

**TAFSEER OF SOUL IN THE QUR'AN ACCORDING TO SYEIKH
MUHAMMAD MUTAWALLI AL-SYA'RAWI IN TAFSIR AL-SYA'RAWI**



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UNIVERSITY OF DARUSSALAM GONTOR GONTOR PONOROGO

1446/2025

**TAFSEER OF SOUL IN THE QUR'AN ACCORDING TO SYEIKH
MUHAMMAD MUTAWALLI AL-SYA'RAWI IN TAFSIR AL-SYA'RAWI**

THESIS

Presen to

University of Darussalam Gontor

In Partial Fulfillment of the Requirements

For Bachelor Degree

By:

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ABSTRAK

Tafsir tentang Jiwa dalam Al-Qur'an Menurut Syeikh Muhammad Mutawalli Al-Sya'rawi dalam Tafsir Al-Sya'rawi

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Konsep jiwa dalam Islam memiliki peran sentral dalam kehidupan spiritual manusia, sebagaimana dijelaskan dalam Al-Qur'an melalui berbagai tingkatan, yaitu nafs al-ammarah (jiwa yang cenderung pada kejahatan), nafs al-lawwamah (jiwa yang mencela diri), dan nafs al-muthmainnah (jiwa yang tenang). Sheikh Muhammad Mutawalli Al-Sya'rawi dalam Tafsir Al-Sya'rawi memberikan penjelasan mendalam mengenai perjalanan spiritual manusia dalam mengendalikan jiwa melalui introspeksi, ibadah, dan pendekatan diri kepada Allah.

Penelitian ini menggunakan penelitian kepustakaan (*library research*) karena menggunakan sumber-sumber seperti buku, jurnal, dokumentasi, dan referensi lainnya yang diperoleh dari perpustakaan. Selain itu, penelitian ini menggunakan metode tafsir tematik (*maudhu'i*) dalam menafsirkan ayat-ayat Al-Qur'an, yaitu dengan berfokus pada tema tertentu dalam Al-Qur'an untuk mengeksplorasi suatu topik secara mendalam melalui rujukan pada ayat-ayat yang relevan.

Penelitian ini bertujuan untuk menganalisis konsep jiwa dalam Al-Qur'an berdasarkan pemikiran Syeikh Muhammad Mutawalli Al-Sya'rawi dalam Tafsir Sya'rawi, dengan fokus pada tiga tingkatan jiwa: Nafs Al-Ammarah, Nafs Al-Lawwamah, dan Nafs Muthmainnah. Selain itu, penelitian ini memiliki tujuan untuk mengeksplorasi bagaimana tafsir Al-Sya'rawi menjelaskan perjalanan spiritual manusia dalam mengendalikan jiwa serta relevansinya dengan aspek psikologi dan kehidupan spiritual.

Hasil penelitian ini menunjukkan bahwa Syeikh Muhammad Mutawalli Al-Sya'rawi dalam Tafsir Al-Sya'rawi menggambarkan perjalanan jiwa manusia dari nafs al-ammarah menuju nafs al-muthmainnah melalui introspeksi, ibadah, dan dzikir. Penelitian ini juga menemukan bahwa Tafsir Al-Sya'rawi memiliki Relevansi dengan konsep psikologi modern, terutama dalam hal pengelolaan emosi dan keseimbangan mental, sehingga dapat berkontribusi pada kajian psikologi islam serta pengembangan mental.

Sebagai kesimpulan, manusia dapat meraih kebahagiaan sejati di dunia dan akhirat dengan terus berupaya memperbaiki diri serta memperkuat hubungan dengan Allah. Sebagai rekomendasi untuk pengembangan lebih lanjut, penelitian ini dapat memperluas pendekatan interdisipliner dengan mengintegrasikan tafsir Al-Sya'rawi dengan teori psikologi modern, seperti teori kepribadian Islam atau psikologi transpersonal. Pengembangan ini tidak hanya akan memperkaya literatur tafsir Al-Qur'an, tetapi juga berkontribusi pada bidang psikologi Islam.

Kata Kunci: Jiwa, Tafsir Al-Sya'rawi, Syeikh Muhammad Mutawalli Al-Sya'rawi, Tafsir Al-Qur'an

ABSTRACT

Tafsir of Soul in the Qur'an according to syeikh Muhammad Mutawalli Al-Sya'rawi in Tafsir Al-Sya'rawi

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The concept of the soul in Islam plays a central role in human spiritual life, as explained in the Qur'an through various levels: *nafs al-ammarah* (the soul inclined toward evil), *nafs al-lawwamah* (the self-reproaching soul), and *nafs al-mutma'innah* (the peaceful soul). Sheikh Muhammad Mutawalli Al-Sya'rawi, in his *Tafsir Al-Sya'rawi*, provides an in-depth explanation of the human spiritual journey in controlling the soul through introspection, worship, and drawing closer to Allah.

This study is a library research as it utilizes sources such as books, journals, documentation, and other references obtained from libraries. Additionally, this research employs the thematic interpretation (*maudhu'i*) method in interpreting Qur'anic verses, focusing on specific themes within the Qur'an to explore a topic in-depth by referring to relevant verses.

The objective of this study is to analyze the concept of the soul in the Qur'an based on the thoughts of Sheikh Muhammad Mutawalli Al-Sya'rawi in *Tafsir Al-Sya'rawi*, focusing on three levels of the soul: *Nafs Al-Ammarah*, *Nafs Al-Lawwamah*, and *Nafs Al-Mutma'innah*. Furthermore, this research aims to explore how Al-Sya'rawi's interpretation explains the human spiritual journey in controlling the soul and its relevance to psychology and spiritual life.

The findings of this study indicate that Sheikh Muhammad Mutawalli Al-Sya'rawi, in *Tafsir Al-Sya'rawi*, describes the journey of the human soul from *nafs al-ammarah* to *nafs al-mutma'innah* through introspection, worship, and *dhikr*. This study also finds that *Tafsir Al-Sya'rawi* is relevant to modern psychology, particularly in terms of emotional management and mental balance, thus contributing to Islamic psychology studies and mental development.

In conclusion, humans can achieve true happiness in this world and the hereafter by continuously striving for self-improvement and strengthening their relationship with Allah. As a recommendation for further development, this study can expand the interdisciplinary approach by integrating Al-Sya'rawi's interpretation with modern psychological theories, such as Islamic personality theory or transpersonal psychology. This development will not only enrich the literature on Qur'anic exegesis but also contribute to the field of Islamic psychology.

Keyword: Soul, Al-Tafsir Al-Sha'rawi, Sheikh Muhammad Mutawalli Al-Sha'rawi, Qur'anic exegesis

To Honorable
Dean of Faculty Of Ushuluddin
University of Darussalam Gontor

*Bismillahirrahmanirrahim,
Assalamualaikum Wr.Wb*

It is my honor to present this thesis written by:

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I Declare that this thesis has been processed to fullfil the requirement for the degree of licentiate in Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor. Therefore, I Request that the thesis could be examined soon.

Wassalamualaikum Wr.Wb.

Ponorogo, 23rd Sya'ban 1446 H

22nd Februari 2025 M

Supervisor



(Dr. Ilham Habibullah, M.Ag.)

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Bismillāhirrahmānirrahīm

Assalāmu'alaikum Warahmatullahi Wabarakatuh..

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Wassalamu'alaikum Warahmatullahi Wabarakatuh.

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Decision of Examiner Team

To committee hold the thesis examination in partial fulfillment of the requirements for the degree of licentiate in Al-Qu'ran and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor on:

Day/date : Monday , 9th Ramadhan 1446 H/ 9th March 2025 M

Place : University of Darussalam Gontor

The thesis Written by :

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Decided to grant him a pass in the thesis examination. Hence, He is eligible to be awarded the degree of licentiate in Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor.

Chief of Examination board,

Secretary



Dr. Ilham Habibullah M.Ag.



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Declaration

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I declare sincerely that this thesis originally belonged to my own work and not to other researchers for different degrees. Furthermore, this thesis is not a work published before, except for some parts with their original references.

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

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9th March 2025 M

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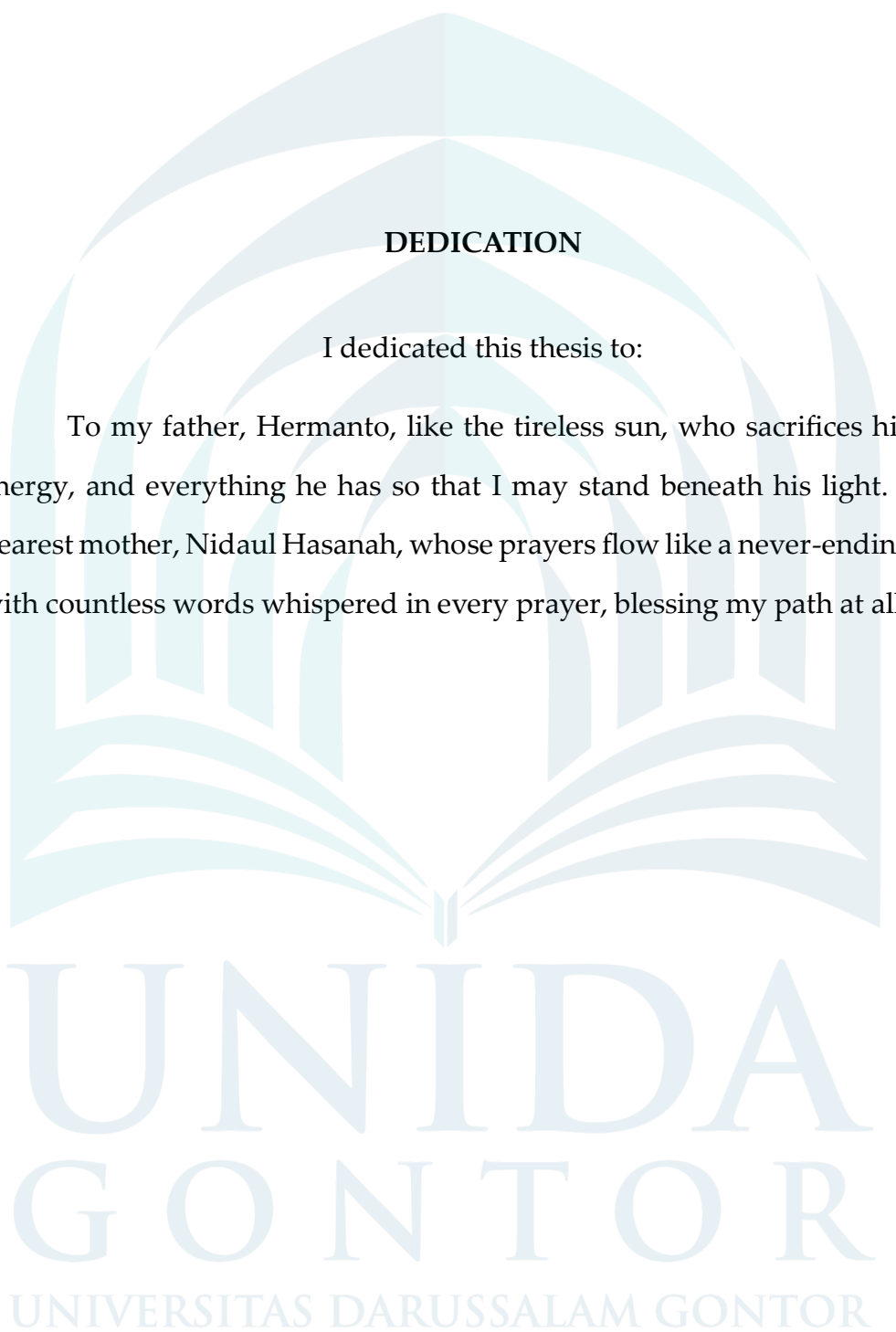
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MOTTOES

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

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DEDICATION

I dedicated this thesis to:

To my father, Hermanto, like the tireless sun, who sacrifices his time, energy, and everything he has so that I may stand beneath his light. To my dearest mother, Nidaul Hasanah, whose prayers flow like a never-ending river, with countless words whispered in every prayer, blessing my path at all times.

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ACKNOWLEDGMENT

Alhamdulillah al-ladzī ‘allama bi-l-qalam, ‘allama l-insāna mā lam ya’lam, asyhadu anna lā ilāha ill-Allah, wa asyhadu anna Muhammadan ‘abduhul-ladzī lā nabiyya ba’dahu, ‘ammā ba’d.

Alhamdulillah, All praise is to Allah SWT, the Most Majesty, Merciful, and Beneficence, who has given us countless guidance of truth, an abundance of gifts, love, and true happiness. All hope is on Him. Shalawat and Salam are always poured out to our Prophet Muhammad *ṢalaḤlāhu ‘alayhi wa salām*, his family, and friends. He is the best mirror for treading the intricacies of life throughout the ages. Hopefully, in the future, we will be included in the ranks of the people you allow to feel the freshness of the Kautsar.

The researcher is aware that this arrangement would not be successful without various parties contribution, motivation, encouragement, direction, and guidance from the various parties. Therefore, with all modesty.

The researcher expresses thanks and high appreciation to:

1. The Head Masters of Modern Islamic Boarding School Darussalam Gontor, KH. Hasan Abdullah Sahal, Drs. KH. M. Akrim Mariyat, Dipl. Ed., Prof. Dr. KH. Amal Fathullah Zarkasyi, M.A. allowed the researcher to study at the University of Darussalam Gontor.
2. The Rectors of University of Darussalam Gontor: Prof. Dr. KH. Hamid Fahmy Zarkasyi, M.Ed., M.Phil.

3. The Vice Rectors of University of Darussalam Gontor: Dr. H. Abdul Hafidz Zaid, M.A., Dr. Setiawan bin Lahuri, M.A., Dr. Khoirul Umam, M.Ec, Mr. Royyan Ramdhani Djayusman, Ph.D.
4. Mr. Syamsul Hadi Untung, M.A., M.LS. as the Dean of Faculty of Ushuluddin, University of Darussalam Gontor.
5. Ahmad Fadly Rahman Akbar, S.Ag., M.U.s., as the Head of Departement Al-Qur'an and Tafsir Studies at University of Darussalam Gontor
6. Honorable supervisor, Dr. Ilham Habibullah, M.Ag., for his worthy guidance and suggestion in supervising this thesis.
7. All of the lecturers at the University of Darussalam Gontor for their education during the study of the writer/researcher at this University.
8. To friends who have taken the time to help the research process so that I can complete this thesis.

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

Ponorogo, 9th March 2025 M

9th Ramadhan 1446 H

Writer,



Ahmad Hasyim