

The Concept of Patience in Islam and Its Implications for Education

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Abstrak. Kesabaran sangat penting dalam kehidupan sehari-hari, baik dalam pendidikan sekolah (formal) maupun pendidikan dalam keluarga. Kesabaran membutuhkan proses mental dan sikap tertentu yang efektif jika diajarkan dalam keluarga. Orang Indonesia sangat banyak menggunakan konsep 'sabar', baik dalam konteks agama maupun budaya. Dalam kehidupan sehari-hari, konsep ini juga banyak digunakan orang saat menghadapi berbagai masalah psikologis, misalnya saat menghadapi situasi stres, menghadapi masalah, bencana atau saat mengalami kondisi marah. Al-Qur'an memerintahkan orang beriman untuk menghiasi dirinya dengan kesabaran, karena kesabaran memiliki manfaat yang besar dalam mendidik diri, memperkokoh kepribadian, meningkatkan kemampuan manusia dalam menghadapi kesulitan dan menghadapi berbagai persoalan dan beban hidup.

Kata kunci: kesabaran, metode tematik digital al-Qur'an, pendidikan

Abstract. Patience is very important in everyday life, both in school education (formal) and education in the family. Patience requires certain mental processes and attitudes that are effective if taught in the family. Indonesian people use the concept of 'patient' very much, both in religious and cultural contexts. In everyday life, this concept is also widely used by people when facing various psychological problems, for example dealing with stressful situations, facing problems, disasters or when getting angry. The Qur'an commands believers to adorn themselves with patience, because patience has great benefits in educating oneself, strengthening personality, increasing human ability to endure difficulties and face various problems and burdens of life.

Keywords: patience, al-Qur'an digital thematic method, education

INTRODUCTION

Patience is the most important Qur'anic morality and is emphasized by the Qur'an, both in Makiyah and Madaniyah chapters, it is also a moral trait that is most mentioned in the Qur'an. We can see this virtue from the many verses of the Qur'an which speak of patience.

The concept of patience is synonymous with holding back one's emotions from what encourages a person to make mistakes and evils which are considered wrong by the teachings of Islam. It is said that a person is patient, when he can refrain from being obedient in worship, practicing everything that Allah The Almighty commands and abstaining from doing everything that Allah The Almighty has forbidden. All of this is done sincerely for the sake of expecting the pleasure and great reward of Allah The Almighty (Mutaqin, 2022).

In general, patience is aimed at humans and specifically the target is people who believe. Believers will always face challenges, distractions, trials and tribulations patiently, which require the sacrifice of their lives and possessions that are precious to them. Various experiences are passed by humans in religious life. There are people who have been religiously devout since childhood, until they reach adulthood their religious observance has not changed, it has even increased. On the other hand, there are also people whose strictness in carrying out worship is reduced after he has progressed in the field of

position and material. There are people who are higher in rank, the more diligent they pray, on the other hand there are people who stop their prayers because they experience disappointment in their life.

How many people have lost the meaning of life, until finally that person found a way to escape from fear, confusion, sadness and disappointment. If they want to hear Allah's call to be patient and pray as a helper, of course that person will find what he is looking for.

To help humans in dealing with themselves who are facing these various problems, Allah commands humans to pray, in addition to being patient. With prayer humans will not feel alone in facing difficulties. Even though he does not see Allah The Almighty, but he is aware that Allah is always with him and is always his helper. With such a mental condition, he is able to express his feelings to God, he will pray and complain to God. With such a psychological analysis, we can understand how patience and prayer play a role in humans, so that they can really help in calming the mind and being a helper in dealing with various life problems.

To understand the Qur'an, of course, an interpretation is needed which is used to explore the meaning contained in the Qur'an (Al-Jufri, 2014; Surahman, 2013), especially in terms of patience which is the most important Qur'anic morality.

In the context of developing Islamic Education, the study of patience is important to do based on several considerations. First, patience

is one of the important values that must be instilled in students to anticipate and overcome various value problems that arise in the world of education. However, patience as a value has an urgency in overcoming various value problems in the world of education (Fakhrudin, 2014). Second, the development of Islamic Education must be supported by Islamic Education management principles (Fakhrudin, 2014) as a basis for advancing Islamic Education through substantive studies of the Qur'an, including studies on the concept of patience. Third, studying the concept of patience can generate ideas for continuous moral development that is integrated in education (Aulya et al., 2017).

METHODS

In general, this research uses a qualitative approach with thematic interpretation methods. The methods used for the interpretation of the Al-Quran are very diverse, both the use of classical interpretation methods such as the interpretation of *bil ma'tsur* or *bi al-rivayah*, the interpretation *bi Al-ra'yi* or *al-Dari'ah*, and *bi al-Isyarah* interpretation, as well as modern or contemporary interpretation methods such as *Tabily* interpretation (analogy), *Ijmali* interpretation (global), *Muqarin* interpretation (comparison), and *Maudu'iy* interpretation (thematic) (Sakni, 2013).

The researcher uses the *Maudu'iy* or thematic interpretation method, the use of this interpretation method is based on the idea that thematic

interpretation is a method of interpreting the Qur'an by collecting verses from the Qur'an related to a particular theme (Sja'roni, 2014). The thematic interpretation method is easier than other interpretation methods because when the term has been determined, the verse search will be more focused according to that term, and only examine related verses. But searching for verses related to these terms in the Qur'an is very large and difficult, it also takes a long time, therefore researchers use a way to make searching for verses with the desired term faster and easier, namely by using a digital application Al-Qur'an and its translation version 3.1.

The stages in using the application are as follows:

1. Double-click or enter on the Al-Quran digital application version 3.1 which is in the form of a green love.
2. Search for the terms you are looking for, you can use Arabic letters or Latin letters. For example, the patient term = 92 items.
3. In summarizing the meaning of a term, it is necessary to remember: (a) Al-Quran is a guidebook for "true religion", a guidebook for entering the Last Days safely and happily, not talking about the world; and (b) sometimes it is necessary to study the verses before or after them; and sometimes it is also necessary to study other terms that can further emphasize the

meaning of a term (Rahmat & Fahrudin, 2016).

RESULTS AND DISCUSSION

Al-Qur'an as a guide, then of course the content or content must be understood and practiced in order to achieve the level and quality of good worship and get the pleasure of Allah The Almighty. Therefore the author will explain the meaning of patience.

Etymologically, patience comes from Arabic, صبر - صبر - صبر which means to be patient, steadfast, courageous. Meanwhile, in terms, patience can mean preventing in narrowness, maintaining oneself from the will of reason and *syara'* and from things that demand to maintain it.

As for other terms that are synonymous with "صَبْرٌ" Patience is *Iffah* (عِفَّة), *Hilm* (حِلْم), *Qana'ah* (قَنَاعَةٌ), and *Zuhud*. Regarding patience in the Qur'an, there are several concepts that are patient in several ways, namely; patient in obedience, patient in facing disobedience, patient in remembering sins and patient in facing difficulties (Ulum & Roziqin, 2021).

Ibn al-Qayyim al-Jauziyyah argued, patience is holding back the soul from complaining, holding back the tongue from wailing and holding back from slapping cheeks, tearing clothes and so on (Yusuf, 2018).

The concept of patience shows that patience is an effort to control oneself when experiencing difficulties by not complaining, not being anxious, not feeling difficult and being calm. People who are able to face these difficulties are classified as

patient so that they can achieve God's pleasure. In general, looking patient is a servant's effort to control himself in facing life's difficulties (Sundari, 2018). Patience is also an important aspect that determines human quality before Allah The Almighty and has a role in controlling the soul (Wahyuni & Fadriati, 2022).

According to Ghazali, so that we can have patience, among other things, by weakening the movers of lust and strengthening the movers of religion. Patience in human life has implications for religious life and social life, so patience has the potential to make one's religious and social life better (Primalita & Hidayah, 2021).

The term patient is a spiritual dimension that is very popular in the treasures of Islamic thought. This term has been confirmed in the teachings of Sufism or tasawwuf, as one of the stations or *maqām* and *ahwāl* to achieve the goals of tasawwuf and go to a higher level. However, deviations often occur in understanding the term, and sometimes it leads a person to a fatalist understanding or attitude, which makes him give up and surrender to the situation even though it has a negative impact on himself (Miswar, 2017).

Patience is basically strength and defense from bad actions that can be self-defeating. Islam as a teaching that originates from the Qur'an and as-Sunnah also calls on its people to be patient, it is even said that those who are patient are with Allah SWT as mentioned in the Qur'an (Hadi, 2018).

Patience is something that is difficult to practice in everyday life because it requires consistent practical patience. Therefore, patience is a form of worship in the form of mental strength and attitude to face various kinds of disturbances, both verbal and physical. According to Irham, in general, if the term patient goes hand in hand with letter *jarr*, then what is meant is the term patient. Meanwhile, if the term patient is not coupled with letter *jarr*, then what is meant is the etymology of patient unless there is a repetition of the term patient in either a different or the same form and there is an indication of the elemental element of patient terminology (Irham, 2014).

Patience is half of faith, the secret of human happiness, a source of strength when afflicted by trials, a believer's provision when various disasters occur, and a continuous fit, and a Sufi's weapon against his desires, brings him to be consistent in carrying out Allah's law, and keeps him from falling into abyss of perdition and error. In general, patience itself is divided into three types. First, be patient in obedience to Allah. Second, patience from disobedience. Third, be patient when you get trials. All of that (obedience, disobedience, and trials) is a picture of a life (Sholiha, 2018).

The concept of patience is closely related to the word "persistence". This tenacity is shown in Islam as the strength and weapon of an individual in surviving and facing a problem so that his heart can withstand panic in dealing with problems easily (Ariqoh et al., 2022).

Starting from some of the opinions above, that patience is a mental attitude and soul that is trained in dealing with all forms of trials, which is born and grows on the encouragement of religion, as well as fortitude and accepts sincerely the trials that befall, refrain from all kinds of impulses of lust, have a mental attitude that can stand the test, be firm and not give up and remain obedient to God's commands by continuing to try and fight to earn His pleasure for the happiness of the world and the hereafter.

a. Kinds of Patience

Human life is actually full of struggles, and victory in this struggle is very dependent on the extent of one's patience in facing that struggle. Because patience is a way that can lead someone to the desired victory, an effective weapon to conquer the enemy, whatever its form, both hidden and visible.

If we explore various verses of the Qur'an and hadith, we will find that the word "patience" is often expressed in various situations and conditions. But everything still boils down to one goal, namely success and victory. And that patience includes the following places and situations:

a. *Patience in carrying out obedience and leaving disobedience*

Doing everything that Allah commands and avoiding His prohibitions is basically an

obligation. Therefore, it is not strange if someone feels heavy so that he requires persistent effort in order to defeat his real enemy, both the enemy in the form of lust and the devil's instigation.

So to deal with all this requires extraordinary sincerity from man, so that he is firm in his convictions and makes his desires follow the Shari'ah of Allah, this sincerity includes patience, sacrifice and persistent effort. Allah says which means: God (who rules) the heavens and the earth and what is between them, so worship Him and be firm in worshipping Him. Do you know anyone who is equal to Him (who deserves to be worshiped)?

There is no doubt that a person who is able to restrain his lust so that it is in accordance with what pleases Allah, which is reflected in his obedience and commitment in leaving disobedience, then he has truly defeated his soft enemy, defeated lust and satan who always try to lead him astray. This is an unparalleled victory.

b. *Be patient with calamity*

That is holding back and not complaining when hit by a disaster. This is the lightest form of patience, because something has already happened in front of him, and he cannot avoid it, meaning that he is patient or impatient that something has already happened. But even so, there are still many Muslims who cannot be patient

when disaster strikes. Patience in this form is in the word of Allah The Almighty which means: "And indeed We will give you trials, with a little fear, hunger, lack of wealth, soul and fruits. And give glad tidings to those who are patient." (Surah Al-Baqarah: 155)

Humans are always threatened with disaster, whether it befalls the soul, property, family, or peace and comfort. And it cannot be denied that if this disaster occurs, it will be a heavy blow to humans, and often lead to despair. Allah describes what it means: "*Indeed, humans were created to be grievous and miserly. when trouble befalls him he sighs.*"

But this kind of condition is only experienced by those who lose, and he cannot find victory in this life either. Therefore, Allah encourages a believer to remain steadfast in facing calamities that cannot be avoided, so that he can find a path that can lead to success and victory.

c. *Patience towards the treatment that is not good from others*

In his life, humans mingle with various types of humans, with diverse morals and characters. Thus, it is very possible for someone to accept arbitrary actions from others. If someone is worried about conditions like this, then he will always reap disappointment and loss. However, if he is able to endure and be patient, forgive and be gracious, then he will be lucky and live happily and in shades full

of love. In its series, Allah says which means: “*So forgive them and leave them alone, until Allah brings His commands. Verily, Allah is Powerful over all things.*”

b. Verses about Patience in the Qur’an

Be patient including the most important morals that get a lot of attention al-Qur’an in his letters both makiyyah and madaniyyah. It is the character that is most often mentioned in the Qur’an.

Imam al-Ghazali says that Allah The Almighty mentions patience in the Qur’an in more than 70 places. Ibnul Qayyim quotes the words of Imam Ahmad: “patience” in the Qur’an is found in about 90 places.

In *al-Mu’jam al-Mufabras li Alfadz al-Qur’an*, the origin of the word ص - ب - ر with all its fractions is mentioned in the Qur’an more than 100 times.

A. Implications of Patience in Education

As a servant of Allah The Almighty humans cannot be separated from all the trials that befall him, both calamities related to himself and calamities and calamities that befall a group of people or a nation. Against all the difficulties and adversities that are continuous and continuous, only patience emits a light that keeps a Muslim from falling and destroying. Giving guidance that keeps oneself from despair, because in the Qur’an humans occupy a special position in this universe. Humans in the world are not free from possibilities, maybe

something happened to him or his family, maybe according to his wishes and maybe something happened that was not according to his wishes. It is against this second possibility that a person must be patient in dealing with it so that he can get good luck in his life. Between one person and another in the face of life’s trials is of course different, there are those who are in the face of the trials that befall themselves and their family they are always regretful, hopeless and impatient.

Apart from that, in facing trials in their life, they are full of patience and trust in Allah The Almighty with a sincere heart. Mental condition is very decisive in life. Only people who are mentally healthy can feel happiness, are able and able to face various difficulties and have the courage to answer life’s challenges.

Experts argue that the best and most bring to happiness is only harmony (harmony) between thoughts, feelings and actions. If mental health is disturbed, symptoms will appear in all aspects of life, for example feelings, thoughts, behavior and physical health. An unhealthy mind can result in a sick and fragile body.

With a healthy mentality, it is hoped that there will be a balanced soul so that humans can be creative and able to carry out their roles and functions properly, they are able to undergo various difficulties in life with courage and confidence to achieve their true goals. Facing this life, every human being certainly wants to stay healthy both physically and spiritually,

as a solution to overcome this is to always be patient and steadfast in good and bad situations and conditions while still being based on faith and piety to Allah The Almighty. Whatever the form, be it in the form of favors or calamities should be accepted as a gift from Allah The Almighty which must be grateful for in accordance with the provisions of Islamic religious law.

This is where the implementation or implementation of patience with mental health. Without having strong faith and always adorning oneself with patience, every human being will be affected by mental disorders and mental illness as a result of being unable to adapt and not being able to control oneself in dealing with problems. So patience is the most effective medium in treating various mental illnesses, patience is a process of emptying the soul and filling it with good qualities. Patience is the process of emptying the soul of hostility and attraction rather than lustful tendencies. Patience is far from sickness and temptation of the soul, so that someone who is patient will get the peace of mind that every human being hopes for.

Rasulullah PBUH has implemented all kinds of patience in his daily life, where his patience is a powerful shield in facing various challenges and obstacles, especially in carrying out his da'wah mission. During thirteen years of preaching in the city of Mecca, there were many challenges from the Quraysh infidels who did not want to accept the preaching mission that was conveyed. Various challenges and obstacles were

faced by him, for example being humiliated, hurting his feelings, being wronged, both by actions and by words and so on. But action will dampen the spirit of struggle. If he did not have a patient nature, then most likely the mission undertaken would not achieve resounding success.

CONCLUSION

Patience is a manifestation of one's fortitude in dealing with something that Allah The Almighty inflicts on a human being. The form of the application of patience can be reflected in being patient in obedience to Allah The Almighty. Realizing obedience to Allah, requires patience, because by nature, the human soul is reluctant to worship and do obedience. Judging from the cause, there are three things that make it difficult for humans to be patient. First because of laziness, such as in performing prayer services. Second, because of miserly, such as paying zakat and infaq. Third, because both of them (lazy and miserly) are like pilgrimage and jihad. Patience in leaving disobedience. Leaving disobedience also requires great patience, especially in disobedience that is very easy to do, such as backbiting (read; gossiping), lying, looking at something illegal etc. Because of the tendency of the human soul, likes things that are bad and "fun". And immoral acts are synonymous with "fun" things. Patience in facing tests and trials from Allah, such as getting a disaster, both material and immaterial; for example

loss of property, loss of loved ones and others. To deal with all of that, sufficient mental health is really needed, because this will result in mental conditions. loss of loved ones and so on. To deal with all of that, sufficient mental health is really needed, because this will result in mental conditions. loss of loved ones and so on. To deal with all of that, sufficient mental health is really needed, because this will result in mental conditions.

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