

## CHAPTER V

### CLOSING

#### A. Conclusion

After writer doing reviewing and analyzing, there are few things of the two objects studies that can be conclude by writer, those are:

1. Evaluate self is very rewarding activities for people. Because of evaluate them selves, people will know their weakness that should be corrected and the excess of themselves that should be guarded and improved. Self-evaluation can be done by *muḥa>sabah* or with Sedona method.
2. *Muḥa>sabah* is a method of self-improvement that be done by evaluate all deed, either that which is psyche or physic. Neither the deed has been done, is being practiced, and that will be done. Evaluation is done by using the question method as through several steps. The steps in *muḥa>sabah* that are implementation step, and improvement step.
3. Sedona method is self-improvement method by the way of releasing feelings, emotions, or wants that can disturb the live of people. That release method is practiced by using the question method and through several steps. The step in the Sedona is the preparation step, implementation step, and evaluation step.
4. Both methods have some similarities and differences in some aspects, those are in terms of purpose, time, and the implementation process that includes the preparation step or diagnosis, implementation steps, and the evaluation step.
  - a. In the case of goal, the similarities are both aimed to improve the self either psyche or physic. While the difference in the goal is *muḥa>sabah* practice improvement for everything that related to the religion or in other words it is doing to improve worship to the God as preparation for hereafter. While the

goal of Sedona method is to improve the self that can obstruct people from the happiness and well-being of humans.

- b. In the case of time. The similarities both method in case of time is the implementation of improvement can be done when ever and where ever, because both need a short time to do self-improvement. While, the differences is *muḥa>sabah* is implemented in every circumstance, either happy or sad, either in obedience or in disobedience. Whereas, Sedona method is only done when people feel something that not so good. If they feel good, they do not need Sedona method as means of self-improvement.
- c. In implementation process, there are three steps, each has differences as follow:
  1. Preparation step. The difference of preparation step or diagnose step is the question of *muḥa>sabah* based on religious perspective. While in Sedona method, the preparation step is done with relaxation and it will be continued with release questions.
  2. Implementation step. The difference of evaluation step is *muḥa>sabah* doing the self-improvement with *muḥa>sabah*. Whereas Sedona method doing improvement with release question directly.
  3. Evaluation step. The difference of both method are if in *muḥa>sabah* when people was found infamy they should be fixed, While in Sedona method, when found infamy, then they have to repeat the treatment later. However, if the corrections were found is good, so the improvement may be stopped.

Neither *muḥa>sabah* or Sedona method, each has advantages and disadvantages in all sides. Therefore, people should be careful in choosing the right method of self-evaluation for him.

## **B. Suggestions**

Based on the results of the study mentioned above, there are few suggestions that are delivered by the writer, that are:

*First*, in making the Islamic sciences into inclusive disciplines, so it needs dialogue with a variety of other disciplines. Because if not, then religious disciplines will be exclusive disciplines and it is not earthiness.

*Second*, from many research that compare between the Islamic thoughts and scientific disciplines, it shows that Islam is not a scientific discipline that separated from other scientific. Because exist theories show some similarities in certain aspects. Where each has advantages and disadvantages. So that, the dialogue between some disciplines will be able to enrich the science generally and Islamic sciences particularly.

*Third*, Sufism is one of the Islamic disciplines that open and multidimensional. Because the *ḥazānah* Sufi can be paired with any science, one of them is psychology.

*Forth*, in this research, writer has not enclosed peoples experience about the benefit of practicing Sedona method as media of self improvemnet. This is because of the limitation of writer's ability to find people who implement Sedona method in Indonesia.

### C. Closing

*Alḥamdulilla>hirabbil'a>lamīn*, the gratitude did not stop writer is extended to Allāh, The Almighty, for all His love and mercy for writer. By His compassion, writer be able complete exhausting final task. Finally, after streaming blood and tears, the writer complete this thesis well.

Peace and salutation may be upon to beloved prophet Muḥammad SAW, his inspiring attitude, indeed, inspires the writer to face bravely the storm eventually comes closer and makes too much disturbances in the process of work settlement.

Despite this paper is far from perfect, it is finished on time. As common human being, the writer is impossible free from mistakes, thus, she really excuses for those errors. With from the deepest of the heart, writer says thanks to all those who have helped resolve this paper. May God bless them.

Nothing is wasted in this world, blood, tired, and tears watered this paper in the course of settlement may provide a lesson for the writer. Writer has great expectations of this thesis can provide a useful contribution for the triumph of science.