

## CHAPTER V

### CONCLUSION

#### A. Conclusion

Based on descriptions about concept of *dhikr* according to al-Ghazali in chapter one until chapter three there are several point of conclusions as answer of question research this mini thesis. After the researcher analyzes the concept based on psychological aspect at least there are conclusions as below:

1. According to al- Ghazali there are four kinds of *dhikr*. First, *dhikr* by mouth/oral (*dhikr bil lisan*) was not followed by presence of heart. Second, *dhikr* by heart was followed by word of mouth, but tend to be enforced in order to get habitual action. Third, *dhikr* by heart was followed by *dhikr* by heart with self-awareness. Fourth, *dhikr* which has been fused with the heart, so all actions of heart always reflected *dhikr*.

Based on the formulation of *dhikr*, human can effort to reach several degree in *dhikr* and finally they have experience of *dhikr* maturity and implemented in social life.

2. There are several psychological benefits based on concept of dzikir by al-Ghazali perspective:

a. *Dhikr* as religious transformation. Continuity of *dhikr* may give effect to the religious orientation, from the religious life in general "*amm*" which tends to be characterized by shallowness of spirituality and self-centered tendencies towards a mystical religious life, or the religious life are accompanied by mystical experience and personal relationship with God, as

the impact of a meditation, which the authors called as religious transformation.

b. fana 'and Baqa' as a spiritual experience, it means Fana 'and Baqa' is the final result of *dhikr*, previously is oral *dhikr*, then *dhikr* by heart and seriously, and then *dhikr* heart with habit, and the final is *fana 'and Baqa'*, where object of *dhikr* completely disappear. It is a result of spiritual experience in altered states of consciousness; this condition is the result of inner experiences that are beyond the human ego or personality (self beyond ego).

## **B. Suggestion**

1. Muhammad bin Muhammad al-Ghazali is a Muslim figure with million works and ideas. Many of his thoughts are able and still relevant for this era, so that it becomes important to do some deep research to find out answers for modernity problems.

2. *Dhikr* is kind of opulence tradition in Islamic teaching. That *dhikr* is not commanded with any reason, it is important for the next researcher to dig deeper the potential that is caused by *dhikr* activity.

## **C. Closing**

Returning gratitude and praises unto Allah for His mercies and blessing so that this writing can be done as a thesis. The researcher realizes that many mistakes happened inside either on explanation or methodology. Thus, constructive criticism and suggestions are awaited by him. And as the top part of this closing is a quote “unperfected creation is better than the perfect bareness”. No big effort succeeds without started from the little. May God bless it?