

## Religious Coping Used by Earthquake Survivors during Huge Earthquake in Türkiye

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On 6 February 2023 a huge earthquake struck Türkiye with a magnitude of Mw 7.7. More than 10 million people in eleven cities have personally experienced the great and terrible and frightening shaking of the earthquake. In the earthquake, more than one hundred thousand people were injured and more than 50 thousand people died. Religion is a law enacted by Allah, which, by their own will, guides people of intelligence to goodness in this world and salvation in the hereafter<sup>1</sup>. Religious coping is religiously framed cognitive, emotional, or behavioral responses to stress, encompassing multiple methods and purposes as well as positive and negative dimensions<sup>2</sup>. Herein, we presented some examples of religious coping used by earthquake survivors during the huge earthquake in Türkiye to emphasize the importance of religion and spirituality.

Millions of people prayed and begged Allah and asked Allah for salvation, help, and blessing and tens of thousands of people read the Shahada (the testimony) and Adhan during the earthquake on 6 February 2023 because they believe the following religious teachings: A person who died by saying “La ilaha ill Allah, Muhammadan Rasulu-Allah” in his last breath entered the grave with faith. Entering the grave with faith saves a person from living in hell forever. The Prophet Muhammad (Sallallahu Alayhi Wa Sallam) said: “He who died knowing (fully well) that there is no god but Allah entered Paradise”<sup>3</sup>. The coming of calamities is the time of some special duas (supplications). As these times continue, those duas and Salahs are performed<sup>4</sup>. Adhan, one of the sacred signs of the religion of Islam, is a shield against calamities. When the Adhan is called in a village or city, Allah will make it safe from the punishment that day<sup>5</sup>. Allah's Messenger (Sallallahu Alayhi Wa Sallam) said, “When the Adhan is pronounced Satan takes to his heels and passes wind with noise during his flight in order not to hear the Adhan”<sup>6</sup>.

Thousands of people were rescued from the rubble in the huge earthquake in Türkiye. The spiritual feelings and religious coping strategies experienced by some people rescued from the rubble are as follows: A 17-year-old male who was rescued from the rubble 2 hours after the earthquake said the following: “When there was the earthquake, I hit the door. I fainted at that moment. When I opened my eyes, I was in a dark void. I thought that I was in a coffin and I was dead. When I realized that I was under the rubble, I recorded a video with my mobile phone.” There was following expressions in the video recording: “I'm going to die, the ceiling is above me right now. There are things that I regret a lot. May Allah forgive all my sins”. A 31-year-old male, who was rescued from the rubble 36 hours after the earthquake, said “I have never been afraid to die. Muslims are not afraid of dying. Death is our debt.” A 38-year-old mother, her husband and two children rescued from the rubble 10 hours after the earthquake. She recorded a video with her cell phone under the rubble in order not to die with the servant rights (the rights of one servant over another): “If we die and you find my phone, everyone gives us their blessing.”

A 17-year-old male who was rescued from the rubble 94 hours after the earthquake noted “I survived by courtesy of Allah. I just waited for the rescue team to arrive. Thank Allah you came too.” The father prostrated and prayed to Allah just after hearing that his son had survived the rubble. Lastly, a piece of paper with a handwritten prayer on it emerged from the rubble. There was the expression of “Give me a less painful death...” in the prayer.

In conclusion, we would like to emphasize that millions of earthquake survivors used religious coping such as Shahada, Adhan, and/or various duas during the huge earthquake in Türkiye. Second, belief in Allah and religion are very crucial for most people in many cultures around the world, especially during calamities and disasters. Lastly, we would like to emphasize that when man comes face to face with death, belief in Allah gives him consolation, courage and comfort, because belief is both light and strength. Yes, one who acquires true belief may challenge the whole universe and be saved from the pressure of events in accordance with the strength of his belief. Saying, “I place my trust in Allah,” he travels through the mountainous waves of events in the ship of life in complete safety. He entrusts all his burdens to the hand of power of the Absolutely Powerful One, voyages through the world in ease, then takes his rest in the Intermediate Realm. Later he may fly up to Paradise in order to enter eternal happiness<sup>7</sup>.

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