EFFECTS OF LISTENING RECITATION OF SALAT ON EEG

Ahmad A. Habibi¹, Nizmah²

¹ Department of Anatomy of Faculty of Medicine and Health Sciences, UIN Syarif Hidayatullah Jakarta
² Department of Neurology of Faculty of Medicine and Health Sciences, UIN Syarif Hidayatullah Jakarta

Email: ahmadfkik@uinjkt.ac.id

Introduction: During salat, Muslim focuses and meditates to God by reciting and listening certain dua and dhikr sourced from the Quran and the guidance of the Prophet Muhammad. Many researchers have investigated the effect of meditation and reciting Quran to the electroencephalography (EEG) signals especially alpha band.

Method:
Thirty healthy subjects, 18-19 years old who meet the criteria and signed informed consent were recorded using EEG. Subjects lay awake, brain waves recorded with open-close-open eyes then recitation of salat is played from tape recorder with the volume that can be heard only by the subject.

Results:
All subjects have normal PDR, frequency 8-13 Hz during wakeful relaxation with closed eye and predominantly originate from the occipital lobe. It has mild amplitude (20-70 µV) and symmetric. (Fiq.1)

EEG showed several of frequency range of alpha waves (about 10 Hz) with various duration when tape recorder played and subjects listened the recitation of salat (still in open eyes). This alpha waves appeared on almost every subject when listening recitation of takbir “Allah Akbar”. (Fig.2)

Conclusion:
This research showed that listening recitation of salat leads to the state of relaxation, peace and tranquility.

Keywords: listening, salat, eeg

References:

Presented in 5th International Joint Symposium on Biomedical Sciences, FK UGM, 11-12 December 2015