

# Islamic Psychology



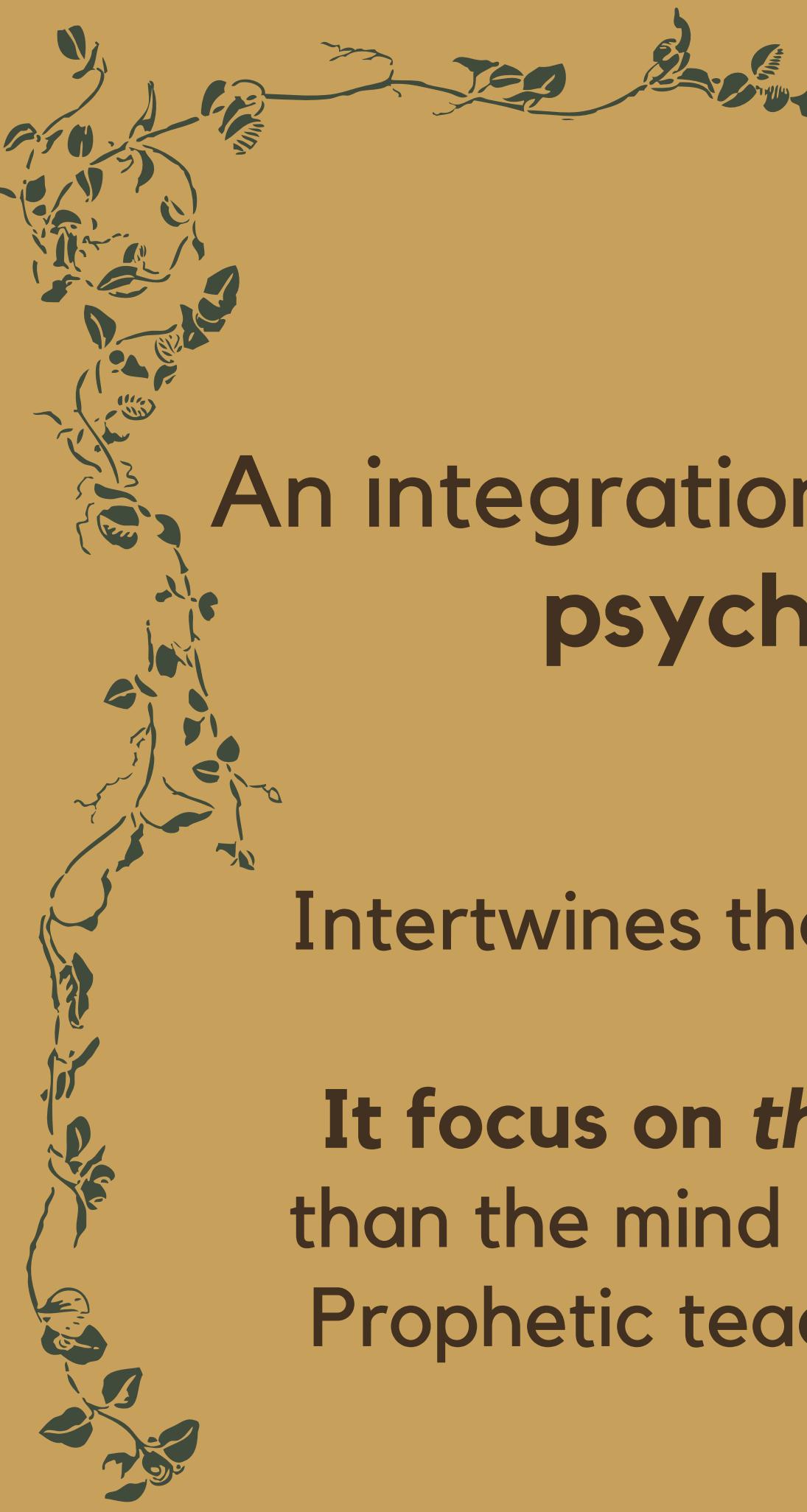
# Group Members



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The psychology of our religion is  
Modesty. Your beauty is not your  
physical beauty - it is your soul.  
The rest is clay.

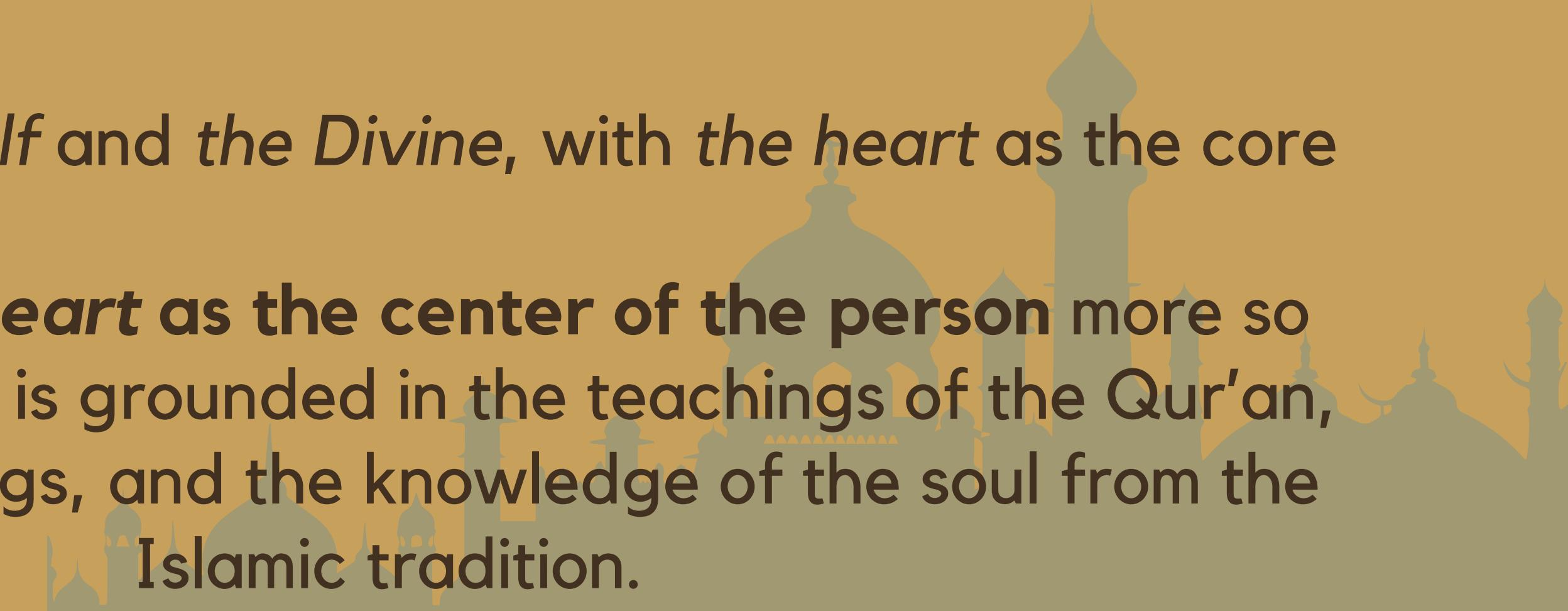


# Introduction

An integration of *Islamic principles and teachings with psychological theories and practices.*

Intertwines the *self* and *the Divine*, with *the heart* as the core

**It focus on *the heart* as the center of the person more so than the mind and is grounded in the teachings of the Qur'an, Prophetic teachings, and the knowledge of the soul from the Islamic tradition.**





# Principles of Islamic Psychology

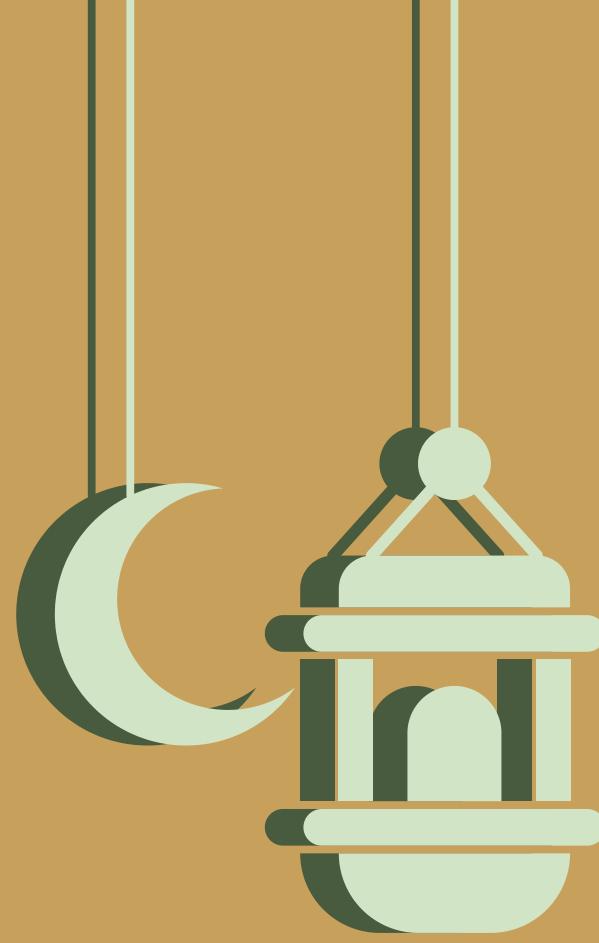
Fitrah

Akhlaq

Tawhid

Nafs





# FITRAH

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The original state in which humans are created by Allah (God), is seen as a very important characteristic in understanding Man's life, behavior, and actions.

The Islamic concept of human nature is rooted in the thought that man is born on **fitrah** (nature) which is later on influenced by the prevailing circumstances.



# According to Islam

Only one surah  
(chapter) in the  
Qur'an specifically  
mentions fitrah.  
**Surah ar-Rum.**

Islam recognizes that all  
children, whether born of  
believing or unbelieving  
parents, go to Paradise if  
they die before attaining  
the age of discretion.



# Deen al-Fitrah



Islam is also called deen al-fitrah, the religion of human nature, because its laws and its teachings are in full harmony with the normal and the natural inclination of the human “fitrah” to believe in and submit to the Creator.

# AKHLAQ

Akhlaq refers to the moral and ethical character of an individual in Islamic psychology

**Importance:** It shapes interactions, guides decision-making, and contributes to personal and societal well-being.

**Goal:** Aligning behavior with Islamic teachings and embodying the noble qualities exemplified by Prophet Muhammad (pbuh).

# Impact of Akhlaq in Islamic Psychology

**Personal Growth:** Cultivating positive akhlaq leads to self-awareness, self-improvement, and spiritual development.

**Social Impact:** A society characterized by positive akhlaq promotes justice, fairness, and communal well-being.

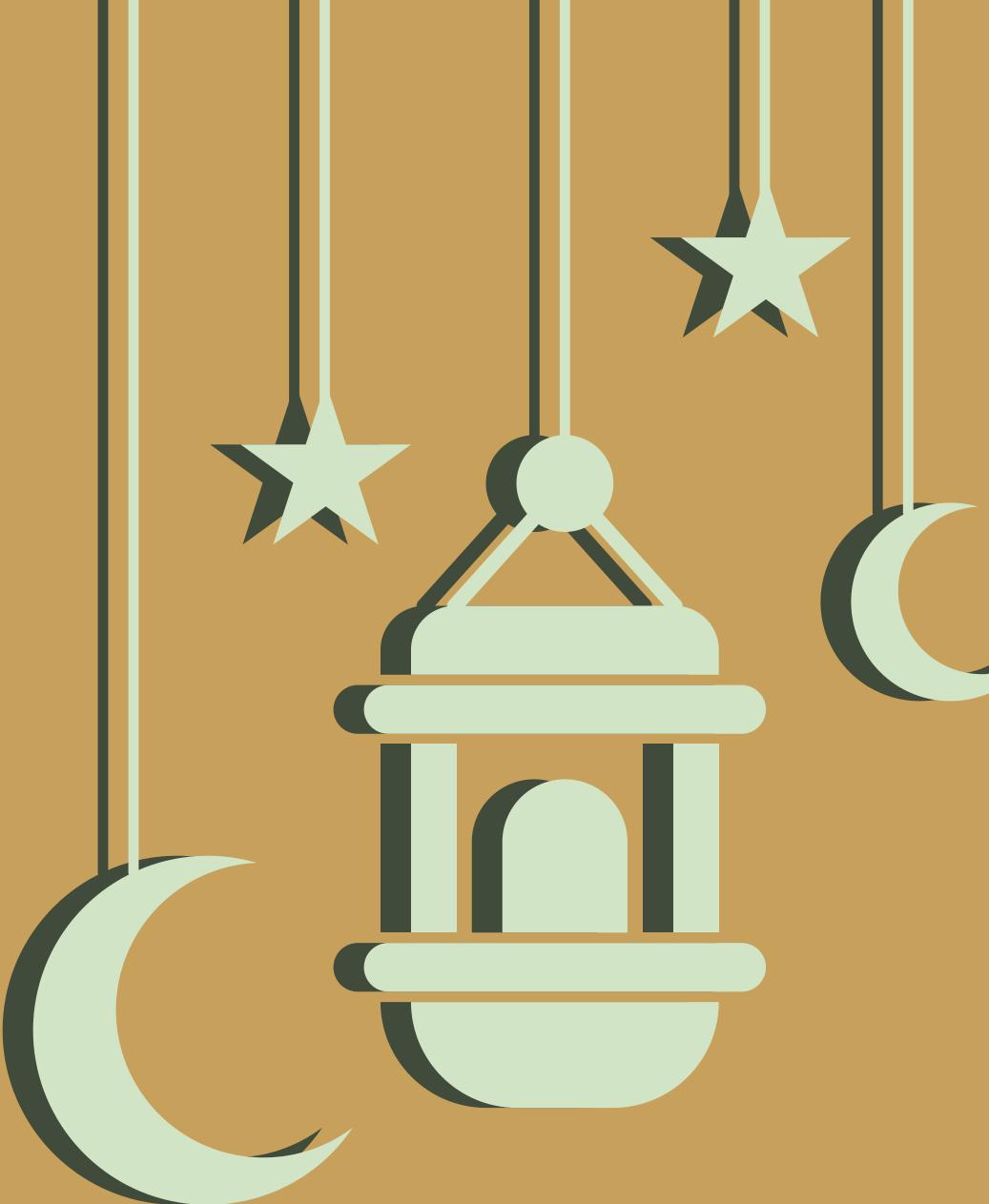
**Lifelong Journey:** Developing and nurturing akhlaq is a continuous process that contributes to personal and societal betterment.



"Spiritual beauty is reflected in one's akhlaq." -

Prophet Muhammad (peace be upon him)

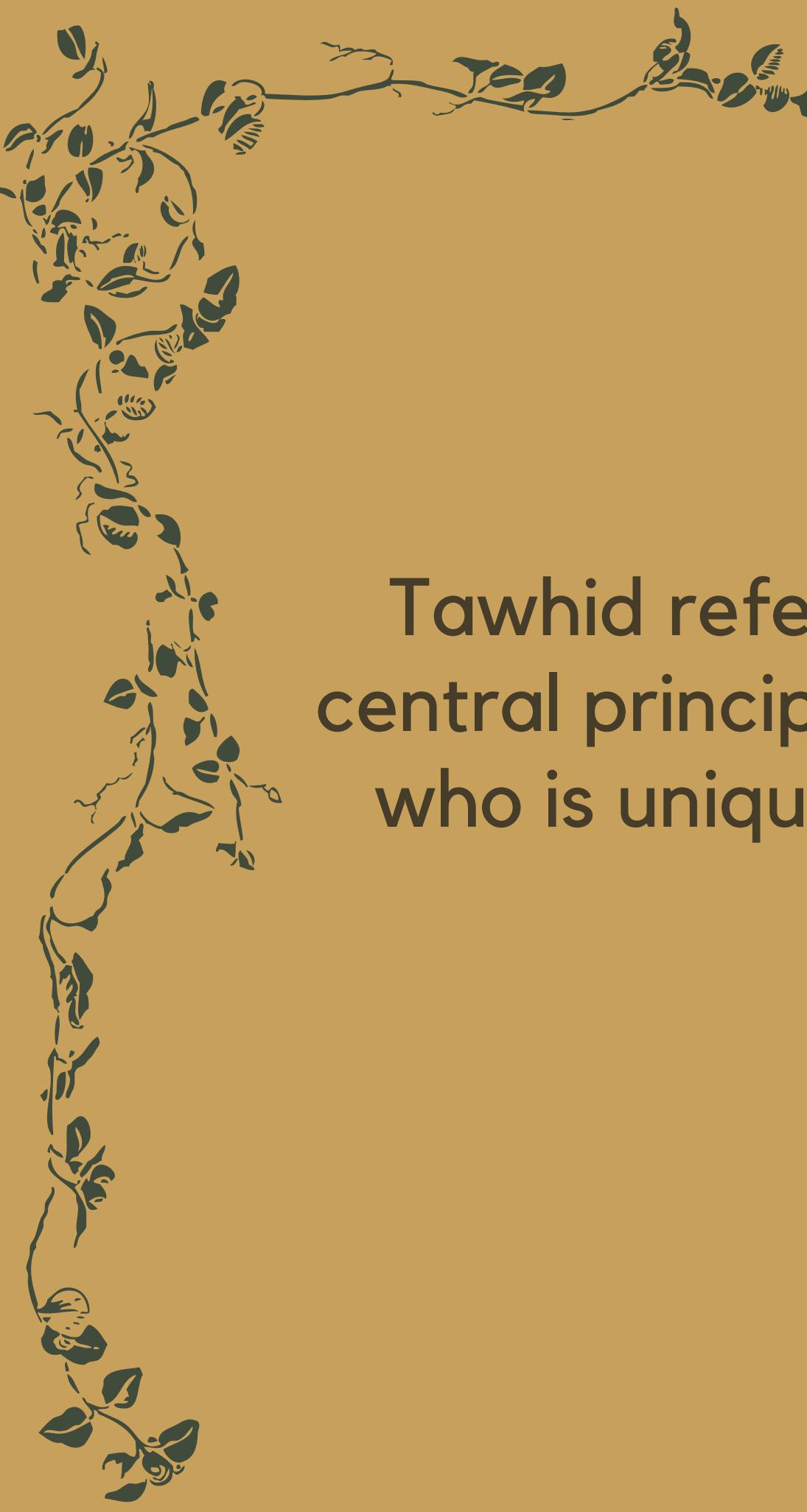




# Examples

**Example # 1:** The Power of Forgiveness

**Example # 2:** Honesty in Business Transactions



# TAWHID

Tawhid refers to the belief in the Oneness of God, which is the central principle of Islam. It emphasizes that there is only one God, who is unique, indivisible, and has absolute sovereignty over all creation.





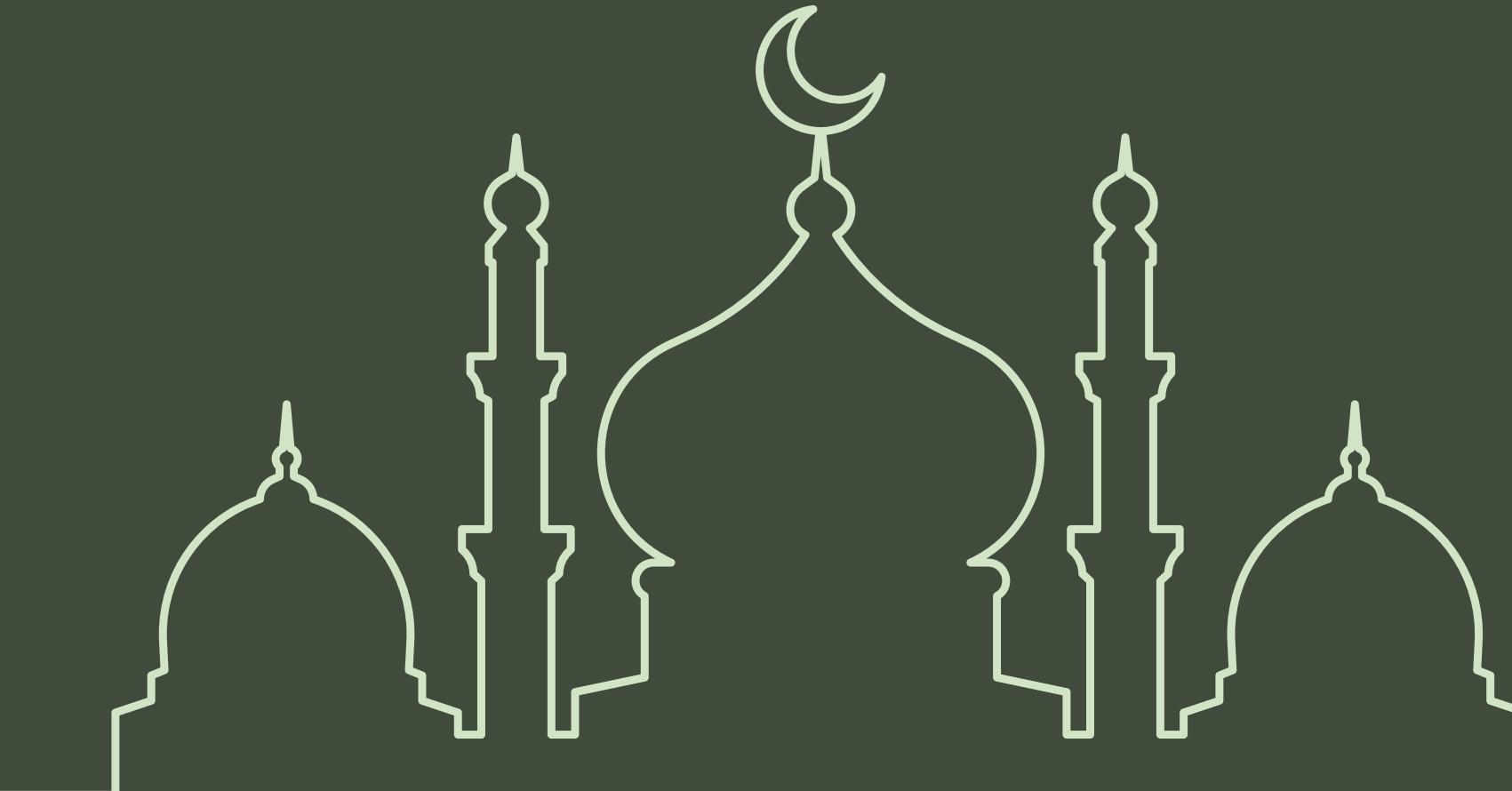
# Impact of Tawhid in Islamic Psychology

- 1. Oneness of God and Human Identity
  - 2. Unity of Knowledge
  - 3. Dependence on God
  - 4. Trust in Divine Decree
  - 5. Integration of Spirituality and Psychology
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# According to Islam

قُلْ هُوَ اللَّهُ أَحَدٌ

Say: He, Allah, is One



# Nafs

Islamic psychology describes the nafs as self or soul. It recognizes different states of the nafs.

Understanding these states of the nafs helps an individual in self-exploration and self-development.

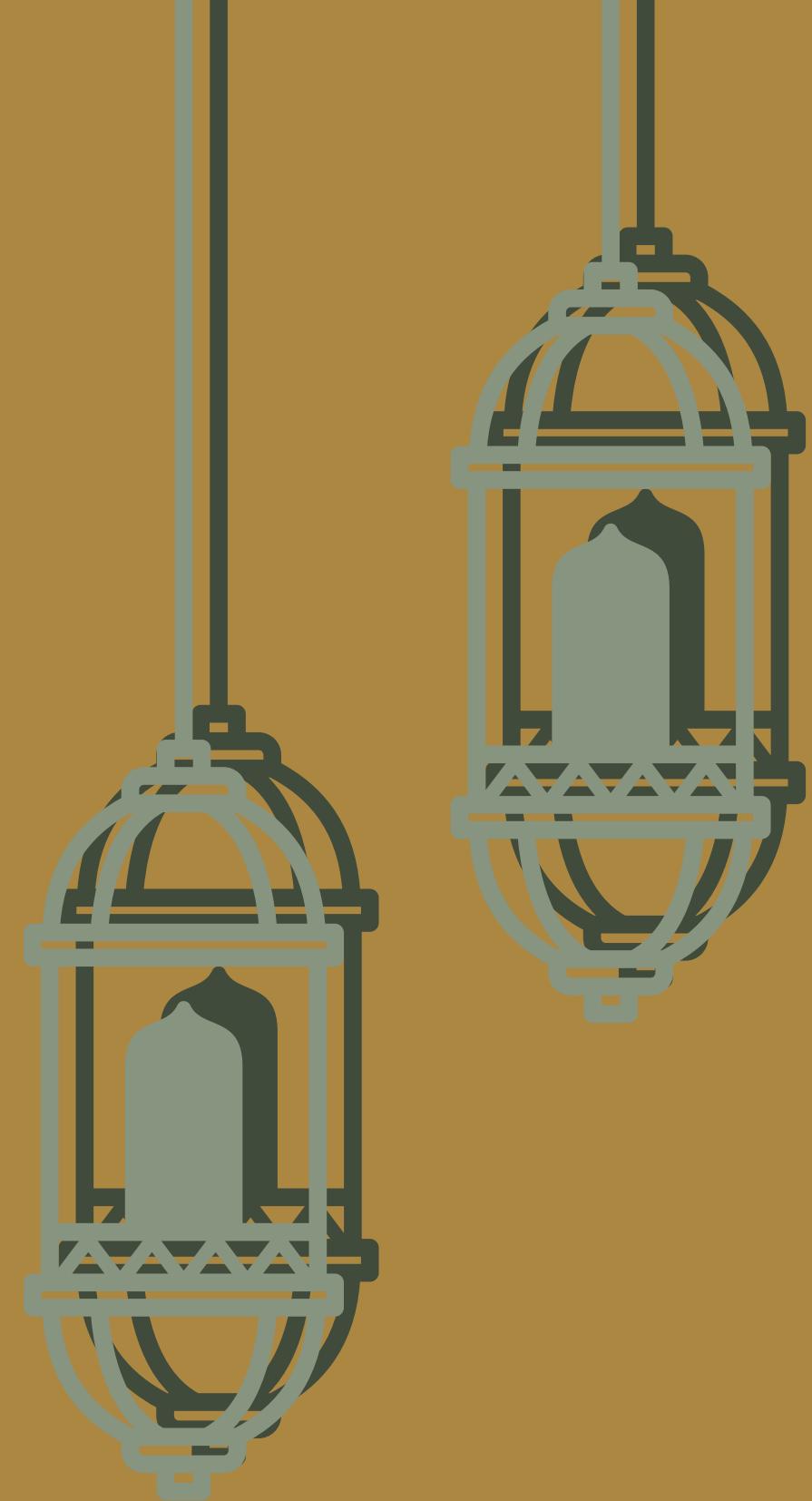


# 7 Types of Nafs

## Types of Nafs:



- Nafs -i- ammara (the commanding self)
- Nafs -i- lawwama (the regretful self)
- Nafs -i- mulhamma (the inspired self)
- Nafs -i- mutmainna (the contented self)
- Nafs -i- radhiyya (the pleased self)
- Nafs -i- mardhiyya (the pleasing self)
- Nafs -i- kamaliyya (the complete/pure self)





# Nafs -i- Ammara

- It's my life!
- Live as you will
- I, ME, and MYSELF
- Does whatever makes you happy
- Slave of their desires



# Nafs -i- Lawwama

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- Regret
- Guilt
- Wavering between Good and Bad
- Criticizes oneself





# Nafs -i- Mutmainna

- Very stable
- Focused
- Draws energy from the obedience of Allah
- Clear Vision
- Satisfied with what they have
- Dynamic
- Happy
- Don't wish for a lot of things



# Conclusion

Islamic psychology offers a comprehensive and integrated approach to mental well-being, combining the teachings of Islam with contemporary psychological insights. By recognizing the interplay between faith and psychology, individuals can find solace, guidance, and healing within their religious framework. By embracing the principles of Islamic psychology, we can foster a holistic understanding of the human mind and promote mental well-being in ourselves and our communities.

# Thank you for listening!





Any Questions?