

Islamisation of Contemporary Psychology:

An Enlightening Integration Work between Modern Psychology and Islamic Faith-Value



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The seminar on Islamisation of Psychology held from 31 May 2024 to 2 June 2024 at the International Islamic University, Malaysia (IIUM). The seminar was jointly organized by the International Institute of Islamic Thought (IIIT) and the International Islamic University, Malaysia (IIUM). The seminar focused on integrating Islamic values with modern psychological practices. Its goal was to enhance understanding of human nature—covering behavior, emotions, spirituality, and cognition—through Islamic teachings. The workshop aimed to create a more culturally and spiritually relevant approach to mental health by incorporating Islamic principles into contemporary psychological theories and practices.

As a new lecturer in counseling and psychotherapy, I always looking forward to enhance my knowledge and learn new knowledge for me to be able to teach and share the same knowledge with my colleagues. The 3 days seminar has reinforce my interest to deepen my knowledge in Islamic psychology and research conduct. The moment we encounter the word Islamic is something that we relate to Islam. However, Islamisation is something what I understand is to revert and come back to Islam. The whole course made us to understand the concept, where the root of every knowledge is from Islam. Psychology is Islam, as well as the rest of other disciplines -

and fields in knowledge. Books, articles and research endeavours have been provided long ago by Muslim Scholars in Psychology and Psychotherapy such as AlBalkhi, Ibn Arabi and the Famous Al-Ghazali. Naturally, human beings are social beings. It means that human behaviour, emotions, cognitive developmental and actions are subject to the environment that we call culture and norms. We cannot simply and just rely on one source, books or manual that can be cultural-bias or discriminative approach, as one's issue can be caused by many factors not just by physical symptoms.

As an academician and a researcher, I have been pondering on my role and limited knowledge when Honorable Prof. Dr.Nizar shared his vast experience in between the unveiled his precious book review, due to his more than 50 years in this field of Islam Psychology, provoking the suppressed inclination and endeavours of myself to delve and investigate more on Islam Psychology, as I changed now the term as it is Islam in nature, formula and sources. It is time, and the effort will never cease. Therefore, our actions must be intensified, beginning both individually and collectively, to spread this knowledge and understanding. Moreover, we must teach the Islamic approach and conduct research, particularly in the field of Islamic Psychology, believing in both the process and its effectiveness. If not us, then who will take the

initiative? Our ultimate aim is to seek the pleasure of Allah (Mardhotillah), with the final destination in mind. Thus, an unshattered work on research methods, academic writing and research must be parallel and checked in the realm of Islamic concept, sources and resources. Also, I would continue supporting the plan for the department of Psychology and Counseling to write books in Islamic Counseling and contribute from time to time. I will take the challenge as my inevitable responsibility. Here, I would summarize this piece with the highlights of the seminar:

- The workshop highlighted the importance of key Islamic concepts like fitrah (common sense) and ruh (spirit/soul) for understanding human behavior. It stressed the need for culturally adapted approaches in psychology and emphasized that Allah is the ultimate source of knowledge. Integrating Islamic principles into psychology was seen as essential for a deeper and more culturally relevant understanding.
- There was a call for careful consideration of psychological data from an Islamic perspective, including stages of human development from the Qur'an, cultural standards, and traditional knowledge. The importance of adhering to Islamic ethical guidelines, such as respect for human dignity and objectivity.
- Integrating Islamic principles into academic and research settings was addressed through