

THE ROLE OF SUSPICION IN IMPROVING INTELLECTUAL, EMOTIONAL, AND SPIRITUAL INTELLIGENCE

Dela Safira^{1*}, Nofriska Rachmadanty²

^{*1,2}Muhammadiyah University of North Sumatra

^{*1}email: safiradela06@gmail.com

²email: nofriska.r21@gmail.com

Abstract: This study aims to examine the role Sufism in increase intelligence intellectual , emotional , and spiritual . This research is a type of qualitative research using approach narrative literature review. The population in this study is using research methods of various scientific sources in the form of books, national and international journals related to the topic taken. Data and information are obtained, concluded, analyzed, then summarized to achieve a literature study. The results of the study indicate that Sufism in increase intelligence intellectual , emotional , and spiritual are very significant , especially in the modern era which is full of challenges . Sufism , as discipline knowledge in Islam, offers a holistic approach For develop third aspect intelligence said . Through practices like riyadhah (spiritual practice), habituation , and mujadah (struggle oppose air lust), Sufism guide individual For reach balance between aspect intellectual , emotional , and spiritual in life everyday . Research shows that improvement intelligence This can achieved with a systematic and planned way , so that produce individuals who do not only intelligent in a way academic but also has depth highly emotional and spiritual.

Keywords: Sufism, Intelligence Intellectual, Emotional, and Spiritual.

Introduction

Children aged early is the golden age (*golden age*) because at this age children will experience very rapid growth and development if all aspects are stimulated according to their age (Sitepu et al., 2023) . The development of the era always gives rise to new problems that have never happened before. Development can be seen in real terms, namely being equipped with various potentials, and one of them is intelligence. So that the effectiveness and efficiency of Islamic education requires us to study the science of monotheism in our lives. According to (Munjib, 2002) states that there are several forms of intelligence, namely moral intelligence, spiritual intelligence and religious intelligence. The existence of spiritual intelligence according to the Islamic view is not in the physical realm, therefore to help humans implement the principles of monotheism in the physical realm, other forms of intelligence have emerged, namely intellectual intelligence and emotional intelligence.

Education is something that is very important and is very much needed by society, especially children. And in Islamic education, it has the highest goal to become a servant of Allah and to lead the subject of education to become a caliph fil ard (Zailani, 2020) , because education is what can distinguish humans from other living things, this is because in the process of education humans definitely need reason to think. Intelligence brain (IQ) function only as condition base For reach success. Lately this person often talk about various type intelligence , such as intelligence intellectual (IQ), intelligence emotional (EQ) and spiritual intelligence (SQ). Intelligence Quotient (IQ) is ability somebody For reasoning , solving problem , understanding

ideas, thinking and planning something. Emotional Quotients (EQ) is ability For recognize series manage emotion or feeling, good self Alone and others (empathy) and ability For to build work relationship same) with other people. Social development is very important for preparing children for preschool (Hikmawati et al., 2023) . Meanwhile, spiritual quotient (EQ) is intelligence helpful soul somebody For develop self in a way intact through creation possibility For apply values positive . In the discussion about third form intelligence That sometimes appear assumption that two form the last intelligence, namely intelligence emotional and spiritual, more important from there is IQ (Akhdan Nur Said, 2018) .

Of course, in modern society, there are those who adhere to and follow the Western lifestyle. Intelligence has three types of intelligence, which were introduced in classical Islamic literature long before the concept of Western scholars. In Indonesia, which is famous for its very strict Eastern customs, juvenile delinquency exceeds normal limits and is certainly not something new, but in terms of customs and practices it has resulted in very sad moral stupidity, all of which can be seen clearly in terms of a person's clothing, attitude, and behavior. This is the impact of an educational orientation that seems to emphasize the importance of intellectual intelligence more than just academic or cognitive values. To minimize this, humans must be watered and enlightened by the values of Islamic teachings whose development and application are contained in the teachings of Sufism (Khoiruddin, 2016). So that a sense of trust, moral principles, elements emotional, intellectual in self yourself, and a greater sense of belonging strong on someone everything originate from his spirituality. So from That importance learn Sufism in intelligence spirituality that is For prove the result of the process of knowledge, faith and truth in framework Islamic law (Z. Zailani et al., 2021) .

At present, it is a modern era marked by the development of science and technology as well as the rapid development of socio-culture and has also given challenges to every individual to continue learning through various sources and media. In Islam there is a teaching known as Sufism. The importance of studying Sufism in life is to teach humans to have inner sharpness and sincerity of character that always prioritizes the interests of humanity for every problem they face in order to avoid bad deeds according to religion. So as Muslims we must always transform through teaching faith, Islam and ihsan in the future life especially in education Islam (M. Zailani, 2018) .

Literature Review

Sufism, or Sufism, has role important in increase intelligence intellectual, emotional, and spiritual aspects of the individual. The principles Sufism like patience, gratitude, trust, and sincerity can help individual develop a strong mentality in face various challenges. Through practice riyadhah, habituation, and mujahadah, Sufism help individual develop ability intellectual with method understand and interpret information as well as build good character. Research shows that values Sufism can integrated to in education For reach more holistic intelligence (Azzahra et al., 2022) .

In addition, education Sufism also contributed to the formation of spiritual intelligence and morals Karimah. With teach properties like patience, trust, and asceticism, Sufism guide individual For avoid from air lust and achieve peace inner. This is important in context increasingly social complex moment This (Gani, 2020) .

According to (Nabila Nurriszki Awalia Effendi & Dicky Tri Prayoga, 2024) Sufism can increase intelligence emotional with push individual For own awareness high self and ability adapt. Attitude the resulting calm and gratitude from practice Sufism allow individual face challenge life with more good. Therefore that, the implementation teachings Sufism in life very relevant everyday For development balanced character.

Research shows that with apply values Sufism , individual can reach balance between the mental and spiritual intelligence required For face challenge modern life . This is in line with need an increasingly diverse society complex and often trapped in materialism (Azzahra et al., 2022) .

Intelligence Intellectual can improved through understanding deep about teachings Sufism that encourages individual For think critical and reflective . Sufism No only teach about worship, but also about How understand reality life and relationships between human . With Thus , someone who practices it Sufism tend own ability more analytical Good in face various problem Intelligence This is very important in the information age. moment this , where the ability For filter and understand information become key success (Chahnia et al., 2024) .

Intelligence This is very important in the information age. moment this , where the ability For filter and understand information become key success. Meanwhile that , intelligence emotional also get attention special in teachings Sufism . Through practices like dhikr and meditation , individual taught For recognize and manage emotion they . This is help in create balance the necessary emotions For interaction healthy social . In the modern context which often demands stress high , development intelligence emotional through Sufism can become solution effective For increase individual mental well-being (Amnur & Diantha ., 2024).

Method

This research is a type of qualitative research using approach *narrative literature review* . The definition of *narrative review* according to Horsley in (Farodisa et al., 2024) is a conclusion, summary, and criticism of the latest literature to obtain theories and key concepts through analysis. The population in this study is using research methods of various scientific sources in the form of books, national and international journals that are related to the topic taken. Searched journal own range time published from 2017 to 2024. Then the data and information are obtained, concluded, analyzed, and then summarized to achieve a literature study.

Results and Discussion

Results

Sufism teach man For to fulfill all the command of Allah SWT and with sincere stay away all prohibition and self-improvement , adornment self with noble and caring qualities nobility yourself so as not to fall to low degree so that become the animal that equal . How importance role Sufism in learning , especially in modern times where like moment This currently develop crisis values morals like Now this (Fijriyah , 2020). Seyyed Hossein Nasr disclose that in this modern era happen spiritual crisis because man has lost knowledge For know self they myself , the self that is always they have , they suffer forget Who themselves and the crisis existential consequence rebellion man moderntowards his god (Gani, 2020) .

According to circles Sufism , tradition in that sense Once carried out by the Prophet Muhammad SAW, when meditating in a cave hira with practice self , sharpen soul , remember , reflect , pay attention incident nature , and its structure , and pay attention to all condition a society full of ignorance , and damage in various aspect life (Kurniawan, 2016) . In the context of Islam, it plays a very important role. in realize and internalize intelligence enhancement through mind (ar-riyādah al- akliyah), heart (arriyādah al- qalbiyah) .

Another way is with get used to self . Habits in this context can interpreted as condition the soul with easy bring up action without think and think . When the situation leads to good and commendable law and reason , then called good morals , but when appear evil deeds , then called morals bad . Educated people Good must succeed in their intelligence . Habits to fulfill Allah SWT's command and noble personality someone is very improving intelligence heart and mental

intelligence . Next Can done with help *mujāhada* , which means battle . A term in Sufism means struggle which is conducted with full sincerity in fight , resist , and subdue air lust . Mujahadah is earnestly train (*riyada*) soul and air lust For obedient to Allah SWT. Differences between resistance and *resistance* lies in its emphasis. *Mujāhadah* oppose lust whereas *recompense* is spiritual practice to control lust . One of effort For increase (emotional) intelligence of the heart is struggle For oppose air lust above . Basically lust is axis crime Because lust tend seeking pleasure and encouragement We For No obey the command of Allah SWT (Sukring, 2022) .

Discussion

Sufism in increase intelligence intellectual , emotional , and spiritual are very significant , especially in the modern era which is full of challenges . Sufism , as discipline knowledge in Islam, offers a holistic approach For develop third aspect intelligence said . Through practices like riyadhah (spiritual practice), habituation , and mujahadah (struggle oppose air lust), Sufism guide individual For reach balance between aspect intellectual , emotional , and spiritual in life everyday . Research shows that improvement intelligence This can achieved with a systematic and planned way , so that produce individuals who do not only intelligent in a way academic but also has depth high emotional and spiritual (Julyani , 2022).

1. General View of Intelligence

According to Spearman, intelligence divided in two category . Category First is G factor , or often called as ability normal cognitive owned humans , such as ability remembering and thinking . Category second called -S factor , which represents ability special a person . G factor of intelligence intellectual more is potential the basics needed learned and adapted by each person. Intelligence This influenced by factors default . Although factor S is intelligence influenced by the environment , a person's S factor different with other people. However , each -s factor is certain contain factor g. Intelligence emotional relate with feelings and thoughts human beings . In general Golmen share intelligence emotional become two field , namely skills emotional (awareness) self , believe self , perseverance and motivation) and ability socio-emotional (empathy , communication and management) conflict). While that , Major and Solve (in Morgan) states that intelligence emotional covering ability For understand in a , evaluating and expressing manner emotion in a way accurate , ability For access and/ or to awaken emotion moment thinking , ability For recognize emotions and understanding information about emotions , and abilities in arrange emotion For push growth emotional and intellectual (Anggraini , 2019).

There are many examples around we who show that people who only own level intelligence high brain , not yet Of course success participate in problems life , including work . Precisely often observed that those with more formal education low , many more successful . This is caused by intellectuals tend only hone intelligence reason his only , even though also needed for develop intelligence emotional We such as : resilience , initiative , optimism , ability , and adaptability . For evaluate that activity a know how life somebody more meaningful compared to with others. SQ is the basics required For activate IQ and EQ with good and Correct .



Figure 1. IQ, EQ, SQ

2. Intelligence Intellectual

a. *Definition intelligence intellectual*

Intelligence intellectual often called as *intelligence*. This term first recommended by Francis Galton, a scientist and expert in mathematics famous from English. *Intelligence* is the ability of a man to think in a way that is rational, analyze, determine the connection between cause and effect, think in a way that is abstract, use language, visualize something and understand something. Intelligence in its time is a single intelligence owned by each individual and in essence only intersects with the cognitive aspect of each individual (Priadi, 2018).

b. *Intelligence Intellectual in context Sufism*

Intelligence Intellectual in the context of Sufism covers the ability to understand and interpret information with good. Sufism education pushes students to think critically and reflectively, which is the foundation of intelligence intellectual. With integrated values of Sufism in curriculum education, educational institutions can help students develop analytical and problem-solving skills. This is in line with research that states that Sufism contributes to the development of positive character and behavior, which is very important in the context of modern education in self-purification, and the main goal is happiness and eternal security (Khoiruddin, 2016).

3. Intelligence Emotional

a. *Definition Intelligence Emotional*

Intelligence emotional can be interpreted as the individual's skills in controlling negative feelings that exist within themselves so that they can face problems in their environment. Intelligence emotional is the ability possessed by a child to realize, process, organize, and control emotions that occur inside themselves to reach happiness and overcome all types of problems that occur during its development stage going to maturity (Pasek, 2017; Wardani et al., 2019; (Nora Pitri Nainggolan, 2018).

b. *Intelligence Emotional In teaching Sufism*

Intelligence Emotional is also obtained through Sufism teachings, which emphasizes the importance of self-control and empathy. In practice of Sufism, individuals are taught to recognize and manage their emotions as well as understand other people's emotions. This creates a harmonious and supportive social environment. Research shows that learning Sufism can increase an individual's ability to behave flexibly and adaptably to various emotional situations, so that it increases the quality of social interaction (Astuti et al., 2024).

4. Spiritual Intelligence

a. Spiritual Intelligence

Spiritual intelligence is ability somebody For give spiritual meaning in thoughts , behavior , and action as well as ability For activate IQ, EQ, and SQ comprehensive spiritual intelligence is highly emphasized aspect in Sufism . Through worship practices and spiritual experiences , individuals taught For look for meaning more in from life they . According to (Muhammad Abdul Aziz, 2022) Spiritual Intelligence is intelligence man in give meaning . in very bad condition and not expected . Sufism push his followers For get closer self to God and understand objective life they in a way more deep . This is contribute to the improvement quality life in a way whole , where individual feel more calm and grateful although face various challenge .

b. Spiritual Intelligence in the teachings Sufism

Importance Sufism is also seen in his ability For to form character . Good character is results from implementation values Sufism in life everyday , such as honesty , integrity and respect towards others (Gani, 2020) . This is very relevant in build civilized and mutual society appreciate. With the more increasing challenges in the modern world, the need will approach holistic like Sufism become the more urgent . Sufism offer road For reach balance between material and spiritual aspects in life man (Nabila Nurrizki Awalia Effendi & Dicky Tri Prayoga, 2024) .

In general overall , integration values Sufism in education and life daily can give impact positive in to form intelligent individual in a way intellectual , emotional , and spiritual. Therefore that 's important for institution Islamic education for develop curriculum that includes teachings Sufism for the generation upcoming can face challenges of the times with more Good .

Conclusion

This research conclude it turns out Sufism play a role to Improve intelligence Good intellectual , emotional and also spiritual. Results and discussion in study This pointing right that how importance role Sufism For studied in improvement three intelligence possessed by humans that is intellectual , emotional and spiritual, especially in the modern era when This . Improvement intelligence That Alone can done with method *rejoicing* , habituation , and *mujahadah* . In a way theoretical , research This expected own implications benefits and uses as study beginning about role Sufism in Increase intelligence intellectual , emotional and spiritual in the modern era. In practical , research This expected own implications benefits and uses For development in a way more Serious in study about role Sufism in increase intelligence intellectual , emotional and spiritual in the modern era. This research own limitations without do studies field through interview , so that matter This become opportunity study more carry on For study empirical in a way measurable . This research recommend to institution Islamic education for develop planting values Sufism in to achieve intelligence intellectual , emotional and spiritual.

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