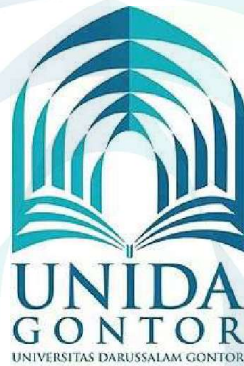


**THE CONCEPT OF MURU'AH ACCORDING TO IBN
QAYYIM AL-JAUZIYYAH TO INCREASE SELF-ESTEEM**



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FACULTY OF USHULUDDIN

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2024 M/1446 H

**THE CONCEPT OF MURU'AH ACCORDING TO IBN
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THESIS

Presented to University of Darussalam Gontor in Partial Fulfillment
of Requirements for Completing the Undergraduate Program of
Aqidah and Islamic Philosophy

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Abstrak

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Budaya ummat Islam sudah dianggap ketinggalan zaman dan mereka malu ketika tampil dengan harga diri seorang muslim yang menjunjung tinggi akhlak yang mulia. Sebaliknya mereka lebih bangga ketika tampil dengan gaya Barat, bangga dengan kehidupan yang menjerumuskan mereka ke dalam kehidupan yang buruk. Lebih jauh dalam pandangan ilmuwan psikologi modern Barat, *self esteem* bersifat egosentris yaitu; ia tidak menyadari bahwa orang lain mempunyai perasaan dan pikiran yang berbeda dengan mereka. Ada juga aspek egosentris yaitu *imaginary audience* yang menganggap orang lain memiliki perhatian yang sangat besar terhadap dirinya, sebesar perhatian mereka sendiri.

Penelitian ini bertujuan untuk mengetahui konsep murū'ah dalam pandangan Ibnu Qayyim Al-Jauziyyah serta bagaimana perannya dalam meningkatkan self esteem.

Penelitian ini menggunakan penelitian kualitatif, dengan menggunakan pendekatan Tasawuf. Metode yang digunakan adalah metode analisis deduktif. Kesimpulan yang peneliti buat berawal dari pengetahuan umum tentang pemikiran tokoh dan memberikan evaluasi pada satu pemikiran tertentu. Sedangkan analisis sendiri diartikan sebagai kegiatan meneliti data yang diperoleh dari awal penelitian hingga akhir penelitian.

Hasil dari penelitian ini adalah bahwa Murū'ah dapat rusak pada seseorang karena rusaknya akal, kurangnya agama dan rasa malu. Murū'ah yang baik itu mencerminkan sifat yang luhur seperti sifat kesatria, teguh hati, pemberani dan kehormatan diri. Lalu pengaruh yang didapatkan dari mengamalkan semua tentang konsep murū'ah itu adalah memungkinkan kita untuk memiliki harga diri yang dapat dipandang baik oleh orang sekitar, berkembang menjadi orang yang dihormati, memiliki hubungan sosial yang baik, mematuhi ajaran agama, dan memperoleh keuntungan sosial dan spiritual yang besar.

Demi menyempurnakan penelitian serta kajian mengenai konsep murū'ah Ibnu Qayyim Al-Jauziyyah penulis menyarankan bagi peneliti selanjutnya diharapkan mampu mengkaji hasil penelitian ini secara kritis dan komprehensif. Kepada seluruh pelajar dan seluruh umat Islam agar dapat memahami pentingnya menjaga murū'ah dalam hidup, karena dengan menjaga murū'ah hal itu dapat menjalani kehidupan yang lebih baik.

Kata Kunci : *Murū'ah, Self Esteem, Ibnu Qayyim Al-Jauziyyah.*

Abstract

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The culture of Muslims has been considered outdated and muslims are ashamed when they appear with the pride of muslim who upholds noble moral. On the contrary, they are more proud when they appear in the Western style, proud of life that plunged them into a bad life. Furthermore, according to modern Western psychological scientists, *self-esteem* can be egocentric, i.e., meaning it is unaware that others have feelings and thoughts that are different from its own. There is also an egocentric aspect, namely *the imaginary audience* which believe that others have a very large concern for them, as much as their do.

This research aims to find out the concept of murū'ah in the view of Ibn Qayyim Al-Jauziyyah and how it plays a role in increasing self-esteem.

This study uses qualitative research, using a Sufism approach. The method used is deductive analysis method. The conclusions that the researcher makes start from general knowledge about the character's thinking and provide an evaluation on one particular thought. Meanwhile, analysis itself is defined as the activity of researching data obtained from the beginning of the research to the end of the research.

The result of this study is that Muru'ah can be damaged in a person due to the impaired intellect, lack of religion and shame. A good muru'ah reflects noble qualities such as chivalry, steadfastness, courage and self-honor. Then the influence of practicing muru'ah is that it allows us to have self-esteem that is well regraded by others, develop into a respected person, have good social relationships, obey religious teachings, and obtain great social and spiritual benefits.

In order to improve the research and study of the concept of murū'ah Ibn Qayyim Al-Jauziyyah, the author suggests that the next researcher is expected to be able to review the results of this research critically and comprehensively. To all students and all Muslims so that they can understand the importance of maintaining muru'ah in life, because by maintaining muru'ah it can live a better life.

Kata Kunci : *Murū'ah, Self Esteem, Ibn Qayyim Al-Jauziyyah.*

To Honorable,
Dean of Faculty of Ushuluddin
Univesity of Darussalam Gontor

Bismillāhirahmānirrahim

Assalāmu'alaikum Wr.Wb

It is my honor to present the thesis written by:

Name : Muhammad Raafi Zazuli Muflihu

Reg. Number: 402019221013

The Title : The Concept Of Muru'ah According To Ibn Qayyim
Al-Jauziyyah To Increase Self-Esteem

I declare that this thesis has been processed and corrected to fulfil the requirement fot the degree of Licentiate in **Aqidah and Islamic Philosophy** in the Faculty of Ushuluddin, University of Darussalam Gontor. Therefore, I request that the thesis could be examined soon.

Wassalāmu'alaikum Wr.Wb

Ponorogo, 26 September 2024 M

22 Rabi'ul Awal 1446 H

Supervisor


(Hasbi Arijal, M.Ag.)

Bismillāhirrahmānirrahīm

Assalāmu'alaikum Wr. Wb.

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Reg. Number: 402019221013

The Title : The Concept Of Muru'ah According To Ibn Qayyim
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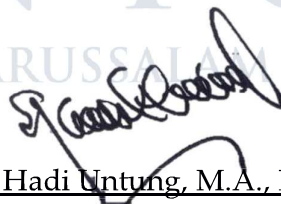
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year 1445-1446/ 2024-2025.

Wassalāmu'alaikum Wr. Wb.

Ponorogo, 01 October 2024 M

27 Rabi'ul Awal 1446 H

Dean of Faculty of Ushuluddin,



(Syamsul Hadi Untung, M.A., M.LS.)

Decision of the Examiners Team

The committee holds the thesis examination in partial fulfilment of the requirements for the degree of Licentiate in Aqidah and Islamic Philosophy in the Faculty of Ushuluddin, University of Darussalam Gontor on:

Day/ Date : Sunday, 6 October 2024
Place : University of Darussalam Gontor
the thesis written by:
Name : Muhammad Raafi Zazuli Muflihu
Faculty/Department : Ushuluddin/ Aqidah and Islamic Philosophy
Reg. Number : 402019221013
The Title : The Concept Of Muru'ah According To Ibn Qayyim Al-Jauziyyah To Increase Self-Esteem

Decided to grant him pass in the thesis examination. Hence, he is eligible to be awarded the degree of Licentiate in Comparative Aqidah and Islamic Philosophy in the Faculty of Ushuluddin, University of Darussalam Gontor.

Secretary,



Ussisa 'Alat Taqwa, M.Ag

Chairman,



Hasbi Arijal, M.Ag

1st Examiner : Maria Ulfa, M.Fil.I.



2nd Examiner : Ussisa 'Alat Taqwa, M.Ag



Declaration

I here by,

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Faculty : Ushuluddin

Program Study : Aqidah and Islamic Philosophy

The Title : The Concept Of Muru'ah According To Ibn Qayyim Al-Jauziyyah To Increase Self-Esteem

Declare sincerely that this thesis originally belongs to my own work and not belongs to other researcher for different degree. Furthermore, this thesis is not a work published before, except some parts with their original references.

Otherwise, if it found that this thesis is plagiarism, I'am ready to be ceased academically.

Ponorogo, 01 October 2024

Writer,



(Muhammad Raafi Zazuli Muflihu)

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MOTTO

أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ نَفْسٌ مَّا قَدَّمتْ لِغَدٍ وَاتَّقُوا اللَّهَ

إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ

"O you who believe, fear Allah and let everyone pay attention to what he has done for tomorrow (the hereafter). Fear Allah. Indeed, Allah is very careful about what you do."

QS al-Hasyr : 18

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DEDICATION

I dedicate this thesis to my beloved parents Murwaka Pujo Suratno and Ani Murwati who always pray and do the best for their children, support them until now. I really appreciate for your prayers, supports, and suggestions. Thank you so much.

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I realize that this final report still had many mistakes, so I highly expect

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