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Harmonizing Artificial Intelligence in Islamic Psychospiritual Approaches to Enhance Bio-Psycho-Socio-Spiritual Well-Being

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ABSTRACT

The rapid advancement of Artificial Intelligence (AI) is fundamentally transforming human lifestyles and revolutionizing healthcare service delivery. While AI applications like chatbots, autonomous vehicles, and robotic systems have achieved significant penetration across sectors such as finance, education, and conventional healthcare, their potential integration within the domain of Islamic Psychospiritual remains critically underexplored. This gap is particularly salient given the unique emphasis within Islamic traditions on holistic well-being, which encompasses inseparable biological, psychological, social, and spiritual dimensions. Consequently, examining the compatibility, rationale, and scope for integrating AI within Islamic Psychospiritual becomes increasingly essential. This article directly addresses this imperative by investigating the compelling rationale for AI integration, driven by rising demand for comprehensive bio-psycho-socio-spiritual interventions aligned with Islamic Psychospiritual principles. It analyses the potential scope and functions of AI within this framework, specifically assessing its capacity to support the diagnosis, treatment, and promotion of holistic well-being consistent with Islamic Psychospiritual objectives. Employing qualitative research methodologies, the study uses content analysis to examine existing literature at the intersection of AI and Islamic Psychospiritual by identifying recent advancements, persistent challenges, and innovative possibilities in bio-psycho-socio-spiritual interventions. This includes exploring how advanced AI-driven monitoring and intervention systems could thoughtfully integrate with established Islamic Psychospiritual practices. The article's distinctive contribution lies in bridging cutting-edge technological innovation with foundational Islamic Psychospiritual principles, proposing pathways for developing ethically aligned AI applications that respect and uphold Islamic guidance. The findings highlight significant potential for culturally sensitive and religiously congruent AI solutions within Muslim-majority contexts while also providing essential guidance for future research and development aimed at enhancing holistic well-being through this interdisciplinary synergy.

Keywords:
Artificial Intelligence; Islamic Psychospiritual; bio-psycho-socio-spiritual; well-being

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1. Introduction

Initially, computers and machines were employed to support and enhance human intelligence to boost productivity and manage workloads. These early systems were primarily used to help individuals efficiently locate and retrieve information [1]. However, computers have become capable of delivering faster and more precise results with advancements in technology, leading to the creation of smart devices that operate within machines. The creation of Artificial Intelligence (AI) has especially been revolutionizing the way we interact with technology and approach complex challenges. AI refers to the integration of systems within machines, such as in computers or robots, that enable them to emulate human characteristics like emotions, cognitive abilities, and memory. [2,3]. The advancement of AI has brought numerous advantages and benefits to human life. This evolution has opened new possibilities for automation, decision-making, and problem-solving. While these intelligent systems are still not fully capable of replicating all aspects of human intelligence, they have enabled machines to think and learn in ways that closely resemble human cognition.

AI was first introduced by John McCarthy in 1956 during his research on computing at Dartmouth College in the United States [4]. Notable contributors to this initial discourse included Allen Newell, Herbert Simon, Marvin Minsky, and Oliver Selfridge. They explored the potential for computer systems to emulate or generate intelligent decision-making processes analogous to those observed in the human mind. The results of their research led to significant advancements. By the late 1970s and early 1980s, AI began to flourish. McCarthy's concept attracted the attention of the mathematician Alan Turing, who proposed a hypothesis regarding machine intelligence and posed questions about the capacity of machines to think [5]. Turing conducted a series of experiments and concluded that machines were capable of thinking and learning in a manner similar to humans. This line of inquiry led to the development of the Turing Test, which assesses a computer's ability to exhibit thinking that is comparable to, or exceeds, that of a human, such that an individual cannot easily distinguish whether the responses originate from a computer or a person [6].

The influence of AI is undeniably growing rapidly at an exponential rate. Designed to examine the capacity of machines to learn human behaviour, mimic responses, and operate with human-like intelligence, AI has been a transformative force in various industries. Research has demonstrated that AI systems can contribute to cancer prevention in healthcare [7], facilitate investment processes and stock trading in the economic and financial sectors [8], and assist pilots by providing information on aircraft position, air pressure, and weather conditions in aviation [9]. Furthermore, AI has also been implemented in unmanned vehicles [10], while robotic tutors have been introduced in educational settings [11]. The integration of AI has enhanced the capacity of machines to perform a range of tasks more intelligently. Through the integration of smartphones, chatbots, driverless cars, robots, and autonomous weapon systems, AI has consistently altered the fabric of human life. Regardless of whether the impact of AI is perceived as positive or negative, it serves as a formidable force, representing a new kind of intelligent agency that is actively reshaping our lives, interactions, and surroundings [12]. According to Jobin *et al.,* (2019) [13] countries around the globe have begun implementing AI technology across various sectors. AI is becoming increasingly vital to the economy and future development across various sectors, including healthcare, finance, aviation, automotive, and education, especially in developed nations [14].

Islamic Psychospiritual emphasizes a holistic approach to human well-being, which encompasses the bio-psycho-socio-spiritual dimensions of life and is deeply rooted in the al-Quran, Sunnah, and centuries of scholarly discourse [15]. The integration of AI into the dimensions of well-being within the framework of Islamic Psychospiritual presents an intriguing opportunity to enhance human flourishing. With the capacity to process vast amounts of data and simulate human-like interactions

[16], AI holds the promise of offering personalized guidance that aligns with Islamic principles. AI has the potential to offer unprecedented levels of support in a way that complements traditional Islamic methods of achieving physical, psychological, social, and spiritual balance through virtual counselling, spiritual guidance, or even personalized religious practices. However, the integration of AI into Islamic Psychospiritual practices raises important ethical questions about authenticity, the preservation of religious traditions, and the potential for AI-driven experiences to either enhance or detract from the depth of spiritual growth.

This article aims to examine how AI can enhance Islamic Psychospiritual practices by addressing the bio-psycho-socio-spiritual needs of individuals. It aims to critically assess how AI-driven technologies can align with Islamic values and principles while navigating the ethical complexities involved. As researchers continue to explore the intersections of technology and Islamic Psychospiritual, it is essential to strike a balance between technological advancement and the preservation of authentic bio-psycho-socio-spiritual experiences. Through this exploration, this article aims to contribute to the ongoing discourse on the role of AI in enhancing the holistic well-being of individuals within the Islamic context.

2. Artificial Intelligence in Mental and Spiritual Healthcare

The integration of AI into mental healthcare signals a profound transformation within the healthcare landscape [17]. As the prevalence of mental health disorders continues to rise, traditional healthcare systems find themselves increasingly overwhelmed, revealing significant limitations in conventional treatment methods [18]. Primarily dependent on face-to-face consultations and therapies, these traditional approaches fall short in addressing the escalating demand for more accessible, cost-effective, and scalable mental health solutions. Consequently, the disparity between the high demand for mental health services and their limited availability highlights the urgent necessity for innovative strategies.

In mental healthcare, comprehending intricate human emotions and behaviours is pivotal, and AI offers remarkable potential for advancing this understanding. AI technologies have the potential to expand access to care, mitigate social stigma associated with mental health issues, and enhance treatment efficacy by employing sophisticated detection methods, individualized therapeutic plans, and virtual treatment platforms [19,20]. Such technological advancements offer solutions beyond the capabilities of conventional mental healthcare practices and position AI as a transformative force in the field.

Health is defined as “a state of complete physical, mental, and social well-being, not just the absence of illness or disability” [21]. When contemporary technological advancements, including AI, are leveraged, they enable continuous and comprehensive monitoring of an individual’s unique biological, psychological, and social (bio-psycho-socio) profile, which are critical elements in assessing mental health status [22]. It has the potential to revolutionize how we diagnose and understand mental illnesses by considering an individual's distinct bio-psycho-socio profile, which provides a more comprehensive view of their mental health [23]. When AI is utilized effectively, healthcare practitioners can implement enhanced prediagnostic screening tools and sophisticated risk assessment models, predicting an individual’s susceptibility to mental health disorders with greater accuracy.

The integration of AI into mental healthcare is transforming the field, marking both an evolution and a revolution in mental well-being [14]. The global burden of mental health issues has reached pandemic levels, accounting for roughly 16% of the global disease burden [24]. Conditions such as depression and anxiety cost the global economy around $1 trillion annually due to lost productivity,

highlighting the urgent need for practical solutions [25]. The emergence of AI-driven healthcare presents significant opportunities to mitigate this crisis and fundamentally reshape mental healthcare delivery. Specifically, AI-enhanced diagnostic tools, personalized therapeutic interventions, and innovative support platforms promise to make mental healthcare more accessible, efficient, and impactful.

Beyond mental health, AI's capabilities have also sparked discourse regarding its potential role in spirituality, and particularly around notions of machines exhibiting or simulating spiritual traits [26]. AI technology has made significant advancements in promoting spiritual health and enhancing religious rituals and practices, providing adequate means to support an individual's physical, mental, and spiritual well-being [27]. While AI technology can offer personalized spiritual guidance, provide virtual companionship, and even simulate encounters with divine entities, it does not inherently possess spiritual beliefs or human experiences. Instead, AI's contributions to spirituality provoke broader discussions on how technological interactions might influence human spiritual beliefs and practices.

Even with these concerns, AI can undeniably make a substantial contribution to the spiritual development of individuals. Integrating AI into spirituality can help individuals to discover new ways to find meaning and transcendence in an increasingly interconnected world [28]. AI can enhance spiritual practices and promote introspection by offering personalized suggestions aligned with a person's beliefs, practices, and experiences. It has the potential to be a powerful tool for spiritual development, enabling individuals to deepen their self-awareness and understanding of the world. With AI-generated content, users can explore various spiritual traditions, participate in guided meditations, and receive insights tailored to their unique spiritual journeys. Additionally, AI can enable virtual interactions with spiritual leaders and communities across distances, creating new opportunities for connection and personal growth.

3. Bio-Psycho-Socio-Spiritual from an Islamic Psychospiritual Perspective

The bio-psycho-socio-spiritual model is a framework that integrates spiritual aspects into clinical practice. It is a more inclusive model for interpreting research related to human well-being. Rather than isolating variables, it views the origins and treatment of illness as the fluid interaction of multiple aspects, including genetics, biomedicine, psychological processes, emotional states, behavioural patterns, cognitive functions, social environments, and spiritual experiences. This makes the bio-psycho-socio-spiritual model helpful in comprehensively understanding individuals. According to Ismail *et al.,* (2024) [29] illnesses experienced by an individual are connected to both internal and external bodily aspects. Internally, disturbances may involve two dimensions:

i. Relationships among body parts and biochemical processes.
ii. The mind-body relationship.

Externally, disturbances also have two dimensions:

i. The relationship between individuals and their environment.
ii. The relationship between patients and the transcendent (divine).

Integrating spiritual perspectives into healthcare can provide a holistic approach that enhances patient resilience and recovery. Recognizing the spiritual dimension as a vital component in the bio-psycho-socio-spiritual framework will help practitioners to develop more personalized and

compassionate treatment plans during the evaluation and treatment processes, which can concurrently build a deeper connection and trust with patients. Within this holistic paradigm, the concept of Islamic Psychospiritual provides a blueprint for weaving spiritual care into bio-psycho-socio-spiritual practice and transforming comprehensive theory into nuanced treatment interventions.

Islamic Psychospiritual is a combination of the word's psychology and spiritual. It refers to the discussion of psychology based on the discipline of Sufism. Some elements of Sufism, which shape an individual's personality, encompass the spirit (ruh), intellect (aql), soul (nafs), and heart (qalb). The spirit (ruh) is a spiritual element that must always be nurtured and purified, the intellect (aql) is involved in thinking, communication, and social interactions, soul (nafs) has two potentials, namely anger and lust, which must be managed appropriately, and the heart (qalb) serves as the controller of human actions [15,29]. Rather than simply grafting Islamic terminology onto conventional psychology, the Islamic Psychospiritual approach re-articulates the rich heritage of Sufi thought for contemporary inquiry. It treats spirituality as an indispensable dimension of the human condition, framing research and practice within the metaphysical insights of the Sufi discipline [30]. When the spiritual lens is included, 'health' is re-envisioned as an active equilibrium, one in which physical, psychological, social, and spiritual domains are all harmoniously aligned. In this view, genuine well-being emerges from the balanced interplay of these four aspects. On the contrary, illness signals a disruption in the bio-psycho-socio-spiritual state that underpins human well-being.

The integration of AI into the domain of Islamic Psychospiritual presents a profound opportunity and significant challenge for enhancing holistic well-being conceptualized through the bio-psycho-socio-spiritual model. Islamic Psychospiritual, rooted in the Quran, Sunnah, and centuries of scholarly tradition, offers a comprehensive framework for human development centered on the Oneness of Allah (tawhid), the embodiment of devotion through consistent acts of worship (ibadah), the purification of the soul (tazkiyah al-nafs), and the attainment of balance across all dimensions of existence. This framework aligns intrinsically with the bio-psycho-socio-spiritual model, which acknowledges the inseparable interplay of biological health, psychological states, social relationships, and spiritual fulfilment in human flourishing. AI theoretically holds promise for augmenting well-being in each of these dimensions within an Islamic context with its capabilities in data analysis, pattern recognition, and personalized interaction. Potential applications range from AI-assisted health monitors incorporating lawful (halal) and good (tayyib) principles and optimizing prayer/fasting times for physical needs to mental health screening tools prompting Islamic coping mechanisms of patience (sabr) and remembrance of Allah (dhikr), platforms strengthening community (ummah) connectivity and social support, and sophisticated aids for deepening Qur'anic engagement or personal reflection. These tools could democratize access to religious resources, provide timely Islamic Psychospiritual support, and enhance community cohesion.

4. Integrating Islamic Psychospiritual with Artificial Intelligence in Interventions

Islamic Psychospiritual has a profound impact on individuals' well-being in numerous ways. Over recent decades, scientific literature has increasingly recognized the significant role that religious and spiritual practices may play in both physical and mental health [31], sparking growing interest in incorporating spiritual interventions into Western mental healthcare settings [32]. Islam can foster well-being and aid in addressing mental health issues, as its scriptures address various psychosocial contexts, including family care, love, justice, and modesty, offering guiding principles for enhancing the quality of life [33]. In general, Islamic Psychospiritual provides a path for personal development, as highlighted in the opening verses of the Qur'an and the core recitations of daily prayers, which

encourage the pursuit of a righteous path. The Islamic approach to promoting well-being focuses on acknowledging inherent human flaws and calls for systematic and constructive actions to overcome them [34].

In Islam, there is a profound connection between the body, mind, and soul. Muslim professionals, particularly in psychology and medicine, recognize the significant role of the soul. Psychospiritual distress and its effects on mental health and well-being in Muslim communities are complex and require careful attention. While traditional psychological approaches are beneficial in addressing many mental health issues, some challenges may have a spiritual component that demands a different kind of intervention [35]. Muslim psychologists and mental health practitioners should embrace the valuable contribution that spiritual practices grounded in Islamic law (Shari'ah) can offer in prevention, treatment, and recovery. Islamic Psychospiritual provides a rich source of beliefs and practices with potential therapeutic benefits. For instance, the concept of reliance on Allah (tawakkul) can be a powerful means of coping with difficulties and fostering resilience [36]. The Islamic Psychospiritual framework is a crucial aspect of the Muslim experience and requires thoughtful consideration. Adopting a holistic approach that integrates all human dimensions will assist practitioners in supporting individuals to achieve better well-being and resilience.

AI applications in mental health offer new insights into innovative treatment approaches. Recent studies indicate promising potential for utilizing technologies such as deep learning to enhance our understanding of mental health diagnosis and treatment [37]. Robotic systems assist by monitoring emotional changes and maintaining daily records of cognitive fluctuations [38]. Technologies like machine learning have already been applied to address mental health issues, with emerging data offering valuable insights into the use of AI in psychological treatments [39]. Research on deep learning, particularly in the medical field, is becoming increasingly relevant to therapeutic applications for mental disorders, forming the basis of this review's focus.

The integration of Islamic Psychospiritual with AI in interventions presents a transformative approach to healthcare. Leveraging AI technologies such as natural language processing and machine learning will enable the development of personalized interventions that incorporate Islamic spiritual practices like prayer, remembrance of Allah (dhikr), and Quranic recitations. These AI-powered tools can offer real-time support, guidance, and even digital therapeutic environments tailored to an individual's needs. When combined with the rich spiritual resources of Islam, such interventions can deepen the aspects of well-being and resilience of individuals by aligning modern technology with the timeless spiritual principles of faith, mindfulness, and reliance on Allah (tawakkul). This intersection not only fosters a more holistic healing experience but also makes Islamic Psychospiritual more accessible to Muslims in various cultural contexts.

5. Artificial Intelligence in Monitoring and Promoting Bio-Psycho-Socio-Spiritual Well-Being

In today's era, well-being no longer refers solely to the absence of disease; it encompasses various dimensions of health that are more holistic, such as biological, psychological, social, and spiritual aspects. The concept of the bio-psycho-socio-spiritual approach ensures a holistic understanding of well-being that involves a balance across all dimensions of health [40-42]. Each dimension forms the foundation of how individuals perceive themselves and the world. With advancements in AI technology within healthcare, AI now plays a significant role in helping individuals monitor and strengthen these interconnected dimensions.

The biological aspect emphasizes physical health and bodily functions, including physiological processes, medical conditions, and genetics [40,43,44]. A sign of good biological well-being is the absence of disease, physical fitness, and the ability to perform daily activities without limitations [44].

The sophistication of AI has transformed how we understand and manage physical health. Devices such as smartwatches and smartphones have become everyday tools that provide real-time data through self-tracking [45], health monitoring [46], and activity recognition [47]. These tools track everything from heart rate to sleep patterns, helping individuals maintain good health [48,49] and offering proactive insights to improve the quality of patient care [50]. What makes AI remarkable is its ability to analyse data and provide personalized feedback, offering advice on preventing illness and improving physical fitness. For example, AI algorithms can predict possible health threats, such as heart disease, based on continuous data monitoring, thereby encouraging early prevention before serious health complications arise [51,52]. Whether managing chronic health issues or improving overall physical fitness, AI in biological monitoring makes healthcare more accessible.

The psychological aspect focuses on mental and emotional health, addressing conditions such as depression, stress, and cognitive function [40,53]. Psychological health is typically measured by one's ability to cope with problems, satisfaction with family life, positive thinking, and a reduction in depressive symptoms [54,55]. In mental health care, AI also plays a significant role. Recent technologies such as AI-powered chatbots and mental health apps can help individuals manage stress, depression, and anxiety by providing real-time emotional support [40,56,57]. The ability of AI-based tools to detect patterns in behaviour and language that indicate emotional distress can provide users with methods or guide them toward seeking professional help. These methods include natural language processing [58], language behaviour [59], machine learning algorithms or techniques [60-62], sentiment analysis [63], self-reported stress and mental health [64], emotion recognition [65], and detection of mood disorders [66]. This approach allows for timely intervention to prevent more severe psychological issues from occurring. With the advancement of AI technology, psychological and emotional healthcare can be enhanced, personalized, and made more accessible.

The dimension of social relationships is also an important aspect that should be assessed as part of overall health. Social well-being refers to the perception or feeling of belonging to a community, society, or an individual, and involves an individual's evaluation of their social situation and functioning [67-69]. Moreover, the social aspect also involves the impact of social relationships, interactions with others, and social structures on an individual's well-being [40,70]. Social interactions include relationships with family, colleagues, and social support systems. Therefore, AI can now understand human social behaviour, including the detection of signs of social isolation or loneliness [71,72]. For example, AI fosters positive interactions by analysing social patterns and offering strategies to improve communication [73]. In a world where social support systems are stretched thin, AI has the potential to fill gaps as an initial form of social assistance and foster meaningful relationships.

The unique application of AI in health is within the spiritual dimension. The spiritual aspect involves having a sense of meaning and purpose in life, which is closely related to religious beliefs and is the most important aspect of holistic healthcare [74]. Additionally, spiritual well-being is associated with personal happiness, peace, a better quality of life, and other similar benefits [74-77]. AI platforms can offer personalized spiritual practices, such as self-reflection exercises and customized reading plans [78]. Besides, AI algorithms can also assist in providing spiritual advice as a supplement to the guidance of scholars [28,79] and it can also offer emotionally intelligent services [80]. However, while AI can offer guidance, it cannot replace the expertise of human spirituality to ensure that a balanced spiritual approach can be provided [28]. Spiritual health requires delicate care and deep understanding from scholars. Nevertheless, AI can still play a supporting role by promoting personalized spiritual practices, such as reminding individuals to engage in healthy behaviors continuously tailored to their educational experiences [81-83]. In this context, AI serves as a tool to enhance spiritual involvement without diminishing the personal and human aspects of spirituality.

Table 1 shows the integration of Islamic Psychospiritual principles with AI technologies and mapping their application across bio-psycho-socio-spiritual dimensions, while also highlighting specific AI tools used in healthcare. Islamic Psychospiritual principles, rooted in al-Qur'an, Sunnah, and scholarly interpretations, align with specific AI applications to enhance interventions and monitor well-being across the biological, psychological, social, and spiritual dimensions. These principles correspond to AI tools and their healthcare applications that support holistic well-being in a manner compatible with Islamic ethical frameworks. For monitoring physical well-being, tools like Ada and Fitbit track biological metrics, while platforms like Marlee and Replika enhance social cohesion and reflect Islamic values of community and moral character (akhlak). In the psychological dimensions, AI tools such as Woebot and Youper support interventions that align with the Islamic focus on purifying the soul (tazkiyah al-nafs) and fostering a tranquil heart (qalb) by employing cognitive behavioral therapy and sentiment analysis. Similarly, in the spiritual dimension, AI-enhanced applications like Quranly facilitate Quranic recitation and tafsir, reinforcing spiritual practices such as remembrance of Allah (dhikr) and strengthening faith (iman).

Table 1
Integration of Islamic Psychospiritual Approaches with Artificial Intelligence for Bio-Psycho-Socio-Spiritual Well-Being

Dimension	Islamic Psychospiritual Principle	Ai Integration Point	Ai Tools/Apps Used	Well-Being Application
Biological	Emphasis on physical health as part of holistic well-being is aligned with human nature (fitrah).	AI-driven diagnostics and health monitoring systems to support physical health.	Ada: AI symptom checker for preliminary diagnosis. Fitbit/Google Health: Wearable AI for tracking vitals (e.g., sleep, heart rate).	Monitors physical health (e.g., sleep, heart rate) to ensure bodily balance, supporting Islamic principles of preserving the body as a trust from Allah.
Psychological	Focus on the soul (nafs) and the heart (qalb) to achieve mental tranquillity and emotional resilience.	AI-powered mental health chatbots and sentiment analysis for emotional support.	Woebot: Mental health support with chat-based AI wellness tools. Youper: AI therapy app using Cognitive Behavioral Therapy (CBT) and positive psychology.	Provides cognitive behavioural therapy and mood tracking, aligning with Islamic Psychospiritual goals of purifying the soul (tazkiyah al-nafs) and fostering a tranquil heart (qalb).
Social	Emphasis on community (ummah) and interpersonal relationships rooted in moral character (akhlaq).	AI platforms for social engagement and community building.	Marlee: AI coach for interpersonal skills and team dynamics. Replika: AI companion for fostering social connections.	Enhances communication skills and social support, reflecting Islamic values of compassion and community cohesion.
Spiritual	Strengthening faith (iman) and connection with Allah through dhikr, prayer, and contemplation.	AI tools for spiritual guidance, Quranic learning, and mindfulness.	Al-Quran Apps (e.g., Quranly): AI-enhanced apps for Quranic recitation and tafsir. Halaqah: AI-driven platforms for Islamic meditation and virtual Islamic study groups.	Supports spiritual practices like dhikr and Quranic engagement, reinforcing tawhid and spiritual well-being.

6. Challenges and Future Directions

The integration of AI into the field of Islamic Psychospiritual poses a range of challenges. The potential is overshadowed by critical epistemological, ethical, technical, cultural, and theological limitations demanding rigorous scrutiny. Recent advancements in AI have significantly enhanced the ability of AI systems to perform autonomous tasks, including sensing, planning, decision-making, and predictive analytics. However, the autonomous nature of these systems is not universally advantageous. It may pose serious societal risks, such as perpetuating biases, facilitating discrimination, undermining privacy, complicating accountability, contributing to unemployment, and consolidating power and wealth among a limited number of stakeholders [84]. Although the complete extent of these harms remains challenging to determine, several key risk areas have been recognized. These encompass unintended misuses, such as background discrimination, privacy violations, harm, and challenges in assigning liability. Additionally, intentional misuse has been identified, including malicious applications like deepfakes, political propaganda, disinformation, and cyberattacks [85].

A fundamental concern is also the inherent reductionism of AI when applied to the spiritual realm. AI functions by quantifying and processing data [86]. However, core aspects of Islamic Psychospiritual, such as the state of the heart (qalb), the depth of Allah-consciousness (taqwa), the sincerity of intention (niyyah), and the experience of divine proximity, are profoundly subjective, transcendent, and resistant to quantification. Attempting to measure or algorithmically guide these states risks trivializing the sacred and lifelong struggle of purification of the soul (tazkiyah al-nafs). It will then reduce it to a series of data points and automated prompts. Furthermore, AI lacks consciousness, a soul (nafs), and the capacity for genuine spiritual experience or connection to the Divine (ruh). Its outputs on spiritual matters are sophisticated statistical extrapolations which are not insights born of faith, purification, or divine grace (tawfiq). Relying on AI for spiritual direction fundamentally contradicts the necessity of human scholarly guidance (ulama'/murshid) and the irreplaceable personal relationship with Allah SWT. This will potentially lead to a dangerous illusion of technological authority in spiritual domains.

Ethical challenges are equally formidable. Embedded in the data used to train AI systems, algorithmic bias poses a severe threat to Islamic values of justice ('adl) and the preservation of the religion (din). Suppose training data predominantly reflects specific schools of thought (madhahib) or cultural contexts. In that case, the AI will perpetuate these biases and potentially marginalize valid interpretations or promote a homogenized and distorted understanding of Islam. This could directly contravene the objectives and purposes of Islamic Law (Maqasid al-Sharia'ah), such as protecting intellect ('aql) from misinformation or religion (din) from deviant and misguided teachings. Moreover, the collection and analysis of "sacred data" such as details of prayers, confessed sins, intimate spiritual struggles, or doubts shared with apps presents an unprecedented violation of privacy. Islamic ethics emphasize concealing sins (satr); the potential for breaches, commercial exploitation, or state surveillance of such deeply sensitive information. It is not only unethical but spiritually corrosive, eroding trust and potentially deterring seekers from help. Over-reliance on AI also risks eroding essential human agency and virtues central to Islam, such as personal striving (jihad al-nafs), active seeking of knowledge (talab al-'ilm), and reliance on Allah (tawakkul), replacing them with passive consumption of algorithmic outputs.

The potential exists for AI to be perceived as encroaching on roles traditionally held by human spiritual leaders, such as imams or sheikhs. This may prompt concerns regarding the legitimacy and appropriateness of AI-based spiritual guidance within the framework of Islamic teachings. A significant number of individuals turn to religious guidance and counselling to address a range of

personal and existential challenges [87]. AI-driven chatbots and virtual assistants can provide tailored religious guidance that addresses individual questions related to religion or existential concerns. While these systems may excel in offering religious counsel, providing spiritual guidance presents distinct challenges. To deliver customized support, such conversational agents rely on vast religious texts, theological doctrines, and philosophical concepts. By analyzing user input and generating adaptive responses, AI can simulate interactions similar to those with spiritual leaders, providing individuals with a personalized spiritual experience [88].

When carefully designed and applied, AI holds significant potential to support a holistic model of well-being in various key areas. According to Ty [89], AI can enhance applications that assist Muslims in maintaining their religious practices, such as tracking prayer times, reciting the Qur'an, and performing daily supplications (du'as). Future developments may include personalized recommendations tailored to individual progress, emotional states, or specific circumstances, aligning with spiritual development objectives. AI systems could also function as virtual assistants, providing Muslims with reliable knowledge and spiritual guidance based on authenticated Islamic sources, such as the Qur'an and Hadith. These systems may further evolve to deliver real-time, culturally relevant spiritual support, particularly benefiting remote or underserved communities.

Therefore, the integration of AI into Islamic Psychospiritual must be approached with extreme caution and governed by robust and ethically grounded principles rooted in Islamic principles. Paramount among these is the affirmation of the Oneness of Allah (tawhid). AI is a created tool, either as creation (makhluq) or means (wasilah), and never a source of ultimate guidance or authority. Its development and deployment must demonstrably serve and protect the five main objectives in the Maqasid al-Shari'ah: the preservation of religion (Hifz al-Din), the preservation of life (Hifz al-Nafs), the preservation of intellect (Hifz al-'Aql), the preservation of lineage (Hifz al-Nasl), and the preservation of property (Hifz al-Mal). AI must strictly function as an augmentation to human effort, scholarship, and community. It will never be a replacement for the religious scholar ('alim), legal expert (mufti), spiritual guide (murshid), therapist, or the individual's direct relationship with Allah. The prospects for AI in promoting holistic well-being within Muslim communities are substantial, especially when such technologies are developed following Islamic principles and cultural diversity. AI can contribute to various dimensions of well-being and serve as a significant resource for enhancing both collective and individual welfare among Muslims globally. Nonetheless, the effectiveness of AI in this context will be contingent upon its ethical development, cultural sensitivity, and adherence to the fundamental values of Islam.

7. Conclusions

In line with the growing sophistication of AI, its role in bio-psycho-socio-spiritual well-being will become increasingly important. The integration of AI into Islamic Psychospiritual offers a promising avenue to enhance bio-psycho-socio-spiritual well-being. AI's capacity for personalization, accessibility, and scalability can amplify Islamic practices and support individuals in their journey towards holistic health with adherence to Islamic principles. It has the potential to transform how people manage their health across multiple dimensions within one comprehensive system while also providing real-time insights and personalized support. The integration of these diverse health dimensions can lead to improved health management, a deeper understanding, and a more holistic approach to life. AI also offers a more balanced and suitable path for managing health, as individuals can actively participate in their health care. Many individuals will be able to take a more proactive role in their overall health by taking advantage of AI's ability to monitor and address all aspects of human well-being.

While AI offers intriguing pathways to support bio-psycho-socio-spiritual well-being for Muslims, its integration into the sacred space of Islamic Psychospiritual is fraught with profound risks that demand unwavering vigilance. The greatest dangers lie in the spiritual reductionism inherent in algorithmic processing, the displacement of qualified human guidance, the violation of sacred privacy, the amplification of bias, and the subtle erosion of core Islamic principles like Oneness of Allah (tawhid) and reliance on Allah (tawakkul). AI cannot fully replace the human touch and wisdom that people bring to certain areas, particularly in spiritual experiences. Instead, AI should serve as a supportive tool to complement, facilitate, and enhance human connections to physical, psychological, social, and spiritual well-being. The promise of AI is contingent upon its strict subordination as a sophisticated tool under the vigilant oversight of Islamic scholarship and ethics, constantly reinforcing rather than replacing the essential human elements of the spiritual journey which includes the Quran and Sunnah, the wisdom of the ulama', the support of the ummah, and the individual's sincere striving and connection to Allah. Navigating this frontier requires profound wisdom (hikmah), a commitment to justice, and a constant grounding in the foundational principles of Islam.

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