

***IKHTIAR AND TAWAKKUL IN THE STORY OF PROPHET
IBRAHIM AS AND THEIR ROLE FOR MAINTAINING
MENTAL HEALTH***



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**IKHTIAR AND TAWAKKUL IN THE STORY OF PROPHET IBRAHIM
AS AND THEIR ROLE FOR MAINTAINING MENTAL HEALTH**

THESIS

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ABSTRAK

IKHTIAR AND TAWAKKUL IN THE STORY OF PROPHET IBRAHIM AS AND THEIR ROLE FOR MAINTAINING MENTAL HEALTH

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Penelitian ini berfokus pada nilai-nilai *ikhtiar* dan *tawakkul* dalam kisah nabi Ibrahim AS serta perannya untuk menjaga kesehatan mental. Latar belakang penelitian ini muncul dari kebutuhan untuk memahami peran ajaran Al-Qur'an dalam mengatasi berbagai tantangan psikologis di era modern, seperti kecemasan stress dan konflik batin. Kisah Nabi Ibrahim AS yang penuh dengan ujian berat, menjadi inspirasi bagi umat islam dalam menjalani hidup dengan keseimbangan antara *ikhtiar* dan *tawakkul*.

Penelitian ini bertujuan untuk mengkaji nilai-nilai *ikhtiar* dan *tawakkul* dalam kisah Nabi Ibrahim AS, serta perannya dalam menjaga kesehatan mental. Pendekatan yang digunakan adalah tafsir tematik (*tafsir maudhui*) dengan menganalisis ayat-ayat Al-Qur'an yang terkait dengan kisah Nabi Ibrahim AS. Penelitian ini juga menggunakan berbagai kitab tafsir klasik dan kontemporer sebagai rujukan utama, seperti *Fī Zilālil Qur'ān* karya Sayyid Qutb, *Tafsir Al-Azhar* karya Buya Hamka, dan *Qashash Al-Anbiya* karya Ibn Katsir, untuk memahami nilai-nilai ini dalam konteks yang lebih luas.

Hasil penelitian menunjukkan bahwa *ikhtiar* dan *tawakkul* dalam kisah Nabi Ibrahim AS tidak hanya merepresentasikan keimanan yang kuat, tetapi juga berfungsi sebagai mekanisme yang mendukung kesehatan mental. *Ikhtiar* ditunjukkan melalui upaya sungguh-sungguh Nabi Ibrahim AS dalam mencari kebenaran, menjalani kehidupan berkeluarga, dan membangun kesejahteraan sosial. Sementara itu, *tawakkul* diwujudkan melalui keyakinannya bahwa segala hasil berada di bawah kehendak Allah, yang memberikan ketenangan jiwa, kekuatan mental, dan harapan, bahkan dalam situasi yang tampak mustahil.

Penelitian ini juga menemukan bahwa nilai-nilai *ikhtiar* dan *tawakkul* relevan untuk diterapkan dalam kehidupan modern, terutama dalam menghadapi keraguan, kecemasan antarpribadi, konflik batin dan ketidakpastian masa depan. Nilai-nilai ini dapat diatasi dengan *ikhtiar* dan *tawakkul* dengan *aqli*, *jasadi* dan *ruuhi* yang sungguh-sungguh sehingga dapat berperan untuk menjaga kesehatan mental.

Diharapkan hasil penelitian ini dapat memperkaya kajian tafsir Al-Qur'an, memberikan panduan praktis bagi umat Muslim dalam menghadapi tantangan hidup, dan menjadi rujukan untuk penelitian lebih lanjut mengenai integrasi nilai-nilai Islam dalam mendukung kesehatan mental.

Kata Kunci: *Ikhtiar, Tawakkul, Kisah Nabi Ibrahim AS, Kesehatan Mental*

ABSTRACT

IKHTIAR AND TAWAKKUL IN THE STORY OF PROPHET IBRAHIM AS AND THEIR ROLE FOR MAINTAINING MENTAL HEALTH

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This study focuses on the values of *ikhtiar* and *tawakkul* in the story of Prophet Ibrahim AS and their role in maintaining mental health. The background of this research arises from the need to understand the role of Qur'anic teachings in addressing various psychological challenges in the modern era, such as anxiety, stress, and internal conflicts. The story of Prophet Ibrahim AS, filled with severe trials, inspires Muslims to live with a balance between *ikhtiar* and *tawakkul*.

This study examines the values of *ikhtiar* and *tawakkul* in the story of Prophet Ibrahim AS and their role in maintaining mental health. The approach used is a thematic interpretation (*tafsir maudhui*), analyzing Qur'anic verses related to the story of Prophet Ibrahim AS. The research also uses various classical and contemporary tafsir works as primary references, such as *Fī Zilālil Qur'ān* by Sayyid Qutb, *Tafsir Al-Azhar* by Buya Hamka, and *Qashash Al-Anbiya* by Ibn Kathir, to understand these values in a broader context.

The findings show that *ikhtiar* and *tawakkul* in the story of Prophet Ibrahim AS represent strong faith and function as mechanisms that support mental health. *Ikhtiar* is demonstrated through Prophet Ibrahim's AS earnest *ikhtiar* in the pursuit of truth, fulfilling family life responsibilities, and building social welfare. Meanwhile, *tawakkul* is manifested in his firm belief that all outcomes are under Allah's will, providing peace of mind, mental strength, and hope, even in seemingly impossible situations.

The study also finds that the values of *ikhtiar* and *tawakkul* are relevant for application in modern life, particularly in addressing doubts, interpersonal anxiety, inner conflicts, and uncertainty about the future. These challenges can be mitigated through *ikhtiar* and *tawakkul* with sincere intellectual (*'aqli*), physical (*jasadi*), and spiritual (*ruuhi*) efforts, thus playing a role in maintaining mental health.

It is hoped that the results of this research will enrich the study of Qur'anic interpretation, provide practical guidance for Muslims in facing life's challenges, and serve as a reference for further research on the integration of Islamic values in supporting mental health.

Keywords: *Ikhtiar, Tawakkul, Prophet Ibrahim's AS Story, Mental Health*

To honorable,
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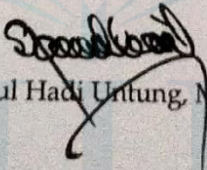
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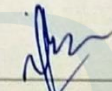
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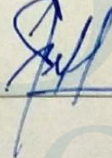
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MOTTOES

من هدي القرآن الكريم

قال الله تعالى في القرآن الكريم:

أعوذ بالله من الشيطان الرجيم

بسم الله الرحمن الرحيم

﴿إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّى يُغَيِّرُوا مَا بِأَنْفُسِهِمْ وَإِذَا أَرَادَ اللَّهُ بِقَوْمٍ سُوءًا فَلَا مَرَدَّ لَهُ وَمَا

هَهُمْ مِنْ دُونِهِ مِنْ وَالٍ﴾

“Allah does not change the condition of a people until they change their attitude and conduct. But if Allah intends punishment for a people, then it cannot be averted, nor will there be any protector for them besides Him.”

سورة الرعد: (١١)

﴿حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ﴾

“Allah is sufficient for me, none has the right to be worshiped except Him in Him I put my trust, and He is the Lord of the Mighty Throne.”

سورة التوبة: (١٢٩)

مَنْ جَدَّ وَجَدَ

“Barang siapa yang bersungguh-sungguh, dia pasti berhasil”

(المحفوظات)

DEDICATION

I dedicate this thesis to:

My most beloved parents, my father Jasnawi and my mother Suhartati, and also my beloved sisters, I could survive every single time of my life with their love and support. Hopefully, Allah put them in his Jannatun

Na'im, Aamiin.



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May Allah reciprocate a proportionate reward and bless them and may this humble thesis be valuable and useful for the readers especially for the writer/researcher.

Ponorogo, 17 Jumadal Tsani 1446 H

18 Desember 2024 M

Sincerely yours,



Sahara Permata

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