

Explaining the Monotheistic Personality in Monotheistic Integrated Therapy from the Perspective of Islam

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Article Info

Received: May 4, 2020

Received in revised form:

Aug 12, 2020

Accepted: Sep 9, 2020

Available Online: Mar 21, 2022

Keywords:

Mental health

Narrations

Personality

Qur'an

Spiritual-religious treatment

Abstract

Background and Objective: Due to the existence of psychological and behavioral disorders in societies, psychologists have resorted to various therapies to solve these problems; one of these therapies is monotheistic integrated therapy in which a person achieves a personality that can correct their abnormal behavior and prevent the recurrence of this behavior. In this review article, we examine the characteristics of this God-centered personality that is developed by the therapy in individuals, in psychological and religious texts.

Methods: This research is based on descriptive and qualitative research and is a documentary based on library resources. The information collected was from books on hadith, psychology, and the Qur'an, as well as Qur'anic, hadith, and commentary software, which was analyzed by content analysis of the texts. The authors did not report any conflict of interest.

Results: The findings indicate that this treatment was stated in the Qur'an 1400 years ago and the way to deal with mental problems is to achieve a monotheistic personality, in which the individual obtains complete mental peace by putting God at the center of life and can also solve his/her psychological and behavioral problems.

Conclusion: The results show that people who have a God-centered personality, in addition to being balanced, seek excellence and strive with pure intention for closeness to God and have a correct understanding of various matters and an adaptive behavior in dealing with the environment. In fact, the more prominent the role played by religion in people's lives, the fewer physical and psychological problems and social ills will be.



 <https://doi.org/10.22037/jrrh.v8i1.31287>

Please cite this article as: Hosseini BZ, Aasi-Mozneb A, Fallah MH. Explaining the Monotheistic Personality in Monotheistic Integrated Therapy from the Perspective of Islam. Journal of Pizhūhish dar dīn va salāmat. 2022;8(1):147-159. <https://doi.org/10.22037/jrrh.v8i1.31287>

Summary

Background and Objective

Personality is among the most complicated and important issues in psychology. This is important because through understanding personality and its explanation, much of human behavior can be described and analyzed. It thus helps to prevent and treat many of the abnormal behaviors and mental disorders, leading to individuals' mental peace. Different schools of thoughts in

psychology have given definitions about a healthy personality from their own perspective; yet, investigation of the common points among these schools defines the most common criteria in healthy personality. They define the criteria for healthy personalities as being robust in friendly relations with others, emotional security, realistic understanding of skills and duties, and the realization of self and philosophy of life (1). A healthy person is flourishing and integrating himself/herself, as an integrated personality which deserves being and becoming (2). Mental health

has a direct relationship with monotheistic personality. Bashiri concluded that human personality is an integrated and inseparable whole. His/her mental health is realized when this unity and integrity is preserved and all the elements operate together (3). In religious approach, this unity and integrity is realized with awareness of and directing oneself toward the main source of unity and integrity, i.e. faith in God. In Qur'an, Yunes Chapter, verse 62, it is mentioned that the connection of any believer with the unique God, is the connection with the permanent origin, which treats the fundamental fears and panics and the feeling of separation. Also, in Rume Chapter, verse 30, meaningfulness in life has been introduced as an element of human structure and nature, and his integrated personality. In other words, awareness of God is a hidden structure within human, which helps personality and mental system become united and integrated (4).

Methods

The present study uses a descriptive and qualitative research design and is a library-based study. The data gathered from books of statements from Imams and the Prophet (Hadith), psychology, Qur'an and also Qur'anic Hadith and interpretation apps were used to explain a monotheistic personality both in integrated therapy and in Qur'an and Hadith.

Results

Although various forms of therapies were undeniably effective given the fact that they pay attention to one or more aspects of human existence, they have not been very successful in solving comprehensive human problems (5). Since human is a single and inseparable unity, his/her mental health is only realized when this integrity and unity is maintained (6). Psychologists' increasing attention to this fact has caused many therapists to pay considerable attention to integrated therapy in recent years. One of these holistic and combined methods is monotheistic integrated therapy, which is a collection of principles and techniques in psychotherapy. Regarding the multidimensional nature of human, this method has been developed by combining humanistic, cognitive, and existential approaches and divine teachings in order to be used to decrease delinquent behaviors and change in behavior and personality (7).

In monotheistic integrated therapy, personality is the same personality defined based on anthropology of Islam (8). Islam has emphasized the principle of unity, as the dominant principle in

the universe and the integrity of human various dimensions. In addition to Islam, most contemporary psychologists recognize integrity and unity as the main factor of personality development and health. They believe that religious values have more potential in integrating personality, since they give life meaning and direction (7).

Among the words analyzed in the Qur'an, interpretations, and Hadith software programs are "Olol-albab" meaning "the wise", "Mohsenin" meaning "the kind", "Saberin" meaning "the patient", and "Iman" meaning "faith". More than two thousand cases of the word "Momen" meaning "the believer" in God in Hadith software programs and 230 cases of "Momen", 39 cases of "Mohsenin", 16 cases of "Olol-albab", 23 cases of "Saber", and 106 cases of "Iman" and its derivations have been mentioned in the Qur'an. They were all analyzed, according to which the characteristics of healthy personality is as follows: A faithful human believes that he/she has not been created in vain, he/she has a monotheistic view of the universe, and believes in an omniscient, omnipotent, wise and trustworthy creator; therefore, he/she has an inner peace and knows that all affairs are within the divine power. He/she recognizes the universe meaningful (10) and based on wisdom, and surrenders to God's will, is aware of his/her self and talents, believes in his responsibility as a representative on Earth and in divine visit, and reflects on death (7). He/she has insightful eyes, and hearing ears, and a clear heart. He/she makes the best use of the gifts and capacity given by God. He/she never wastes the valuable mental, spiritual and physical forces, and tries to use them to grow, and to reach his/her final perfection (7). He/she sees the monotheistic personality as meaningful in life (7). Therefore, he/she is amazingly healthy and in peace; and in the most difficult conditions of life, he/she as an eternal relation with God (11).

Conclusion

Having reviewed over 50 articles on monotheistic integrated therapy and healthy personality, we found that no special research had been done to define a pattern for such a therapy, especially with a central focus on Qur'anic verses and Imams' Hadiths. Khodarahimi and Jafari believe that in monotheistic therapy, a person tries to understand himself, and thereby achieve self-purification through introspection and pondering over nature and universe and also through insightful and mere silence and thought.

The results show that faith in God gives human a new understanding of universe, and changes his/her worldview, and restores the human values in him/her, flourishes the talents, and make him/her a strong and effective being. He/she finds out that God is always watching over him/her and knows all the needs, problems, efforts, and obedience in his/her life; thus he/she has inner peace running in mind and can withstand the mental problems and different harms.

If human follows moderation and avoids extremism in meeting his/her physical and mental needs, the coordination between mental and physical needs is possible. A healthy human does everything for the sake of God. In fact, this person has a correct understanding of different issues and has an adaptive behavior in his/her environment (12). He/she believes that God endows peace, which makes him/her mentally strong. S/he never gives up in case of difficulty and never suffers from distress leading to a tenacious body standing against physical harms caused by the pressures.

Acknowledgements

This article has been obtained from a research proposal registered in research site of Islamic Azad University, Yazd branch, no. 162286107. Hereby, I express my gratitude to all the ones who helped me throughout the path.

Ethical considerations

In this study, all the ethical considerations were observed.

Funding

According to the authors, the present study was not sponsored and was done at the personal expense of the authors.

Conflict of interest

The authors declared no conflict of interests in this study.

Authors' contribution

Method of compiling, collecting materials, concluding and writing the article: first author; counseling and guidance in the field of Qur'anic sciences and hadiths: second author; and counseling and guidance in the psychological dimension: third author.

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