

The Concept and Effectiveness of Self-Purification in Spirituality from the Perspective of the Sufis: A Literature Review of the Thoughts of Al-Ghazali and Said Hawwa

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Abstrack

Every human being yearns for happiness in this world and the hereafter. In today's modern era, technology and science are continually developing, enhancing every human activity. However, not a few in contemporary society experience symptoms of mental health issues, often stemming from the concept of self-purification, which can lead humans to happiness in this world and the hereafter. The purpose of the concept of self-purification is (1) to know yourself, (2) to cultivate positive traits such as self-confidence, patience, gratitude, etc., (3) to live in the world as a worship of Allah SWT. This study uses a library research methodology. The researcher used a descriptive research method. This study analyzed 20 selected articles from Google Scholar, Scopus, and Sciedirect (2017-2024) that focused on the concept of Self-purification in Sufism. The purpose of self-purification is to cleanse the soul from negative behavior. The findings show that self-purification is effective as a spiritual intervention for modern mental problems such as stress and addiction. The conclusion is that the concept of self-purification can have a positive impact on behavioral and cognitive changes.

Keywords: the concept of self purification, effectiveness of self purification, spirituality

Abstract

Setiap manusia mendambakan kebahagiaan dunia dan akhirat. Di era modern saat ini, teknologi dan ilmu pengetahuan terus berkembang, meningkatkan setiap aktivitas manusia. Namun, tidak sedikit di masyarakat kontemporer mengalami gejala masalah kesehatan mental, yang sering kali berasal dari konsep penyucian diri, yang dapat membawa manusia menuju kebahagiaan dunia dan akhirat. Tujuan dari konsep penyucian diri adalah (1) untuk mengenal diri sendiri, (2) untuk menumbuhkan sifat-sifat positif seperti percaya diri, kesabaran, rasa syukur, dll., (3) untuk hidup di dunia sebagai ibadah kepada Allah SWT. Penelitian ini menggunakan metodologi penelitian kepustakaan. Peneliti menggunakan metode penelitian deskriptif. Penelitian ini menganalisis 20 artikel terpilih dari Google Scholar, Scopus, dan Sciedirect (2017-2024) yang berfokus pada konsep penyucian diri dalam tasawuf. Tujuan penyucian diri adalah untuk membersihkan jiwa dari perilaku negatif. Temuan menunjukkan bahwa penyucian diri efektif sebagai intervensi spiritual untuk masalah mental modern seperti stres dan kecanduan. Kesimpulannya adalah konsep pemurnian diri dapat memberikan dampak positif terhadap perubahan perilaku dan kognitif.

Kata Kunci: konsep pemurnian diri, efektivitas pemurnian diri, spiritualitas

Article info

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INTRODUCTION

Based on the WHO report, 2023 states about the welfare of adolescents and health, approximately 1.3 billion (16%) of the world's population are teenagers. Mortality rate, for whatever reason, has decreased among teenagers across the globe, including in Indonesia. What is worrying is that the number of teenagers who try to kill themselves has increased from 2015 to 2023, with a percentage of 5.4% to 8.5% due to disturbed behavior and anxiety. Therefore, it is essential to improve access to Mental Health Support for teenagers.

Every person needs self-purification because it is essential for the continuity of human life. Through self-purification, not only can it free someone from mental disorders, but it can also bring a sense of pleasure in this world and the hereafter to all humans. Through self-purification, nature is patient and capable of giving awareness to humans. Values are identical to the ideas and ideals that guide the behavior of individuals and groups in their daily lives. According to data from the Indonesian National Adolescent Mental Health Survey (I-NAMHS) survey institute, there are 15.5 million teenagers in Indonesia who experience mental health problems. Mental health problems such as depression, anxiety, stress, and behavioral issues (Wirawan, 2024).

According to Zhao & Zhou (2020), a study shows that increasing use of social media is associated with poor mental health. Exposure to news of more disasters via social media is associated with higher levels of depression in participants with high stress related to disasters (but not low). Besides that, analysis shows that there is an adverse mediating effect between social media use and mental health (Zhao & Zhou, 2020). In line with the study, according to the 2020 value, the use of social media has both negative and positive influences, specifically related to mental health and social well-being. Has a positive impact if used in an honest, wise, and regulated way, but on the contrary, if self is low, social media can cause harmful losses incurred (Septiana, 2021)

Spirituality acknowledged as fundamental dimensions of life that can give contribution positive to health and well-being patient as well as can provide comfort in a way spiritual (Tavares et al., 2022). Every human being can unite with values in Islam, allowing for spiritual and moral transformation. The prophets and apostles sent them to guide and teach men genuine kindness. Additionally, they sent to free men from the power of the demon, serving as advisors who possess the special ability to solve related problems (problem-solving behavior). For example, prophets and apostles guide men to utilise their time as best as possible, not waste it, do it well, and advise one another with patience and honesty. We provide guide For help you stay be patient and believe self in face journey real life. according to Sutoyo (2023) mentored individual expected capable become good person through natural and natural care gradually capable actualize what he believes in in life everyday, Through belief that, individuals who are capable carry out means has capable to float its nature with Good so that become a pious servant to Allah SWT (Maksum et al., 2023) For become a believer need guidance and direction from Allah SWT. Allah SWT can also give error in accordance His will. One of the challenges that society must address in the realm of education is the need for self-purification of educational participants (*Tazkiyatun nafs*), which is reflected in noble behavior in daily life. The appropriate response for each man is to study the return problem of human nature, which emphasizes the process of self-purification. Strengthening moral values through the process of self-purification is very important for being one of the solutions to overcome crisis morals in society. Justified, and there are no morals that are bad, real, and worrying in society now, including among the young generation. Various crises faced



include improving socializing, violence against children and adolescents, crime between friends, theft by teenagers, drug abuse, pornography, and destruction of other people's property. This is a social issue that remains unresolved.

The main reason that frees somebody from stupidity, degeneracy, and other moral decline is the control and mitigation of lust. Mysticism is leaving all desire and pleasure from the soul (Narjiyev, 2020). "Exploring human nature going to perfection, individual and happiness actual, knowledge viewed as an instrument holy, for to reveal the beauty of the Lord through a journey of introduction to the self, man, and matter. This explains the meaning of the hadith, " who only those who know themselves, then He knows his god. (Norman, 2021). Even people who have self-purification at a low level will exhibit an attitude that lacks sufficient trust in others, excessive concern about global problems that lead to excessive wealth, and weak self-control.

A study previously carried out by Arroisi and Puspita (2020) shows that their research indicates that the First Self-Purification is an endeavor requiring maximum effort for someone seeking happiness. Second, among several roads to achieving happiness, according to Ibn Tufail, is to gain knowledge about God. Someone who knows the science of monotheism will come to see the knowledge of Allah. Achievement stages. This can be achieved only when somebody has cleansed their soul. The purpose of his research is to purify the soul in traditional Islam, like the concept of self-purification as described by Tufail's father. According to Ghani & Ahmad (2024), the research conducted by Klimasinski et al. (2022) results show that Spiritual needs are associated with personal beliefs; however, spirituality extends beyond a religious context because spiritual pressure is not directly related to the level of religious devotion. Therefore that, every patient with disease severe chronic need basic spiritual care, which includes maintenance with affection (Klimasiński et al., 2022) in study related Interaction between Self Purification and success the result is use studies comprehensive with three condition self that is self love, self lawwama and nafs mutmainna with three condition the influence road somebody going to success Good in achievement worldly and also achievement satisfaction inner (Ghani, 2024). According to Jones et al. (2021), good spirituality will increase a sense of trust in oneself (Jones et al., 2021). Then, research conducted by Pinto et al. (2024) found that the results are a unifying and integrative spirituality that can be trained and developed, which enables people to take advantage of spirituality to increase daily interaction and problem-solving, and to transform spirituality into action. Able to improve mental and emotional health and increase good communication (Pinto et al., 2024)

Next is research conducted by Alfaiz et al. (2019), which presents the results of an Islamic-based approach incorporating the flow of Sufism, explicitly focusing on tazkiyatun an-nafs, examining the human being from both the mind and the heart. In line with research conducted by Zainol et al. (2021), the self-purification approach, with stages of Tahaqquq, is practical in avoiding problems of the soul that lead to social issues. According to Matloob, in his research related to Self Purification in the perspective of Sufism, states that self-purification is capable of handling spiritual illnesses such as hatred, jealousy, greed, and love of the world (Ahmad, 2019). See developments at the moment this is where gen-Z generation who have trend Mental health issues compared to other generations in addition, the mental condition of the Gen-Z generation includes self-harm (hurting, self anda itself), grows in the ecosystem instant, mental not used to in progress, complex finish problems, stress levels, lack of support outside, tend to selfish. Problems soul solitude (Gomez, 2023) According to Ririn et al (2019) in his research



entitled Therapy Dhikr For Reduce Anxiety in Patients Cancer the result is therapy dhikr capable reduce anxiety in sufferers cancer (Sulistyawati et al., 2019). Objective draft self purification, namely (1) knowing self alone, (2) grow characteristic positive like: believe in self, patience, gratitude, etc, (3) alive in this world as a form of worship to Allah Almighty.

METHOD

Type Study

In this study, we implement a method study library. An approach descriptive used to overcome the current issue studied. The methodology applied focuses on a research-based library for review and analysis of relevant material, with topics discussed. Roesnilam's (2020) research library, also known as a study library, is a method of collecting information from various sources, including libraries. Research literature is a method of collecting information through a study review of books, literature, reviews, and relevant reports on ongoing problems (Syafitri, 2020).

Almost the same as the statement by Nazir (Mursalin, 2023), research literature is. In its implementation, the author chose a descriptive qualitative study. Ini adalah diskusi konseptual dan presentasi informasi. analisa. Tentang konsep (Hidayat et al., 2023; Mursalin et al., 2023). Conclusion from various opinions previously is that library study, namely research that uses relevant reading and review, as well as deep related topics and objects.

Data source

In this study, data are collected from articles in scientific journals relevant to the topics that have been determined, namely the Self-Purification concept. Articles were downloaded and analyzed. Researchers obtain the data via the internet, including from various links and websites. "http://www.sciencedirect.com, <https://scholar.google.com/> <https://www.nimh.nih.gov>, <https://libgen.io>, <https://scihub.org> and <https://www.tandfonline.com/>." Researchers get other sources, such as books in the library, as relevant data for the study. Source study consists of five books and eight journals that discuss the concept and effectiveness of Self Purification.

Techniques and Instruments: Data Collection

Documentary techniques are chosen as a technique for data collection in research. The research tool used in this literature review is a checklist to classify research materials based on research objectives and research note formats. 1) The Research Material Classification Checklist is a checklist that includes reading sources and research objectives. The goal is to establish a learning-focused review process for reading sources. By placing a checklist in each learning objective column in the reading sources, the research objectives are the main items in this checklist. This provides a measure of what is of interest in this research. 2) Research Portfolio Format (Syafitri, 2020) used for taking notes on material research. There are two matters in the notes research. Numeric columns in the section first, second is part of the Contents related to objective research. Article chosen using the keywords Self-Purification, spirituality and counseling Islam with criteria: (1) publication 2017-2024, (2) text complete available, (3) relevant with Sufism



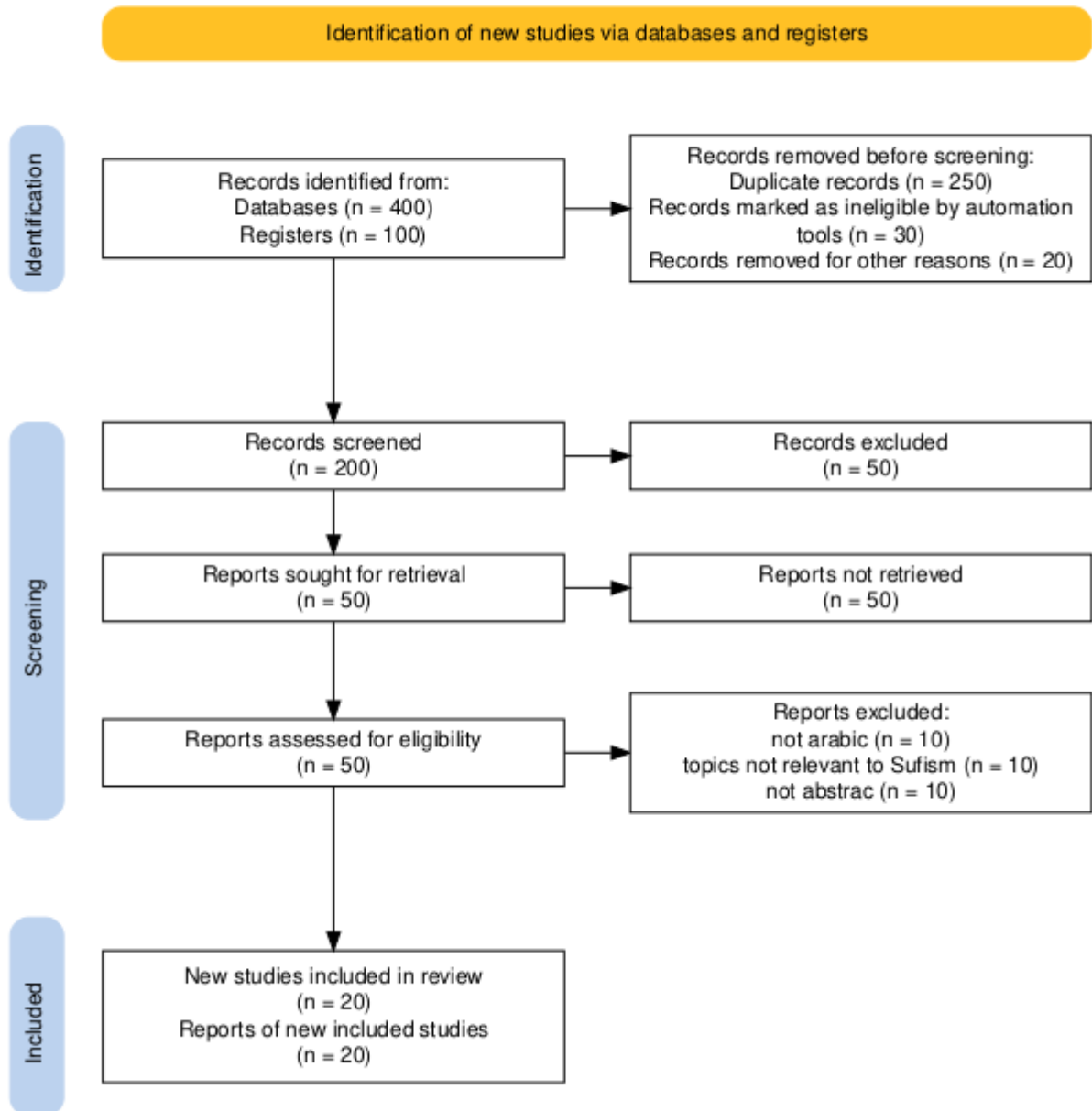


Figure 1. Prism Model for Research Design

From the image above, it can be explained that there are 500 articles relevant to the theme of this research using the keyword "self-purification". These articles come from. ["http://www.sciencedirect.com,](http://www.sciencedirect.com) <https://scholar.google.com/> [https://www.nimh.nih.gov,](https://www.nimh.nih.gov) [https://libgen.io,](https://libgen.io) [https://scihub.org"](https://scihub.org) and ["https://www.tandfonline.com/".](https://www.tandfonline.com/) Then, from the 500 articles, 50 articles were selected, and 20 articles were removed because they did not meet the article criteria. Thus, 20 articles were obtained that met the criteria, namely (1) publication 2017-2024, (2) full text available, and (3) relevant to Sufism.



RESULT AND DISCUSSION

Understanding Self-Purification

Many related terms with meanings related to mental health include spirit, soul, nafs, reason, and others. "Soul" comes from Arabic, meaning "self" literally. Some interpret it as life, spirit, air lust, ghadhab, personality, and psychophysical human substance. Originated from Greek "psyche" or "pneuma", Latin "anima", Sanskrit "jiva", and the language English "soul", this term refers to the agent controller, center regulator, or the vital principle of man. The soul is a rational, emotional, and existing will in human beings, who are understood as distinct entities from, and often independent of, their body. It is clear here that the role of the soul is different for different entities. There is, in a way, something independent of the body. In context, the term soul, thing. This refers to various views held by Muslim scholars and philosophers. In general, Muslim philosophers agree that the soul is a form of perfection that begins from physical nature, is natural, mechanical, and has an energetic life. The soul in a self-referential person refers to an immaterial substance that continues to experience transformation throughout life, producing and supporting psychological activity, as well as giving life to organisms. Consciousness soul is a level of greater awareness than physical awareness. This is because mental awareness can accept more information at a time compared to bodily awareness, which has a limited ability. However, this mental awareness is also only an awareness transition between awareness, physical, and consciousness, true, namely, spiritual awareness (Arroisi & Puspita, 2020).

Tazkiyah is a word from the Arabic language that expresses development and refining everything until it reaches perfection (Iqbal, 2024). According to Said Hawwa to purify soul with method guard the heart and soul so as not to infected harmful diseases (Wulandari et al., 2024). *Tazkiyatun-nafs* it means to free the soul from polytheism and its branches, manifest her holiness with monotheism and its branches, and use correct names for God as His morals. According to the moral aspect of Sufism, many experts define tazkiyatunnafs as takhliyat al-nafs (emptying the self of moral badness) and tahliyat al-nafs (filling it with moral nobleness), which enables an individual to humble themselves before God. *Tazkiyatun-nafs* is a form of ubudiyah pure offered to God with a separate self from rububiyah. All this was done through a delivery letter to Rasulullah SAW (Hasan & Tamam, 2017).

Purify your soul like a building tall, standing on top, with strong foundations and pillars. For the building to stand sturdy and produce optimal results, the owner requires various facilities and activities. The development process is ongoing until the end of life. Purifying the soul is a sustainable work, which always increases the level of proximity between a servant and their God, without limit. All This is at in framework build piety to Allah SWT (Hidayat et al., 2023; Mursalin et al., 2023)

Means for purifying the soul in line with the implementation of Islamic psychology counseling, which includes activities like praying, fasting, reading the Koran, remembering God, thinking, being aware that life is short, and carrying out Muraqabah, Muhasabah, Mujadah, and Mu'aqabah. Besides that, it is also important to be alert to heart disease (Faiz et al., 2019). The existence of a soul is a sure thing, and the desire against it is natural. However, controlling, educating, and cleaning oneself from badness is an obligation (Narjiyev, 2020).



Biography of Imam Al-Ghazali

Abu Hamid bin Muhammad bin Ahmad Al-Ghazali, more commonly known as Al-Ghazali, was born near Tus, Khurasan Province, Islamic Republic of Iran, in 450 AH (1058 AD) and died in 505 AH. The name "Ghazali" comes from the word "ghazal," which means weaver's thread. Besides that, some think that Ghazali's name was derived from the word "ghzalah," which refers to the name of the village where he was born. He began his education by studying the Qur'an and receiving direct instruction from his father. Al-Ghazali lived in a transitional period from the 11th century to the 12th century. He gave the title The Proof of Islam (Taja et al., 2022).

Imam al-Ghazali has always loved knowledge, knowledge, and searching for the truth since young. When al-Ghazali was young, not yet exactly 20 years old, al-Ghazali continued his studies in Jurjan and learn Arabic and Persian from Ash Nashir al-Isma'iliy. After that, he studied at Jurjan. Al-Ghazali continued his education in Naisabur with the Imam of the Haramain, Diya'uddin al-Juwaini, where he learned the principles of fiqh, mantiq, rhetoric, logic, philosophy, and kalam. He is also known for his ascetic philosophy. After his teacher al-Jawaini died, al-Ghazali devoted himself to the Nizamiyah Madrasah in Nishapur. Then, he continued his education at the Al-Ghazali madrasah.

At the age of 34, Al-Ghazali became a professor at a college of Nizhamiyah in Baghdad. This is very high career, because at his age which is still young, Al-Ghazali already given title Shaikh Imam Al-Ghazali who adheres to the madzhab jurisprudence Syafi'i, and in field of kalam ia adhere to madhhab asy'ari, with his extraordinary insight al Ghazali also usually pours out his ideas in some books are like *"ihya ulumuddin, ayyuhal blessings, blessings of guidance etc.* (Al-Ghazali, 2009).

Biography Said Hawwa

Sa'id bin Muhammad dib Hawwa, or something more known with Name Said Hawwa born on September 27, 1937 in Hama, Syria. Sa'id Hawwa joined the congregation brotherhood of Muslims since high school, starting as a member of the misfortune until becoming one of the members of the office of Irsyad. He is also active in At-tandzim al-'alami lil Ikhwan al-Muslimin in the period 1982-1987. Sa'id Hawwa studied with the great scholars of his time, such as Dr. Musthafa As-syiba'I, Sheikh Mustafa az-Zahr, Dr. Fauzi, God willing, etc. No less than 50 titles are the books that he wrote, and among them the most phenomenal is the book Al-Mustakhlaf fi Tazkiyatil anfus (HAWWA, 2021).

Self Purification Concept

The Islamic religion was brought by the Prophet Muhammad SAW with guidance direct from Allah Almighty. May Allah Almighty forgive prosperity and goodness for all over man, both in this world and in the hereafter. All activities and behavior carried out by humans, specifically Muslims, from easy things to the difficult, are regulated by Islam. Islam is a system teachings that contain aspect aqidah (belief), sharia (aspect law), and essence (aspects inner).

Islamic philosophy for exploring how purification of the self influences the journey of someone going to success, both worldly and inner satisfaction (Ghani, nd-b). all those sent by Allah SWT are like the Prophets and Messengers assigned For convey revelation and purification soul human beings, as listed in His words, Al-Qur'an Surah Ash-Shams: 9-10.



Meaning : " really" lucky is the one who purifies his soul , and truly the loss of those who pollute it (QS as syam verses 9-10).” Based on the paragraph mentioned , it is clear that the person who has a pure soul or tazkiyatun an-nafs plays an active role in changing behavior in demand of every human , because good and bad behavior is determined by a healthy soul. (Mursalin et al., 2023) .

From a psychological point of view, there is a common understanding that the mind and soul determine human behavior. This is what Asagioli explains. He is a transpersonal psychotherapist. He summarizes the value of spirituality in the concept of psychoanalysis. This is the self of the individual's mind and mind, so that the individual can imagine, think, and think. mind. What is in his heart is all expressed in the form of daily behavior (Faiz et al., 2019) . The known Islamic approach as the protection of the soul is method For purification soul human and building internal strength of participants educate For increase strength inner they (Zainol et al., 2021). Finally, Lots of researchers start to realize the need for religious elements to be applied in counseling because a religious approach can effectively address problems with clients (Hamjah , 2022) .

Attachment to values the be one of possible consequences the occurrence negative actions and behavior in every man. The concept of Sufi morality, as presented by Imam Al-Ghazali, emphasizes the purification of the soul, which requires a deep understanding between counselor and client to ensure a successful implementation of the Sufi spiritual approach. Here is an explanation regarding the self-purification process; however, before entering the counseling process, the client must have awareness. Moreover, previously, namely Implementation counseling can be traced to various opinions of the scholars. One of ideas that can implemented is the idea of Imam al-Ghazali (1058-1111). Al-Ghazali (2016) stated the importance of a spiritual approach that usually focuses on self-purification, such as dhikr, five daily prayers, mujahadah and riyadah. Sincerity, trust , gratitude , asceticism , honesty , patience , khauf and raja', amar ma'ruf oh evil , and prayer (Aini & Hariyanto , 2020) . In the counseling process that can used For give counseling based on draft struggle and struggle (Saari et al., 2020) .

Mujahideen

Mujahideen originate from the word " jihadah," which means struggle . Term This own the same root with the word "jihad." The mujahideen call it in form noun sorry from tsulatsi madam, because it reflects a process that is not. There is no end to the struggle. soul is business For oppose related lust with practice sin. In more broad, expansive is earnest effort For oppose air lust and ambition personal, so that soul become holy and clean . Individuals who do struggle entitled get deep understanding about Allah and His majesty. In QS Al- Ankabut verse 69 states: " For those who seek Our pleasure, We will instruct they going to Our way , and indeed Allah is with those who act goodness ." This is can described by Imam al-Ghazali. Therefore that, the person who receives the most perfect guidance is those who carry out jihad with Seriously. The biggest jihad. is oppose lust. Against lust and devil is form of jihad against temptations of the world. Whoever truly fights against four matters, Allah will guide him to the door of heaven , giving him access to His happiness. On the contrary, anyone who ignores jihad does not will get instruction (Hasan & Tamam, 2017).



Riyadh

Riyadh It means practical . Ryâdhah is spiritual practice purifies thought with oppose desire physical . The process started with to purify or empty soul from all something besides Allah, then fill in his soul with behavior dhikr, charity pious and moral Mulia ("The Implementation of Mental Health Concept by Imam Al-Ghazali in Islamic Counseling Guidance" 2018). Worship is an included Action in practices in Riyadh include to miss eating , lack of sleep For pray night . Avoid the conversation that is not useful Objective Riyadh is control himself , good thought and also his body . Riyadh must done with earnestly and voluntarily . Riyadh implemented with sincere so that guard somebody from error . Ryaâdhah is means bring somebody to teak self . According to Ghazali, Riyadh only Can done with continously do self counseling alone . (Sari & Marhaban , 2023) .

Self-purification process . 1. Stage takhalli is stage beginning from the purification process soul . That is the most difficult stage . That the reason called cleaning independent . They need confess that There is behavior negative that they correct , and that behavior negative that they try repair of course there is . This means to free self from prison lies and hypocrisy self itself (Ali, Othman, and Majid 2023) . 2. Tahalli, which is the Satisfaction of the heart that can heal. Tahalli has a good value for itself. attitude. This is a session full of good ideas. This stage must be balanced with the consistency and commitment of the client. because it must cover all possible resistance. In this context, regret for violation, resilience. meditation and Ihsan Behavior are identified and inhabited. 3. The Tajali stage is the last stage and is the last stage. and the decision-making stage in the self-purification process. At this stage, the client is in harmony with his changes. Therefore, the more he faces the reality of the world, the more personal his transformation becomes (Faiz et al., 2019).

Draft self purification for participant educate according to Ahmad Anas karzone that is:

Useful knowledge

Useful knowledge in create pure soul is for the soul can get closer self to God. That Can make it the more fear. The most important knowledge is religious knowledge. After religious knowledge, Sharia, other sciences appear that encourage man to ponder the diversity of the natural universe , and then appear the sciences.

Charity Pious

Good deeds own very strong connection with practical knowledge. Knowledge that does not produce action or no push action is considered non-beneficial. Likewise, alms are not based on science sharia as well as No in accordance with the Qur'an and Sunnah no fully can accepted by the perpetrator. The role of justice is very broad and pervasive in all aspects of life . Practice religious No limited to certain worship only , but extends throughout life human , good born and also inner self . This is what Imam Ibn Taimiyah when explain understanding of prostration. He said : "Worship is designation For all actions that Allah pleases and approves of . In explain closely connection between useful knowledge and religious deeds , Imam Ibn al - Qayyim said , " a human being who has perfection is a capable person practicing religion and useful knowledge Because between science and religion both No Can separated One The same others . As stated by Allah SWT. Meaning : "By the time, indeed man in loss , except for those who believe and do good deeds pious as well as each other to advise For truth and patience (QS Al asr verses 1-3)".



Self-Reflection And Repentance

Muhasabah and repentance One method best for a servant for increase level her holiness is with inspect self (reflection) and paying attention what has been done . If he finds charity pious , he praises God for charity said and determined to multiply charity pious . However If He find the opposite , then He will regret it very much and will quick regret it . So the steps First is Repentance. Meaning : Repent all to Allah, O you who believe , so that you lucky (Arroisi & Budiman, 2024)

This soul will feel peace and enjoy the togetherness moment, speaking with the Almighty Creator One, who gives life to the soul, develops happiness, and understands the world. The most effective way for a servant to pray to His God as a repentant individual is to get closer to Him, humble yourself before Him , and with a heart full of earnest and full humility. Confess the mistake and plead forgiveness for his sins (Uyun et al., 2019) .

Table 1.
Self Purification Concept

Thinking About The Concept Of Self Purification				
Aspect	Imam Al Ghazali	Said Hawwa		
Objective	Knowledge of Allah and happiness hereafter	Spiritual cadre	For preaching and change	
Method	Emphasis on muhasabah , khalwah , dhikr , asceticism , and therapy heart	Merge dhikr , prayer night , involvement social and preaching		
Approach	Philosophical and Sufi	Practical and movement		

Table 2.
Book and Journal Codes

No.	Source Reading	Year	Writer	Kode
1.	Book			Book
2.	The One And The One	2009	Imam Al Ghazali	1
	Tazkiyatun Self	2021	Said Hawwa	2
Journal International And National				
1.	“Analytic Study In The “Sufi Comic Book 3” About The Concept Of Self-Purification In Islamic Education”	2020	Hariyanto , Iftitahulaini	J1
2.	“The Concept Of Jealousy In The Sufi-Philosophical Teaching Of Khujviri And The Problems Of Its Training”	2020	ZUBAYDILLO NARJIYEV	J2
3.	Strengthening The Spirit From Ibn Arabi's Perspective (Analysis Of The Tazkiyah An-Nafs Model)	2024	Arroisi And Budiman	J3



4.	Soul Restoration In Islamic Tradition (Ibn Tufail's Perspective Of Tazkiyya An-Nafs Model)	2020	Jarman Arroisi , Evra Goddess Arqomi Flower	J4
5.	Tazkiyatun An- Nafs Approach To Help Reduce Negative Emotions Of Clients	2019	" Alfaiz , Hengki Yandri , Asroful Gaddafi , Rila Grace Mulyani , Nofrita , Dosi Juliawati ”	J5
6.	Dynamics Nafs : Interaction Between Self Purification And Success In Islamic Teachings	2024	Dr. Hafiz Abdul Ghani	J6
7.	"The Qur'anic Approach To Self Purification (Tazkiyah E Nafs): A Research Based Study"	2021	HA Iqbal, MA Hureri , A Rehman, QAI Al-Asim	J7
8.	The Compassion Of The Self In The Islamic Counseling Process From Al-Ghazali's Perspective	2022	Salasiah Hanin Hamjah	J8
9.	Drug Addiction Counseling In Islamic Boarding School Using Imam Al-Ghazali's Tazkiyatun Nafs Approach.	2017	“ Aliah B. Purwakania Hasan, Abas Mansur Tamam ”	J9
10.	Analysis Of “The Concept Of Tazkiyatun Nafs Ahmad Anas Karzon For Students”	2023	Hisan Mursalin , Endin Mujahidin, Tatang Hidayat .	J10
11.	"Ibn Sina's Theory Of The Soul: A Taxonomy Of Islamic Education"	2021	Nurul Ain Norman	J11
12.	A Critical Review Of Sufi Healing Therapy In Handling Drug Addiction	2020	Che Zarrina Saari , Sharifah Basirah Syed Muhsin Et Al	J12
13.	"The Self Purification Through Dhikr In The Perspective Of Imam Al-Ghazali"	2023	Maulana Sari, Happy Birthday	J13
14.	“The Role Of Faith In The Personal Development Of Effective Counselors”	2017	Anwar Sutoyo	J14
15.	"Prophetic Character Education Based On Al-Ghazali's Akhlaqi Sufism:"	2022	" Nadri Taja , Encep Syarief Nurdin , Aceng Kosasih , Edi Suresman ”	J15



16.	The Implementation Of Mental Health Concept By Imam Al-Ghazali In Islamic Counseling Guidance	2018	Aliah B. Purwakania Hasan, Abas Mansur Tamam	J16
17.	"Repentance And Seeking Forgiveness: The Effects Of Spiritual Therapy Based On Islamic Tenets To Improve Mental Health"	2019	Quran Uyun , Irwan Nuryana Kurniawan & Nahdhata Jaufalaily	J17
18.	"The Concept Of Tazkiyah An- Nafs Bediuzzaman Said Nursi In Risale-I Nur"	2024	Yusrina Dyah Wulandari , Et Al.	J18
19.	Sheikh Said Hawwa – Self Purification (Music Video Official)	2021	Nur Zainatul Nadra Zainol Et Al.	J19
20.	Dissatisfaction At The Workplace Using The Tazkiyah An Nafs Approach	2023	The Wisdom Of Wisdom Mubarak Ali, Muhammad Zahir Othman & Nor Hernamawarni Abdul Majid	J20

Based on results of the studies library in study This is the result obtained:

1. The history of development and figures in the concept of Self-Purification, as analyzed through books and articles, reveals that self-purification is an approach rooted in Sufism. The approach confirms that although human behavior starts from the mind, humans also have a heart that needs to be kept in check in accordance with their nature. In conclusion, self-purification not only focuses on mental changes, but also on the importance of guarding the heart to stay clean and harmonious with spiritual goals.
2. Draft main Self purification based on search books, articles, and studies library other emphasizes the concept of process for a clean soul from properties negative.
3. Objective draft self-purification from reviewed books and articles, own objective, namely (1) knowing self alone, (2) grow characteristic positive like: believe in self, patience, gratitude, etc (3) alive in this world as a form of worship to Allah Almighty.
4. Procedure self purification from reviewed books and articles in a way general namely (1) takhalli is a client process clean soul For confess error himself alone (2) tahalli is change from behavior negative to behavior positive, and maintain For maintain behavior Good in the behavior everyday, (3) tajalli is awareness client see reality life in the world, steadfast and consistent in change Good.
5. Effectiveness in draft self-purification, as stated in reviewed articles , indicates that draft self-purification is very effective in addressing problem behaviors.
6. Suggestions and recommendations draft self-purification can be made, one of the drafts emphasizes Islamic spiritual counseling. A counselor must understand Sufism for the counseling process to be effective.

Al-Ghazali emphasized struggle as the core of purification of the self , Said Hawwa (2021) argues that Riyadah is more critical for modern teenagers because its structured nature



Study this, according to with discussion that has been explained above, which produces draft self-purification which includes: 1) history development and figures initiator self purification, 2) concept self purification, 3) purpose draft self purification, 4) self purification process, 5) effectiveness self purification, 6) suggestions and recommendations draft self purification.

Table 3.
Results From Literature

Theme	Amount article	Figure
The Concept of Self-Purification	8	Imam Al Ghazali
Self-Purification Procedure	6	Said Hawwa
Effectiveness of Self-Purification	5	Imam Al-Ghazali, ibn Arabi

Imam al-Ghazali is the initiator of the concept of self-purification; he is a renowned Muslim scientist in the fields of philosophy and Sufism. Imam al Ghazali was born in 450 H in the city of Tus, Khurasan (Iran). The circumstances of a family that is not from the rich will but own both parents have the characteristic tawadhu and wara ' who aspire to have a pious and pious child (AL Ghazali, 2009; Hamjah, 2022) .

Arroisi (2020), the modern era has brought various impacts, both positive and negative , for the progress of human civilization. A positive effect is observed in the development of technology and science, which supports an understanding of human life. On the other hand, there are several problems related to mental health in society. Many individuals in modern society are experiencing symptoms of mental health that make it difficult for them to be Happy life (Arroisi & Puspita, 2020). In Islamic tradition, there is a concept that offers solution to problem mental health, namely the process of purification soul or self purification, which allows individual For life more happy .

Draft self-purification according to Arroisi (2024) is a clean soul from symptoms of the heart that makes an individual not happy in his life, like symptoms of arrogance, jealousy, and showing off, becoming patient, grateful, and sincere in behavior (AL Ghazali, 2009; Arroisi & Budiman, 2024).

Objective of self-purification, according to Said Hawa, is a clean soul with a markable ability to 1. Improve monotheism 2. Improve worship 3. Improve morals karimah (HAWWA, 2021; Zainol et al., 2021).

Alfaiz (2019) argues that there are three concepts in the process of self-purification: for a clean negative soul, 1. The Takhalli process is an initial process for counselees to confess mistakes and negative behavior, which is called the soul-cleaning processsoul. 2. Tahalli's second process counselee is capable, committed, and consistent. For the changed behavior, positive. 3. The Tajalli process is a process that is capable of changing the client from the cognitive and behavioral aspects of life in the real world (Ali et al., 2023; Faiz et al., 2019) .

A total of 10 articles load research that states that draft self-purification is effective in handling various types of negative behavior, such as drugs , negative emotions, and bad morals.

CONCLUSION

Based on results analysis against 20 articles about self purification, it was concluded that self purification is a concept that emphasizes the purification of the soul from all behaviors, such as negative emotions, drug addiction, dishonesty, etc. Through the process of self-purification, use stages Takhalli, Tahalli, and Tajalli, capable of



awakening the individual to develop a positive nature and behavior. For researchers, library research is furthermore capable of looking for diverse sources in the limitations of rubber research. This only encompasses literature written in English and Indonesian, so it does not include perspectives from Arabic. For study furthermore, study this is only in the form of result study related draft self-purification in spirituality so need do study advanced use other methods for strengthen research, it is recommended Future research can test effectiveness of Self-Purification with method experimental on non-Muslim population.

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