

CONFERENCE PROCEEDING

A Pioneer of Divine Vaccine during the Psychological Challenge of COVID-19 Widespread in Brunei Darussalam

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ABSTRACT

Since the end of the year 2019, humans all over the world have faced significant challenges as a result of the outbreak of the COVID-19. It has impacted the majority of the world's population and has claimed the lives of millions of people. Furthermore, it devastates the global economy, including a shortage of healthcare systems, due to its capacity and capability. As a result of the lockdowns, restrictions, job losses, shortage of supplies, and other factors, it has negative impact on the psychological behaviour and thinking of the average person, which can lead to mental health issues such as suicide and even loss of self-control. Negara Brunei Darussalam, for example, has pioneered a one-of-a-kind initiative called Divine Vaccine, which takes a spiritual-religious approach recovery and rehabilitation in order to combat the psychological challenges that have arisen as a result of the global pandemic. Based on the teachings of Al-Quran and Al-Sunnah, such as Recitation of Al-Quran, Zikr, Sadaqah, awareness and help approach. As well as providing a positive Islamic rehabilitation to stabilize people's mindsets during these pandemics. These effort have received positive feedback from society because it is approachable and simple to follow because it is broadcasted on television, radio, books, and other media. Our beloved Monarch also supported these efforts through his Royal Speech "Titah" to use this approach to incline strong psychological energy so that it will be stronger as a whole nation approach to winning the battle against the Covid-19.

Keywords: COVID-19, Pandemic, Psychological, Islamic Approach, Divine Vaccine

INTRODUCTION

The outbreak of the most contagious disease, COVID-19, which was first discovered in Wuhan, Hubei, China, shocked the world. This outbreak was widely reported around the world, including Brunei Darussalam. Everyone has faced a challenge that has had a negative impact on them, from psychological to spiritual aspects. This is where the government implemented the a one-of-a-kind divine vaccination to combat the global epidemic through a spiritual-religious approach. In His Majesty "Titah", our Monarch stated, "Despite Brunei not reporting any local COVID-19 cases for over a year, this is not the time to be complacent, and we should be consistent in practicing the 'Divine Vaccine' as a form of protection". Even in the al-Qur'an mentions reciting al-Qur'an as a method of healing in Surah Al-Isra' verse 22, as follows:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۚ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

"And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss"

MATERIALS AND METHODS/ METHODOLOGY

This study is qualitative method, and the majority of the data gathered came from a review in form of related articles, journals, newspapers, press releases and related authority websites, as well as various official news broadcasts. The data was gathered in order to gain a better understanding of COVID-19 widespread situation in Brunei Darussalam.

RESULTS AND DISCUSSION

Psychological Challenges Faced by Students and People in General

The continue spread of the epidemic, strict isolation measures, and delays in the start of schools, colleges and institutions across are expected to have a psychological effects of the on the general public, students, patients, medical personnel, children, and the elderly (Cao *et al.*, 2020; Liu *et al.*, 2020; Huang *et al.*, 2020; Duong *et al.*, 2020).

COVID-19 poses a significant impact on the mental health of general public, resulting in people experiencing varying degrees of emotional distress as a result of its rapid spread. As a result, the COVID-19 epidemic is likely to elicit public psychological reactions such as anxiety, worry, and dread, leading to psychological illnesses such acute stress disorder, post-traumatic stress disorder, depression, and suicide (Liu *et al.*, 2020).

When a public health disaster occurs, students' mental health suffers significantly, and they require immediate assistance from the community, family, and educational institutions. It is suggested that the government and schools work together to address this issue so that children can receive high-quality crisis-oriented psychological assistance in a timely manner (Khodabakhsi-koolae, 2020).

Divine Vaccine

Divine vaccine refers to all Islamic activities that can help Muslims combat COVID-19, both physically and psychologically, as well as maintaining our mental health to avoid psychological disorders. Divine vaccinations recommended in Brunei Darussalam include *Qunut Nazilla* in five-day prayers, broadcasting the recitation of *Yassin* via mass media, reciting al-Qur'an, Zikr, *tazkirah*, *Doa Tolak Bala*, and *Ratib Al-attas* as a form of protection, as stated in His Majesty's Titah, "*In the current situation, it is imperative to up each heavenly vaccination has a distinct role or function in aiding us throughout this epidemic*" (Hayat, 2021). Divine Vaccine also serves to remind us of Allah *s.w.t.* while also soothing our soul and spirit, keeping us as humans sane and preventing us from succumbing to evil ideas such as suicidal thoughts.

As Muslims, continuing to engage in such practices can help us develop our faith and trust in Allah's will. As Muslims, we must believe that everything has happened to us has had a purpose. His Majesty even prays in his *Titah*: "*O Allah, You alone are our shelter, therefore protect us from the perils of COVID-19, from its attacks and infections.*" His Majesty believe if this pandemic is caused by human misdeeds, only Allah *s.w.t.* have the power to grant forgiveness." (Prime Minister Office, 2021)

Stability and Outcome from Usage of Divine Vaccine

This epidemic has had a greater impact on mental health than physical health on millions of people worldwide, resulting in an increase in cases of anxiety, depression,

and social isolation. People suffering from mental illnesses have always received government assistance in the form of these Divine Vaccine (Jabatan Mufti Kerajaan, 2021) which provides peace of mind. Brunei was able to keep COVID-19 under control during the first wave, thanks to a vigorous proactive policy that included the Divine Vaccine. The country's pandemic control has achieved remarkable results, thanks to His Majesty strong leadership, the government's effective policies, and public cooperation (Bodetti, 2020; TheStar, 2021). As a result of no local cases being reported for more than a year (Hamdan & Case, 2021).

CONCLUSION

Psychological difficulties were difficult to overcome, especially during the initial wave of COVID-19 spread in Brunei Darussalam. As a result, the use of Divine Vaccine has resulted in positive mental and spiritual outcome, because these divine vaccines were derived from Islamic Teachings, based on Al-Quran and Al-Hadith, as part of the efforts, in addition to medical and clinical methods. The Divine Vaccine, without a doubt, can be used as a critical tool to deal with any future issues because it has been proven can soothe both physically and spiritually.

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