

MENTAL HEALTH AND ITS IMPACT ON BEHAVIOR: An Islamic Perspective

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Abstract: Every human being is endowed with physical and spiritual elements. The physical element comes from the ground. Meanwhile, the spiritual element comes from His Spirit. The physical element has needs called biological needs, while the spiritual element also has needs such as advice, dhikr, prayer and worship. Between the physical and spiritual elements, both of them can influence each other. When the physical influence is stronger then the spiritual element will dim. However, if the spiritual element is stronger, then the spirit will strengthen the body. To live a human life requires intelligence. Because it is with intelligence that humans can live and live life in an orderly and directed manner. Allah created man with a mind, so that with human reason he could think about what was right and what was wrong, that was intellectual intelligence. Intellect is what distinguishes humans from animals and plants. With the human mind can live dynamically, innovatively and creatively. Allah also provides humans with hearts, so that humans can feel what is good and what is bad. So that humans can recognize what they feel and what others feel. So that he can live wisely, that is what is called Emotional intelligence. Then Allah also provides humans with a holy soul. This holy soul is the link between man and his god, keeping a holy soul is meant to maintain a relationship with his god. People who are always connected to God are spiritually intelligent people, whose holy souls will be reflected in their daily behavior. So that humans can recognize what they feel and what others feel. So that he can live wisely, that is what is called Emotional intelligence. Then Allah also provides humans with a holy soul. This holy soul is the link between man and his god, keeping a holy soul is meant to maintain a relationship with his god. People who are always connected to God are spiritually intelligent people, whose holy souls will be reflected in their daily behavior. So that humans can recognize what they feel and what others feel. So that he can live wisely, that is what is called Emotional intelligence. Then Allah also provides humans with a holy soul. This holy soul is the link between man and his god, keeping a holy soul is meant to maintain a relationship with his god. People who are always connected to God are spiritually intelligent people, whose holy souls will be reflected in their daily behavior.

Keywords: Spiritual Intelligence, Conscience and Behavior

Introduction

As it is known that to achieve success requires intelligence. This is because it is with intelligence that humans can do things right and well (Forgeard et al., 2011). Without intelligence, what humans do will not be carried out properly so that the results will not be optimal and less useful (Yusuf et al., 2020). Everything that humans do needs knowledge and strategies to do it to improve the quality of results and time efficiency (Hakim & Ritonga, 2018). In ancient times people thought that to get to the moon was an impossibility, however, after people knew and had the knowledge or how to fly to the moon finally people managed to land on the moon. In the past, you may not have thought about how to talk over long distances, but now even though it is a long distance people can joke through cell phones (AW Ritonga et al., 2020). With intelligence something becomes easy, the impossible is possible.

In Islam the first verse revealed was surah al-alaaq verses 1-5, this verse explains how important knowledge is, how important intelligence is (M. Ritonga, 2016). Because to achieve happiness, success and devotion all need knowledge. Who wants to get to the world with knowledge,

who wants to reach the hereafter with knowledge and who wants to reach the world and the hereafter also with knowledge.

Humans were created by Allah with a mind. It is through this reason that humans can be distinguished from other creatures. With human reason can build life and life. Intellect is a very powerful gift from God that is given to humans. Now it depends on the human whether to use his mind or not. So important is reason that many verses of the Koran describe reason such as; do you not think, do you not take lessons and many other verses (Amen, 2018), (M. Ritonga, Asrina, et al., 2020). How important an intelligence is now that everyone is obliged to attend school, from early childhood education, kindergarten, elementary school, junior high school, high school and college (M. Ritonga, Lahmi, et al., 2020). In school, a child will process to become a smart person. Intelligent people can be scientists, doctors, lecturers, state officials and so on.

Armed with intelligence, people can be officials, prosecutors, police, doctors and so on, but intelligence is not everything, because besides intellectual intelligence there are other intelligences that must be possessed. Because if only intellectual intelligence, facts in the field are found, thanks to his intelligence, it can indeed lead him to become an official, for example, but how many state officials have tripped over the law, how many law enforcers are found to be unfair in stipulating laws, how many are found a teacher who does not exemplify the behavior kind to his students (Husna et al., 2020). Here a question arises, it turns out that not all great people can be good people, although there are still many great people who are good people, and vice versa we find good people but not great. So what actually affects a person's behavior is sometimes being good, sometimes being bad. Based on this problem the author is interested in discussing intelligence and kindness.

Methodology

This study is in the form of a library study (Library Research), which is by conducting research on works related to intellectual, emotional and spiritual intelligence. The works referred to here are journals, papers, books and YouTube videos. Therefore, the data sources obtained came from the existing literature in online and offline libraries which have relevance to the subject matter in question. The main data source is the book ESQ by Ary Ginanjar Agustian. The data collection technique is done by reading carefully each reference then classifying it according to the focus of the problem. The data that has been collected from various literatures is then analyzed using a semiotic approach, which is taking meaning by looking at the relationship between each sentence and its relevance to the focus of the research problem. To ensure the validity of the data, a comparative approach was used, namely comparing one source to another.

Result and Discussion

Talking about intelligence, there are three aspects of intelligence: Intellectual / Intelligent Quotient-IQ, Emotional Qoutien-EQ and Spiritual Qoutien-SQ. These three intelligences are closely related like a triangle. In simple terms, the writer will explain what is meant by the three intelligences.

First, intellectual quotient is the ability to think logically to manage and control the environment. example: the ability of students to understand and master mathematics lessons in school (Maselena et al., 2019). Second, Emotional quotient is the ability to recognize, manage and direct the emotions of oneself and others. An example of a student's ability to treat friends well, so that other people will also be nice to him. Third, Spiritual Quotient is the ability to give spiritual meaning such as: the value of worship, finding wisdom, and the value of sincerity. An example of the student's ability to always be sincere and intend every learning process to worship Allah.

The three intelligences expressed above must be owned in a balanced manner, because if someone is only intellectually intelligent but not emotionally intelligent then this intelligence can bring disaster in life as has been expressed by experts that "if logical intelligence is stronger, this is because someone lets it be strong alone. And if let it be strong alone, it means that the person concerned has chosen a bad ruler" (Helmiatin, 2018), (Tiwary & Rao, 2020), (Geetham & Joicylidwina, 2019).

The point is if a person only relies on logic alone, it is possible that he can distinguish between right and wrong logically, but if he is not emotionally intelligent then he cannot distinguish between good and bad. because the truth of logic is not absolute every one that is true is not

necessarily good that is where humans combine the two in order to become a righteous righteous person.

Relationship between Spiritual Intelligence and behavior

Before we discuss the relationship between spiritual intelligence and behavior, here the author will clarify what spiritual intelligence is. In a large dictionary of Indonesian, spiritual is related to or has a mental character (Rohani or inner). Life is breath, meaning that breath means life. to have breath means to have spirit. In a living human body there must be breath, if you do not have breath it means that you are no longer alive. While what is meant by spiritual is something that is related to spirituality or soul. Talking about the soul means we are talking about metaphysics. Because the essence of the soul cannot be seen in physics, the distress of the soul is reflected in its physical form. Although the soul cannot be seen physically, it is with the soul that humans can live and live life. It is the soul that controls the physical, the soul that moves the physical.

The soul is the link between the physical and supernatural powers. In Islam that supernatural power is Allah. The soul is different from the physical, but the soul can control the physical. In the human body there are 3 main elements that make humans live. First, humans have a body, physical needs such as eating, sleeping, exercising and so on. Both humans have a mind, their need is knowledge. All three humans have spirituality (Carr, 2018), (Arfiansyah, 2019). The need is, advice, dhikr, worship and self-approach with God (Zamhari, 2010), (Philips, 2019), (Latifa et al., 2019).

Spiritual Work will strengthen emotional and intellectual (Akbari & Hossaini, 2018), (Haryono et al., 2018), (Carr, 2018). If intellectual and emotional intelligence is not accompanied by spiritual intelligence, over time it will saturate. A person who is rich but poor is spiritually so he will never be happy with his wealth, because he does not find value in wealth. Unlike a rich person who has spiritual values, he will really appreciate what he has because not everyone can get what he has. Spiritual intelligence is closely related to human faith (Arbabisarjou et al., 2016). Spiritual strength is directly proportional to faith (Ahang, 2014). If faith is strong, spirituality will also be strong, conversely, if faith is weak, spirituality will also fade. To strengthen one's spirituality, one must follow religious advice. Because religion is a life guide so that people live purposefully. As eating from religion itself is "a" which means no and "gama" means chaotic. So religious people are people who live free from chaos. People who master religion and practice it will increase their spiritual intelligence.

In Islam spiritual intelligence is related to spirit, heart and soul (Hastuti, 2016). A person who is spiritually intelligent is a person who can listen to the inner voice, actually the inner voice is always there but because of the influence of sin, lust and the world of conscience it will be closed so that it cannot be heard whispering (Najib, 2020). People who cannot hear their conscience are called people who have died. Caused by sin and lust that have taken control of them.

This statement is based on a verse of the Koran which emphasizes that the heart can be closed and can be opened, the heart can be closed when submitting lust and disobedience to Allah. While the heart will open if the owner always does good, good deeds always worship Allah. Humans were created consisting of two elements, namely the physical element and the spiritual element. The physical element is made of earth / matter. Meanwhile, the spiritual element is non-material. The human spirit comes from the most holy spirit of God. It is Allah Who breathes the spirit in humans without involving other parties as well as other creation processes. This can be understood through the editorial use of the QS verse. Al-Hijir: 29.

In this verse it is understood the use of the word (from My spirit), not the word (from Our spirit) as is customary in the creation of other creatures. This implies that the spirit that is in humans is directly breathed by Allah without Allah's angel (Quthub, 2000). In essence, the human spirit comes from the most holy substance. Our human duty is to always maintain the purity of the spirit in order to always be in touch with the almighty God. Something holy can only get close to what is holy. So if we want to be close to the most holy god, there is no other way than to purify the soul. Therefore, if humans have already sinned, they should repent.

Humans who always worship, can avoid the deceit of lust, then their conscience will be stronger. It is this inner voice that always whispers to be always in goodness. Because of how great the inner voice of jalaludin Rumi once said, "the eye of the heart has seventy times more power to see the truth than the two senses of sight". The truth of conscience or conscience cannot be influenced by

anyone, by anything including ourselves. The eyes of the heart can reveal essential truths that cannot be seen by the physical eyes. It is this inner voice that is called spiritual intelligence.

From the description above, we can understand that spiritual intelligence is very influential on a person's behavior. In Islam the person with the strongest spiritual intelligence is someone who is always close to Allah. By always feeling close to Allah so that whatever he does, he feels that he is always being watched by Allah, so that his behavior will be directed. For example: There are two young people who are attending a college majoring in Islamic religious education. youth A attended lectures with the intention that one day he could become a civil servant, then enrolled this young man at the college he had chosen, followed the lecture process until he finally became a bachelor. However, after graduating this young man had difficulty finding work, wanted to become a civil servant but the PNS test was not opened,

Meanwhile, young man B, from the beginning, had intended to study to study and improve himself. He realized that whatever he did and went through was merely to find the value of worship before his god. In every process of his lecture, this young man always did his best to get the best value from God. In the end, this young man B finished his lecture. However, after graduation, this young man also never got a job, but he was not stressed because even though he had not yet got a job he had learned a lesson, he always thought positively and always did the best he could do what was important to his god.

From the story above, it can be understood that spiritual intelligence is very influential on a person's attitude and behavior. Spiritual intelligence is a person's ability to keep his soul connected to supernatural powers. Because this spiritual power will always guide his behavior. A clean soul is human nature. People who have a clean soul, he will realize and know who he is. As the Sufi expression "man arafa nafsahu faqad arafa rabbahu" who knows himself, he will know who his god is.

A clean soul will be reflected in the form of one's behavior, temperament or character. People whose souls are clean, then silence is dhikr, their words are advice and their actions are exemplary, their thoughts will always be positive, people whose souls are clean will easily get wisdom, are patient when disaster strikes, are grateful when they receive favors and are always sincere in their actions. Meanwhile, a person whose soul is dirty will narrow his mind and heart, easily complaining, impatient, not sincere and even forgetting himself and trapped in ugliness.

CONCLUSION

Spiritual intelligence is the ability to give spiritual meanings such as: the value of worship, finding wisdom, and the value of sincerity. People who have spiritual intelligence are people who have a clean soul. A clean soul will always be close to Allah. When a servant feels close to Allah, his behavior will be in order. Because he believes that whatever is done will be seen by Allah. Spiritual intelligence is the foundation of emotional intelligence and intellectual intelligence. If this spiritual intelligence is not possessed then emotional and intellectual intelligence will be fragile. Meanwhile, the peak of this spiritual intelligence is sincerity.

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