

THE PROPOSE APPROACH ON TAZKIYAH AL-NAFS BY SHEIKH SAID HAWWA FOR WOMEN REHABILITATION CENTRE

By

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INTRODUCTION

- The issues of social involving teenage are being talked about, indirectly, the issue among teenage girls are increasingly aggressive.
- Harian Metro on March 11, 2015 reported that the country's teenage morale crisis has been alarming as statistics show that the number of criminal cases involving juvenile offenders has increased by 111 percent over a year. According to statistics released by the Royal Malaysia Police, 7,816 cases were recorded in 2013 compared to just 3,700 cases in 2012, with an increase of 4,116 cases. In fact, the number of high school-age adolescents in crime has recorded a significant increase of 137 percent to 2,011 cases compared with only 849 recorded in 2012. This category of violent crime is also associated with adolescents between the ages of 12 and 17.

LITERATURE REVIEW

- Review on Tazkiyah al-nafs

Tazkiyah al-Nafs is one of method for spiritual and personal purification from disgusting things to uphold noble virtues as practice by Prophet Muhammad SAW. This method of spiritual purification must be accompanied by various virtues and enhancements so that two processes can be performed; *takballi* is a process of *mujahadah* which means combats lust and removes it from despair and another one is *taballi* is a process to build good virtue and personal excellence within the self (2). Thus this Tazkiyah al-Nafs deals with morals and the soul in shaping a pattern of righteous and virtuous human formation because anyone who hopes to meet Allah SWT must want to improve morals and purify the soul because al-Nafs tazkiyah is a symbol of happiness (3). The main *tazkiyah al-Nafs* processes to be performed are prayer, fasting, tafakkur, qiyam al-lail and zikr Allah. Implementation for the sake of execution and through a certain level will have a positive effect on one's personality and give healing to the soul (4).

- **Said Hawwa's Biography**

The full name of Said Hawwa is Said bin Muhammad bin Dib Hawwa. He was from Hamah, Syria, born in 1935 M (9). Her mother, Arabiyah al-Thaisy, died when he was two years old. Then he was raised by her grandmother.

He was called Abu Muhammad (8). Said Hawwa's father remarried and he was under the guidance of his father who was an influential figure in society. Said Hawwa's father was a French army, Said Hawwa grew up with socialist, nationalist, Ba'tsi and Ikhwan Muslimin (10).

Early education was full of enlightenment as he worked hard to get a good education as well as the necessities of life but he continued his education until he obtained his Higher Certificate in Religion.

- Book of *Al-Mustakhlash Fi Tazkiyah Al-Anfus*

This book is a summary book from Imam Al-Ghazali's book entitled *Ihya 'Ulumuddin*. Theory and process's al-Ghazali were concluded by Sa'id Hawwa especially in Tazkiyah Al-Nafs process. Hence it is called *Al-Mustakhlash Fi Tazkiyah Al-Anfus* or translated as "Summary in the process of Soul Purification". The discussion of Tazkiyah Al-Nafs selected by Sa'id Hawwa contains four chapters. The first chapter deals with the Manners of Teachers and Pupils. The second chapter describes the *Tazkiyah Wasail* in the form of various acts of worship and charity. This chapter has three important points along with a description. The third chapter deals with the *Tazkiyah of Al-Nafs* and this chapter also has three important points along with a lengthy description. The fourth chapter, however, is the result of the purification of the soul. Prioritization of results is visible to the tongue in controlling the relationships and the manners that are carried out to safeguard the tongue

RESEARCH DESIGN

- This study is a qualitative research which applied the full content analysis method as the main source of data collection. Additionally, data analysis use descriptive analysis. Here of, the researcher concluded and build the model on tahaqquq approach introduced by Sheikh Sa'id Hawwa in the method of tazkiyah al-nafs.
- *Samples:* A book written by Sheikh Said Hawwa etitled *Al-Mustakhlash Fi Tazkiyah Al-Anfus* (Summary of the Purification of the Soul). This research involved a descriptive analysis for discussing the framework on Tazkiyah al-Nafs to be implemented for trainees in women rehabilitation centre

Discussion on findings

Proposed on the framework for comprehensive model Tazkiyah al-Nafs by Said Hawwa to be implemented for Women Rehabilitation Centre. The model as follow:



Figure 1: Comprehensive Model of Tahaqquq Process in Tazkiyah al-Nafs Oleh Said Hawwa (2016).

First Step: Perfect Application to the Aspects of Basic Ibadah

The first method is through the application of the perfectioness in basic ibadah. Basic ibadah consists of Prayer, Zakat and Infa', Fasting, Hajj, Reading al-Quran, *Zikrullah* and *Tafakkur*.

The purpose of the first method is to achieve:

- First Spiritual Implementation: *Muraqabah, Muhasabah, Mujahadah* and *Mu'aqabah, Amar Makruf Nabi Munkar* dan Jihad
- Secondary Spiritual Implementation: power of tawaduk, knowing to close the syaitan door, identify spiritual & soul deficiencies, process of healing the inner problem.

Second Step: Purification of the Soul

The importance of the second method is to purify yourself from all kinds of soul deficiencies and mental illness.

- First Basic: To purify yourself from all kinds of soul deficiencies
- Second Basic: *Tabaqquq* included *Tauhid, Ikhlas, Siddiq, Zuhud, Tawakkal, Mahabbatullah, Khawf dan Raja', Takwa dan Wara', Syukur, Sabar* dan Honest to Allah (*Redha*), *Muraqabah* dan *Musyadah*

- The elements of *tahaqqub* method for purification of the soul as describe by Said Hawwa as follow:

Table 1: Elements of Tahaqquq in Tazkiyah al-Nafs

Level	Element
Tahaqquq	Tauhid
	Ikhlas
	Siddiq
	Zuhud
	Tawakkal
	Mahabbatullah
	Khawf, raja'
	Taqwa, wara'
	Syukur
	Sabra & redha
	Muraqabah & musyahadah

CONCLUSION

The approach of the Tazkiyah al-Nafs from Sheikh Said Hawwa is very important in human life in seeking the well-being of the world and the hereafter. The approach importance especially for applying to trainers in Women Rehabilitation Centre. They need this approach as one of comprehensive support system in Islamic approaches. Tazkiyah does not mean to resist the development of current life but to control the development of human heart. The Tazkiyah al-Nafs is a form the true human soul by doing everything that Islam does in official terms with the guidance of a *murabbi*. The heart is clean led to repulsive nature and adorned with beauty. Tazkiyah has to go through various ways with the guidance of Allah. Only a person with a pure heart can return to God in peace.

Thank You