

DEPRESSION

By Shaikh Sa'ood Ash-Shuraym

Fear of Allah ﷻ and piety are the sources of might, honor and security in this life, and the way to salvation on the Day of Resurrection. Allah ﷻ says in the Qur'an,

وَأَنْ مِّنكُمْ إِلَّا وَارِدُهَا كَانَ عَلَىٰ رَبِّكَ حَتْمًا
مَّقْضِيًّا ﴿٧١﴾ ثُمَّ نُنَجِّي الَّذِينَ اتَّقَوْا وَنَذَرُ
الظَّالِمِينَ فِيهَا جِثًّا ﴿٧٢﴾

There is none among you who does not have to arrive at it. This is undertaken by your Lord as an absolute decree, bound to be enforced. Then We will save those who feared Allah, and will leave the wrongdoers in it, fallen on their knees. (Maryam: 71-72)

This is the era where technology is in its advanced stages and civilization is most developed economically, medically, militarily, specially in the field of information analysis.

However, if we, the slaves of Allah ﷻ, take a just and unbiased look at the current general condition of mankind and in particular the Muslims, we will find that all this worldly knowledge, information and development is inherently deficient and inept because it cannot produce a single human being who realizes the reason for his creation.

There is no doubt that this is a fact; otherwise, how can one explain the spread of ignorance and lack of knowledge in the era of information and technology? Why is there so much poverty at a time of abundant resources? Why is unemployment overwhelming in an era of mass production and manufacturing? Why do some international researchers who specialize in community affairs call this era an era of grief and depression after they called the previous one an era of anxiety?

We do not need much evidence to prove that we are suffering from the spread of this phenomenon - the phenomenon of grief and depression.

This is the destructive problem of our time and it is the most widespread amongst all the psychological diseases in the world. It is continually on the increase. An international survey affirms that ten percent of the world's population suffers from depression, including the Muslim countries. This simply means that hundreds of millions of people are living through this bitter reality.

Moreover, there is proof that this phenomenon is starting at a younger age as time goes by, and that it affects twice as many females as males. This has resulted from the fact that women are not practicing their natural role in the community. They are shouldering responsibilities of employment, which is forcing them to leave the role of raising their children to nannies and day-care centers.

The number of suicides resulting from grief and depression has exceeded eight hundred-thousand annually. Meanwhile, eighty percent of those who suffer from depression do not see doctors in order to report or solve the problem. Therefore, these unreported cases are not even counted in the depression and suicide statistics.

Depression is not a new phenomenon and its causes are not mysterious. Rather it is the natural and expected result when people become obsessed by gathering and collecting worldly belongings and when people's concern becomes purely materialistic. This problem differs from one country or community to another, and is dependent on the weakness of people's belief in Allah ﷻ, His angels, His Books, His Messengers, the Last Day and the divine decree. Additionally, it is dependent upon people's social behaviors, the degree of security, justice and love between people.

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