

**THE METHOD OF DEVELOPING SELF-CONCEPT  
IN EFFORT OF ACHIEVING SERENITY STATE  
(*NAFS MUTMA'INNAH*)**

**THESIS**

Submitted to the Faculty of Ushuluddin and Humaniora  
in Partial Fulfillment of the Requirements for the Degree S-1  
of Islamic Theology on Tasawuf and Psychotherapy Department



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**2016**

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## 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.

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## MOTTO

يَا أَيُّهَا النَّفْسُ الْمُطْمَئِنَّةُ ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً

" O calmness souls return to your Lord, well-pleased (with him), well-pleasing (Him), "

## DEDICATION

### *Alhamdulillahirabbil'alamin*

All the praises and thanks be to Allah, the Lord of the 'Alamin

#### **The thesis is dedicated to:**

My dear parents; Nor Ali, and Siti Asiyah,  
love and respect are always for you. Thank you for the valuable  
efforts and contributions in making my education success.



My beloved families, M. Zainal Amin, Erna Erdiana, and Eka  
Damayanti your smile is a great support for me.



My classmates, my great friends from FUPK TP  
who coloring my spirit and feeling in unforgettable moments,  
I LOVE YOU GUYS.



A big family of FUPK DEPAG, it is an honor to be part of you.



All of my friends thanks for lovely friendship.

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Glory to Allah, who created all, to man He gave special place in His creation. He honored man to be His agent, and to that end, endowed him with understanding, purified his affections and gave him spiritual insight. So that man should understand nature, understand himself, and know God through His wondrous Signs. Glory Him in truth, reverence, and unity. The Glorious God who sent Muhammad (peace always be upon him) as Messenger, preaching and working in the dim twilight of history. He stood for all humanity, orphans, women, and slaves, whom the world neglected or oppressed. He comes to us, bringing the light to lighten the shadow, disclosing the cover of my indecision and inspiring me with his love to keep struggling, to win God's gifts.

This final assignment entitled **The Method of Developing Self-Concept in Effort of Achieving Serenity State (*Nafs Muṭma'innah*)** will not be finished if not with the help and encouragement of those who always take their time to help me accomplishing this final task. Likewise, nothing I can convey except the thanks coming sincerely from the deepest of my heart for their contributions to give moral and material assistance.

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Semarang, July 15, 2016

The Writer,

Ahmad Syafi'uddin  
094411036

## TRANSLITERATION

English transliteration system

International version<sup>i</sup>

Arabic	Written	Arabic	Written
ب	<b>b</b>	ط	<b>ṭ</b>
ت	<b>t</b>	ظ	<b>ẓ</b>
ث	<b>th</b>	ع	<b>‘</b>
ج	<b>j</b>	غ	<b>gh</b>
ح	<b>ḥ</b>	ف	<b>f</b>
خ	<b>kh</b>	ق	<b>q</b>
د	<b>d</b>	ك	<b>k</b>
ذ	<b>dh</b>	ل	<b>l</b>
ر	<b>r</b>	م	<b>m</b>
ز	<b>z</b>	ن	<b>n</b>
س	<b>s</b>	و	<b>w</b>
ش	<b>sh</b>	ه	<b>h</b>
ص	<b>ṣ</b>	ء	<b>’</b>
ض	<b>ḍ</b>	ي	<b>y</b>

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<sup>i</sup> Tim penyusun skripsi, *Pedoman Penulisan Skripsi Fakultas Ushuluddin*, Fakultas Ushuluddin, Semarang, 2013 p, 142–144.

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## ABSTRACT

Keywords: *self-concept, nafs mutma'innah*

The self-concept is an important part in the development of the human personality is always evolving to be influenced by the environment. Whether it be a positive self-concept and negative self-concept are all the result of the interaction of individuals with their environment. It is important to develop the self-concept to be done by reaching the serenity.

The methodology of this thesis is library research which is by doing some research on some books and journal and by observing of the literature, books, journals and other records that have a connected to the theme of self-concept and *nafs mutma'innah*.

From the research that have done the researcher found that the state of *nafs mutma'innah* or serenity of soul is the goal for everyone. It is the highest state of spiritual development. Serenity soul is in a state of harmony, happy, comfortable and peaceful. This soul is in a state of calm, knowing, despite the failure of the world, it will go back to God. In the development of self-concept should be based on the underlying to the faith by performing *tazkiyatun nafs* which is by performing *mujahadah* and *riyadah*.