

Strategies to Treat Aggression in the View of the Quran and Narrations

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Abstract

Background and Objective: One of the unpleasant outcomes of today's society is aggression, which can have many reasons behind. The Qur'an perceives anger as an instance of ignorance; on the other hand, its controlling is considered to be one of the features of pious people. The aim of this research is to find the right Quran-narrative solutions to treat aggression given the behaviors that are regarded as aggressive, and need to be dealt with.

Method: This research adopts a descriptive-analytic method and, by using the Quran-narrative approach, is looking for ways to treat aggression, namely determining the contributory factors and preventing them, addressing aggression, and also preventing its catastrophic consequences. To collect the data, information centers like the database for the magazines of Iran (Magiran) and Scientific Information Database (SID) were utilized. Moreover, in this study, the ethical issues were all considered and the authors declared no conflict of interest.

Results: The results of this study show that in order for the strategies to take effect, it is necessary that all three solutions of cognitive, behavioral and emotional be used together to succeed in treating the aggression to a great extent.

Conclusion: From religious viewpoint, the first way to treat aggression is cognitive. This solution which is also called cognitive therapy aims at changing the attitude of the individual, explaining the concept of anger and its effects and consequences, along with changing the view of one's self, the world and others in the light of the orthodox monotheism. Therefore, it will guide individuals and save them from plunging into abyss of anger. As the next step, this helps individuals through emotional and behavioral solutions to become aware of this realization, thus internalizing it.

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Summary

Background and Objectives: Healthy people are the capital of every society, and the survival of society is more than anything else about survival. Humans naturally cope with the imperfections. In his anger, the special tradition of the Prophet Muhammad (PBUH) and the believers, he knows that the Lord considers the ignorance of ignorance as the wrongdoer of the

unbelievers, and says: "When the unbelievers were ignorant in their selfish thoughts, and the Lord sent his peace and tranquility and those who believed said. Anger is one of the worst excitements that God has entrusted to mankind with mankind, and aggression is also the result of anger that is usually associated with it (1).

Method: The present article is a descriptive-analytic method with a Quranic-narrative approach with interdisciplinary study that has been devoted to the development of effective ways to treat aggression.

Among the suggested solutions in this article are: changing the state of anger, prostrate, pattern, ablution, mention of cure, joke and jokes.

Results: From a religious perspective, the first way to cure aggression is cognitive (2). This way of work is now called cognitive therapy. By changing the attitude of the individual (3), the meaning of the concept of aggression (4) and the effects of it, and its consequences, along with the change in the type of individual look, the Hessian world And others in the shadow of the orthodox monotheism, he can lead him to the right knowledge and save the person from aggression. In the next step, it is necessary to work through emotional (5) and behavioral ways to make this knowledge and become institutionalized.

Conclusion: The results of the research show that in order to be more effective, six strategies should be applied: cognitive, behavioral and emotional, together and in addition, which can be used to greatly help in the treatment of aggression.

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