

SPIRITUAL DISCIPLINE AND CIRCADIAN RHYTHMS WHY ISRA' MI'RAJ OCCURRED AT NIGHT

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ARTICLE INFO	ABSTRACT
<p>Keywords: <i>Isra' Mi'raj , night time, circadian rhythm, night worship, mental health.</i></p>	<p>This study aims to explore the reasons for choosing the night time in the Isra' Mi'raj event and the relationship between that time and the human circadian rhythm , with an interdisciplinary approach that combines theological and scientific analysis . Isra' Mi'raj which occurred at night is a monumental event in Islamic history , but the reasons for choosing the night time have not been explored in depth . This study analysis theological sources , such as the Quran and hadith , which describe the virtue of the night in the context of worship , as well as scientific studies on the human body's circadian rhythm . The results of the study indicates that the night time , which is identified in the hadith as a time full of blessings , is also related to the time when the body reaches optimal physiological conditions for physical and psychological regeneration . In addition , night worship , such as the tahajud prayer , has been shown to have a positive impact on the mental and emotional well-being of Muslims . With an interdisciplinary approach , this study successfully bridges Islamic theology and biology , providing new contributions to the understanding of the relationship between spirituality and human health . These findings open up opportunities for further research that connects night time with health , as well as increasing Muslims ' understanding of the benefits of night worship for their well-being .</p>

INTRODUCTION

Isra' Mi'raj is one of the most significant events in Islamic history, marking the moment when the Prophet Muhammad SAW undertook a meaningful spiritual journey, from the Grand Mosque in Mecca to the Al-Aqsa Mosque in Palestine, followed by a journey to heaven (Yunita, 2021) . Although it has become an integral part of the Muslim faith, the aspect of choosing the time of night for this event remains a discussion area that has not been explored in depth (Tanjung, 2022) . In the Qur'an, Surah Al-Isra': 1, it is clearly stated that this journey took place at night, a time identified with peace, reflection, and spirituality (Harahap, Ahmad, & Asri, 2024; Munawwarah, Kharitsah, Solihah, Aini, & Faida, 2023) . However, why night time was chosen for such a major event remains an interesting and relevant question to explore, both from a theological and scientific perspective (Kusumawinakhya, 2023; Mardlatillah, 2023; Muchammad, 2021; Sundari & Efendi, 2021) .

Islamic tradition has a close relationship with the night as a special time, not only in the context of worship but also in its symbolic meaning (Hasanah, Salsabila, & Al Ghifari, 2024) . Verses such as Surah Al-Muzzammil: 6 emphasize the night as a more effective time to draw closer to Allah because of its quieter atmosphere and support for concentration (Marzuki, 2022; Mujahid, Rasyidi, Fajeri, Hamli, & Nur, 2023; Zakiyah, 2023) . However, when this dimension is integrated with modern scientific insights, especially regarding human circadian rhythms, the night is also identified as a very important time in regulating various biological functions (Mauruh et al., 2022; Panggalo et al., 2024) . The circadian rhythm, which regulates sleep patterns, hormone secretion, and other physiological activities, suggests that night is the time when the human body and mind are in optimal condition for deep reflection and self-improvement (Anwar & Mulya, 2025; Poluakan & Manampiring, 2020; Sabrina, Pradana, & Hilaliyah, 2024) . This raises the hypothesis that there are scientific and spiritual reasons underlying the choice of night for the Isra' Mi'raj event (Angela, Alfian, Siregar, & Adab, 2023; Fatimah et al., 2024; Noor, 2024) .

Previous research has highlighted the benefits of night prayers, such as Tahajjud, in improving mental health, emotional stability, and

spiritual connection (Aisyah Fitriyatun Nisa, 2022) . However, most of this research focuses only on the normative aspects and impacts of night prayers in general, without specifically linking nighttime to the events of Isra' Mi'raj. Furthermore, studies integrating theological insights with modern science, particularly in the context of human biological rhythms, are still very limited in the scientific literature (Minarti, 2022; Rahman, 2021) . The absence of in-depth studies in this area creates a significant research gap, which has the potential to enrich understanding of the interaction between spirituality and human physiology (Harimurti, 2021; Minarti, 2022) .

Furthermore, interdisciplinary studies involving theology, health, and biology are gaining increasing attention in global academic literature. The choice of night for Isra' and Mi'raj provides an opportunity to explore the relationship between time, spirituality, and human biological balance. Thus, the question "why was night chosen for this monumental event?" becomes more than a theological issue; it touches on dimensions of mental health, physiology, and even the philosophy of time itself.

This research aims to fill this academic gap by employing an interdisciplinary approach that combines theological and scientific analysis. By exploring the relevance of nighttime in the context of Isra' Mi'raj, this research is expected to uncover the relationship between the spiritual and biological dimensions of humankind and provide an original contribution to the global academic literature. It is also hoped that this research will offer new perspectives relevant not only to the Muslim community but also to other disciplines interested in the relationship between time, spirituality, and health.

Thus, this research is not only an attempt to understand historical events from a religious perspective, but also serves as a bridge to integrate theological and scientific dimensions within a broader context. This approach is expected to answer profound questions about the relevance of nighttime in Isra' Mi'raj, while enriching academic discourse with data-driven findings and in-depth analysis.

RESEARCH METHOD

This study adopts a descriptive qualitative approach that integrates Islamic theological perspectives with health sciences. The primary focus of this study is to explore the reasons for choosing nighttime for the Isra' Mi'raj event, and how that time relates to human circadian rhythms. An interdisciplinary approach is used to combine two dimensions that have been underexplored simultaneously in the scientific literature: the spiritual and the biological. Through this approach, the study aims to enrich understanding of the interaction between time, spirituality, and human biological function, with a particular focus on nighttime as the time chosen for this monumental event.

The data sources in this study consist of two main categories. First, theological sources, which include the Qur'an, Hadith, and relevant commentaries, with the aim of exploring the symbolic meaning of night in the context of Isra' Mi'raj. This analysis will focus on verses that indicate that the event occurred at night, as well as the interpretations of scholars who provide a theological perspective on the choice of time. Second, scientific sources, which include research related to human circadian rhythms and their effects on mental health, psychology, and the biological functions of the human body. This study will discuss how the human body responds to nighttime in terms of physical and psychological regeneration, as well as other biological processes that occur at night.

The data collection methods used in this research are documentation study and content analysis. The documentation study is conducted by examining religious texts, such as the Qur'an, Hadith, and tafsir (commentaries) that discuss Isra' Mi'raj and the symbolism of nighttime. The researcher will also review recent scientific articles on circadian rhythms and their effects on the human body. This process aims to gain in-depth insight into the relationship between nighttime during the Isra' Mi'raj event and human biological conditions at that time. Next, the data obtained will be analyzed using thematic analysis, where key themes related to the choice of night and its impact on mental and physical health will be identified and categorized.

To ensure the validity and reliability of the findings, this study will employ data triangulation by comparing theological and scientific

analyses obtained from various credible sources. It will also emphasize the importance of transparency and systematic analysis in the analysis process, ensuring scientific accountability of the findings. This interdisciplinary approach is expected to provide an original contribution to bridging Islamic theology and modern scientific knowledge, as well as opening up space for further research that combines the two.

Overall, this research aims to fill a gap in the scientific and religious literature by offering a more holistic understanding of why the Isra' and Mi'raj occurred at night and how this relates to human biological rhythms. This research is expected to enrich academic discourse in Islamic theology, psychology, and biology, and make an important contribution to the development of interdisciplinary studies linking spirituality and human health.

RESULTS AND DISCUSSION

Theological Dimension of the Selection of Night Time in Isra' Mi'raj

Isra' Mi'raj, as recorded in Surah Al-Isra' (17:1), tells the story of the Prophet Muhammad's journey from the Grand Mosque to the Aqsa Mosque, followed by the Mi'raj, which is his ascension to heaven. This verse states:

"Glory be to Allah who led His servant (Muhammad) one night from the Grand Mosque to the Aqsa Mosque which We blessed around it, so that We showed him some of Our signs (power) . Indeed, He is the All-Hearing, All-Seeing." (QS. Al-Isra: 1)

The choice of night in this context symbolizes the spiritual depth that can be achieved when the world sleeps in tranquility. Many interpretations by scholars state that night is a more perfect time for worship and reflection. For example, in the Tafsiran Al-Qurtubi, it is stated that night brings tranquility and silence, making it easier for one to focus on worship.

Apart from that, in the hadith narrated by Bukhari and Muslim, the Prophet Muhammad SAW said regarding the virtue of night worship (tahajud):

"Indeed, in the night there is a time when Allah forgives His people, and if they pray, their prayers will be answered." (HR. Bukhari and Muslim)

In this context, night time is the right choice to undergo a spiritual experience such as Isra' Mi'raj because the calm atmosphere supports contemplation and direct communication with Allah.

Integrating Scientific Insights into Human Circadian Rhythms

Modern science, particularly in biology, provides further explanation for the choice of nighttime for this event. The circadian rhythm is the body's 24-hour biological cycle, which regulates various bodily processes, including sleep, metabolism, and cell renewal. Research by Walker (2017) in his book, *Why We Sleep*, shows that at night, the human body is in an optimal state for rest and biological regeneration, including brain and body recovery.

This study also revealed that at night, the body releases the hormone melatonin, which promotes deeper sleep, which is crucial for healing and memory consolidation. In this regard, a spiritual journey initiated at night aligns with the body's physiological needs for regeneration and recovery.

Thus, the choice of night time in Isra' Mi'raj can be seen as a very suitable time for the body and soul to be in optimal condition to receive revelation and spiritual experience.

Psychological and Mental Health Impacts of Night Prayer

Praying at night also has a positive impact on mental and psychological health. Research conducted by Ahmed (2015) published in *Psychology and Health* found that nighttime worship (such as the Tahajud prayer) significantly reduces stress and anxiety. Spiritual practices at night allow a person to focus more on their dialogue with God and experience inner peace, which can alleviate anxiety and mental tension.

One of the hadiths that strengthens this is the hadith narrated by Aisyah RA:

"The Prophet SAW used to pray at night until the soles of his feet were swollen. I asked, 'O Messenger of Allah, why do you

do that, even though your sins have been forgiven?" The Messenger of Allah answered, 'Don't I want to be a grateful servant.'" (HR. Bukhari and Muslim)

This hadith demonstrates that nighttime prayers, such as the Tahajjud prayer, not only provide spiritual tranquility but also serve to enhance one's relationship with God. The positive psychological impact of this nighttime prayer demonstrates the importance of the nighttime in developing a Muslim's spiritual and emotional qualities.

The Relationship between Night Time and Physiological and Spiritual Regeneration

In addition to psychological benefits, nighttime sleep also supports crucial physical regeneration processes. Research shows that at night, the human body produces growth hormone, which is essential for cell repair. A study by Lee et al. (2015) revealed that during nighttime sleep, the human body repairs damaged muscles and tissues, and improves immune system function.

Nighttime is also the best time to engage in activities that require intense concentration and introspection. In this regard, choosing nighttime for Isra' Mi'raj is relevant not only from a spiritual perspective but also from a biological perspective, as the human body is most ready for regeneration and recovery at night.

In addition, in the hadith narrated by Abu Hurairah, it is stated that Allah SWT descends to the world's sky in the last third of the night:

"At night, Allah descends into the heavens of the world in the last third of the night, and says, 'Whoever prays to Me, I will answer his prayer.'" (HR. Bukhari and Muslim)

This shows that night is a more suitable time to connect directly with Allah and receive revelation or spiritual guidance.

Contributions to Cross-Disciplinary Studies: Theology and Biology

This research not only highlights the spiritual dimension of the Isra' Mi'raj event but also connects the biological and physiological dimensions of humankind with religious teachings. With this interdisciplinary approach, this research opens up space for a broader

understanding of the Isra' Mi'raj event, taking into account the scientific factors that influence spiritual experiences.

For example, the timing of Isra' Mi'raj during the night, viewed from the scientific perspective of circadian rhythms, can provide new insights into how the human body and spiritual experience interact. Furthermore, psychological studies linking night prayers to improved mental health demonstrate the relevance of night prayers in improving the quality of life for Muslims.

Table 1. Research in the Study of Isra' Mi'raj, Timing, and Biological and Psychological Dimensions.

Aspect Study	Study Previously	Research result	Research Gap	Contribution Study This
Theology Night Time Selection	Tafsir Al-Qur'an by Al-Qurtubi (Tafsir Al-Qur'an) about the virtue of night as a time for worship	Explaining that night is a quieter time to worship and communicate with Allah.	Not linking the choice of night time with physical or psychological impacts for Muslims.	This study links the choice of night time during Isra' Mi'raj with biological and psychological aspects that support the quality of worship.
Hadith About Night Worship	Hadith HR. Bukhari and Muslim about the virtues of evening worship (Tahajud) and the blessings of the night	Explaining that the night is a time full of blessings and prayers will be answered more quickly.	Does not discuss the relationship between night worship and the physical and biological condition of the human body.	This research adds to the understanding that evening prayer has physiological benefits related to circadian rhythms and mental health.
Circadian Rhythm and Body Health	Research by Walker (2017) on the importance of good night's sleep for body and brain health	Explains that a good night's sleep supports physical and mental recovery.	Not connecting circadian rhythms with spiritual events associated with night worship.	This study examines the relationship between night time worship and the physical recovery of the body and cell regeneration that occurs at night.
Psychology of Night Prayer and Mental Health	Research by Ahmed (2015) on the impact of night prayers on reducing stress and anxiety	Concluded that night prayers (such as Tahajud) can reduce anxiety and stress levels in individuals.	Lack of explanation about the influence of night worship on deeper spiritual processes.	This study highlights the influence of evening worship in improving psychological well-being through reducing stress and anxiety and deepening spiritual connection with God.
Integration of Biology and	Research by Al-Mawardi and	Understanding Isra' Mi'raj as a	Does not integrate biological or	This research integrates scientific

Theology in Isra' Mi'raj	scholars who explain Isra' Mi'raj as a unique spiritual journey	journey that brings teachings about faith and spiritual steadfastness.	scientific understanding into the Isra' Mi'raj event.	aspects such as circadian rhythms with the spiritual dimensions of Isra' Mi'raj to provide a more holistic understanding.
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Choosing Night Time in the Context of Isra' Mi'raj

Isra' Mi'raj, a monumental event in Islamic history, witnessed the Prophet Muhammad's spiritual journey from the Grand Mosque to the Al-Aqsa Mosque (Isra') and then his ascension to heaven (Mi'raj) in a very short time. This journey took place at night, which, according to many interpretations, holds great significance in Islamic teachings.

In this study, we link the choice of nighttime to the biological and psychological benefits experienced by Muslims. The choice of nighttime for worship is based on numerous hadiths and commentaries, which state that nighttime is a time of greater blessings, greater tranquility, and greater opportunity for direct connection with Allah (Narrated by Bukhari and Muslim). These hadith demonstrate the virtue of nighttime for worship, as it allows the heart and mind to be more focused and free from worldly distractions.

However, a gap in previous literature is the lack of discussion of the physiological impact of nighttime, particularly on the human body's circadian rhythm. Research by Walker (2017) and other studies related to sleep rhythms indicate that a good night's sleep has significant benefits for physical and mental health, particularly for body recovery and cell regeneration. This study integrates these biological findings with the spiritual aspects of Isra' Mi'raj, demonstrating that nighttime worship is beneficial not only spiritually but also physically.

Hadith and the Virtue of Night Worship

The hadith that mentions the virtues of nighttime worship, such as the Tahajud prayer, is closely linked to the spiritual power gained from nighttime worship. The hadith reads:

"Indeed, in heaven there is a door called Al-Rayyan, which only those who fast and those who pray at night can enter" (HR. Bukhari and Muslim).

This hadith reinforces the virtue of nighttime worship, especially for Muslims who observe it. However, the impact of nighttime prayer on mental health has been little discussed in previous literature. Research by Ahmed (2015) shows that nighttime prayer, particularly the Tahajjud prayer, can reduce anxiety and stress levels. Cortisol levels, which are associated with stress, can be reduced when a person performs nighttime prayer with focus and peace of mind.

This study found that nightly prayer not only provides spiritual peace but also improves mental health by reducing stress and anxiety. By adding a psychological dimension, this study provides further insight into the impact of spirituality on mental health.

Circadian Rhythm, Sleep, and Physical Health

The human body's circadian rhythm, which regulates sleep and wake patterns, influences many physiological aspects, including metabolism, blood pressure, and hormone production. Walker (2017) explains that adequate sleep is crucial for physical and mental recovery and for strengthening the immune system. In this study, we found that night prayer has biological benefits, particularly related to more optimal sleep times.

The choice of nighttime for Isra' Mi'raj, which coincides with the body's sleep time, aligns with biological findings that nighttime sleep supports improved health. There is a close connection between choosing nighttime for worship and the body's physical recovery processes, where cell regeneration, detoxification, and brain recovery are maximized.

Psychology of Night Worship and Spiritual Feelings

Night prayers, especially the Tahajjud prayer, are known to have profound psychological effects. Previous research by Ahmed (2015) showed that night prayers can reduce anxiety and increase feelings of inner peace. However, a gap exists in the lack of explanation of the spiritual processes that occur in individuals during night prayers.

This study investigates how evening prayer not only reduces anxiety but also provides profound spiritual peace, which in turn supports mental well-being. Evening prayer provides a space for

connecting with God, renewing one's zest for life, and building psychological resilience in facing life's challenges.

Integration of Biology and Theology in Isra' Mi'raj

One of the important contributions of this research is integrating the theological and biological aspects of the Isra' Mi'raj event. Previously, this event was mostly studied from a spiritual and theological perspective, depicting the Prophet Muhammad's journey as a metaphorical and symbolic journey that taught many things about faith. However, this study attempts to link the biological and psychological dimensions of nighttime selection with the context of Isra' Mi'raj, providing a new perspective on the benefits of this event related to physical and psychological health.

Thus, Isra' Mi'raj not only serves as a profound spiritual teaching, but also provides us with an understanding of the importance of maintaining physical and mental health through nighttime worship. This research shows that nighttime prayer rituals align with biological processes that support human well-being.

CONCLUSION

This research focuses on a more comprehensive understanding of the choice of night time in the Isra' Mi'raj event and its impact on the biological and psychological dimensions of Muslims. The choice of night time as the time for this monumental spiritual journey, as expressed in the Qur'an Surah Al-Isra' (1) and supported by the hadiths of the Prophet Muhammad SAW, has a very deep meaning, both from a theological and scientific perspective. In the theological aspect, night time is a time full of blessings and peace, where Muslims can more easily achieve closeness to Allah through worship, as reflected in the authentic hadith which states: "Our Lord descends to the world's sky every night when the last third of the night remains and says, whoever asks Me, I will answer." (Narrated by Bukhari and Muslim).

On the other hand, the scientific aspect of this study highlights how nighttime, which is directly related to the human body's circadian rhythm, affects physical and mental health. Nighttime is the optimal period for the body to regenerate, improve sleep quality, and stabilize

various physiological processes that support overall health (Walker, 2017). This study also revealed that nighttime prayers, such as the Tahajjud prayer, not only serve to draw closer to God but also have a positive impact on psychological well-being. Prayers performed at night can reduce stress levels, increase inner peace, and improve the emotional stability of Muslims in facing the challenges of daily life.

Furthermore, this study demonstrates that the integration of spiritual and biological dimensions in the context of Isra' Mi'raj opens up space for a more holistic understanding of the benefits of night worship. By combining in-depth theological analysis with modern scientific knowledge of human biological rhythms, this study successfully fills a gap in knowledge that has previously been limited to theological domains. The virtue of nighttime during the Isra' Mi'raj event, therefore, not only contains spiritual values but also supports the physical and psychological well-being of Muslims.

The findings of this study provide an important contribution to interdisciplinary scientific discourse, particularly those linking spirituality to human health. This research not only enriches understanding of the Isra' Mi'raj event from a religious perspective but also opens up potential practical applications in the daily lives of Muslims. Through a deeper understanding of the benefits of night prayer, it is hoped that Muslims can optimize their physical and psychological aspects through prayer routines that draw them closer to God and support their overall health. Thus, this research bridges the gap between theology and health sciences, providing an original, relevant contribution to the global academic context.

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