



Instilling an Optimistic and Patient Attitude According to the Teachings in the Qur'an

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ABSTRACT

Optimism is one of the wheels of life. However, the reality is that currently many Muslims have lost their optimism. Many people experience despair and depression, and when faced with life's challenges and stress, they decide to end their lives by committing suicide. This fact is inversely proportional to the fact that the Koran regulates everything, including the command to be optimistic. Although the Koran does not specifically mention optimism, there are several verses that show the importance of optimism. The people are optimistic, have knowledge, courage, a humble attitude and believe that there is a power greater than themselves. Patience means not wanting to turn away from communicating with people who call on Allah and always seek His blessing. The command to be patient also blocks people's desire to be with people who do not forget Allah SWT. Prophet Muhammad SAW advised all Muslims to be patient. Based on this study, the urgency of patience in the Koran means that in Islam there is an urgent need to practice patience in everyday life, in various aspects and actions of life, especially when facing trials. It is said that it is very important to refrain from harmful actions. Perseverance in resisting the temptation of immorality in order to always appear beautiful in front of people and persistence in accepting calamities and challenges from Allah SWT.

1. Introduction

Optimism and patience are two attitudes that work for both parties. Meanwhile, optimism means understanding something from a good and pleasant perspective, namely the attitude of always having good hopes for everything. Optimism is a component of positive psychology and is associated with positive emotions and positive behavior, which can impact improved health, stress-free living, positive social relationships, and social functioning (Prayogi, 2020).

According to KBBI, optimism itself means believing in everything from the point of view of advantages and benefits. Meanwhile, the subject of optimism is an optimistic person. In Islam, optimism means having faith in Allah subhanallah wa ta'ala or being kind to Allah in order to obtain His help and forgiveness (Martsiswati & Suryono, 2014). Optimism leads a person to believe in the happiness of success and be confident with themselves. Optimism is nothing but the belief that a person has that something good will happen in the future and causes a person to have hope that with enthusiasm and hard

work the desire will be achieved. Optimism is a psychological strength for someone in achieving their future (Partono, 2020).

Meanwhile, patience is an attitude that is born after feeling optimistic. Applying an optimistic and patient attitude will bring its owner happiness in this world and in the afterlife. In terms of language, patience means to hold back and prevent, in terms of content, patience is to refrain from feeling anxious and emotional, to restrain one's words from complaining. Patience is a strength, a positive force that encourages the soul to fulfill an obligation (sukino, 2018).

The purpose of creating this situation is for humans to use their minds to solve problems in a way that is most pleasing to God. Whatever situation you find yourself in, if you can't resolve it on your own, be patient and trust that God will help you. Patience is so important in life that Allah and His Messenger have bestowed the benefits and virtues of patience as mentioned in the Qur'an and Hadith (Purahman & Moh. Khoirul Umam, 2024). These two attitudes are mentioned a lot in the Al-Quran and Hadith and are recommended attitudes in life. Therefore, this research includes attitudes of optimism and patience in the Al-Quran and Hadith through thematic interpretation.

2. Method

This research uses library research methods to collect data by understanding and analyzing relevant theories from various library information sources. Literature study is an important part of research. Research cannot be separated from the cultural values and norms that exist in the social environment being investigated. Studying the literature helps researchers understand the context of their research and enriches their analysis.

3. Findings and Discussion

3.1. Understanding of Optimistic

Optimism in the Qur'an and Islamic Hadith is that optimism is in accordance with the truth. Because that is part of the behavior of believers. Allah has reminded Muslims not to behave weakly and be sad and of course remember that Muslims are individuals with high status if they truly believe (Gilang Ardela Mubarak & Muslihah, 2022). For true believers, optimism is an expression of trust and confidence in God. Apart from that, Allah also says that He is the best helper and protector.

Optimism in the Big Indonesian Dictionary (KBBI) is someone who always has hope or has good hopes and positive expectations in doing something. Optimism is a very important psychological aspect for humans. Optimism gives people strength and confidence in everything. Optimism, on the other hand, is the opposite of despair. The famous expression "*laa tay'asu*". The word *yaisa* (يَيْسُ - يَيْسُ - أَيَّاسٌ) means "abandoning hope" or "wishful thinking." 11 In another sense, the word "*yaisa*" means despair of good things, and can also be the last hope (Purahman & Moh. Khoirul Umam, 2024).

Optimism is a positive attitude and can lead a person to positive qualities. This optimism helps individuals in terms of their ability to influence their behavior, while pessimism makes them helpless. Optimism is a hope that tends to be stable in a person when predicting a future that is expected to be happy (Kanz & Mubarak, 2024). Optimism has a moderating effect on how a person deals with new or difficult situations. This effect stimulates an emotional response and creates good wishes. When faced with a difficult situation, highly optimistic people believe they can overcome it. They choose problem-focused proactive coping strategies rather than avoidance strategies (Suseno, 2013).

A. Optimistic characteristics

1. Positive Expectations: always expect positive results, even when facing difficulties.
2. Resilience: The ability to bounce back after experiencing failure or adversity.
3. Problem Solving: Focus on the solution, not the problem itself.
4. Self-confidence: I am confident in my ability to handle difficult situations.
5. Positive Energy: create a positive environment and spread it to the people around you.

B. Optimistic Benefits

1. Mental Health: reduces stress and improves mental health.
2. Social Relationships: helps you build better and positive relationships with others.
3. Goal Achievement: increases your chances of achieving goals and success.
4. Physical Health: has a positive effect on physical health, including improving the immune system.

3.2. Be patient

In some languages, patience (al-shabru) means not complaining. Patience means trying to be patient. There is also al-Shibr which means 'shadal' which means bitter medicine, namely bitter tree sap. Some people think that the root of the word patience is being firm and strong. Al Shibr focuses on drugs that are known to be very bitter and unpleasant. Some people argue that "words like gathering, hugging, and hugging take away patience." Because, a patient person is a person who accepts and accepts complaints. There is also the word shaburah which refers to food. Basically, patience has three meanings, namely holding back, hardening the heart, gathering, embracing, and the opposite of patience is grumbling.

Patience is a person's inner attitude in holding back emotions and desires in responding to all needs. The strength of a person's faith and aqidah according to Islamic law can influence perseverance. Islam praises the ability to be patient and control one's desires. An attitude of patience can guide people so as not to violate human dignity. Therefore, the concept of patience in the Qur'an is essentially human self-control based on the Islamic Aqidah contained in the Al-Qur'an al-Karim guidelines (Miskahuddin, 2020).

Perseverance can be defined as the ability to coordinate, control and direct (actions and emotions) as well as overcome various difficulties and problems that need to be resolved comprehensively and integratively. Completeness in this sense is the ability to have a good understanding (acceptance) of the problem, have a wide range of information (in terms of scope and content), and provide comprehensive insight into the problem being faced. Integration can cause problems, but integrated methods can cause problems (Noor, Jainah, Anwar, Darmawaty, & Muhmood, 2023). Believers never forget that Allah created all the conditions that humans experience, such as sadness, joy, happiness, space and narrowness. The purpose of creating this situation is for humans to use their brains to solve problems in a way that is most pleasing to Allah. Whatever situation people feel, if they cannot solve it themselves, they must be patient and believe that God's help will come. Patience is so important in life that Allah and His Messenger have revealed the benefits and virtues of patience contained in the Qur'an and Hadith (Raihanah, 2016).

A. Patience Characteristics

1. Emotional Resilience: maintaining emotional stability under pressure.
2. Self-control: being able to resist the urge to act impulsively.
3. Perseverance: persevere even when facing difficulties.
4. Be patient with others: don't get angry or criticize others easily.

5. Hope: trust that things will get better with time.

B. Patience Benefits

1. Reduce stress: reduce stress by facing difficult situations more calmly.
2. Improving relationships: Improving the quality of relationships with other people through understanding and tolerance.
3. Improved Health: Maintain physical and mental health by reducing negative reactions to frustration.
4. Goal Achievement: helps you achieve long-term goals with determination and hard work.

Tables and Figures are presented center and cited in the manuscript. The figures should be clearly readable and at least have a resolution of 300 DPI (Dots Per Inch) for good printing quality. Table made with the open model (without the vertical lines) as shown below:

3.3. Synergy between Optimism and Patience

Synergy between optimism and patience In the study of hadith, the qualities of patience and optimism receive a lot of attention big. This is because there are many hadiths of the Prophet PBUH. that explains about these two noble qualities. Some hadiths speak textually about the meaning of patience and optimism, there are also those who explain the forms, or which explains the benefits, there are even hadiths that explain both contextually. Among the hadiths that collect explanations about both is a hadith narrated by Abu Hurairah ra. that the Messenger of Allah.

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: *الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ، وَفِي كُلِّ خَيْرٍ، إِحْرِيصٌ عَلَى مَا يَنْفَعُكَ وَأَسْتَعِينُ بِاللَّهِ وَلَا تَعْجِزُ، وَإِنْ أَصَابَكَ شَيْءٌ فَلَا تَقُلْ: لَوْ أَنِّي فَعَلْتُ كَذَا وَكَذَا، وَلَكِنْ قُلْ: قَدَرَ اللَّهُ وَمَا شَاءَ فَعَلَ، فَإِنَّ لَوْ تَفْتَحُ عَمَلَ الشَّيْطَانِ*

It means: Strong believers are better and more loved by Allah SWT. than weak believer. In each there is goodness. Really attain to what is useful to you, please help Allah and do not be a weak person. If you are struck by a misfortune, then do not say: If I had done this and that, it certainly wouldn't have turned out like this and so. But say: This is God's destiny and what He wills He will definitely carry out. Because in fact the expression of the word 'law' (if only) would open the way for Satan's temptation.

Combining optimism and perseverance will help you overcome life's challenges more easily. Optimism gives us hope and enthusiasm to keep fighting, while patience makes us not rush and assess the situation well. For example, when you fail, an optimistic attitude encourages you to try again, while patience helps you learn from the experience and improve your approach.

Patience and optimism are two keys to a happy and peaceful life. Patience teaches us to remain calm and patient in facing trials and obstacles. Being optimistic teaches you to always see the positive side of every situation. As explained in the word: "O you who believe, be patient and increase your patience, be prepared (at the borders of your country) and fear Allah, may you be lucky" (QS. Ali-Imran: 200). In this verse, believers are commanded to be patient, to be patient in the face of other people's disturbances, to show obedience (waiting for prayer after prayer), and to rely on Allah in order to survive in this world and fear success in the afterlife.

Imam al-Ghazali said: "Patience restrains the mind from excessive and evil desires. " On the other hand, Ibn Qaim al-Jawziyyah said: "Patience restrains the heart from excessive and evil desires. "But grief and fear only open the door to sadness. "That's why

we all have to learn to face life patiently and optimistically. "To live a happier, more peaceful life and get closer to Allah, we must uphold and practice these values in our daily lives SWT.

The meaning of the word patience is to endure difficulties (tahamul'anil aza). With a body and soul that is willing to live hard, he can reach the peak of inner strength. And optimism means self-effort to achieve success and goals. Patience and optimism can also be seen in the lives of Tariq bin Ziyad and Musa bin Nusayr, the first Muslims to bring the Islamic flag to Europe, especially Andalusia (now Spain). No one knows pessimism and despair in life stories, because both are characterized by patience and optimism. These are all expressions that express optimism, victory, happiness and success in spreading Muhammad's religion to Europe. They were finally able to cross the ocean and nature was on their side.

1. Emotional Support: An optimistic nature gives individuals hope and confidence that their efforts will bear fruit. When facing difficulties, optimism can motivate people to persevere and not give up.
2. Stress Management: Optimism can help people see challenges as learning opportunities and reduce stress. Patience, on the other hand, allows you to stay calm and focus on solutions instead of falling into negative emotions.
3. Goal Achievement: A combination of optimism and perseverance is essential in achieving long-term goals. Optimism provides a clear vision of the desired outcome, and perseverance provides the resilience to keep fighting despite the odds.
4. Mental Health: Research shows that optimistic and patient people are less likely to suffer from anxiety and depression. They are better able to overcome failure and focus on their goals.

3.4. Evidence from the Qur'an and Hadith regarding Optimistic and Patient Attitudes

A. Optimistic Attitude

a. The arguments of the Qur'an

وَلَا تَهِنُوا وَلَا تَحْزَنُوا وَأَنْتُمْ الْأَعْلَوْنَ إِنْ كُنْتُمْ مُؤْمِنِينَ

"Do not be weak, and do not (also) be sad, even though you are the people of the highest (rank), if you are believers." (QS. Ali Imran (3): 139)

b. Hadist

قال النبي صلى الله عليه وسلم: لا طيرة وخيرها الفأل. قالوا: وما الفأل يا رسول الله؟ قال: الكلمة الصالحة يسمعها أحدكم

Prophet SAW. said: "There is no thiyarah and the best is al-fa'l. The companions asked, what is al-Fa'l, O Messenger? Rasulullah SAW. said: "A good word that one of you hears

B. Patient Attitude

a. The arguments of the Qur'an

قُلْ يٰٓعِبَادِ اللّٰهِ اٰمَنُوْا اتَّقُوا رَبَّكُمْ ۗلِلَّذِيْنَ اٰحْسَنُوْا فِيْ هٰذِهِ الدُّنْيَا حَسَنَةٌ ۗوَاَرْضُ اللّٰهِ وٰسِعَةٌ ۗ اِنَّمَا يُؤْتِي الصّٰبِرِيْنَ اٰجْرَهُمْ بِغَيْرِ حِسَابٍ

Meaning: "Say (Muhammad), "O My faithful servants! Fear your Lord." For those who do good in this world will obtain goodness. And Allah's earth is wide. Only those who are patient will be rewarded without limits," (QS. Az-Zumar [39]: 10).

b. Hadist

يٰٓاَيُّهَا الَّذِيْنَ ءَامَنُوْا اسْتَعِيْنُوْا بِالصَّبْرِ وَالصَّلٰوةِ ۗ اِنَّ اللّٰهَ مَعَ الصّٰبِرِيْنَ

Meaning: "O you who believe, make patience and prayer your helpers, indeed Allah is with those who are patient.

4. Conclusion

Optimism and perseverance are two important keys to success and personal well-being. Optimism allows individuals to see difficulties as opportunities and keep morale and motivation high despite obstacles. Because people believe that things can get better, they tend to act more decisively and look for creative solutions to existing problems. Perseverance, on the other hand, is a quality that complements optimism by providing mental and emotional resilience to face a long and uncertain process. Patience teaches you to evaluate each step, avoid rash actions, and focus on long-term goals, even if the results are not immediately visible. Combining these two qualities can lead to greater success and deeper satisfaction in life. Being optimistic allows us to maintain positive energy to continue moving forward. Through perseverance, we build resilience that allows us to overcome challenges and adversity. Developing these two qualities will not only improve the quality of your life, but will also enrich your relationships with others and help you achieve your goals. Overall, cultivating an optimistic and patient attitude in daily life is an invaluable step towards achieving balance and sustainable success.

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