

The Role of Quantum Healing in Psychological Wellbeing

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ARTICLE INFO	ABSTRACT
Keywords: <i>alternative therapy; holistic; mind body soul; mind-body-spirit integration; psychological well-being; quantum touch healing; quantum healing</i>	Psychological well-being is a crucial aspect closely related to physical and mental health and how individuals function optimally in their lives. This research aims to determine the role of quantum healing as a holistic approach that integrates mind-body-spirit alignment practices in improving psychological well-being. The study uses qualitative research methods with a systematic literature review. There are references to 10 journal articles, published between 2020 and 2024, which explore the principles of quantum healing, its application, and effectiveness in psychological well-being. The findings reveal that quantum healing techniques—such as meditation, yoga, touch therapy, and energy-based interventions—effectively reduce stress, anxiety, and pain perception while promoting relaxation, inner peace, and improved sleep quality. These practices also contribute to better emotional regulation and social relationships, key components of psychological well-being. The study highlights the potential of quantum healing as a complementary therapy in mental health care, offering a non-invasive, cost-effective alternative to conventional treatments. However, further research is needed to standardize protocols and validate long-term efficacy. This paper provides valuable insights for practitioners, researchers, and policymakers seeking integrative approaches to mental health and well-being.

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Introduction

Psychological well-being is a crucial element in life and is closely related to mental health. In recent years, the prevalence of mental health problems has continued to increase (Riskesdas 2018; Indonesia National Adolescent Mental Health Survey (I-NAMHS) 2022). This underscores the importance of paying serious attention to psychological well-being. According to Ryff (1995), psychological well-being refers to a condition in which individuals are able to function optimally in their lives. There are six aspects that describe psychological well-being, namely self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth.

Psychological well-being is not merely the absence of mental disorders but also includes feelings of happiness, life satisfaction, and self-confidence in facing challenges. Individuals with high psychological well-being tend to be more resilient in dealing with stress, have better self-control, emotional stability, and the ability to build harmonious interpersonal and social relationships (Ryff & Singer, 2008; Damiyati et al., 2024). Moreover, good psychological well-being can reduce the risk of chronic diseases such as heart disease and diabetes, and also strengthen the immune system (Husni, Asnuriyati, & Mawarni, 2024). This indicates that individuals with good psychological well-being can become fully functioning persons, optimally performing their roles in life.

Consequently, efforts to enhance psychological well-being are gaining more attention. Several studies have shown that psychological and spiritual-based therapeutic techniques can improve psychological well-being. These include positive psychotherapy and meaning in life (Perwitasari, 2012; Hidayah, 2014; Sujana, Wahyuningsih & Uyun, 2015), mindfulness (Baer

et al., 2006; Dewi, 2012; Bluth & Blanton, 2014; Savitri & Listiyandini, 2017), *dhikr* therapy (Wulandari & Nashori, 2014; Prameswari, Uyun & Sulityarini, 2017), and yoga (Setiawan et al., 2021; Sugata et al., 2022). Complementary therapies involving relaxation, prayer, affirmations, massage, and therapeutic touch have also been reported to be effective (Kusumawati, Iftayani & Noviyanti, 2017; Maryani, Amalia & Sari, 2020; Rohaeti, Ibrahim & Pratiwi, 2021; Ni'matuzzakiah, 2021; Sari, Rahmat & Salam, 2023; Nugrawaty et al., 2024).

Based on the findings of these studies, the researcher is interested in exploring further therapeutic approaches that do not view humans as separate entities but as a unified whole, integrating the practice of harmonizing mind-body-soul. One such holistic therapeutic approach is known as *quantum healing*. This term has various other names but shares the same conceptual meaning. Other terms include *quantum touch healing*, *quantum mind healing*, *healing touch*, *touch for health*, *bio quantum healing*, *mind-body-soul healing*, *mind-body integration*, *integrative medicine*, *biopsychospiritual healing*, and others (Rossi, 2001; Mindell, 2004; Gordon, 2006; Ali, 2010; Rakovic, 2014; Benjamin, 2015; Uzan, 2022).

Quantum healing is a practice that harmonizes the mind, body, and soul by engaging physical, psychological, and spiritual aspects. This therapy combines breathing techniques, meditation, mindfulness, relaxation, sincere intention, focused prayer, love, and touch on meridian points or specific body parts experiencing discomfort (Majidah, 2023; Gordon, 2006; Ali, 2010; Benjamin, 2015). This method has been shown to reduce chronic pain, alleviate stress, enhance inner peace, balance mental and physical health, promote relaxation, and improve mood (Dewi, 2023; Abrar, 2022; Rajasegaram & Rajantheran, 2022; Mubarok, 2021; Heriyanti, 2021; Srihari, 2020; Kuman, 2020; Haryani, 2017; Walton, 2011).

This research aims to analyze the role of *quantum healing* as a holistic therapy to improve psychological well-being through the integration of mind, body, and soul, with a focus on identifying its therapeutic principles, evaluating its effectiveness in reducing stress and anxiety, and developing adaptive therapy models. Theoretically, this study enriches the holistic psychology literature, while practically providing affordable non-pharmacological solutions for health practitioners and society, while also encouraging more inclusive health policies towards complementary therapies.

Research Method

This study employed a qualitative method using a systematic literature review approach. The researcher analyzed articles related to the keywords quantum healing therapy, holistic approach, mind-body-soul integration, complementary therapy, and psychological well-being, sourced from databases including Google Scholar, PubMed, NCBI, Wiley, and APA PsycInfo. The publication range was limited to the years 2020–2024. A total of 10 relevant articles were identified. Data analysis was conducted by examining the application of quantum healing principles, the pattern of relationships, and the impact of quantum healing on psychological well-being.

Results and Discussion

This study identified several research articles on quantum healing and its relevance to psychological well-being. The findings are summarized as follows:

Table 1. Summary of Research Findings on Quantum Healing and Psychological Well-being

Author (Year)	Title	Method	Sample	Instrument	Findings
Faisal, Daniswara & Wahyudi (2024)	Effectiveness of Ruqyah Syar'iyah and Medical Treatment	Qualitative Case Study	Patients with stress, anxiety & depression; ruqyah practitioners & medical team	Interviews post-ruqyah	Ruqyah provides calm; medical treatment manages symptoms and brain chemistry. Reduces stress, anxiety, depression, and accelerates recovery.
Husni et al. (2024)	Mental Health and Quality of Life in Individuals with Chronic Illness	Literature Study	Accredited journal articles (past 10 years)	Databases: PubMed, PsycINFO, Google Scholar, ScienceDirect	Mental health impacts quality of life. Well-being improved through support, coping strategies, and mental health care access.
Hall (2023)	Implementation of Healing Touch in the Acute Care Setting	Quantitative Experiment	46 acute cardiac patients (Midwestern), Feb–Mar 2020	Pain, nausea, anxiety measured pre/post; paired T-test	Significant reductions in pain, nausea, anxiety, and blood pressure. Patients reported relaxation.
Isnaeni (2023)	The Role of Self-Compassion in Psychological Condition	Narrative Literature Review	Indonesian journal participants (2018–2023)	Google Scholar indexed articles	Self-compassion reduces depression, loneliness, stress; supports emotional regulation and well-being.
Abrar (2022)	Holistic Living and Healing (Islamic Perspective)	Literature Review	Quran, hadith, Islamic health sources	Comparative analysis	Emphasizes spiritual, mental, physical balance via natural healing, healthy habits, and halal income.
Rajasegaram & Rajantheran (2022)	Integration of Mind, Body, and Soul	Hermeneutic Literature Review	Ancient Tamil scripture (Thirukkural)	Hermeneutic interpretation	Promotes well-being through empathy, emotional expression, and value-based social adaptability.
Heriyanti & Dewi (2021)	Yoga and Mind-Body Balance	Literature Review	Yoga texts and reference materials	Analysis of posture meanings	Yoga aligns body and mind; effective for healing, emotional regulation, and physical health.
Rohaeti, Ibrahim & Pratiwi (2021)	Complementary Therapy in Chronic Kidney Patients	Quantitative Cross-Sectional	Hemodialysis patients >3 months	CAM & Psychological Well-being Questionnaire; Pearson correlation	Complementary therapy has a positive effect on psychological well-being.
Kuman (2020)	Informational (Quantum)	Literature Review	Scientific experiments	Meditation and prayer	Meditation and prayer promote

Author (Year)	Title	Method	Sample	Instrument	Findings
	Healing in the Pandemic		on virus- exposed patients	analyzed via EEG	calm brainwaves and aid recovery.
Suhendro, Sujianto & Kusuma (2020)	Quantum Touch Therapy for Insomnia in Dialysis Patients	True Experiment – Pre/Post Test	Hemodialysis patients with insomnia (random sampling)	Insomnia severity measured before/after therapy	Quantum touch reduced insomnia severity and improved calmness.

Source: Compiled by the author from systematic literature review (2020-2024)

In the research article being analyzed, it is describes that a holistic approach integrating the alignment of mind-body-soul has a positive impact on psychological well-being. Through touch therapy (quantum touch healing/healing touch/quantum touch therapy/quantum healing), it has been shown to reduce pain, anxiety, enhance relaxation, calmness, decrease insomnia, and improve sleep quality (Hall, 2023; Suhendro, Sujianto & Kusuma, 2020). Additionally, practices such as prayer, ruqyah, meditation, relaxation, yoga, and self-compassion can also reduce stress, anxiety, depression, manage emotions more positively, enhance relaxation, calmness, inner peace, happiness, and improve quality of life, including flexibility and social relationships (Faisal, Daniswara & Wahyudi, 2024; Husni et al., 2024; Dewi, 2023; Isnaeni, 2023; Rajasegaram & Rajantheran, 2022; Heriyanti & Dewi, 2021; Kuman, 2020).

In line with the results of the research analysis, it shows that quantum healing is part of a holistic approach that integrates mind-body-soul alignment practices and has a positive impact on the physical and mental health of an individual. A balanced and harmonious health condition between physical and mental (psychological) aspects allows individuals to function optimally in their daily lives. This is what psychological well-being itself refers to (Srihari, 2020; Rahmah, 2019; Uchida et al., 2012; Hudtohan, 2010).

In principle, as a holistic approach, quantum healing practices focus on how the mind, body, and soul can align and achieve balance. Through relaxation techniques, meditation, yoga, affirmative prayer, touch therapy, and self-compassion, recovery and optimal physical and mental health improvement can be encouraged. This is indicated by a decrease in stress and anxiety levels, which is crucial for maintaining mental health (Cohen & Williamson, 1991; Isnaeni, 2023). It can also alleviate tension and improve blood circulation (Lubis, 2021). Improved physical and mental health conditions enable individuals to function optimally in their roles in daily life, which is in line with psychological well-being. As is well-known, psychological well-being is a condition where an individual has the ability to understand their potential, maintain harmonious social relationships, live a meaningful life, and manage emotions effectively (Ryff & Keyes, 1995).

Conclusion

A systematic literature review reveals that quantum healing is a holistic approach integrating mind, body, and soul through practices such as relaxation, meditation, yoga, prayer, and touch therapy, grounded in self-compassion. This approach positively affects physical and mental health by reducing stress, anxiety, depression, and pain perception while enhancing relaxation, inner peace, happiness, sleep quality, and overall quality of life, thus promoting good psychological well-being. Quantum healing demonstrates potential as a comprehensive model for improving psychological well-being through its multifaceted therapeutic effects. Future research should focus on conducting longitudinal studies to assess its long-term benefits, developing standardized clinical protocols, and exploring the neurobiological mechanisms behind its effects using advanced imaging technologies. Integrating quantum healing into

healthcare systems with evidence-based standards could establish it as a recognized modality within integrative psychology.

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