MUH\textsuperscript{A}SABAH AND SEDONA METHOD

(A Comparative Studies)

THESIS

This Final Project is Submitted to the Ushuluddin Faculty in Partial Fulfillment of the Requirements for the Degree of Islamic Psychology In Tasawuf Psikoterapi Department

LINA LATHIFAH
Reg. Number : 094411044

SPECIAL PROGRAM OF USHULUDDIN FACULTY
STATE INSTITUTE OF ISLAMIC STUDIES (IAIN)
WALISONGO
SEMARANG
2013
Dear Sir,

Dean of Ushuluddin Faculty
State Institute of Islamic Studies
(IAIN) Walisongo Semarang

Assalamu'alaikum Wr. Wb.

After correcting it to whatever extent necessary, we state that this thesis belongs to a student as below:

Name : Lina Lathifah
Reg. Number : 094411044
Department : Tasawuf Psikoterapi (TP)
Title : *Muhāsabah* and Sedona Method (A Comparative Studies)

Is ready to be submitted in joining last examination.

Wassalamu'alaikum Wr. Wb.

Semarang, June 7, 2013

Academic Advisor I

[Signature]

DR. H. Abdul Muhaya, MA
NIP. 196210181991011001

Academic Advisor II

[Signature]

Ahmad Afhan Anshori, MA, M. Hum
NIP. 197708092005011003
RATIFICATION

This paper was examined by two experts and passed on June 20, 2013. Therefore, this paper is accepted as one of requirements for fulfilling Undergraduate Degree of Islamic Psychology.

[Signatures and titles of the examiners and advisors]

Dean of Ushuluddin/Chairman of Meeting
Dr. Machrus, M.Ag
NIP. 19630105 1999001 1 002

Academic Advisor I
Dr. H. Abdul Muhaya, M.A
NIP. 19621018 1999011 1 001

Examiner I
Dr. H. Hasyim Muhammad, M.Ag
NIP. 19720315 1997031 1 002

Academic Advisor II
A. Afnan Anshori, M.A, M.Hum
NIP. 19770809 2005011 1 003

Examiner II
Dr. H. M. Mukhsin Jamil, M.Ag
NIP. 19700215 1997031 1003

Secretary of Meeting
Dr. Sulaiman Al Kumayi, M.Ag
NIP. 19730627 200312 1003
DECLARATION

I declare that this thesis is definitely my own work. I am completely responsible for content of this thesis. Other writer’s opinions or findings included in the thesis are quoted or cited in accordance with ethical standards.

Semarang, June 3, 2013
The Writer,

LINA LATHIFAH
Reg. Number: 094411044
MOTTO

DEDICATION

This thesis is dedicated to:

❖

My dear parents, Mr. H. Ali Syafi’i and Mrs. Shobiroh
My beloved sisters, Ulya and Azqi
I do everything for the happiness of you all

❖

My big family, Bani Popi

❖

My dear partner, Ali Maftukin, S. H.I
Hopefully you always by my side

❖

And all of people who love to study
PREFACE

Alḥamdulillāh ʿalārī, all praises and thanks always give to Allāh SWT The Alhaught who has given His grace and guidance, so that writer able to finish the last task, that is thesis entitled: Muḥṣabah and Sedona Method (A comparative studies).

Blessings and greetings are extended to the great majesty Prophet Muḥammad and his family, his friends, and all his followers who has guide people from the time of ignorance toward the full of grace era. The writer learned a lot of patience in his struggle. He was the most perfect figure and the only one that deserves to be a role model.

The writer acknowledge that this writing will not be resolved on time if there is no help, support, and prayers of all parties. Therefore, the writer conveys the highest appreciation to:

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    Heartfelt thanks for all your kindness may Allah SWT repay all of kindness 
    with a better response in the world and in the hereafter.

Semarang, June 3, 2013
Writer,

LINA LATHIFAH
Reg. Number: 094411044
**TRANSLITERATION***

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* Quoted from *Pedoman Penulisan Skripsi*, Fakultas Ushuluddin IAIN Walisongo, Semarang, 2007, p.112-113
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ABSTRACT

Since ancient times to the modern era, there is no human being who wants static life. All human beings crave the future course of his life is getting better and better, either it in the form of physical aspect such as wealth, position, and so on. And also in the psyche aspect such as experience, knowledge, wisdom, religiosity, and so on.

Most people know what he should to do for his life towards more advanced. However, the others are not able to even negligent that what he does now is contribution for future, either in the adversity or in the happiness. Therefore, people need to do self improvement before coming remorse. In, Islam itself has been teaching his followers about the importance of self-improvement with muḥaṣabah. Efforts to do self-improvement is also developed in the western, one of them is Sedona method. This method was discovered and developed by Levonson Lester, a physicist in United States. This method is increasly changing people's lives for the better.

This research is a comparative study, in which two methods of self-improvement will be researched about the similarities and differences aspect. The primary data is books that discuss about muḥaṣabah and Sedona method. The secondary data is scholary books or datas that talking about Sufism and psychology. Then, the datas will be analyzed using the content analysis method.

Both of self-improvement method has similarities and differences. Some of these similarities are in the aspect of the goal that is to improve the physical and spiritual aspects, both use the questions in the improvement method aspect, their process must go through several steps, at the time aspect, they can be done anytime and anywhere, as well as continuing its lifetime.

The differences of both method are muḥaṣabah always based on the consideration of religion, while the Sedona Method tends to psychology or humanitarian considerations. Another difference is in the implementation step, steps of muḥaṣabah are implementation step and improvement step. While the steps in Sedona method are diagnosis step, the release process, and evaluation. Both of these methods also have differences in terms of execution time. Muḥaṣabah implemented without waiting for self trouble, while the Sedona method only implemented when self trouble come.
After finding out the similarities and differences of the both methods, the writer expect the readers to be more wise to choose a method of self-improvement which appropriate and useful for him, especially for a Muslim. Because, all human deeds not only will be counted, but also they will be responsibility in this world and until in the hereafter.