

Benefits of Sodaqoh Therapy in Islamic Psychotherapy Against Jealousy

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ABSTRACT

This study discusses the definition and concept of envy, alms therapy in Islam, the relationship between envy and psychological health, Islamic psychotherapy, and the effects of sodaqoh in Islamic psychotherapy. Envy is a negative feeling that arises because of dissatisfaction or a desire to have something that belongs to someone else. The concept of envy involves comparisons of oneself with others and is often rooted in feelings of injustice, lack of self-satisfaction, or feelings of inferiority. Alms therapy in Islam is the practice of giving donations or assistance to others as a form of charity and worship to Allah. This therapy has spiritual and social benefits for individuals and society as a whole. The type of research used is library research or library research, in which data and information are collected from various documents related to the object of research. The aim is to overcome a problem by conducting a critical and in-depth study of the relevant literature. The results of the study state that the relationship between envy and psychological health can negatively affect individuals who experience it, causing stress, depression, low self-esteem, and interpersonal conflict. Sodaqoh or sadaqah therapy has the potential to have a positive impact on a person's mental health and happiness, including providing a sense of contentment, reducing stress, increasing mental well-being, and building character and gratitude. The use of sodaqoh therapy in treating jealousy can be an effective additional approach in overcoming psychological problems and strengthening the spiritual relationship with God.

Keywords : Islamic Therapy, Alms, Envy, Islamic Psychotherapy

Introduction

Islamic psychotherapy is a psychological therapy approach based on Islamic teachings and principles. Envy (hasad or incitement) is an emotional condition that is commonly experienced by many people, especially when someone feels dissatisfied with the achievements, success, or happiness of others. Jealousy is a negative emotion that can interfere with a person's mental health and damage social relationships. In the context of Muslim society, the issue of jealousy is very important because it is contrary to Islamic values which advocate compassion, sincerity and sharing sustenance with others. Hanafi & Zainudin (2018) Say that humans were created by God as noble creatures. With a good personal form and the reason that He has given, humans are able to carry out all their activities and work in life according to the guidance of Islamic teachings. However, if it contradicts this teaching, humans have damaged the glory that God has given, resulting in a place of humiliation. Therefore, it is important for humans to always adhere to Islamic teachings in all aspects of their lives, so that they continue to glorify themselves and respect the gifts that He has given. By using the reason bestowed upon him, humans are expected to make wise decisions and act in accordance with the values of truth and compassion in living life in this world.

In Islamic teachings, charity is a form of charity that is highly emphasized. Alms not only serve as worship to draw closer to Allah, but also have significant social and psychological benefits for individuals. Alms can help overcome jealousy by teaching values such as sincerity, gratitude, and empathy for others in need. However, despite various evidences of the psychological benefits of

almsgiving in religious literature, scientific research linking alms therapy with Islamic psychotherapy and the management of jealousy is still very limited. Therefore, further research is needed to support the understanding of how alms therapy in the context of Islamic psychotherapy can help overcome jealousy and improve individual psychological well-being. The Qur'an has explained in surah At Taubah 103:

خُذْ مِنْ أَمْوَالِهِمْ صَدَقَةً تُطَهِّرُهُمْ وَتُزَكِّيهِمْ بِهَا وَصَلِّ عَلَيْهِمْ إِنَّ صَلَاتَكَ سَكَنٌ لَهُمْ وَاللَّهُ سَمِيعٌ عَلِيمٌ

Meaning: *Take zakat from their wealth, to clean and purify them, and pray for them. Truly your prayer (grow) peace of mind for them. Allah is All-Hearing, All-Knowing.*

Research on the benefits of alms therapy in Islamic psychotherapy for jealousy can make a valuable contribution to the field of psychology of religion and mental health in Muslim societies. The results of this study can be used as a reference for practitioners of Islamic psychotherapy to develop effective interventions in overcoming jealousy and promoting mental and spiritual health. Through in-depth research on this topic, it is hoped that the results can form the basis for the implementation of alms therapy in Islamic psychotherapy practice and contribute to efforts to prevent and treat jealousy in Muslim societies.

Method

Types of research

Research Based on the object of this research study, this research is a literature review research that relies on text review and analysis. This is done because the data sources used are in the form of literature data. Sukardi (2010) said that literature review is deepening, studying and identifying existing knowledge in the literature (reading sources, reference books or other research results) related to the problem under study.

Sugiono (2010) revealed that the literature review method or literature study is a research approach that focuses on the analysis of various literary sources, such as books, scientific journals, articles, and other literature that is relevant to the problem or phenomenon that is the object of research. The literature study method or literature review is a systematic approach to collecting, evaluating, and synthesizing relevant information from various sources of scientific literature relating to a particular topic. In this case, the researcher will discuss the literature study method with the theme "Benefits of Sodaqoh Therapy in Islamic Psychotherapy for Envy."

Data collection technique

Considering that this research is a literature study, the data collection method is through reading the literature related to this research topic. Furqon (2013) states that the literature used includes various types, such as books, journals, articles, research reports, scientific magazines, newspapers, seminar results, and other writings.

Researchers conducted searches in various scientific literature databases such as journals, articles, books, and related academic publications. These sources must be reliable and relevant to the topic being discussed. The researcher chose the most relevant and high quality literature sources to be included in this literature study. Scope expansion can include scientific papers from various years of publication.

Data analysis technique

The data analysis technique that the writer uses in this study is descriptive qualitative. This analysis was carried out with the main objective of systematically describing the facts and characteristics of the object or subject studied accurately which was carried out on data obtained through documentation in the form of books. This process is carried out through editing, namely re-examining data or notes before pouring it into a research report in good language.

Results

Definition And Concept Of Envy

Envy is a negative feeling that arises because of dissatisfaction or a desire to have something that belongs to someone else. Joseph (2014) said that envy is a feeling of jealousy towards an individual that is caused by the abilities or goods possessed by other people beyond the abilities of that individual. The concept of envy involves comparing oneself to others and feeling displeasure or jealousy because someone else has something that one wants or thinks is better. These feelings are often rooted in feelings of injustice, lack of self-satisfaction, or feelings of inferiority. Khatib (2019) Says that jealousy is a negative emotion that can cause a person to lose their sense of peace and interfere with their ability to enjoy life normally. His heart could not feel at ease before seeing others having a hard time. These emotions can undermine a person's emotional well-being and disrupt social relationships.

Therefore, it is important for every individual to recognize and manage feelings of jealousy in order to achieve inner peace and happiness in everyday life. Some signs or symptoms of jealousy include:

- a. The desire to have what others have.
- b. Feelings of jealousy when you see the success or happiness of others.
- c. Dissatisfaction with one's own accomplishments or successes, even if something good has been accomplished.
- d. Feelings of competition with others in various aspects of life.
- e. Feeling inferior or feeling worthless compared to others.

The concept of envy can affect a person's psychological well-being and can also affect social relationships with other people. Sometimes, jealousy can motivate someone to try harder to achieve something they want. However, if not handled properly, jealousy can destroy happiness and cause conflict with others.

Alms Therapy in Islam

Alms therapy in Islam refers to the practice of giving donations or assistance to others as a form of charity and worship of Allah. Alms (or infaq) is one of the five pillars of Islam and an important part of a Muslim's life. Alms therapy is considered to have spiritual and social benefits for individuals and society as a whole. Following are some aspects of alms therapy in Islam:

1. Obedience to God's commands

Alms is a direct command from Allah in the Quran. In various verses, Allah emphasizes the importance of giving alms as a way to show gratitude, sincerity and sincerity towards him and care for others.

2. Cleaning of property and soul

Alms is believed to cleanse one's wealth and soul from greed and selfish tendencies. By giving part of his possessions to others, a Muslim learns to control his passions and maintain balance in life.

3. Reducing adversity and healing

Alms therapy is believed to help reduce difficulties and problems in life. Through alms, a person seeks Allah's mercy and help to overcome the difficulties he faces.

4. Blessing and abundance

Islam teaches that giving alms will bring blessings and abundance. In many hadiths, the Prophet Muhammad SAW encouraged his people to give alms because alms will not reduce wealth, but instead will increase blessings in life.

5. Get rid of sins

Almsgiving is considered as a means to wash away sins. In several hadiths, the Prophet Muhammad SAW stated that charity is like water that extinguishes fire, that is, it can erase sins like water extinguishes fire.

6. Social solidarity

Through alms, the Muslim community is reminded to care for one another and help those in need. This can create stronger social bonds and improve the quality of life of the community as a whole.

7. Healing of the heart

Giving alms to others can help a person overcome feelings of envy, jealousy, and anger. Providing benefits to others can create feelings of happiness and peace in the heart.

The Relationship Between Envy And Psychological Health

Envy is a feeling of displeasure or dissatisfaction with someone else's success, achievement, or happiness, which we may wish to have or feel too. These emotions are generally caused by feelings of injustice or the feeling that we are less fortunate than other people. The relationship between jealousy and psychological health can have a negative effect on individuals who experience it, and some of the possible impacts are as follows:

- a. Stress: Jealousy can cause excessive stress because individuals who feel it tend to compare their lives with others and feel pressured for not feeling good enough or as successful as they are.
- b. Depression: Constantly feeling dissatisfied and jealous of others can lead to feelings of sadness, emptiness, or depression. Constant comparison with others can reinforce feelings of inferiority and dissatisfaction.
- c. Low self-esteem: Envy can lower a person's self-confidence because they always feel less worthy than others.
- d. Social anxiety: Jealousy can cause anxiety in social interactions because individuals feel that others are better or more successful than them.
- e. Feelings of loneliness and isolation: If envy is not overcome, it can lead to feelings of loneliness because individuals tend to distance themselves from those who are the source of envy.
- f. Unhappy feelings: Focusing too much on the success or accomplishments of others can distract from the positives in one's own life, and ultimately lead to feelings of unhappiness.

- g. Interpersonal conflict: Feelings of jealousy can cause conflict in interpersonal relationships as individuals may feel threatened or compete with others in an unhealthy manner.

Islamic Psychotherapy

Islamic psychotherapy is a therapeutic approach based on Islamic religious principles. The goal of Islamic psychotherapy is to help individuals achieve mental health and well-being by integrating Islamic values into the therapeutic process. This method combines modern psychological knowledge with Islamic teachings to help individuals overcome psychological and emotional problems, and develop a closer relationship with Allah. Following are some of the aspects related to Islamic psychotherapy:

1) Aqidah (Belief)

Islamic psychotherapy is rooted in the belief that Allah is the source of everything, including mental and emotional health. Individuals are invited to strengthen their faith as a source of calm, hope, and support in facing life's problems and trials.

2) Tawakal (Submission to Allah)

Islamic therapy encourages individuals to place their complete trust in Allah, while taking maximum action and effort to overcome problems. This helps reduce excessive anxiety and stress because the individual realizes that the end result is God's will.

3) Dhikr and Prayer

Islamic psychotherapy teaches the importance of dhikr (remembrance of Allah) and prayer as a way to calm the heart and cultivate inner peace. By remembering Allah in the mind and heart, individuals can achieve emotional stability.

4) Maqashid al-Shariah

The principles of Islamic psychotherapy are based on the principles of Maqasid al-Shariah, namely the goals of Islamic law. Among these goals are protecting the soul (hifz al-nafs), protecting the mind (hifz al-aql), and protecting offspring (hifz al-nasl). Islamic psychotherapy aims to achieve these goals in an effort to support the mental health of individuals.

5) Islamic ethics

Islamic psychotherapy refers to Islamic ethics in practice. Therapists strive to follow Islamic ethics in their relationships with clients, including respecting confidentiality, acting fairly, and providing ongoing support for the client's recovery.

6) Knowledge of Modern Psychology

Islamic psychotherapy also uses the principles of modern psychology in its process. Skilled therapists understand psychological theories and proven effective therapy methods to help clients.

7) Education and Skills

Apart from providing emotional and spiritual support, Islamic therapists can also provide education and practical skills based on Islamic teachings. This can include relaxation techniques based on dhikr, emotional management based on the sunnah of the Prophet Muhammad SAW, and problem solutions based on advice from the Al-Quran and Hadith.

In Islamic psychotherapy, individuals are expected to reflect on themselves, explore their potential, and strengthen their relationship with God. This helps them achieve inner peace and overcome life's problems with a firm foundation of faith. It is important to note that Islamic psychotherapy does not replace conventional therapy, but rather as an additional approach that Muslim individuals who wish to integrate their religious beliefs and values into the process of mental recovery may consider.

Sodaqoh Effect

The effect of Sodaqoh in Islamic Psychotherapy is a concept that emerged from Islamic religious teachings which view sodaqoh or alms as an act of virtue that brings benefits to both the recipient and the giver. When this concept is applied in the context of psychotherapy, sodaqoh is considered to have the potential to have a positive impact on one's mental health and happiness.

1. The meaning of Sodaqoh in Islam

Sodaqoh in Islam is giving some of the property owned to other people in need without expecting anything in return or praise from them. This teaching places the importance of helping others as a form of obedience to God and compassion for fellow human beings.

2. The Psychological Effects of Giving Sodaqoh

When someone gives sodaqoh, it contributes to feelings of satisfaction, happiness, and feelings of more gratitude. When helping others, the human brain produces the hormone dopamine which is associated with feelings of happiness and pleasure. This activity can also reduce stress and anxiety levels as the focus shifts from personal concerns to benefiting others.

3. Sense of Satisfaction and Closeness to Allah

Islamic psychotherapy teaches that helping others, including through sodaqoh, is a way to get closer to Allah. By sharing sustenance with people in need, a person feels more satisfied psychologically because they feel they are doing something God wills, which increases their spiritual sense and feeling of connection with the Creator.

4. Social and Emotional Effects

Sodaqoh can also affect one's social and emotional relationships. Giving to others in need creates positive bonds between givers and recipients, thus strengthening social bonds and improving the quality of interpersonal relationships.

5. Feelings of Worth and Appreciation

When someone receives sodaqoh, they feel valued and acknowledged by others. This can help increase self-esteem and reduce feelings of isolation or neglect, which can often be a contributing factor to psychological problems such as depression or anxiety.

6. Opening the Door of Kindness and Fortune

In Islamic teachings, it is stated that giving sodaqoh can open the door of goodness and increase one's fortune. From a psychological perspective, this belief can provide hope and optimism, and reduce feelings of hopelessness about the future.

Implications And Recommendations

In the practice of Islamic psychotherapy, alms therapy can be used as an alternative or complementary approach in overcoming feelings of jealousy. By giving to others or the community,

individuals can experience happiness, feelings of fulfillment, and gratitude, which can help reduce levels of jealousy. Almsgiving is not only about giving material things or money but also about giving love, attention, time and energy. This can help fill the feeling of emptiness and emptiness that is often the trigger for jealousy. Islamic psychotherapy includes the spiritual dimension as an integral part in understanding and treating psychological problems. Alms therapy reflects the spiritual aspect and helps individuals connect themselves with God, develop a sense of awareness and a sense of social responsibility, and improve the overall quality of life.

Recommendations regarding the use of sodaqoh therapy in treating jealousy:

1. Consult an Islamic psychotherapist

If someone is experiencing severe jealousy issues, it is advisable to consult a psychotherapist who integrates Islamic values into his therapeutic approach. This psychotherapist can help design an appropriate treatment plan, including the appropriate use of alms therapy.

2. Personal reflection and introspection

Individuals experiencing envy can reflect on the roots of this feeling and seek deeper understanding of the source of their envy. Through self-reflection, one can identify qualities and values that may be affected by jealousy and how alms therapy can help overcome them.

3. Choose alms recipients wisely

In implementing alms therapy, it is important to choose alms beneficiaries wisely. Choose people or communities who really need help and who can make a positive impact on us emotionally. This will increase feelings of fulfillment and happiness after giving alms, thereby reducing the level of jealousy.

4. Train yourself in selfless giving

Charity therapy works best when the giving is selfless and with sincere intentions. Train yourself to give with a sincere heart, without expecting anything in return or recognition, so that the psychological benefits of alms can be felt more effectively.

5. Social support

In addition to alms therapy, social support can also help overcome jealousy. Get support from family, friends, or the community who can listen and encourage you on your way to overcoming jealousy.

Advantages of Sodaqoh Therapy

Doing almsgiving, especially when helping others in need, can bring a sense of fulfillment and happiness. Giving to others without expecting anything in return can increase feelings of meaning in life and personal happiness. When you give some of what you have to help others, stress hormones like cortisol can decrease in your body. This can help reduce stress and anxiety levels. Sharing with others can improve your mental well-being. Positive social activities, such as giving alms, have been shown to reduce the risk of depression and relieve feelings of loneliness. By participating in alms therapy, you can strengthen social connectedness and increase empathy for others who may be struggling or having a hard time in life.

Alms help build positive character and gratitude in you. You learn to appreciate what you have and reflect on how fortunate you are compared to others who are less fortunate. Alms also have a

positive impact on the community and environment in which you live. By providing assistance to those in need, you are contributing to building a better society and helping to reduce social inequality. The act of giving alms has the potential to create a circle of goodness. When you give, others can be inspired to do the same and help others too. For many people who practice religion, almsgiving is a way of drawing closer to God or strengthening spiritual connections. It can be a form of obedience and a sense of social responsibility as religious people.

Discussion

The results of the literacy review show that envy is a negative feeling that arises because of a feeling of dissatisfaction or the desire to have something that is owned by another person. The concept of envy involves comparisons of oneself with others and can affect one's psychological well-being as well as social relationships with others. Alms therapy in Islam is the practice of giving donations or assistance to others as a form of charity and worship to Allah. This therapy has spiritual and social benefits for individuals and society as a whole. Some aspects of alms therapy in Islam include fulfilling Allah's commandments, cleansing wealth and soul, reducing difficulties and healing, blessing and abundance, eliminating sins, social solidarity, and healing hearts. Jurjawi (1992) Says that charity is God's right in the form of property given by someone who is rich to those who are entitled to receive it, namely the poor and the poor. In religious teachings, this gift is considered a form of alms because it contains the blessings of purifying the soul and developing it with goodness. Furthermore, Nurjannah (2018) said that zakat and alms are two important means of creating social welfare and peace of mind in society. Zakat, as an obligation for able-bodied Muslims, is a form of contribution from their wealth to help fellow believers in need. By paying zakat, they can redistribute wealth in a fair and equitable manner, reduce social inequality, and provide assistance to the poor, orphans and widows. Meanwhile almsgiving, even though it is not an obligation, has a noble value as a form of social care. By giving alms, one not only helps those in need but also feels happiness and satisfaction in sharing.

Alms can take many forms, such as providing food, clothing or financial assistance to the less fortunate. The relationship between envy and psychological health can negatively affect individuals who experience it, causing stress, depression, low self-esteem, social anxiety, loneliness, feelings of unhappiness, and interpersonal conflict. Roseman & Smith (2001) said that jealousy is one of the factors that can lead to the emergence of schadenfreude. When people feel jealous of someone else's success, achievement, or happiness, they may tend to feel happy or satisfied to see that person experience difficulties or failures. They feel that others "get what they deserve" or "meet as hard as they deserve." Islamic psychotherapy is a therapeutic approach based on Islamic religious principles that aims to help individuals achieve mental health and well-being by integrating Islamic values into the therapeutic process. Islamic psychotherapy includes aqidah (faith), trust (surrender to Allah), dhikr and prayer, maqasid al-shariah, Islamic ethics, knowledge of modern psychology, and education and skills based on Islamic teachings. The effect of sodaqoh in Islamic psychotherapy is a concept that views sodaqoh as an act of virtue that brings benefits to both the recipient and the giver. Sodaqoh therapy can provide a sense of satisfaction, reduce stress, improve mental well-being, strengthen empathy and humanity, build character and gratitude, support society and the environment, create a circle of goodness, and provide spiritual benefits for individuals who practice religion.

From these results, it appears that alms therapy in the context of Islamic psychotherapy can have a positive impact on one's psychological health and well-being. Integrating religious values and giving generously to others can help overcome jealousy and increase feelings of happiness, inner peace and overall quality of life. It is important to understand these concepts well and recognize how their application can help individuals deal with psychological and social problems. In addition, consultation with an experienced Islamic psychotherapist can provide more in-depth guidance and support in the recovery process.

Conclusion

Envy is a negative feeling that arises because of dissatisfaction or a desire to have something that belongs to someone else. This is often rooted in feelings of injustice, lack of self-satisfaction, or feelings of inferiority. Alms therapy in Islam is a form of practice of giving donations or assistance to others as a form of charity and worship to Allah. Alms therapy has spiritual and social benefits for individuals and society as a whole. The relationship between envy and psychological health can have a negative impact on individuals who experience it, such as stress, depression, low self-esteem, social anxiety, and interpersonal conflict.

Islamic psychotherapy is a therapeutic approach based on Islamic religious principles, with the goal of helping individuals achieve mental health and well-being by integrating Islamic values into the therapeutic process. The effect of *sodaqoh* in Islamic psychotherapy is a concept that views *sodaqoh* as a benevolent act that can benefit both the giver and the recipient. *Sodaqoh* therapy has the potential to have a positive impact on one's mental health and happiness. The implementation of alms therapy in overcoming jealousy can be an effective approach because it gives a sense of satisfaction, reduces stress, improves mental well-being, strengthens empathy and humanity, and supports the circle of goodness.

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