

Psychological Support of Sayyidah Khadijah (Ra) in the Early Reception of Revelation

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ABSTRACT

Psychological support in a marriage between husband and wife is an essential factor that determines the sustainability and quality of the relationship. It is both a responsibility and a blessing from Allah SWT. The relationship between the Prophet Muhammad SAW and Sayyidah Khadijah (RA) exemplifies psychological support within the household. Sayyidah Khadijah (RA)'s presence provided the emotional stability that the Prophet Muhammad SAW needed, particularly during the early period when he received revelations from Allah through the Angel Jibril in the Cave of Hira. The Prophet Muhammad SAW received the revelation with the support of Sayyidah Khadijah (RA), despite not having prepared himself for the role of the Messenger of Allah SWT who would profoundly transform humanity. This study employs a descriptive qualitative method, aiming to explore in depth the psychological support offered by Sayyidah Khadijah RA to the Prophet Muhammad SAW during the initial phase of revelation. The data were collected through a literature review of historical texts, narrations (riwayat), and relevant Quranic exegeses (tafsir). The study concludes that the psychological support provided by Sayyidah Khadijah RA was multidimensional — it offered encouragement, emotional protection, and strengthened the Prophet's belief in his divine mission. Their relationship illustrates that psychological support is a vital element in nurturing purpose and determination, ultimately contributing to monumental achievements in the history of religion

INTRODUCTION

In the early days of receiving revelation, Prophet Muhammad SAW faced a complex set of social and psychological conditions. According to narrations, the first revelation from Allah SWT was delivered to the Prophet through the Angel Jibril in the Cave of Hira. This significant event occurred on Monday night, the 21st of Ramadan, corresponding to August 10, 610 CE (Al-Mubarakfuri, 2017b). At that time, the Prophet was 40 years, 6 months, and 12 days old according to the Hijri calendar, and 39 years, 3 months, and 20 days old by the Gregorian calendar (Al-Mubarakfuri, 2017b). Sayyidah Aisha ash-Shiddiqah RA narrated that this moment marked the beginning of prophethood. It was during this period that Sayyidah Khadijah (RA) emerged as a central figure who provided the Prophet with profound calm, reassurance, and emotional support. Her support extended beyond personal affection; it became a psychological pillar that reinforced the Prophet's readiness to carry the immense responsibility as the Messenger of Allah SWT. Sayyidah Khadijah's psychological support was demonstrated through her composed demeanor, comforting

words, and emotional strength. She played a vital role in helping the Prophet overcome fear and confusion, while also reinforcing his confidence in his divine mission. Although Islamic historical literature often highlights Sayyidah Khadijah's contributions in a narrative form, scholarly research focusing on the psychological support of a wife to her husband during spiritual and social upheaval remains limited. In contrast, modern psychology emphasizes that emotional support from a spouse is a key factor in building mental resilience and constructing a meaningful life. Therefore, this study is essential in examining how a supportive marital relationship fosters emotional resilience, using the contributions of Sayyidah Khadijah (RA) as a case study to enrich the interdisciplinary discourse between Islamic history and family psychology.

In another narration, the Prophet Muhammad SAW experienced intense fear when the Angel Jibril appeared before him ([Al-Mubarakfuri, 2017b](#)). Each time the Prophet looked up, he saw the angel proclaiming, "O Muhammad, I am Jibril! O Muhammad, I am Jibril!" ([Umar, 2017](#)). The angel then approached and commanded, "Read!" The Prophet replied, "I cannot read." Jibril then embraced him tightly until he was overwhelmed, released him, and repeated the command, "Read!" The Prophet again responded, "I cannot read." This encounter occurred three times until the angel finally conveyed the divine words: "Read in the name of your Lord who created. He created man from a clot. Read, and your Lord is the Most Generous—Who taught by the pen—taught man what he did not know." (QS. Al-'Alaq: 1–5) ([Al-Mubarakfuri, 2017b](#)). Deeply shaken and trembling, the Prophet rushed home and immediately sought refuge in the arms of his wife, Sayyidah Khadijah (RA), pleading, "Cover me! Cover me!" ([Al-Mubarakfuri, 2017b](#)). With tenderness and care, Sayyidah Khadijah embraced him, striving to calm and comfort his distressed heart. When he had regained some composure, the Prophet shared the details of the experience, expressing grave anxiety and confusion. He feared that what he had witnessed might have been an illusion, sorcery, or even a sign of madness. Listening attentively and with unwavering support, Sayyidah Khadijah (RA) responded with gentle but firm reassurance. She said: "By Allah, He will never disgrace you. You uphold the ties of kinship, bear the burdens of others, help the poor, host guests generously, support the oppressed, speak the truth, and fulfill trusts. Rejoice and be at peace. By the One in whose hand is the soul of Khadijah, you are truly the Messenger of Allah to this people." ([Roziqin, 2018](#)). At that time, Meccan society was undergoing significant social, cultural, and religious turmoil. The message received by the Prophet was perceived by many as a direct threat to their deeply held beliefs and societal structures, resulting in a hostile environment. Within this challenging context, the Prophet not only faced external opposition but also internal psychological turmoil as he wrestled with revolutionary ideas that were in stark contrast to the dominant traditions of his community.

Therefore, during the initial phase of receiving revelation, Prophet Muhammad SAW required strong, practical, and emotional support. Sayyidah Khadijah (RA) bint Khuwailid emerged as a central figure who provided the psychological reassurance the Prophet needed at this critical juncture ([Ahmad, n.d.](#)). As his wife, she demonstrated unwavering loyalty and deep empathy, embodying the qualities of a true, life partner in Rasulullah's journey ([Effendi, n.d.](#)). More than just a spouse, she was also a confidante who helped him find meaning in the profound spiritual experiences he encountered. Sayyidah Khadijah (RA) was not only emotionally supportive but also an accomplished businesswoman — wealthy, independent, and influential ([MANSAH, 2022](#)). Her support proved invaluable, not only during the early revelations but also in the difficult periods that followed. In the midst of spiritual, emotional, and social upheaval, her presence offered much-needed emotional stability. Research suggests that individuals with strong emotional support are

more resilient in facing stress and life transitions (Jannah & Rohmatun, 2020). Sayyidah Khadijah (RA)'s role as a devoted wife and the Prophet's primary supporter was instrumental in helping him internalize the revelations and emotionally prepare for his mission as the Messenger of Allah SWT—a mission destined to bring profound transformation to humanity.

Several previous studies have explored the role of Sayyidah Khadijah (RA) and her invaluable contributions to the struggle of Prophet Muhammad SAW. Rohmatul Azizah et al. highlighted her unwavering companionship and emphasized her crucial role as the Prophet's primary support during the momentous event of the first revelation (Azizah & Muchtar, 2023). Other scholarly works have categorized her contributions into internal and external dimensions. Internally, she reinforced the Prophet's belief in the revelation, offered profound spiritual and emotional support, and was the first person to embrace Islam. She actively lightened the Prophet's burdens, motivated him in his mission, and provided substantial material assistance. Externally, she played a significant role in strengthening the Muslim community by encouraging steadfastness amidst persecution and offering protection against the hostility of the Quraysh (Salamah, 2023).

Based on the background outlined above, this study aims to explore the various forms of psychological support provided by Sayyidah Khadijah RA and examine their impacts on Prophet Muhammad SAW during the initial period of receiving revelation.

LITERATURE REVIEW

Definition and Concept of Psychological Support

Psychological support refers to a series of actions, behaviors, or communications aimed at providing moral, emotional, and social assistance to individuals experiencing mental or emotional distress (Kamaluddin, 2022). This form of support is essential for maintaining mental health and overall well-being, particularly during periods of stress or crisis (Parnawi, 2021). Research identifies two primary dimensions of psychological support: emotional support and instrumental support. Emotional support includes empathy, attentive presence, and compassion, while instrumental support involves providing practical advice and tangible assistance (Mathieu et al., 2019).

In the context of marital life, psychological support is considered vital in fostering a healthy and harmonious relationship (Sugitanata & Ridwan, 2024). A study by Fletcher and Sarkar (2013) emphasizes that individuals who receive consistent psychological support from their partners tend to exhibit greater resilience in coping with stress and managing life's challenges. This concept becomes particularly relevant when examining the role of Sayyidah Khadijah RA in supporting Prophet Muhammad SAW during the initial phase of receiving divine revelation. When the Prophet experienced intense fear and confusion following the encounter with the Angel Jibril, it was Sayyidah Khadijah's calm and reassuring presence that helped stabilize his emotions and affirm his sense of purpose. Her psychological support was a critical factor in enabling the Prophet to regain composure and prepare for his prophetic mission (Rahman et al., 2021).

Types of Psychological Support

Cohen and Syme (1985) classify social support into four main categories that also apply within the framework of psychological support. These are (a) Informational support refers to assistance provided through explanations, advice, guidance, or input related to the problem an individual is facing. This type of support helps the individual understand their situation better and

may offer suggestions on how to respond appropriately or make informed decisions; (b) Emotional support involves empathy from individuals through listening, being open, demonstrating trustworthiness, showing understanding, and expressing affection and concern. Emotional support can make someone feel valued, comfortable, safe, and loved; (c) Instrumental support is direct, tangible, or material assistance, such as providing necessary resources, lending money, offering food, games, or other forms of help; (d) Appraisal support involves positive assessment, reinforcement (justification) for taking action, feedback, or demonstrating social comparisons that broaden the perspective of someone under stress.

Sarafino, as cited in Utomo and Sudjiwanati (2018), classified social support into four distinct types: (a) Emotional support, this support involves expressions of empathy and care for individuals, making them feel comfortable, loved, and valued. It includes providing attention and affection and listening to others' concerns; (b) Esteem support, this type of support involves expressions of agreement and positive evaluation of others' ideas, feelings, and performance; (c) Instrumental support, this support form involves direct assistance, such as financial help or assistance with specific tasks; (d) Informational support, this informational support can include advice, guidance, and feedback on how to solve problems.

Based on the theory of psychological support, it can be divided into several types, each with different characteristics and benefits in the relationship between Sayyidah Khadijah (RA) and Rasulullah: (a) Emotional support includes actions that provide affection, attention, and understanding. In the context of Sayyidah Khadijah (RA), her emotional support is evident when she attentively listens to Rasulullah's accounts of his experiences receiving revelation and offers words of encouragement; (b) Instrumental support is where individuals provide concrete assistance as material aid or services. In Rasulullah's story, Sayyidah Khadijah played the role of a listener and someone who provided financial support and other resources, which were crucial in helping Rasulullah during the early stages of his struggles; (c) Informational support, which involves providing relevant knowledge or advice, is also essential. Sayyidah Khadijah wisely offered deep insights into the situation faced by Rasulullah, helping him to understand the mission he was carrying; (d) Social identity support also applies in this context, where one reinforces another individual's sense of identity and self-worth. Sayyidah Khadijah, as a loyal wife, provided moral support that further strengthened Rasulullah's confidence in his mission. Through this identity reinforcement, Rasulullah could confront challenges from the Quraysh community more confidently.

The Early History of Revelation to Prophet Muhammad SAW

Social and Cultural Context of Pre-Islamic Arabia

Before Prophet Muhammad SAW received the first revelation, Arab society was marked by social and cultural disarray (Musa, 2014). The prevailing local wisdom, developed over generations, was often overshadowed by Jahiliyyah (ignorance) practices, where idol worship and rigid tribal traditions shaped much of the society's mindset and behavior (Nawi, 2020). According to Sarina and Ahmad (2021), this social condition was characterized by widespread injustice, discrimination, and systemic oppression, particularly toward women and other marginalized groups. In contrast, Prophet Muhammad SAW, widely known as *al-Amin* (the trustworthy), firmly opposed all forms of injustice, as noted by Basri et al. (2024).

Pre-Islamic Arab culture, as described by Barakat (1993), placed great emphasis on tribal honor, physical strength, and combat ability as the primary measures of social worth. Within this value system, the role of a partner—particularly women—extended beyond mere companionship to include serving as a vital source of moral and emotional support for men (Ichwan, 2024). Sayyidah Khadijah (RA), the wife of Prophet Muhammad SAW, stood out as a figure who embodied resilience and dignity in the face of adversity. Historical records portray her not only as a loyal and devoted spouse but also as a successful entrepreneur who earned widespread respect through her intelligence and ethical business practices (Alfarizi, 2021).

Given the dominance of patriarchal culture in Arabia at the time, it was exceptionally rare for a woman to be actively involved in business and hold significant social influence (Gass & Seiter, 2022). Sayyidah Khadijah (RA)'s exceptional status not only challenged societal norms but also played a crucial role in shaping the emotional and psychological resilience of Prophet Muhammad SAW during the early moments of revelation. Her unwavering belief in his integrity and potential provided him with the affirmation and stability he needed to process and embrace his prophetic mission (Gass & Seiter, 2022).

Prophet Muhammad's Spiritual Experience Before the First Revelation

Before receiving the revelation, Prophet Muhammad was known for his habit of contemplation and meditation. He often spent time in the Cave of Hira, away from the bustle and chaos of Meccan city life. This meditative ritual became a turning point in his life, where he began to feel unrest over the condition of the society around him (Al-Mubarakfuri, 2017a). According to Al-Ghazali, such moments of reflection allow a person to draw closer to God and gain profound spiritual insights (Husein, 2023). Sayyidah Khadijah bint Khuwaylid was a prominent female figure in Islamic history. In *Sirah Nabawiyah*, Al-Mubarakfuri (Al-Mubarakfuri, 2020) portrays her as a woman of integrity, business acumen, and deep spirituality. She played a vital role as the wife of Prophet Muhammad SAW (peace be upon him), particularly in providing emotional and financial support during the early stages of his prophethood. Meanwhile, according to Badiatul Roziqin (Roziqin, 2018b), Khadijah (RA) is also understood through her roles as a mother, a wife, and a moral exemplar. She demonstrated not only affection and loyalty but also leadership within the household and resilience in the face of trials. Therefore, Khadijah is regarded not merely as the Prophet's companion, but as a key figure in the social and religious transformation of early Islam.

Sayyidah Khadijah (RA), understanding her husband's spiritual inclinations, gave him the freedom and space to engage in his rituals (Lutfiasari, n.d.). Indeed, Sayyidah Khadijah (RA) never felt burdened, even though Prophet Muhammad SAW often had to be away from her for extended periods. Sometimes, she would ask others to watch over the Prophet without his knowledge to ensure he was not disturbed in solitude. Every time the Prophet visited the Cave of Hira, Sayyidah Khadijah (RA) would prepare all the necessary provisions and supplies. If the Prophet returned late, she would check to ensure his safety. While he was engrossed in his devotion, she patiently waited at home until he returned (Roziqin 2018). Another example is when Prophet Muhammad SAW returned from the Cave of Hira, Sayyidah Khadijah (RA) lovingly embraced him to calm his nerves. She made every effort to soothe the heart of her beloved and respected husband, providing him with comfort and reassurance during a moment of distress (Roziqin 2018). Then, after being a compassionate listener to her husband, Sayyidah Khadijah (RA) spoke to him gently, saying, *"O my husband, by Allah, God will never disappoint you, for you are one who always nurtures and*

maintains family ties and is capable of bearing responsibilities. You are known as a helper to the suffering, a gracious host to guests, quick to offer assistance, always truthful in speech, and loyal to your trust. Rejoice and calm your heart. By Allah, who holds the soul of Khadijah, you will truly become the Prophet and Messenger of Allah for our people" (Roziqin 2018).

Psychologists highlight that having someone who supports the fulfillment of one's desires and the need for reflection and meditation can significantly improve overall mental health. Moreover, having someone who can provide reassurance and offer a sense of safety and comfort strengthens resilience in facing the challenges and problems one may encounter (Haniza, 2019). The support of Sayyidah Khadijah (RA) allowed Prophet Muhammad to focus on his spiritual quest without feeling pressured by societal expectations. Her understanding and encouragement allowed him to reflect deeply and meditate, creating a safe space to connect with Allah without the burdens of external pressures (Cania, 2024). The Prophet's experience in the Cave of Hira created space for his spirituality to develop so that when the first revelation came, he was mentally and emotionally prepared to receive it (Faqieh, 2008). Joko Sukmono explained that the meditation practices the Prophet engaged in contributed to the mental resilience he needed when hearing the soul-stirring voice (Faqieh, 2008).

Emotional Impact of Receiving Revelation in the Cave of Hira

When receiving the first revelation, Prophet Muhammad experienced an intense emotional situation (Al-Mubarakfuri 2017). The figure of Angel Jibril appeared and urged the Prophet to read, marking the beginning of Allah's revelation (Al-Mubarakfuri 2017). His event brought an extraordinary emotional burden. The Prophet felt torn between fear and confusion, with inner questions arising: *"What is happening? Why was I chosen?"* (Al-Mubarakfuri 2017).

When the Messenger of Allah returned from the Cave of Hira, Muhammad was shaken and almost unable to believe what had happened. Amidst the waves of uncertainty, Sayyidah Khadijah played a central role in providing support. She confirmed the extraordinary facts that her husband had experienced and instilled confidence that this was a noble mission. Sayyidah Khadijah responded wisely and with conviction, saying, *"By Allah, Allah will not disappoint you"* (Al-Mubarakfuri 2017).

The positive influence of Sayyidah Khadijah (RA)'s support is best understood as psychological support. Research indicates that emotional support from a partner significantly enhances an individual's ability to cope with intense stress (Utami & Wijaya, 2018). In the context of receiving the first revelation, Sayyidah Khadijah (RA)'s presence as an empathetic listener and a source of strength provided critical emotional stability. Her support helped the Prophet Muhammad SAW navigate the uncertainty and anxiety of his prophetic calling, enabling him to find clarity and confidence in his divine mission (Al-Mubarakfuri, 2017).

METHODS

This article employs a literature review to explore more deeply the psychological support provided by Sayyidah Khadijah (RA) to Prophet Muhammad SAW during the early moments of his receiving revelation. A qualitative approach was chosen because it allows the researcher to understand the social, emotional, and spiritual context underlying the interactions between Prophet Muhammad SAW and Sayyidah Khadijah (RA). This approach is practical in gaining a deep understanding of social phenomena. The collected data will be presented in narrative form,

providing a clear picture of Sayyidah Khadijah's contributions during the early days of prophethood. Data collection for this study was conducted through a literature review. The primary sources for this research include the following books: *"Ar-Rahiq al-Makhtum"* by Sheikh Shafiyyurrahman al-Mubarakfuri, *"The Golden Stories of Khadijah and Fatimah"* by Badiatul Roziqin, *"Wanita Mulia di Sisi Rasulullah: Khadijah Cinta Sejati Rasulullah"* by Abdul Mun'im Muhammad Umar, and *"Psikologi Keluarga Islam"* by Muzdalifah Rahman. These works provided valuable insights and foundational knowledge for the research. These sources will help build a vital context regarding Sayyidah Khadijah (RA)'s role in supporting Prophet Muhammad. The hadiths concerning their interactions will also be essential to this research. Take for an example, the hadith narrated by al-Bukhari and Muslims stating, "Sayyidah Khadijah (RA) was the first woman to believe in Allah and His Messenger," illustrates the significant position of Sayyidah Khadijah in Islamic history (Azizah & Muchtar, 2023)

This research aims to describe Sayyidah Khadijah's psychological support for the Prophet Muhammad SAW in receiving revelation. It is hoped that this will provide a new perspective on the contributions of women in history, particularly in the context of religion.

Data Sources

The data sources used in this research consist of various literature related to Islamic history, particularly concerning the life of Prophet Muhammad SAW and Sayyidah Khadijah (RA). The primary reference will be *"Ar-Rahiq Al-Makhtum"* by Sheikh Shafiyyurrahman al-Mubarakfuri, which will help explore the early journey of prophethood. In this work, the author describes the significant role of Sayyidah Khadijah (RA) as a loyal wife and a prominent supporter of Prophet Muhammad during the early challenges of the revelations he received (Al-Mubarakfuri 2017). Other primary data sources include the book *"The Golden Stories of Khadijah and Fatimah"* by Badiatul Roziqin, *"Wanita Mulia di Sisi Rasulullah: Khadijah Cinta Sejati Rasulullah"* by Abdul Mun'im Muhammad Umar, and *"Psikologi Keluarga Islam"* by Muzdalifah Rahman. These books were essential in providing further insights and enriching the research on the psychological support of Sayyidah Khadijah RA.

The books used as primary references were selected based on the authors' authority, the depth of their content, and their direct relevance to the topic. *Ar-Rahiq Al-Makhtum* by Al-Mubarakfuri is considered an authoritative work in the study of Sirah and highlights the important role of Sayyidah Khadijah (RA) during the early period of prophethood. *The Golden Stories of Khadijah and Fatimah* enhances understanding through psychological and social approaches, while *Khadijah Cinta Sejati Rasulullah* emphasizes the relational aspects between the Prophet and Khadijah. The book *Islamic Family Psychology* serves as a theoretical basis for understanding emotional support from an Islamic perspective.

Academic articles discussing the role of Sayyidah Khadijah (RA) in Islamic history, social psychology, and social support for resilience serve as secondary data sources. In an article published in the *Journal of Islamic Study*, a researcher argued that Sayyidah Khadijah is an ideal example of a woman who not only played the role of a wife but also as a partner in her husband's spiritual and emotional struggles. This scholarly perspective highlights her critical support in the Prophet's early spiritual journey, underlining her role beyond that of a traditional spouse, positioning her as an active participant in the emotional and psychological resilience that the Prophet needed during the formative years of Islam (Salamah, 2023). This article provides an in-

depth analysis of the impact of Sayyidah Khadijah (RA)'s psychological support on the mental and spiritual well-being of Prophet Muhammad SAW during times of crisis. Hadiths and narrations are also crucial data sources. Referring to the narration from Sayyidina Ali, it is mentioned that Sayyidah Khadijah was "the first woman to speak with and believe in Prophet Muhammad after receiving the revelation." This highlights her pivotal role in supporting the Prophet emotionally and affirming his mission, making her a source of strength and the first to accept the divine message ([Al-Mubarakfuri 2017](#)).

RESULTS AND DISCUSSION

Forms of Psychological Support from Sayyidah Khadijah

Encouragement and Motivation

When the Prophet felt pressured in Pre-Islamic Arab society, we encountered a social environment filled with uncertainty and challenges. This was also Prophet Muhammad's (SAW) experience when he first received revelation in the Cave of Hira. When the first revelation was bestowed upon him, Prophet Muhammad experienced tremendous mental and emotional pressure. Amidst the darkness and anxiety, Sayyidah Khadijah (RA), the Prophet's first and beloved wife, emerged as a primary source of encouragement ([Al-Mubarakfuri 2017](#)). Sayyidah Khadijah played a crucial role in encouraging Prophet Muhammad. According to many Islamic scholars and historians, Sayyidah Khadijah firmly reassured her husband that what he was experiencing was a divine blessing from Allah SWT (Qur'an, Surah Al-'Alaq: 1-5) ([Kementrian Agama RI, n.d.](#)). Emotional support from a partner can significantly contribute to an individual's mental resilience, as in Prophet Muhammad SAW, who rose above uncertainty thanks to Sayyidah Khadijah (RA)'s encouragement ([Al-Mubarakfuri, 2020](#)).

A concrete example of this support is when Sayyidah Khadijah encouraged the Prophet to share his experiences and assured him that he was not alone in this struggle. In a hadith, Sayyidah Khadijah (RA) is reported to have said, "By Allah, Allah will not disgrace you. You maintain family ties, help the weak, fulfill the needs of those who have none, and honor your guests." ([Al-Mubarakfuri, 2020](#)). This statement provided Motivation and comforted the heart of Prophet Muhammad, who was then engulfed in fear. Statistics show that strong partner support can reduce the levels of stress and anxiety experienced by an individual ([Rifati et al., 2018](#)). Additionally, in household communication, having open and honest channels, as seen between Prophet Muhammad SAW and Sayyidah Khadijah (RA), proves effective in minimizing the negative impacts of stressful events. Thus, we can understand the significant influence of Sayyidah Khadijah's encouragement on Prophet Muhammad's spiritual journey.

Protection and Comfort Provided by Sayyidah Khadijah (RA).

The protection provided by Sayyidah Khadijah (RA) to Prophet Muhammad SAW was physical and psychological. After receiving the first revelation, Prophet Muhammad SAW felt anxious and confused. In such a condition, Sayyidah Khadijah (RA)'s presence became a crucial support. She created a safe and comfortable home environment for her husband to process the reception of subsequent revelations.

Sayyidah Khadijah (RA) understood that the early moments of receiving revelation were critical times. Psychologists emphasize the importance of a safe environment in fostering self-

confidence and mental resilience ([Rukmana, 2024](#)). In this regard, Sayyidah Khadijah (RA) fulfilled that role by providing her full attention and creating a supportive atmosphere. Research by Cohen and Wills shows that strong social support can reduce the impact of stress experienced by individuals ([Cohen & Syme, 1985](#)).

One concrete example of the protection provided by Sayyidah Khadijah (RA) is when Prophet Muhammad SAW experienced symptoms of fear after the first revelation. Sayyidah Khadijah (RA) not only protected her husband physically but also offered emotional comfort. In this high-pressure situation, she took tangible actions, such as accompanying the Prophet and discussing what he was experiencing. This created a sense of calm in Prophet Muhammad SAW's heart and helped him refocus on the mission he needed to undertake.

Forty percent of individuals experiencing severe stress were reported feeling better after receiving emotional support from their partner ([Anggraini and Asi, 2022](#)). This demonstrates how effective Sayyidah Khadijah (RA)'s role was in providing the necessary protection for Prophet Muhammad SAW during those critical moments. By facilitating a space for him to express his doubts, Sayyidah Khadijah (RA) strengthened her husband's mental and emotional resilience in facing all challenges.

The Trust and Belief Expressed by Sayyidah Khadijah (RA) in Prophet

Sayyidah Khadijah (RA)'s unwavering trust in Prophet Muhammad SAW was pivotal during the initial phase of his prophethood. At each critical moment, she firmly believed that her husband had been divinely chosen to convey the message of Allah SWT. When Prophet Muhammad SAW experienced deep uncertainty and fear regarding the truth of the revelation he had received, Sayyidah Khadijah (RA) stood by him with steadfast conviction. She confidently reassured him of his noble character and divine mission, affirming that he was indeed the Prophet and Messenger of Allah SWT ([Al-Mubarakfuri, 2020](#)). In psychological studies, complete trust in a partner can provide an extraordinary boost for individuals experiencing a crisis of identity or self-esteem ([Purba & Yonce, 2021](#)). In this context, Sayyidah Khadijah (RA), as a wife, is a supporter and a loyal friend. She does not hesitate to reassure Prophet Muhammad SAW deeply that what he is experiencing is part of divine destiny.

To illustrate, when Prophet Muhammad shared his first experience in the Cave of Hira, Sayyidah Khadijah (RA) not only listened but also provided a positive perspective that the revelation was a sign from Allah SWT. With a simple statement, she affirmed, "You are the chosen one, and Allah does not burden a servant beyond their capacity." ([Al-Mubarakfuri, 2020](#)). This statement aligns with positive psychology's teachings, which recommend using affirmations to enhance self-confidence. In further analysis, we can see that Sayyidah Khadijah (RA)'s trust had a positive effect. According to developmental psychology theory, the beliefs of close individuals can accelerate the adaptation process to changes experienced by the individual ([Sumanto, 2014](#)). In other words, Sayyidah Khadijah (RA)'s trust strengthened Prophet Muhammad SAW's mental resilience and facilitated his transformation into a capable spiritual leader in the future.

The Impact of Support on the Mission of the Messenger

The Mental and Emotional Stability of Prophet Muhammad SAW in Facing Challenges

The psychological support provided by Sayyidah Khadijah (RA) to Prophet Muhammad SAW during the early days of receiving revelation cannot be underestimated. In psychology, mental and emotional stability is crucial in facing pressures and challenges. As a wife, Sayyidah Khadijah

(RA) was not just a listener but also an invaluable source of strength for Prophet Muhammad SAW. A study conducted by Sihombing and Cutmetia (2024) demonstrates that emotional support from a partner significantly enhances an individual's capacity to cope with stress and life challenges. When Prophet Muhammad SAW received the first revelation in the Cave of Hira, he experienced a frightening and overwhelming encounter. Feelings of anxiety and fear often arose from the heavy responsibilities that came with the revelation. In such moments, Sayyidah Khadijah (RA) was there to provide moral support. After Prophet Muhammad SAW returned from the meeting with Angel Jibril, Sayyidah Khadijah (RA) was the first to hear his concerns and reassured him that he was not insane. Sayyidah Khadijah (RA)'s support ensured that Prophet Muhammad SAW could overcome his fears and remain focused on his entrusted mission.

From a psychological perspective, Smith and Wesson, in the article by Rizqi and Ediati (2020), shows that social support can reduce levels of depression and anxiety. Given this explanation, it is clear that the support provided by Sayyidah Khadijah (RA) was not only emotional but also served as a coping mechanism for Prophet Muhammad SAW. This support encouraged him and helped strengthen his conviction in his role as a Messenger. Furthermore, Sayyidah Khadijah (RA)'s consistent support created a stable environment for Prophet Muhammad SAW. In the context of positive psychology, a supportive environment can enhance an individual's performance (Muktamar and Pinto, 2023). Within their household, Sayyidah Khadijah (RA) created an atmosphere of love and understanding, protecting Prophet Muhammad SAW from external pressures. Such an environment encouraged him to feel more confident carrying out his heavy responsibilities.

Additionally, in a broader context, Dewi Yustika et al. research shows that individuals with strong emotional support, such as from partners or family, tend to have better mental health (Dewi et al., 2021). In historical records, Sayyidah Khadijah (RA) is a remarkable example who provided brilliant support during the most challenging times, ultimately contributing to the continuity of Prophet Muhammad SAW's mission.

The Spiritual Resilience Gained from Sayyidah Khadijah (RA)'s Support.

The support provided by Sayyidah Khadijah (RA) to Prophet Muhammad SAW not only impacted his mental and emotional aspects but contributed to his spiritual resilience. Spiritual resilience refers to an individual's ability to remain steadfast in faith and spirituality when facing life's challenges. It is developed through a long process of inner struggle, reflection, and strengthening of belief. In the case of Prophet Muhammad (SAW), this resilience is evident in his unwavering commitment to da'wah despite severe rejection and social pressure. In his missionary efforts, Prophet Muhammad SAW faced various challenges, including rejection and ridicule from the Quraysh community. In such challenging situations, spiritual resilience became an urgent necessity. Sayyidah Khadijah (RA), with her unwavering faith, served as a source of inspiration for Prophet Muhammad SAW, helping to strengthen his trust in Allah.

As a woman of good reputation and wealth, Sayyidah Khadijah (RA) was crucial in providing legitimacy and support to Prophet Muhammad SAW in his mission. Islamic Family Psychology explains that an individual's spiritual resilience in facing difficulties is greatly supported by the backing of loved ones (Rahman, 2023). Sayyidah Khadijah (RA) provided emotional support and fostered a solid spiritual conviction for Prophet Muhammad SAW. Throughout his mission, Prophet Muhammad SAW often faced feelings of loneliness and doubt. However, with Sayyidah Khadijah (RA) as his spiritual partner, he felt he was not alone. Her support allowed him to develop his

spiritual resilience better. Historical records show that during difficult times, such as when he faced outright rejection of his message, Sayyidah Khadijah (RA) was always there to provide encouragement and Motivation. She fully believed in her husband's mission, reinforcing Prophet Muhammad SAW's determination to persevere in his prophetic calling.

The benefits of Sayyidah Khodijah (RA)'s spiritual support positively influenced Prophet Muhammad SAW's mental resilience, which evident in his steadfastness and perseverance in spreading the teachings of Islam despite facing numerous challenges. The Prophet also demonstrated healthy coping mechanisms—such as patience, prayer, and firm principles—which were greatly reinforced by the support of those closest to him, especially his wife. "The spiritual resilience fostered through such support highlights the vital role of a partner in navigating life's challenges—exemplified by Sayyidah Khadijah (RA), who offered emotional reassurance and affirmed the truth of the Prophet's mission. This aligns with various studies showing that positive relationships and spiritual support can facilitate individuals in attaining higher spiritual goals and values in life (Tanamal, 2023).

The importance of this spiritual resilience is evident in specific moments during the mission, where persistent rejection could lead to feelings of frustration. However, Sayyidah Khadijah (RA) consistently reminded Prophet Muhammad SAW of the significance of his mission. Her courage and unwavering faith became the main driving force for him to keep moving forward. Thus, the spiritual resilience that Prophet Muhammad SAW gained from Sayyidah Khodijah (RA)'s support was integral to his journey. A comprehensive understanding of the Prophet's spiritual resilience can offer valuable insights for Muslims today in developing inner strength and faith-based endurance.

The Ability to Fulfill the Heavy Duties of a Messenger

The success of Prophet Muhammad SAW in carrying out his immense responsibilities as a Messenger is inseparable from the vital role played by Sayyidah Khadijah (RA). As his wife, she was not only a companion and confidante but also his foremost source of emotional strength and encouragement. Her psychological support enabled the Prophet to manage the extraordinary pressures of his divine mission with resilience and clarity. Riniwati (2016) notes that support from a life partner can significantly enhance one's effectiveness in fulfilling demanding roles—an insight clearly reflected in the Prophet's early experiences.

In the early days of receiving revelation, Prophet Muhammad SAW faced extraordinary challenges. Rejection from those who were once his friends and close relatives became one of the most challenging trials. During this phase, Sayyidah Khadijah (RA) was vital in helping him stay focused and unwavering. When Prophet Muhammad SAW experienced deep sadness due to this rejection, Sayyidah Khadijah (RA) immediately approached him and reassured him that everything he faced was part of Allah's more excellent plan (Rofi'Usmani, 2022).

When discussing the ability to fulfill heavy duties, it is essential to consider the influence of the emotional and mental support provided by Sayyidah Khadijah (RA). Psychological science explains that individuals with support from loved ones are better equipped to seek solutions to complex problems (Minderop, 2010). In this case, Sayyidah Khadijah (RA) served as a continuous source of Motivation, supplying the hope and understanding that Prophet Muhammad SAW needed to continue his struggle.

The courage of Sayyidah Khadijah (RA) to share her faith and confidence in the mission undertaken by Prophet Muhammad SAW became a crucial asset for him to feel less alone. With every step taken, Sayyidah Khadijah (RA) was always ready to provide support through

encouraging words and tangible actions. This is reflected in the reality that as Islam continued to grow, her support was not only emotional but also practical, particularly in terms of financial and logistical assistance that helped in spreading the teachings of Islam.

Sayyidah Khodijah (RA)'s role as a supportive wife significantly contributed to Prophet Muhammad SAW's ability to fulfill his heavy duties as a Messenger. According to *Sirah Nabawiyah* by Syaikh Al-Mubarakfuri, Sayyidah Khadijah (RA) played a crucial role in maintaining the emotional and mental stability of Prophet Muhammad SAW, especially during the time he began receiving revelation. Khadijah (RA) was known to be loyal, loving, and understanding, providing emotional support that strengthened the Prophet in facing the challenges of his mission. Beyond physical protection, she also served as a psychological and spiritual support by reassuring the Prophet when he felt fear and anxiety. Khadijah(RA)'s material support enabled the Prophet to focus on his prophetic duties without worrying about worldly needs. Through her strong emotional and spiritual support, Sayyidah Khadijah (RA) helped strengthen Prophet Muhammad SAW's mental resilience and provided the foundation to implement the social changes envisioned through his mission. Thus, Khadijah (RA) had a central role in preserving the Prophet's emotional and mental balance, which was fundamental to the early success of the Islamic mission. This reflects the importance of partners in supporting one another in facing challenges and achieving higher life goals.

This study remains limited to classical literature and focuses primarily on the early phase of prophethood, without incorporating modern psychological approaches or exploring the continued role of Sayyidah Khadijah (RA). Future research is encouraged to adopt interdisciplinary approaches such as coping stress theory, emotional resilience, and gender perspectives, as well as conduct comparative studies with other prominent women in prophetic history to broaden the understanding.

CONCLUSION

The support provided by Sayyidah Khadijah (RA) to Prophet Muhammad SAW extended beyond emotional comfort; it created a secure environment in which he could receive and internalize divine revelations with confidence. Amid the turbulent social conditions of pre-Islamic Arabia and the profound spiritual experiences leading up to his prophethood, her presence played a crucial role. When the first revelation descended, the Prophet's emotional response was met with unwavering support from Sayyidah Khadijah (RA)—demonstrating the power of partnership in navigating life's most difficult moments. Her contribution was not limited to her role as a wife; she was a true companion and steadfast supporter in every circumstance. This example offers valuable insights for strengthening support systems in relationships, particularly during times of crisis.

In conclusion, Sayyidah Khadijah (RA)'s psychological support for the Prophet was multidimensional. It encompassed emotional reassurance, spiritual affirmation, and the creation of a safe emotional space that reinforced his mission. Her influence was pivotal in shaping the Prophet's early journey and is an essential part of Islamic history.

Their relationship illustrates that spiritual support between partners can solidify purpose and resilience, leading to transformative outcomes. Such mutual support in a spiritual context remains a powerful model for contemporary relationships. This research contributes meaningfully to the Muslim community by emphasizing the vital role of spousal support—emotionally and spiritually—in fostering mental and emotional stability. The example of Sayyidah Khadijah (RA), as a wise and

strong woman, continues to inspire modern Muslim women. Furthermore, this study underscores the significance of psychological support in religious life and da'wah, encouraging the ummah to embody values of loyalty, resilience, and compassion in both family and community life.

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