



ILIA Research



The Institute for Leadership, Innovation and Advancement (ILIA) at Universiti Brunei Darussalam collaborate with Faculty of Science and Technology at Islamic State University of Walisongo has taken a bold step into the realm of neuroscience and spirituality. A groundbreaking study, corresponden-authored by an assistant professor at ILIA UBD, explores how the Islamic practice of istighfar dhikr affects brainwave activity, offering a unique perspective on anxiety management.

Using EEG, the research monitored brain activity in young adults under stress, followed by a session of istighfar. The findings were profound. Male participants displayed increased alpha waves—linked to calmness and relaxation—while females showed heightened beta waves, reflecting focused mental engagement. These gender-specific responses shed light on the nuanced interplay between spiritual practices and brain activity.

MANAGING ANXIETY IN LEADERSHIP

The study not only highlights the potential of istighfar as a tool for anxiety reduction but also underscores the scientific validity of traditional practices in modern contexts. By bridging contemplative traditions and cutting-edge neuroscience, the research opens doors to innovative approaches in mental health.

This pioneering work positions ILIA UBD at the forefront of interdisciplinary research, reaffirming its commitment to addressing leadership challenges with holistic solutions. With stress and anxiety prevalent in today's fast-paced world, these insights offer a beacon of hope for leaders and individuals seeking balance and resilience.

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