Humanistic And Sophistic Psychology Coherence In Improving Emotional Well-Beeing In Modern Era

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Keywords:	ABSTRACT
And humanistic theory *Sufistic theory* *Psychiatric disorders*	*The coherence of and humanistic psychology and Sufistic psychology in their implementation improves psychology in the modern era which is very influential and dominates. In the era of modernization, it has positive and negative influences on human life. On the one hand, the development of the times provides benefits in assisting human activities in all dimensions of life, but on the other hand, it can create new problems that cause damage and decrease in human psyche. This research uses information retrieval techniques from phenomenological studies that exist in the community, with the type of qualitative research using descriptive methods. Collecting data using interview methods, and observation. While data reduction is used as data analysis. This research aims to describe or explain systematically and clearly about the relationship between psychological theory and events that occur in society in an effort to improve psychology in modern times. The results of this research found that there is coherence and connection between and humanistic psychology and Sufistic psychology in their efforts to improve and improve psychology in today's modern era.*

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1. INTRODUCTION

Basically, when humans are viewed in terms of scientific psychology, humans are unique creatures. Humans are created with various kinds of privileges and knowledge that can be used as a tool for survival, one of which is mental. Where is the mental definition according to L. K. Frank, is a condition in which a person can process and develop himself in life, and can adjust and interact in human life in the surrounding environment [1]. So that it not only has an impact on oneself but also has an impact on others. Besides that, mental is also interpreted as a unit in life, where mental makes someone able to behave like a king or can make someone like a servant.

In human psyche mental condition that sometimes changes, there are not a few experts who investigate and try to examine the condition of a person's mental condition, which then such a study is said to be the origin of psychology. Basically, many past psychologists have done to formulate theories about psychology. The science of psychology itself has experienced various kinds of significant developments from general psychology to specific or special psychology [2].

Psychology is used as a bridge to trace the journey of human life by recognizing all the potential they have to face the harshness of worldly life. In historical development, psychology is a scientific discipline that was born and developed from the existence of scientifically based Western civilization. In the field of psychology there are various kinds of psychology researchthat seek to study, investigate or discuss the psychological functions of healthy people and people with mental disorders.

Within Psychology various theories explain human psyche psyche, including theories on and humanistic psychology, and humanistic psychology whose study space is to explore various kinds of potential and abilities possessed by individuals based on human values, empathy and the complexity of individual life. In this regard, and humanistic psychology seeks to understand and align mental resilience with attitudes and patterns of human behavior, which can be done in various ways, including by carrying out mental therapy in the form of guidance and counseling. Guidance and counseling is the most important science and has a major impact on human mentality, as well as a means to help people who require help from mental problems they are facing or from problems that are likely to change their lives [3]

So far the handling of and humanistic psychology that has been carried out is only to a certain extent psychological problems that can be handled by the person concerned or his companion, such as family, neighbors, friends, and so on. However, in dealing with and humanistic psychological problems that are quite complex and serious, a person usually requires treatment from professional psychotherapists/counselors, so that their psychological problems can be resolved properly.

The science of psychology does not only cover general psychiatric circles in the process of exploring one's personality, but psychology can also be developed in religious circles. Religious psychologists seem to have begun to realize the potential and human psychic powers which are not only related to social life (and humanistic psychology) but can also develop in spiritual life which is called Sufistic psychology. Which in turn makes Sufistic psychology able to place the potential and improvement of one's psyche as something important in the life of fellow human beings and their relationship with God.

In addition, a new awareness begins to grow regarding the relationship between potential and one's soul with attitudes and patterns of human behavior. In the religious world, one of which is synonymous with its teachings, psychology was not developed primarily for theoretical purposes, but psychology was developed to change one's soul. This Sufistic psychology include various aspects of improvement and changes that occur in a person who wants to try to improve his relationship with his god. Because according to the Sufis, the change in one's soul is the most important thing and the result of studying knowledge. And if knowledge does not produce a change in a good and pure soul it will be looked down upon.

With the development of an increasingly advanced era, the rapid development of science and technology has greatly influenced changes in human lifestyles. Humans who used to have a lifestyle and habit of upholding religious teachings, working together, helping each other, kinship will gradually thin out and have even been forgotten and replaced with modern-day living habits. Changes in the times like that are what cause a person's psyche to change, if there is no readiness of the soul [4].

In general, modern-day humans are more self-centered so that it will lead to indifference and disregard for other people. So that with this modern lifestyle they have more complicated life problems and must fulfill their life needs to get pleasure in their life [5]. However, in reality, in the process of fulfilling psychological needs, not everything goes

according to expectations or expectations, both in meeting physical needs and in fulfilling spiritual needs, such as having a peaceful, peaceful and happy soul [6].

The era of globalization and modernization has had both positive and negative impacts on human life. On the one hand, this development provides benefits in assisting human activities in all dimensions of life, but on the other hand it creates new problems such as the loosening of social bonds, the tendency to overuse technology, and the neglect of spiritual values [7].

It is from these problems that stress and depression or mental disorders arise if a person does not have strong mental and spiritual endurance. Weak faith is very prone and easily stricken by depression. Qualified environmental strength and piety will certainly produce a strong and strong mental endurance in dealing with various life problems.

With such a psychological condition, it makes humans experience massive inner pressure. This inner pressure is the result of an imbalance between the progress of the times and their psychological readiness. As a result, humans without being based on qualified psychology or with and humanistic theory and Sufistic psychology will experience extraordinary inner turmoil, which can affect human psychological life from what was originally normal to reverse [8]

The sophistication of today's world of technology cannot be used as a benchmark as a medical healing tool, diseases that affect humans cannot always be cured with medical drugs or sophistication of medical devices. When a physical illness is healed, what appears is physical health. However, if mental illness is cured, then what appears is healthy mental behaviors. From this then Islamic teachings provide answers to find coherence between physical and spiritual psychology in humans [9]

Of the various kinds of problems that exist, scientists try to interpret psychology according to their own perspectives and thoughts, so that from their thoughts various kinds of schools of psychology are born which continue to develop today. And all of that is inseparable from efforts to dissect psychology specifically so that it is more easily applied by the general public.

From the problems described above, this research was conducted to provide insight to the public to increase knowledge about mental health and how to improve their mental condition. In this study mental improvement can be improved by combining two psychological theories, namely applying and humanistic theory and Sufistic theory in

improving mental health, so that every human being can avoid problems regarding mental disorders.

2. METHOD

The research entitled "And humanistic Psychological Coherence and Sufistic Psychology in Improving Psychological Conditions in the Modern Era", uses information retrieval techniques from phenomenological studies with a qualitative research type using descriptive methods where in this research the researcher's point of view looks at the reality that exists in the community environment. Collecting data using interview methods, and observation. While data reduction is used as data analysis. The research subjects included the village community and one teenager named Mas Sun, who was experiencing mental disorders in the village of Ganggang.

This research aims to describe or describe systematically and clearly about an incident that occurred in society. Basically, this research is an attempt to dig up information and find out the facts about how And humanistic theory and Sufistic theory view the psyche itself, because mental health is very important in the sustainability of society in achieving its own desires [10].

3. RESULTS AND DISCUSSION

3.1. Causes of psychiatric disorders

Mental disorder is a disease that can happen to everyone and regardless of race, culture, children, adults, poor or rich. Mental disorders are one of the mental disorders caused by a variety of factors, both internal and external. This mental disorder can be identified by changes in mindset, behavior and emotions that change suddenly without any clear reason. One definition of mental disorders according to Frederick H. Kanfer and Arnold P. Goldstein, namely difficulties that must be faced by a person because of his relationship with other people, as well as because of his difficulties in expressing and living his life and his attitude towards himself [11].

In general, several factors affect a person's psychology, such as social conflict, environmental factors, and the processing of wrong inner experiences. Environmental factors here have a very large influence on the psychiatric disorder. For example, in an environment there is someone who is experiencing a problem or also has a disgrace and in that environment there are some people who deliberately isolate and ridicule that person, then that person will experience a heavy burden of thoughts, causing depression which results in mental disorders.

In addition to environmental influences, there are also factors of mental coercion from wrong understanding and spiritual cultivation. So there is an intrapsychic process that is wrong. Like the disturbance experienced by teenagers in one village. For example, there is a teenager who, in terms of spiritual knowledge, really wants and gets spiritual (spiritual) experience, but in the process of fulfilling it and the process of going through it, there is a feeling of anxiety, restlessness, or fear because of the problem of not having someone willing to guide him. So that the teenager chooses to learn to deepen his spirituality through the information media Youtube, for a long time learning to improve himself or to do and fasting or penance, makes him feel confused because of his efforts without any visible changes in the teenager. As a result, the teenager experienced a psychiatric disorder due to the fulfillment of his desires that had not been realized and achieved.

So that many experts who have experience in the psychiatric field conclude that, sufferers of psychiatric disorders result in difficulties in conveying their emotions, it is proven that mental disorders that occur due to the urge to fulfill desires or needs are not fulfilled, then people like that will feeling uneasy, anxious and deeply disappointed. Therefore, it is these unpleasant feelings that must be fulfilled, because as long as these needs have not been met, then feelings of anxiety like that will still be felt, which will eventually lead to psychiatric disorders resulting from a lack of self-actualization [12], [13].

3.2. And humanistic Theory

And humanistic Psychology is a movement or stream that aims to place humans in a true human position. The presence of and humanistic psychology emerged as a reaction to the schools of psychoanalysis and behaviorism, the characters of the two streams were then felt to be unsatisfactory. So that this dissatisfaction ultimately prompted Maslow to build an alternative psychology that has a different character from the psychology of behaviorism and psychoanalysis. The psychology initiated by Maslow was later named And humanistic Psychology. And humanistic Psychology places more emphasis on positive aspirations and human strengths, and also complements the basic aspects by including positive defining aspects such as love, creativity, value meaning and personal growth, conscious experience, free will and actualization of human potential [14].

This and humanistic theory is a contribution from psychology figures such as Abraham Maslow, Carl Rogers, and other figures.

Basically, and humanistic theory essentially emphasizes what it means to be a human being. Knowledge from and humanistic theory can provide benefits for its adherents who can humanize humans, humanizing humans here has the understanding that someone who can think like that then that person can self-actualize, understand himself, and optimize what is in himself [15]. According to Maslow, 2 things exist in a person as well as the background for their self-actualization. First, the desire to try to form positive behavior to carry out self-development. Second, the desire to reject self development [16].

According to Abraham Maslow's famous theory, namely the Hierarchy Theory (level of needs). According to him, human needs are arranged in a level, so that humans are motivated to be able to fulfill their needs. Needs like this have several levels ranging from the basic to the highest. In this theory it is also explained that the higher or greater human psyche need, the greater the effort and sincerity needed to achieve it [17]. These levels are divided into several stages, namely:

First, Physiological Needs According to Dr. Gabriella The need referred to here is the most basic need because it is needed by all living things [18].

Second, the Need for a Sense of Security According to Ade, the sense of security here is both a sense of security psychologically and physically or physically and spiritually obtained from his parents and the people around him [19].

Third, the need for love is very influential and more dominating when many people like and accept him. This feeling can increase positive emotions in him so that we can improve our mental and mental health, and can also reduce stress on ourselves.

Fourth, the need for self-esteem According to Ina, someone really likes to be appreciated, and so do we. So that mutual respect can have a good effect on our mental health, such as preventing depression and stress because we feel that many people support and appreciate it [20]

Fifth, the need for self-actualization, namely the need to prove and show himself to others [21].

The lowest needs are physiological needs, these needs include air, food, drink, sex and exercise. Needs in the second hierarchy are the need for security, which include the need for protection, security, and freedom from fear. The third need in the hierarchy is the need for love which include the need for friendship, closeness, and affection. And the needs at the fourth stage are the needs for self-esteem which include the needs for achievement, self-mastery, independence, status, and self-esteem from others. The five highest needs are self-actualization needs.

Self-actualization is the motivation to develop one's full potential as a human being. So that someone who has self-actualized will be a person who is spontaneous, creative, and has the innocent capacity to be amazing. The fifth need is hierarchical, meaning that the need is the highest of the needs below it, and this need will not be active if the needs below it have not been met [22].

Meanwhile, according to Carl Rogers, a and humanistic psychologist is defined as an effort to help overcome individual problems in their lives, and emphasizes the need for mutual respect without prejudice [23].

3.3. Sufistic Theory

Sufistic psychology is part of the development of psychological knowledge in Islam, in which Sufistic psychology is directly related to the scope of spirituality. Essentially spirituality is always associated with feelings of the heart, such as good intentions and feelings of forgiveness, and these all originate from the heart of every individual. In Sufistic psychology itself, the heart has the deepest influence and wisdom that is difficult to understand, because the influence that the heart has is deeper and more fundamental than the intelligence possessed by our minds. The heart holds the divine spirit within us. Therefore, the heart is a place of blessings from God as well as a benchmark for the health of our souls [24].

Sufistic psychology seeks to examine, study and research the behavior of spiritual experience for Sufis when interacting with their Lord, namely Allah SWT. and how it affects himself, others and the environment around him. Sufis generally view that spiritual world can have implications for the real world. With such an opinion, they introduce a form of prevention and fulfillment of the empty soul in a sufistic way or sufistic psychotherapy. Sufistic therapy here is meant to be a change in Islamic nuances to create healthy-spirited human beings. The approach can be carried out through extension guidance, the repentance approach, the dhikr approach, and so on [9].

In fact, some psychiatric medical experts believe that healing a disease for someone who has a psychiatric disorder can be done quickly if using methods based on religious spirituality, namely by awakening the potential for faith in God in each individual, then moving it towards inner enlightenment or spiritual enlightenment which in turn essentially raises self-confidence that God Almighty is the only healing power suffered. In addition, Sufism has a great influence on those who follow it, both those who experience mental disorders and those who

are mentally healthy, because Sufism provides treatment for someone's empty soul and provides guidelines and role models for healing his soul [25]

It is things like this that make Sufistic psychology important and what distinguishes it from other psychology. As we know that the body, mind and heart are always interconnected. So when we can't face the reality of life, it indirectly makes our soul depressed, the body will rebel and of course the heart will be restless. This will trigger various kinds of mental illness. In addition, it is the teachings of Islam in Sufistic psychology that are the main tool or approach in the method of healing the soul, in fact it is different from psychology itself, because in Sufistic psychology it is not only a healing of psychological symptoms, but there is a religious content that is difficult to prove through an empirical approach [26].

3.4. Its coherence in enhancing the psyche

In life in the modern era, it really provides convenience and interest in various fields, one of which is from the people who make a lot of use of modern civilization, but on the other hand, modern civilization is also not supposed to have a good impact on social life. Many people are willing to go to malls, cinemas, tourist attractions, and other luxuries that are only caused by the problem of wanting to follow the trend of the times. So because of problems like that many people feel pressured because they can't keep up. As a result, human culture like that has a big impact on the mentality of each individual, because of that some feel their souls are disturbed because of unfulfilled needs, especially added because of the boredom of work that is done just to be able to keep up with modern progress.

On the other hand, children and adolescents who are prone to psychiatric disorders in this modern era, an example that students should go to school every morning, meet and play with friends and teachers at school, now many students are confused or do not want to go to school. because of the progress of the times that forces students to be able to maximize these technological advances. So that many of them cannot play freely with friends because of their interest in and addiction to technology. For this reason, psychiatric disorders can occur in children who initially enjoy playing technology at home, but gradually become addicted, and this effect also applies to adolescents and the elderly..

As is the case regarding the negative impact of the progress of the times felt by some residents in the community. Where citizens are

required to be able to adapt to the conditions of the surrounding environment and must be able to protect themselves from the various pressures of problems that may occur in society while following the progress of the times. The existence of progress in this era causes anxiety for some residents, because these changes require that each individual be able to develop and be more advanced with other societies, but such demands are felt to be too heavy to be carried out by some members of the lower class, making some residents feel anxious and anxious. Meanwhile, children and adolescents also face challenges due to current developments which make them feel uncomfortable and also add to the burden they feel. This uncomfortable condition has led to an increase in psychiatric disorders experienced by some people in the modern era.

In addition, there is also a problem of mental disorders as a result of the development of the times experienced by one of the teenagers in the village of Ganggang. The teenager's name was Mas Sun, he kept up with the times when knowledge of spirituality was trending, he followed the progress of the times without any mental or mental readiness, so he tried to find his knowledge from various kinds of information media, and finally thanks to technological advances he found the media. information according to his wishes. At first the teenager was fine when participating in learning, but over time the teenager became addicted to spiritual learning, thus making him shackled in the technological circle. Which in the end makes the teenager addicted to technology and he also feels anxious because his efforts in self-improvement, and fasting, penance, and so on that have been learned from the information media do not produce results due to the absence of a mentor, so it makes the teenager feel restless and hopeless which caused his mental psyche to be destroyed and made him experience a psychiatric disorder.

Therefore, psychology is present which plays a role in overcoming the problems that exist in every human being, especially in improving the quality of the soul. Here psychology is not just science but also has a major impact on the changes that exist in each individual, psychology has various kinds of theoretical approaches within its scope, such as And humanistic theory and Sufistic theory. And humanistic theory is one of the theories in psychology which emphasizes that every human being can grow and can develop and improve his intellectual qualities. This theory believes that each individual can achieve what they desire and can control their abilities and be directed to positive things. In contrast to Sufistic theory, Sufistic theory is a theory of

psychic development that emphasizes the closeness of an individual's soul to his God, so that and humanistic and Sufistic theories can be said to be interconnected and complementary. Because with human feelings that succeed in actualizing all the shortcomings and advantages that exist within themselves without any equanimity, that person will feel empty and confused in life's indecision when the individual tries to understand his relationship with fellow human beings and with the creator. as well as feelings.

It is from this change that causes a lack of readiness and adjustment both internally and externally regarding a new situation, and some needs are not met as expected which can also make a person experience psychiatric disorders. In addition, psychiatric disorders can also arise from an event or deep trauma that leaves a person in a helpless state, which can then have negative impacts, such as dizziness, high blood pressure, irritability, sadness, and difficulty sleeping. Then if the problem cannot be handled properly it will make a person experience physical and psychological disorders which cause symptoms such as physical symptoms and changes in behavior.

So from the problems that exist and have been explained and described above, this paper was created based on seeking integration between and humanistic theory and Sufistic theory in its implementation to improve psychological conditions, especially in the modern era. In the application of humanism, each individual must respect each other without discriminating both from their shortcomings and strengths, adhere to norms, and get a decent life, therefore each individual can improve the mental or psychological health of both fellow individuals and the public. In addition, and humanistic theory views humans as whole and humans are creatures that can potentially express their will and humans can be responsible for their own choices.

According to Maslow, if someone wants to be successful in actualizing himself, one must first know his personality which can be learned by following and focusing on humans who have succeeded in actualizing their potential. Humans consist of 5 basic needs that must be met so that their mental and psychological stability remains stable and can improve their mental condition [27]. In improving their mental condition, humans must go through several stages so that every individual who is healthy or has a psychiatric disorder can actualize himself, so that in the end it can be said that the person has a healthy psychiatric condition. In fulfilling these basic needs, humans cannot directly actualize the potential that exists in him, but he must try step by step in fulfilling his basic needs. The higher the basic needs that he lives,

the greater the challenges and responsibilities he feels. The following are 5 basic needs that must be met and trained to improve their mental condition:

1. Physiological Needs

   The basic physiological needs of every human need, each individual must be aware of the elements of his needs, such as: eating, drinking, air, and exercise, which need to be met and felt because it is the most basic need that is needed by every individual. So that in this modern era, every individual must be able to maintain the pattern of his needs to avoid getting sick which over time can make his psychic power decrease.

2. The Need for Security

   In today's modern era, improving mental conditions requires a sense of security both physically and mentally. Every individual must obtain security from his parents, and from those around him. A sense of security is created from the existence of a form of protection for others, so that from a sense of security each individual will feel good comfort to improve their mental health.

3. The need for love

   Feelings of love are very important in developing psychological conditions, apart from that love is a major aspect of psychology because if a person is liked by many people and accepts himself. Then that person will be able to increase the emotional feelings that exist in each individual, so that feelings of love can improve mental health, and can also reduce psychiatric disorders.

4. The need for self-esteem

   In addition to feelings of love, a person also really wants respect for himself, so each individual must be respected and appreciated so that it has a good effect on our psychology, such as preventing depression and stress because we feel that many people support and appreciate it. So that from the feeling of self-esteem it gives a pattern of good behavior which will also produce a healthy soul.

5. Need for Self-Actualization

   After the four stages that have been undertaken, it will give rise to a brave soul and self-confidence, where courage like that is the key to the success of every individual in achieving all his desires. And also people who dare to express all their feelings, desires, and everything that makes them depressed, then people like that are successful in improving their mental condition and as a protector from the influence of psychiatric disorders.

So that from the existence of a and humanistic theory like that one can see that all human beings are unique, have talent, are creative, and have their own choices, and this theory embodies the improvement of human psyche soul who wants to try or not in reaching the stage of self-actualization which can lead him to a better mental condition. Healthy. In addition, and humanistic theory looks at the belief that humans can understand their own potential which can help them in dealing with the realities that exist in their lives, because each individual can develop to actualize all of his potential. However, if the individual has not been able to develop and actualize himself in facing all the challenges of the progress of the times, then he is classified as an individual with a psychiatric disorder.

In addition, in the Islamic religion regarding psychiatric disorders is also not much different from the view of and humanistic psychology [28]. Basically humans consist of two elements, namely physical elements and spiritual elements, both of which must be fulfilled to create complete health. Human physical elements can be obtained by applying and humanistic theories that affect his physical and mental health, but there are also spiritual elements that can be obtained through Sufistic theories in fulfilling his inner needs such as prayer, remembrance, reading the Koran, and fasting. Thus humans cannot be separated from the existence of and humanistic influences and Islamic religious teachings which are known as Sufistic theories in psychology. Sufistic theory is one of the methods in Islam for dealing with mental health, as explained in the verses of the Koran: (QS An-Nahl 16:97) which is addressed to both men and women, which of them have faith. in their hearts and remember Allah, they will get peace of mind. Therefore, the role of religion in Sufistic theory can help humans grow their mental health and prevent mental disorders.

Therefore, Sufistic therapy is very important in the balance of treatment and healing of mental illness. Someone who is in a healthy mental condition or has a mental disorder will feel a different picture if each individual follows a Sufistic theory, but still deals with and humanistic theory in every life. In the theory of Sufism is not just a theory, but also practical. The Sufis have formulated procedures for dealing with mental illness for sufferers, namely by explaining and teaching the public the path to perfection of the soul by awakening the spirit of faith in their weak souls, inviting them to cleanse their hearts or intentions, strengthening their resolve, surrender all matter to Allah swt. and piety to Him, and it is recommended to fill the soul with honesty, a sincere and patient heart, and by eating halal food. Then

invite them to treat restless souls through correct dhikr, which can calm a weak and restless soul [29].

In addition, it is natural for people who are experiencing mental disorders to return to Islamic teachings, using a sufistic theoretical approach whose foundation is the values and teachings of Islam. In addition, Sufistic theory is not only intended to treat mental illness within the scope of psychiatric disorders, but also to provide therapy to people who are morally and spiritually ill. Thus, a Sufistic theory with a wider scope can anticipate and treat human mental disorders [30].

4. CONCLUSION

Based on the results of the findings and discussion, it can be concluded that this research found a coherence and interrelationship between and humanistic psychology and Sufistic psychology in improving psychological conditions in this modern era. The coherence between the two can be seen from the existence of human psyche elements themselves, namely physical and spiritual elements, both of which must be fulfilled to create complete mental health. In this difficult era, every individual is required to try harder to fulfill his psychological needs. Such as the need for security, appreciation, support, feelings of love, to be liked and accepted by the people around us. So that it is from such needs that make each individual able to actualize his psychic potential as a form of effort to overcome the existence of psychiatric disorders. On the other hand, the actualization of the physical potential of the soul cannot fully overcome psychiatric disorders, because humans themselves have a combination of body and mind, so that if both or one of them is not fulfilled, it will cause an imbalance in the condition of his soul. Therefore, Sufistic psychology emerged as a counterbalance to the existence of and humanistic psychology which functions as an aspect of fulfilling spiritual elements, such as repentance, prayer, and fasting, remembrance, and reading the Koran. Thus the contributions of the two schools of psychology are interconnected and cannot be separated from human beings.

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