

CHAPTER 1

INTRODUCTION

A. Background of Study

Life challenges can give rise to personal, such as time pressure, fear of failure, the pursuit of academic excellence, and emotional struggles, including feelings of inferiority in comparison to others' achievements and inexplicable anxiety.¹

Similarly, in social life, significant harm can be observed among individuals, leading to numerous criminal acts occurring across various regions in Indonesia, such as robbery, adultery, domestic violence, and more. These issues reflect the moral decay within numbers of Muslims who, despite being expected to follow the example of Prophet Muhammad SAW, still engage in criminal acts due to a variety of underlying problems.²

According to police administrative data, the number of crime incidents in Indonesia has decreased, from 247,218 incidents in 2020 to 239,481 incidents in 2021. However, there was another drastic increase in 2022 to 372,965 incidents. The crime rate also experienced a similar pattern. In 2020, the crime rate reached 94, then decreased to 90 in 2021,

¹ N. Kumaraswamy. "Academic Stress, Anxiety and Depression Among College Students: A Brief Review". *International Review of Social Sciences and Humanities*, Vol. 5, No.1, p. 135-143.
https://www.academia.edu/4262192/International_Review_of_Social_Sciences_and_HumanitiesAcademic_Stress_Anxiety_and_Depression_among_College_Students_A_Brief_Review

² Mahmud Rifaannudin, Abdul Aziz, and Ilham Habibullah. "Positive Mind dan Efikasi Diri Perspektif Al-Qur'an (Studi Tafsir Munasabah Surat Al-Insyirah)", *Umunnuha*, Vol. 12, No. 2 (2023), p. 107
<https://ejournal.uinib.ac.id/jurnal/index.php/ulunnuha/article/view/5990>

but jumped to 137 in 2022.³ The Indonesian National Police (POLRI) reported back that 394,001 cases of crime occurred in Indonesia during the January to November 2023 period. The increase was 33.02% compared to January to November 2022 (cumulative-to-cumulative) which amounted to 296,176 cases.⁴

All damages that occurs are due to the many demands to fulfill the various needs of life. With so many demands, it often becomes a pressure for humans, because they are unable to fulfill their needs. And if it is not fulfilled, it will make humans feel like failures and despair about something. Meanwhile, the human ability to deal with pressure varies. For those, who can think clearly and positively, it will certainly be easy to get through the problem or pressure. However, those who are easy to despair, need the help of others to deal with pressure and problems in their lives.⁵

People who possess tawakkul can accept trials and calamities with patience and maintain positive thoughts in all circumstances. On the other hand, those who lack tawakkul often experience restlessness and complain about their misfortunes.⁶

³ Badan Pusat Statistik, *Statistik Kriminal 2023*, Catalog 4401002, ISSN-ISBN 2089-5291 (2023), p. 9-10

⁴ Cindy Mutia Annur, "Jumlah Kasus Kejahatan di Indonesia Berdasarkan Jenisnya (Januari-November 2023)," *Katadata*, accessed 10 November 2024, <https://databoks.katadata.co.id/datapublish/2023/12/12/pencurian-kejahatan-yang-paling-banyak-terjadi-per-akhir-november-2023>.

⁵ Nadzir Hakiki, "Konsep Berfikir Positif Menurut Dr. Ibrahim Elfiky Serta Relevansinya Dengan Bimbingan dan Konseling Islam", (Skripsi: Yogyakarta: UIN Sunan Kalijaga, 2018), p. 3, https://digilib.uin-suka.ac.id/id/eprint/29991/1/14220079_BAB-I_IV-atau-V_DAFTAR-PUSTAKA.pdf

⁶ Sulaiman, "Konsep Tawakal Menurut Imam Ghazali dalam Kitabnya Ihya 'Ulum Al-Din", vol.1, no.1, *Ameena Journal*, (2023), p. 44-45
<https://ejournal.yamal.or.id/index.php/aij/article/view/5/3>

Tawakkul is a harmonious combination of various elements that come together as one. These elements represent the degrees of tawakkul, including *ma'rifah* of Allah SWT, confidence in the necessity of making efforts, a firm commitment to *Tauhid* centered on Allah SWT, complete reliance of the heart solely on Allah SWT, maintaining *husnudzan* (positive assumptions) about Allah SWT, and the acts of submitting, entrusting, hoping, and surrendering everything exclusively to Allah SWT.⁷

This aligns with the concept of the Law of Attraction, which emphasizes that what dominates a person's mind can manifest into reality.⁸ Thought processes activate human effort, leading to goal-directed outcomes. This is because thinking is intrinsically linked to brain activity and other mental faculties.⁹

The Law of Attraction is a law of physics that states that positive or negative energy in the mind and will attract the energy outside to come into the mind. The concept of the Law of Attraction has been around since the 19th century. The concept has been increasingly recognized since the documentary *The Secret* was released in 2006. According to Rhonda Byrne, in his book *The Secret* and along with Western scholars, such as Michael J. Losier with his work entitled *Law of Attraction*, in their work, they explain that something that humans think about with all the focus

⁷ Abdul Karim, *Ensiklopedia Hukum Islam*, vol. 6, (Jakarta: Rabbani Press, 1997), p. 1815

⁸ The mind is process of working the mind to know something, or the most important power and characteristic that distinguishes between humans and other creatures (Khoirul Ibad, "Law of Attraction (Suatu Kajian Psikologi dengan Pendekatan Tafsir Tematik)", (Skripsi, Jakarta: Institut Ilmu Al-Qur'an), p. 1

⁹ Yusrin Ahmad Tosepu, *Pikir, Pikiran, Berfikir (Pengertian, Konsep, Fungsi, Macam, Tingkatan dan Faktornya)*, p. 3

https://www.academia.edu/89712556/Pikir_Pikiran_Berpikir_Pengertian_Konsep_Fungsi_Macam_Tingkatan_dan_Faktornya

and energy and relentless belief, then they will get it and materialize in a real life.¹⁰

The Qur'an contains many verses that clearly reflect the principles of the Law of Attraction. One such principle is that evil attracts more evil, while goodness brings about more goodness.

The Law of Attraction will respond to whatever a person emits by bringing in more vibrations (thoughts and feelings), whether they are positive or negative. Simply put, when one thinks about something, the law says, "Humans attract things towards themselves,".¹¹

So from the explanation that has been described above, the researcher is encouraged to discuss this title to review in detail about tawakkul in the Qur'an and its correlation with the concept of the Law of Attraction. The interpretation of the Qur'anic verses about the Law of Attraction and its correlation to tawakkul has not been widely explored by Muslim scholars nor others. This concept holds great potential in personal development, as it encourages individuals to cultivate a strong mindset, take meaningful action, and rely on Allah's will to achieve success. If maximized, this potential can lead to significant transformation and fulfillment in life.

In this research, the researcher combines two concepts that are rarely studied together, namely tawakkul in the Qur'an and the Law of Attraction. Tawakkul is generally understood as an Islamic religious concept, while the Law of Attraction is better known as a modern self-help concept. This research will explore how these two concepts can

¹⁰ Rudin S. Rauf, *Quranic Law of Attraction: Meraih Asa dengan Energi Kalam Ilahi*, vol. 33, (Yogyakarta: Pustaka Pranala, 2023), p. 3

¹¹ Rudin S. Rauf, *Quranic Law of Attraction....*, p. 6

complement each other and provide a new perspective in understanding the concept of tawakkul in the Qur'an and the Law of Attraction.

B. Problem Formulation

Based on the background description that has been stated, the main problems that will be discussed in the study of this thesis proposal are:

1. What is the concept of tawakkul in the Qur'an?
2. How does tawakkul in the Qur'an correlate to the Law of Attraction?

C. Purpose of Study

1. To discover the concept of tawakkul in the Qur'an
2. To discover the correlation between tawakkul in the Qur'an and the Law of Attraction.

D. Significance of Study

In terms of its usefulness, this research has several benefits both theoretically and practically. This usefulness will be explained as follows:

1. Theoretical Benefits

- a. This research is expected to contribute to science and a deeper understanding of the concept of tawakkul in the Qur'an.
- b. This research is expected to make a new contribution to enrich the tapestry of Islamic sciences, especially in the fields of *tafsir* and Islamic psychology.
- c. This research will explore the correlation between the concept of tawakkul in the Qur'an and the concept of the Law of Attraction that is popular in modern thought, in this case, it will open a new discourse in connecting Islamic teachings based on the Qur'an with contemporary thought.
- d. This research is expected to be a reference material for academics, *da'wah* practitioners, and the general public.

2. Practical Benefits

- a. The results of this research are expected to formulate a model for the application of tawakkul in life inspired by the principles of the Law of Attraction.
- b. This research can be a bridge between religion and science, especially in understanding the concept of tawakkul and the Law of Attraction.
- c. It is hoped that this discussion will also be able to help Muslims in optimizing their efforts and tawakkul in achieving life goals.
- d. The application of tawakkul and the Law of Attraction can help improve the quality of one's life in various aspects, such as mental, spiritual, and financial health. This is because the concept of tawakkul combined with the principles of the Law of Attraction can help build a strong and resilient mentality.

E. Previous Study

To support this research, the researcher uses references from other scientific works that are relevant to the problem the researcher is working on. With this literature review, the researcher wants to show that what the researcher researched is different from previous research, including:

1. An article by Nurmianti, Achmad Abu Bakar, and Aan Parhani in 2021, a Polita Journal. With the title "*Nilai Tawakal dalam al-Qur'an*" in the article, the researchers discussed the value of tawakkul in the Qur'an using the thematic interpretation method that looks for verses related to tawakkul followed by reviewing these verses, and the difference found here, this research will discuss how the relationship between the concept of tawakkul in the Qur'an and the concept of the Law of Attraction.

2. An article by Misbahul Faizah and Syamsul Arifin, with the title *"Konsep Tawakal dalam Al-Qur'an dan Relevansinya terhadap Pendidikan"* in 2023, published in Putih Journal. Focuses on how the concept of tawakkul in the Qur'an can be applied in education. The study highlights the importance of tawakkul in shaping the character of students, increasing mental resilience, and fostering an attitude of optimism and hard work in the learning process. Meanwhile, this study presents a novelty by not only examining the concept of tawakkul in the Qur'an, but also connecting it with the Law of Attraction, a concept that has developed in the study of modern psychology and self-development, by using a thematic approach.
3. A thesis by Dhiya Ulhaq, with the title *"Konsep Tawakal menurut Yusuf Qaradhawi"*, in 2022, at UIN Syarif Hidayatullah Jakarta. Focuses on the understanding of tawakkul in Yusuf Al-Qaradhawi's perspective, which emphasizes the balance between human effort and dependence on Allah. The research is more normative in nature with a character approach, which examines Al-Qaradhawi's views on the concept of tawakkul in Muslim life. Meanwhile, this research presents a novelty by examining the concept of tawakkul in the Qur'an and its correlation with the Law of Attraction directly from the main source, namely the Qur'an, with a thematic approach.
4. A thesis by Khoirul Ibad entitled *"Law of Attraction (Suatu kajian Psikologi dengan Pendekatan Tafsir Tematik)"*, in 2020, at the Jakarta Institute of Qur'anic Sciences. In this thesis, Khoirul Ibad presents an explanation of the Law of Attraction which examines the verses of the Qur'an with a Thematic Tafsir approach and leads to the field of psychology. His research study concludes that the relevance of the

Law of Attraction with the verses of the Qur'an according to the opinion of the mufassir is that the three terms (prayer, *zhan*, and gratitude) are Laws of Attractions that directly involve God's role or intervention in influencing the achievement of human life goals. In the discussion, what distinguishes this research is connecting the concept of the Law of Attraction with the concept of tawakkul in the Qur'an.

5. A journal with the title "*Law of Attraction: Inilah Jalan Meraih Impian?*" by Pipit Nurhayati, Masduki Asbari, and Abad Robbani Naharussurur, in 2023, the Journal Literaksi published. They examined the Law of Attraction, a popular belief that thoughts and emotions have a strong influence on events and situations that occur in life. The researcher finds a difference in the discussion of Pipit's work is to connect the concept of the Law of Attraction with the concept of tawakkul in the Qur'an.

In this study, the researcher aims to obtain a complete formulation of tawakkul in the Qur'an and its correlation with the Law of Attraction. And understand how the view of the verses of the Qur'an relates to the concept of the Law of Attraction and tawakkul.

F. Theoretical Framework

In this discussion, researcher want to reveal the concept of tawakkul in the Qur'an and its correlation with the Law of Attraction. Before the researcher brings the discussion related to this title in more depth, it would be better if the researcher informs and clarifies in advance the foundation used by the researcher to discuss this research presentation, namely:

1. Thematic Interpretation Method

The discussion in this study the researcher takes a disciplinary point of view or a theory with a thematic interpretation approach, which discusses one particular title in-depth and thoroughly so that a conclusion can be obtained.¹²

The thematic interpretation method is an attempt to understand the verses of the Qur'an by focusing on a predetermined theme by seriously studying the verses related to the theme discussed.

This thematic study has become a trend in the development of modern-contemporary *tafsir*. This method is believed to eliminate the subjective ideas of the interpreter. The purpose of the interpretation of thematic studies is to reveal Quranic concepts or ideas as a whole and holistic answer related to the theme studied.¹³

The thematic method of interpretation is very important because this method of interpretation begins by discussing the verses of the Qur'an according to the theme or title that has been determined. All verses related to the topic or theme are collected, and then discussed in depth and thoroughly from various related aspects.¹⁴

2. Tawakkul

The meaning of tawakkul is often misunderstood by some people, as an attitude of resignation to the circumstances that occur, and they put their trust without effort and work. As a result, the meaning of

¹² Dadan Rusmana, *Metode Penelitian al-Qur'an dan Tafsir*, (Bandung: Pustaka Setia, 2015), p. 90

¹³ Dr. H. Abdul Mustaqim, *Metode Penelitian al-Qur'an dan Tafsir*, (Yogyakarta: Idea Press, 2014), p. 57-58

¹⁴ Jani Ami, *Metode Penelitian Tafsir*, (Riau: Riau Librari Printing, 2013), p. 80-83

tawakkul is misused by some parties, becoming laziness or unemployment. Humans are allowed to try as much as possible.¹⁵

Tawakkul is a form of religious worship, which is the result of one's faith. Likewise, tawakkul becomes a practice of the heart, by leaving the impulse of one's lust and surrendering its power and strength only to Allah SWT, by simply depending on or surrendering to Allah SWT.

Because tawakkul is the last point in an effort. Where an effort without tawakkul will build a soul that is always restless, or surrounded by anxiety. And vice versa, if the effort is completed with a form of tawakkul, it will build a calm spirit because the top of all the efforts made is accompanied by a sense of tawakkul or surrender to Allah SWT.¹⁶

3. Law of Attraction

The term Law of Attraction is usually used in the context of philosophy or psychology which refers to the idea that a person's thoughts and feelings can influence their reality and life outcomes. The law of Attraction is a law of physics that states that positive or negative energy in the mind and will attract the energy outside to come into the mind. The concept of the Law of Attraction has been around since the 19th century.¹⁷ The Law of Attraction will respond to whatever a person emits by bringing in more vibrations (thoughts and feelings), whether they are positive or negative.

¹⁵ Dhiya Ulhaq, *Konsep Tawakal Menurut Yusuf Al-Qaradhawi*, (Skripsi, Jakarta: UIN Syarif Hidayatullah, 2022), p. 2,

https://repository.uinjkt.ac.id/dspace/bitstream/123456789/66531/1/11180110000135_DHIYA%20ULHAQ.pdf

¹⁶ M. Quraish Shihab, *Tafsir al-Miṣbāḥ: Pesan, Kesan, dan Keserasian Al-Qur'an*, vol. 1, (Jakarta: Lentera Hati, 2008), p. 616-617

¹⁷ Rudin S. Rauf, *Quranic Law of Attraction....*, p. 3

A universal principle states that whatever one thinks and believes can become reality. Sometimes, people attract undesirable outcomes because they don't fully understand how the Law of Attraction works. One attracts what they believe, not necessarily what they want. This universal law applies to all, regardless of ethnicity, race, or beliefs, much like the law of gravity, which affects all of humanity. Everything we possess and experience on Earth is a manifestation of our thoughts and feelings. Therefore, understanding the Law of Attraction is an essential lesson in life.¹⁸

4. Correlation Analysis

The correlation analysis technique is used to determine whether or not there is a correlation trend between two or more variables. At least this technique correlates two variables. In this correlation analysis technique, it is mainly used to determine the trend of the relationship between one variable and another. The relationship between the variables being correlated does not question a cause and effect. The variables being analyzed for their relationship are dependent variables and independent variables. It should be noted that the variables to be correlated must have a theoretical basis or theoretical framework.¹⁹

Based on the above discussion, the researcher will analyze the Qur'anic verses related to the concept of the Law of Attraction and its correlation with the concept of tawakkul in the Qur'an.

¹⁸ Pipit Nurhayati et.al, "*Law of Attraction: Inilah Jalan Meraih Impian*", vol. 01, no. 02, *Literaksi Journal*, (2023), p. 128-129

¹⁹ Setyo Budiwanto, *Metode Statistika: Untuk Mengolah Data Keolahragaan*, (Malang: Universitas Negeri Malang, 2017), p. 62-63

G. Methods of Research

For the research objectives to be realized systematically, it is necessary to compile structured and accurate research methods. The research methods that the researcher has taken are arranged in the following categories:

1. Type of Research

In terms of type, this research is literature, including the type of library research. Library research is research whose data collection is carried out by collecting data from various literatures. The literature studied is not limited to books but can also be in the form of documentation materials, magazines, journals, and newspapers.²⁰ The substance of this type of research is the content of data that is theoretical, conceptual, or in the form of ideas.²¹

2. Source of Data

a. Primary Data

In this research, the researcher examines data sources related to the problem to be discussed:

- 1) *Tafsir al-Miṣbāḥ: Pesan, Kesan, dan Keserasian Al-Qur'an*, by M. Quraish Shihab, published in Lentera Hati, Jakarta, in 2008.
- 2) *Tafsir Fī Z̤hilālil Qur'ān*, by Sayyid Quthub, published in Gema Insani press, Jakarta, in 2001.
- 3) *Tafsir al-Azhar*, by Hamka, published in Pustaka Nasional PTE LTD, in 1990.

²⁰ Sarjono. DD, *Panduan Penulisan Skripsi*, (Yogyakarta, 2008), p. 20

²¹ Nashruddin Baidan and Erwati Aziz, *Metode Khusus Penelitian Tafsir*, (Yogyakarta: Pustaka Pelajar, 2016), p. 27-28

- 4) *The Secret Law of Attraction: Master The Power of Intention*, by Katherine Hurst, published in Greater Minds, in 2016.
- 5) *Quantum Ikhlas: Teknologi Aktivasi Kekuatan Hati*, by Erbe Sentanu, published in Elex Media Komputindo, in 2017.

b. Secondary Data

Supporting data that discusses this research, namely:

- 1) Khoirul Ibad's thesis entitled "*Law of Attraction (Suatu kajian Psikologi dengan Pendekatan Tafsir Tematik)*".
- 2) Journal of Literacy: Education Management with the title *Law of Attraction: Inilah Jalan Meraih Impian?*, by Pipit Nurhayati, Masduki Asbari, and Abad Robbani.
- 3) Journal of Sociotechnology, *Alam, Manusia, dan Spiritualitas*, by Yasmin Kartikasari.
- 4) Journal of *Sumber Law of Attraction (Analisis al-Qur'an dan Neurosains)*, by Khoirul Ibad
- 5) The Journal *The Law of Attraction: Kekuatan Intelegensi?*, by Agung Purwanto, Hanif Fadli Yanuar, and Gunawan Santoso.
- 6) *Menyingkap Alam Kehidupan Manusia dalam al-Qur'an*, by Drs. Syafi'in Mansur, M. A.
- 7) *Psikologi Agama dan Spiritualitas: Memahami Perilaku Beragama dalam Perspektif Psikologi*, by Prof. Dr.H.Endin Nasrudin, M.Si and Dr. Ujam Jaenudin, M.Si

3. The Technique of Data Analysis

In this thesis, data is collected by *the documentation method* to find data on things or variables in the form of notes, transcripts, books, newspapers, and magazines. In using this documentation method, the researcher have a list to find variables that have been

determined.²² This method is one of the data collection methods in qualitative research and at the same time, as a complement to the use of observation and interview methods.²³

The collected data is then analyzed using a thematic approach by classifying and interpreting the information according to specific themes related to the concept of tawakkul and its correlation with the Law of Attraction. The analysis process includes identifying relevant verses in the Qur'an, reviewing interpretations from classical and contemporary Islamic scholars, and comparing them with modern psychological perspectives. Additionally, literature related to Law of Attraction is examined to find conceptual similarities and differences with the Islamic perspective on tawakkul. Through this approach, the study aims to establish a clearer understanding of how tawakkul can be contextualized in modern self-development theories.

4. Methods of Data Analysis

Data analysis is an important process in research, which involves sorting and organizing data into categories, patterns, and basic units of description. This process also includes interpretation, which aims to uncover meaning and identify relationships among these units. The goal of this process is to discover topics and formulate hypotheses based on the analyzed data.

This research uses descriptive and analysis methods. The collected data will be described and analyzed qualitatively.²⁴ Focusing on various works of Qur'anic interpretation (*tafsir*). The analysis is

²² Sitoyo and Sodik, *Dasar Metodologi Penelitian*, p. 66

²³ Sugiyono, *Metode Penelitian Kuantitatif, Kualitatif dan R&D*, (Bandung: Alfabeta, 2009), p. 240

²⁴ Sugiyono, *Metode Penelitian Kuantitatif, Kualitatif....*, p. 7

directed at exploring thematic unity in the Qur'an by systematically examining the data using the content analysis method.²⁵

Content analysis involves researching the content of communication messages and processing them to uncover the meaning contained in specific statements or verses. This method was applied to identify the Qur'anic perspective on tawakkul by analyzing how this concept is explained about trust in God and human effort.²⁶

The researcher also examines the principles of the Law of Attraction with a focus on positive thinking, visualization, and energy alignment. By comparing these principles with the Qur'anic teachings on tawakkul, the research identifies similarities, differences, and possible points of synergy. The aim is to highlight how the Qur'anic concept of tawakkul can be understood and applied in the context of modern human aspirations and beliefs, including the Law of Attraction.

H. System of Study

This thesis consists of four chapters, each of which has the following discussion:

Chapter I, in this chapter, includes a background of the study, problem formulation, research objectives and benefits, literature review, research systematics, and research methodology.

Chapter II, in the chapter discusses in general the definition of tawakkul and the Law of Attraction. In the first subchapter, it discusses

²⁵ Guide H. Stempel, *Content Analysis*, alih Bahasa Jalaluddin Rahmat & Arko Kasta, (Bandung: Arai Komunikasi, 1983), p. 8

²⁶ Imam Suprayogo and Tobroni, *Metode Penelitian-Sosial-Agama* (Bandung: Remaja Rosda Karya), p. 71

tawakkul, namely the definition, types of tawakkul, levels, and benefits of tawakkul. And in the second sub-chapter will discuss the Law of Attraction, namely the definition, history, and concrete examples of the Law of Attraction in everyday life.

Chapter III, in this chapter the researcher wants to discuss in detail about tawakkul in the Qur'an and its correlation with the Law of Attraction. There are three subchapters in the third chapter, *the first* is to discuss the concept of tawakkul in the Qur'an by discussing the verses and interpretations related to tawakkul and the Law of Attraction. *The second*, is to discuss the Law of Attraction principle by basic theory, the working mechanism, and Qur'anic perspective. *The Third*, the correlation between tawakkul in the Qur'an and the concept of the Law of Attraction here discusses the similarities and differences between the two things as well as the application of tawakkul and the Law of Attraction in everyday life.

Chapter IV, in this chapter provides conclusions of the discussion researcher has done along with suggestions for other researchers to be done.