	7 (46.7)	8 (53.3)	15
Age group: (Mean = 69 years old)			
- > 60	6 (46.2)	7 (53.8)	13
- 50 -60	0 (0)	0 (0)	0
- 40 -50	0 (0)	1 (100)	1
- < 40	1 (100)	0 (0)	1
Duration of time to be a Muslim:			
- Since born	7 (46.7)	8 (53.3)	15
Education:			
- Elementary school	5 (41.7)	7 (58.3)	12
- High school	1 (100)	0 (0)	1
- Bachelor degree or higher	1 (50)	1 (50)	2
Occupation:			
- Agriculture	1 (50)	1 (50)	2
- Own business	3 (75)	1 (25)	4
- Ritual teacher	2 (66.7)	1 (33.3)	3
- Professional	0 (0)	1 (100)	1
- Unemployment	1 (25)	3 (75)	4
Marital status:			
- single	0 (0)	0 (0)	0
- marriage	7 (53.8)	6 (46.2)	13
- widowhood	0 (0)	2 (100)	2
Chronic disease:			
- yes	7 (53.8)	6 (46.2)	13
- no	0 (0)	2 (100)	2
Regular exercise:			
- yes	5 (50)	5 (50)	10
- no	2 (40)	3 (60)	5

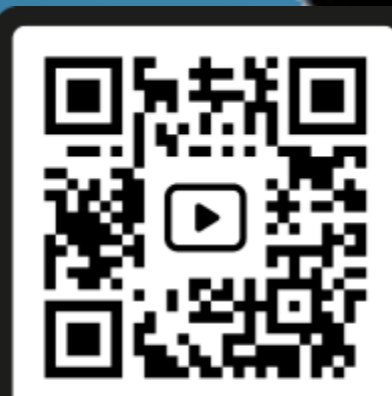
Table 1: General Characteristics of the Study participants (N = 15)

Enrolled participants raised the following issues:

- 1) Mostly, Standing Zikr was started to practice since their childhood by supporting of their family members
"Since I was born, my parents had performed Zikr. So, I started to practice it too. We followed my grandparent to practice 'Zikr Arab'". (Participant 6th)
- 2) Anybody can be able to practice Standing Zikr without any limitations. However, practiser must do with pure heart and mind, otherwise they believe that it will have some terrible things happened to those persons.
"For me, when I had a period but did not tell anyone. Then, I went out to practice Zikr. Unbelievable, sticky rice streamed on clay pot at the stove immediately exploded and shattered all around....." (Participant 6th)

Reference

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Watch video

3) All of the participants totally agreed that Standing Zikr provides them relaxation and happiness because they believed that this is the best way to lead them staying closest with their God. Moreover, it provides an exercise and meditation in the same time.

"I felt like my hairs were standing up, my body was floating in the air. I can imagine on that moments. (Participant 4th)"

"It makes me stronger looked like when we exercise.." (Participant 13th)

4) Most of the participants were mostly agreed to apply Zikr and conventional exercise to be a modern religion-related exercise. However, there had some concerns to apply it with Zikr. For example, carefully compared between exercise and Zikr, need some Muslim experts during the application.

Conclusion

- The standing Zikr had positively affected on physical, mental health and quality of life of Muslim participants.
- Standing Zikr might be able to apply for a religion-related exercise by supervised of Muslim experts.
- Despite some concerns to apply the standing Zikr for religion-related exercise, understanding the belief, perception and health effects of Zikr are needed to enhance the relationship between healthcare providers and Muslim patients.

Acknowledgment

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Contact information

Chaturon Tangsangwornthamma MD. Department of Family Medicine
2nd floor Building 4 Faculty of Medicine Ramathibodi Hospital, Mahidol University.
Tel. +66-02-201-1486 Email: Chaturon.taa@Mahidol.ac.th

