

**CORRELATION OF PATIENCE IN OVERCOMING BIPOLAR DISORDER
MUHAMMAD QURAI SHIHAB'S PERSPECTIVE IN Q. S. AL-BAQARAH
VERSE 155**



Ismu Nanda Innisa¹

Universitas Islam Negeri Sumatera Utara, Medan, Indonesia

nandainnisaismu@gmail.com

Safria Andy²

Universitas Islam Negeri Sumatera Utara, Medan, Indonesia

safriaandy@uinsu.ac.id

Fadhilah Is³

Universitas Islam Negeri Sumatera Utara, Medan, Indonesia

fadhilah_is@uinsu.ac.id

Abstract

A bad environment will shape the bad character of a person's character. This is where all forms of good attitudes, words, and habits carried out in the environment will form a person's mental health. The application of religion can be one that can be applied in the environment to get good habits. This will be a factor that helps children to fortify themselves from bad responses when facing exams. Likewise, a bad environment will form a bad mentality in children. So that this mental disorder triggers the emergence of bipolar disorder. This study aims to determine the relevance of good practices and the application of *tasawuf akhlaqi* in maintaining mental health so that it will prevent bipolar disorder in a person. The approach taken in this research is qualitative with the type of library research, in which the related data will be analyzed to get the desired results. The results of this study indicate that presenting religious concepts in life can lead to patience in facing trials, and the emotions that will be caused can be managed properly.

Keywords: Bipolar Disorder, Anxiety, Patience, Therapy

INTRODUCTION

In living life, of course, humans will always meet many people around the environment they live in. It cannot be denied that the environment is the main stage where each forms and paints his traces. From every angle, both physical and psychological, the environment shapes a person's morals, behavior, character, and traits. And the family draws interpersonal relationships in certain circumstances and positions (Faidzin, 2022). A bad environment is very influential in determining a person's character and emotions. For example, domestic violence (KDRT), is behavior that occurs within the family environment by family members, such as husband, wife, or children, which causes a negative impact on the physical, and mental integrity and harmony of relationships, in accordance with the provisions stated in Article 1 of Law Number 23 of 2004 concerning the eradication of domestic violence (Rahmah & Darmiwati, 2022).

Children are one of the victims of domestic violence that occurs. However, not many parents realize that violence committed against children or witnessed directly by children can affect the child's psychology. What happens in the household can be seen in how children behave in their daily lives. Often parents use a high tone (shouting or threatening) in their words, which can increase fear in children. Although it is difficult to measure the impact caused by psychological violence because the sensitivity of each individual is different, if it occurs repeatedly, this can result in a lack of fulfillment of the child's emotional need for love from parents (Purnawan & Panjaitan, 2023).

Bad morals shown by the environment they live in will be easily absorbed by children so that they feel that what they see is the right thing to do. This is what causes more and more crime to occur because children grow up in a bad environment. Therefore, choosing a good environment is a must for parents in educating and raising children. Emotional development has two determining factors, namely human innateness (humanistic theory) which is an internal factor, and the surrounding environment (psychosocial theory) which is an external factor (Fuadia, 2022). Managing emotions is very important to develop from an early age so that mental health is maintained so that in the process of maturation, children can manage their own emotions. Menuerutthe results of the 2013 Basic Health Research (Riskesdas)

study in Indonesia, around 6.0% of the population aged 15 years and over experienced emotional mental disorders, which is equivalent to around 37,728 people from a total population of 703,946 (Puspita, 2019).

Trauma that occurs to a person can trigger increased anxiety about several situations, anxiety that increases drastically is what is called bipolar. Bipolar is a condition where a person's feelings change in extremes between very happy to very sad, with normal periods in between (Sawdina et al., 2023). Bipolar disorder is an important issue in mental health that affects around 2-4 percent of the population (Sugiyanto et al., 2020). The problem of anxiety, worry, and excessive excitement related to psychological issues, seen from a Sufism perspective, is often considered a disease that commonly occurs in individuals who are too fixated on materialistic and hedonistic life, resulting in a lack of spiritual depth (Heryana et al., 2022).

In the nuances of life, Islamic nuances need to be presented, including in Islamic psychology which is related to emotional intelligence (Uyun, 2012). Humans are born with a pure nature, without sin or impurity. However, because they have desires and are influenced by external temptations such as Satan, humans often commit sins (Sulistianingsih et al., 2022). Modernity is one of the influences on changes in a person's attitudes. There are quite a few bad influences such as arrogance, misery, evil, stubbornness, and others. Not only is the rapid progress caused by modernity, but modernity also leads to the emergence of blurred humanity as spiritual misery in the form of modern humanity (Rahayu et al., 2023). It is these crimes that occur that give rise to fear and which result in the formation of mental disorders in a person. Again, patience is a solution to prevent mental disorders.

According to Widiya A Radiani in his research, mental health is not only related to medical or psychological problems but also includes socio-cultural aspects and spiritual and religious dimensions. Therefore, treating mental health is not enough just with medication and psychological therapy, but also requires changing daily lifestyle patterns, such as practicing patience, getting used to good actions, participating in positive activities, and strengthening belief in values. such as truth and virtue, reading religious readings such as prayers, verses of the Koran, dhikr, and hadith of the Prophet, performing night worship,

interacting with believers and virtuous people, fasting, following Islamic medicine, and taking part in Islamic teaching activities such as Tajwid, Fiqh, Zikir Council and deepening Da'wah knowledge (Radiani, 2019).

REVIEW OF LITERATURE

After reviewing several studies that were related to the research conducted by the researchers, the research results found were researched by Widiya A. Radiani, UIN Antasari, in 2019 with the title “*Kesehatan Mental Masa Kini dan Penanganan Gangguannya Secara Islami*”. The findings of this research are that mental well-being is not only related to medical or psychological problems but also includes sociocultural aspects and religious and spiritual dimensions. Therefore, not only medical treatment is given, but also attention to religious dimensions such as practicing patience, getting used to good actions, participating in positive activities, strengthening belief in religious values, and interacting with believers. and virtuous (Radiani, 2019). Based on this research, researchers will discuss more detailed points about mental disorders, namely bipolar disorder, and highlight verses from the Koran to strengthen the discussion in the research. So that more in-depth findings can emerge regarding the treatment of bipolar disorder which is connected to religious concepts in its application. The indicators raised are context, credibility, and clarity.

RESEARCH METHOD

The type of research used is library research, which is a series of activities related to collecting data from written sources, reading, recording, and managing research material (Zed, 2008). Data related to the research topic was collected from tafsir books, books, journals, dissertations, theses, and others.

In this research, the author uses a qualitative research approach, in which this type of research does not use statistics or quantification in the analysis method. The data obtained will be analyzed in depth to gain an understanding of an object or event. There are two types of data taken, primary data quoted from the holy book Al-Qur'an, and tafsir Al-Misbah.

Secondary data is quoted through books, journals, theses, and dissertations with related themes.

The analysis stages carried out began by collecting data related to the theme and then connecting it with the Qur'an surah Al-Baqarah verse 155 along with the views of Muhammad Quraish Shihab in his tafsir book. This was done to gain relevance between the verses of the Qur'an, the views of Quraish Shihab, and the prevention of bipolar disorder. Also, by applying the context of *akhlaqi Sufism* to the point of patience as a form of therapy for treating and preventing bipolar disorder.

RESULTS AND DISCUSSION

Bipolar Disorder

Linguistically, bipolar comes from two words, namely bi and polar. Bi means two and polar means pole, therefore bipolar is interpreted as a disturbance of feelings that are at two opposite poles (Sawdina et al., 2023). The two poles in question are depression and mania. Depression is an emotional state characterized by great sadness, feelings of meaninglessness and guilt, withdrawal from others, and loss of interest in usual activities. Manic is an emotional condition characterized by excessive excitement, easy behavior, talking more than usual, and easily diverting thoughts and attention (Purba & Kahija, 2018). Bipolar is a condition where a person's feelings change in extremes between very happy to very sad, with normal periods in between (Sawdina et al., 2023).

The social environment has a strong influence on the formation of mental health. The large number of crimes and violence in the environment can be the beginning of the formation of bipolar disorder. Bad experiences in achieving life goals, such as failure in relationships, work, and career, can trigger the emergence of bipolar disorder (Restuningrum, 2023).

The film "*Kukira Kau Rumah*" is a film that tells the life of a bipolar disorder sufferer, Prily Latuconsina plays the main role, namely Niskala, who in this film is a sufferer of bipolar disorder. This film premiered in 2021 at the Jogja-NETPAC Asian Film Festival and will be shown in Indonesian cinemas in 2022 (Restuningrum, 2023).

In the film “*Kukira Kau Rumah*”, Niskalawas is diagnosed with bipolar disorder, this was due to an incident that occurred to little Niskala who fell from the top of the car. Because of this incident, Niskala's father became overprotective of Niskala, requiring Niskala to drop out of school (Restuningrum, 2023). Through the beginning of this film, it can be seen that the emergence of bipolar disorder can be caused by events in the past and pressure from the environment in which one lives.

Tafsir Qur'an Surah Al-Baqarah Verse 155 Perspective of Muhammad Quraish Shihab

In general, bipolar appears due to a problem and there is something you like. Based on most cases, bipolar tends to appear when bipolar sufferers are approached by a problem. This results in bad effects occurring in bipolar sufferers. Such as violence against oneself or others, hitting, banging body parts, destroying objects around you, and what is worse is killing or ending one's own life in tragic ways.

Cases like this are one of the causes of increasing death rates. The bad behavior that is the effect of bipolar disorder is caused by bipolar sufferers feeling pressure that they can no longer control themselves, and the bipolar sufferer's lack of grip to face several problems that will come their way. Muhammad Quraish Shihab in his tafsir book on Surah Al-Baqarah verse 155 writes, like exams carried out by educational institutions, the questions are given to all students according to their level. The higher the level you are at, the more complicated the level of difficulty of the questions given will be. So preparation must be done first before carrying out the exam. Those who have prepared themselves and complied with the procedures given will certainly be successful in passing the exam given (Shihab, 2002).

So in life, it would be good for us to prepare provisions to face the tests that Allah will give us. So that when trials arise, you and your mind are ready to go through them with a sense of calm and patience. In Surah Al-Baqarah verse 155 it is explained that Allah will test His servants. The first, mentioned in the verse, is Fear. Fear is anxiety that arises due to the presence of something bad, or the suspicion that something undesirable will happen. Next is hunger, which is a condition where there is a desire to eat something to fill an empty stomach and there is no food to eat. Then lack of wealth, soul, and fruits (Shihab, 2002).

Fear, hunger, lack of possessions, soul, and fruit are some of the things that can cause anxiety in bipolar sufferers. Anxiety in Arabic called *Khauf*, has positive and negative sides. *Khauf* is an inseparable part of Sufism, therefore there is a lot of Sufism literature that discusses this (Ikrar, 2019). Positive fear is a fear that is common in a person. This positive fear makes a person more careful in doing something and encountering something. It can also be called an awareness of something that might happen (Ikrar, 2019). A servant's fear of Allah is a form of positive fear. Fear of Allah will give rise to obedience in a person. By obeying Allah's commands and staying away from Allah's prohibitions.

Next is negative fear, Negative fear is fear that is influenced by mental illness (Ikrar, 2019). The effects also tend to be dangerous, both physically and mentally. This fear is very common in bipolar sufferers.

Quraish Shihab also gave his views on *Khauf*. Even though he is not an expert in Sufism, Quraish Shihab is said to be someone who practices *akhlaqi/amali Sufism*. According to Quraish Shihab, *Khauf* can be a factor in the emergence of a feeling of wanting to do good deeds and prevent oneself from immoral acts. This is why preventing immoral acts is more important to do (Ikrar, 2019).

Regarding the trials that will be felt by all living creatures in the world, this is related to faith. The more a person has faith in Allah, the more tests will adjust the level of a person's faith. In Al-Baqarah verse 155, Allah mentions the phrase "a little" before mentioning the form of test that Allah gives. The sentence "a little" in this verse can be pondered. The calamities that come cannot match the many blessings that Allah gives, of which Allah's blessings cannot be mentioned in their entirety. So, Allah commands us to be patient in facing at least a few trials amidst the great blessings that Allah has given us.

Shaykh Abdurrahman bin Nashir As-Sa'di explained in his interpretation. Allah tells His servants that they must be tested with trials to show who is right and who is wrong, and who is patient versus who is impatient. This is Allah's sunnah to His servants. Allah's wisdom differentiates between good people and bad people because if a pleasure continues for believers and is not accompanied by trials, it will inevitably result in a mix-up that is detrimental to them. This is the benefit of trials and tests, not to erase the faith of a believing

servant or deter him from his religion, because Allah does not waste the faith of the Believers. In this verse, Allah says that He will test His servants "with a little fear" of the enemies and "with a little hunger", that is, with a little of both, because if He tests them with all the fear or hunger, they will perish, but the trials only cleanse rather than destroy (As-Sa'di, 2024).

Correlation of Patience in Overcoming Bipolar Disorder

It is appropriate for a servant who believes in Allah Ta'ala to believe that Allah will give tests to each of His servants. In overcoming bipolar disorder, it is very important to bring faith into everyone's hearts. Because God has provided many solutions through His Word for living life, both when experiencing pleasure and when experiencing trials. The closer a person's relationship with Allah is, the better they will automatically be in worship, the more the soul will find peace, and the easier it will be to face life's challenges and difficulties. Vice versa, the further a person is from religious practice, the more difficult it will be for the person to determine inner peace and overcome obstacles in life (Sulistianingsih et al., 2022).

In worldly life, humans live side by side with demons who are bound by an agreement with Allah Ta'ala. The devil promises to continue to tempt humans until doomsday. Therefore, humans must fight for their lives where truth will continue to fight with evil. The devil will continue to tempt humans, which is why Allah Ta'ala ordered us to continue fighting against the devil and his followers (Shihab, 2002). Therefore, patience is a form of effort and a form of success for a person in facing the devil. For example, try to remain patient and restrain yourself when you receive ridicule and insults. In general, bipolar sufferers' emotions are more easily provoked in cases like this because teasing and insults are bad actions that are certainly not liked by everyone.

With religious knowledge, we will be able to change bad conditions to positive thoughts, so that emotions will be more organized. When insults are hurled, we can accept them in the form of a reminder to improve ourselves to be better. This will bring out the Tawaduk character in a person. Lack of religious knowledge and a bad environment will worsen the condition of bipolar sufferers.

An environment that is not decorated with religion can cause emotions to easily overflow in some situations. The lack of religious values applied to a person's daily life will

make things worse when they receive tests from Allah Ta'ala. Every individual will have Allah test their patience with tests from Him, as in His Word in the Qur'an surah Al-Baqarah verse 155.

And indeed, We will give you trials, with a little fear, hunger, lack of wealth, souls, and fruits. And give the news to those who are patient. (QS. Al-Baqarah: 155).

In this verse, Allah teaches that Allah will give His creatures trials or tests, so we as Muslims should have prepared ourselves to face tests from Him. Not only that, in this verse Allah also provides a solution for His creatures in facing trials, namely by being patient. If someone can be patient with the tests that Allah has given, then Allah will reward him with goodness. Therefore, religious knowledge is very important to learn in life, so that people can be patient when the tests come their way.

The Qur'an is a miracle delivered by the Prophet Muhammad *Shallallahu 'Alaihi Wasallam*, and contains knowledge that serves as a guide for Muslims in living their worldly lives. The Koran is not only a guide to life for humans but also acts as a separator between right and wrong. The Qur'an helps Muslims and also has a role in healing humans from various diseases, including liver disease (Rizka, 2023). On this earth, everyone wants peace in life and tries to get what they want. However, not everyone can feel this, the various causes and trials that arise make a person anxious, there is dissatisfaction and anxiety, and quite a few people become stressed and depressed in dealing with them (Muslim, 2023).

Quite a few people find people who are hopeless, discouraged, or what is often heard is the term lack of enthusiasm for life. Situations like this only make you sad and you don't want to struggle to face the trials of life. It is different for people who are close to Allah, and always maintain their worship, they will not feel that they do not have enthusiasm for life, because they believe in Allah who gives life to all humans on this earth. Zikr is one of the believers' weapons in carrying out life because by dhikr with His permission the tests will be easier to pass, in His word Allah says,

Therefore, remember Me and I will remember (also) you, and give thanks to Me, and do not deny My (favours) (QS. Al-Baqarah verse 152)

Mental well-being is a determining factor in determining whether someone will have a zest for life or not. Someone who has good mental health will not easily feel hopeless, pessimistic, or apathetic, because they can face life's challenges and failures with peace. By facing failure with peace, they can analyze its causes, find solutions, or identify factors that may be causing it (Muslim, 2023). Religious practices in daily life have a protective effect against mental disorders and can also aid recovery from anxiety disorders. The closer a person's relationship with God and the more active they are in worship, the more peaceful their soul will be and the easier they will be able to face life's challenges and difficulties. On the contrary, the further away from religious practice, the more difficult it is for a person to determine inner peace and overcome obstacles in life (Sulistianingsih et al., 2022).

The difficulties that befall a Muslim, the Messenger of Allah has explained in the hadith, that the difficulties and hardships that befall him will wash away his sins. If someone is patient in facing these things.

"From Atha' bin Yasar, from Abu Sa'id Al Khudri, and Abu Kurairah, the Prophet SAW, he said, 'No fatigue, pain, worry, disturbance/danger and distress befall a Muslim -until the thorns that prick him-, except Allah will erase the mistakes because of all that (HR. Al-Bukhari, no. 5641 and Muslim, no. 2573)"

Ibnu Hajar Al Asqalani explains this hadith, distress is one of the mental illnesses that can constrict the chest. The hadith mentions three diseases, namely sadness, worry, and distress. Namely, *hamm* (anxiety) will arise due to thinking or worrying that something bad will happen (Asqalani, 2021). It's the same as bipolar sufferers, where the anxiety that appears in them is usually caused by increased fear due to the belief that something bad might happen. Meanwhile, *ghamm* (distress) is caused by heartache over something that has happened, and *huzn* (sadness) is caused by the disappearance of something that is with someone, and it is very difficult if you have to part with that thing (Asqalani, 2021).

According to Al Karmani, worry includes all types of dislike, whether due to physical or mental disorders. Something that happens to the body may be out of character or not, while what is related to the soul may be known to other people or unknown, and maybe a change

in attitude or not visible, or perhaps for reasons of paying attention to the past or not (Asqalani, 2021).

Disasters faced with patience can erase a person's sins. But if you don't deal with it patiently and cause disgraceful words or deeds, Allah has great grace. However, his position will be different from someone who uses patience when facing disaster. These despicable words and actions will reduce the reward that Allah promised to erase sins (Asqalani, 2021).

CONCLUSION

Judging from research findings, it can be seen that environmental influences and bad behavior greatly influence a person's mental health. This mental health will influence how a person lives their life. Lack of religious knowledge is also a factor in weakening one's strength when facing exams. So, despair will arise and can even give rise to feelings of wanting to commit suicide. Based on research results; to overcome bipolar disorder you can approach religion first so that people with bipolar disorder can find calm in facing life's trials. Preventing bipolar disorder can be done at an early age by parents by choosing a good environment to live in, instilling beliefs, manners, and other spiritual concepts in children, to maintain the child's mental health from an early age until he grows up.

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