

Lawwamah Personality Dynamics Of Gen Z Teenagers in Islamic Perspective

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ABSTRACT

According to Calvin S Hall and Gardner Lindzey in their book Theories of Personality (Psychology of Personality) (1978), the definition of personality is something that gives order and harmony to all kinds of different behaviors carried out by the individual. Sigmund Freud formulated personality in three important systems: id (Das es), ego (Das ich), and super-ego (Das uber ich). The three types of personality are interrelated with each other. In the Islamic perspective, there are several types of personality, including Lawwamah personality. Lawwamah personality is a personality that is in the direction of vacillation between two things. Lawwamah personality is dominated by reason, reason follows rationalistic and realistic working principles that bring humans to the level of consciousness. In the VUCA era, Gen Z teenagers are very vulnerable to an identity crisis caused by globalization, which affects thinking and mental health. Disruption of mental health can also occur due to several other factors, namely internal factors such as genetic disorders or family history of family members with mental disorders. In addition, there are also external factors that will usually arise due to the influence of the surrounding environment.

Keywords: *Personality, Lawwamah.*

INTRODUCTION

Personality is the part of the soul that builds human existence into a unity that is not divided into functions. To understand personality is to understand the whole person. Sigmund Freud formulated that there are three elements in the personality structure, namely id, ego, and superego. According to Islamic psychology, personality is the integration of a person's heart, mind, and pleasure system that gives rise to behavior.

Lawwamah personality is a personality that has obtained the light of the heart, then rises to correct the fear between two things. It can be understood that the Lawwama personality is in a dilemma between the Ammarah and Muthmainnah personalities. Lawwamah personality is a personality dominated by reason. As part of human nature, reason follows a rational and realistic working principle, which brings humans to the level of consciousness. When its control system is working, reason can reach its peak similar to the understanding of rationalism. Rationalism was developed by many humanists who oriented their way of thinking towards the "universal" power of man, thus making it anthropocentric. Generation Z is the youngest generation born after 1994 and before 2004. They are now teenagers, born and raised in the digital age.

Method

From an Islamic perspective, there are several literature study methods that can be used to develop the lawwamah (individual) personality of Gen Z teenagers. Below are some methods that can be applied in a way:

1. Islamic studies:

Islamic religious education plays an important role in the personal development of Gen Z teenagers. Teens should learn about the teachings of Islam, the Quran and the hadith of Prophet Muhammad. Gen Z is also encouraged to understand the moral and ethical values taught in Islam. Islamic education can be through religious schools, recitation or teaching by parents and teachers. For example, Gen Z teenagers should make the Prophet Muhammad a role model in their daily lives. Gen Z can learn about the history and traditions of the Prophet Muhammad's life and try to imitate his noble attitudes and behavior. The example of the Prophet Muhammad is a guideline for teenagers to develop a good personality in all aspects of life.

2. Character building:

Gen Z youth are required to join character development programs that are based on Islamic values. These programs can incorporate a holistic educational approach that includes moral development, social awareness, leadership, and skill development. Gen Z should be taught dhikr and regular prayers. Through dhikr they can strengthen their spiritual connection with Allah and boost their self-confidence. The prayers taught in Islam also provide guidance and peace to overcome challenges and develop a strong personality.

3. Self-development:

Gen Z youth need to promote balanced physical, intellectual, emotional and spiritual self-development. They can participate in useful extracurricular activities, such as sports, arts, or volunteering, which help in developing their talents and interests. Parents, teachers and society must provide adequate supervision and guidance for Gen Z. We must pay attention to the socialization, media consumed and the environment that affects teenagers' personalities. With good supervision and guidance, teenagers can avoid negative behavior and develop a positive personality.

4. Social awareness:

Gen Z is given an understanding of their social responsibilities as Muslims. They should be aware of their rights and obligations towards others and the environment. By participating in social activities such as charity, donation and volunteer work, Gen Z can develop a caring and responsible personality.

The implementation of this method requires support and cooperation from parents, teachers and society to help Gen Z develop a rewarding personality.

Result

Gen Z usually includes people born between 1997 and 2012 who are currently teenagers. Gen Z personality is influenced by several factors including social environment, cultural influence, religion and other internal factors. In an Islamic perspective, Gen Z's personality can be analyzed using concepts such as morals (morals), faith (beliefs), and adab (ethics). Religious education and a Muslim

family environment can have a significant influence on personality development. Islam has values that must be embraced such as simplicity, justice, patience, honesty, compassion and hard work.

Supporting Gen Z to internalize these values into their personality can help them grow into responsible, caring and noble people. In addition, it is important to pay attention to the social dynamics that influence Gen Z's personality from an Islamic perspective. The development of technology and easy access to social media can provide new challenges in building a healthy personality. Therefore, a holistic approach combined with spiritual, social and psychological aspects can help in understanding and managing the dynamics of Gen Z personality.

Discussion

From an Islamic perspective, the personality dynamics of Lawwamah (Gen Z) play an important role because they are the future leaders of Muslims. Various aspects that can be discussed in this discussion include:

1. Religious Education:

The importance of strong and deep religious education for Gen Z youth in understanding the teachings of Islam, and the moral values of religious education can shape and influence their personality.

2. Technical Impact:

Generation Z youth live in a digital era that is highly connected to technology that can influence personality dynamics in the context of religious life, such as using social media, accessing information, or interacting virtually.

3. Islamic Identity:

Gen Z often faces the challenge of understanding and maintaining an Islamic identity amidst cultural diversity and global influences and can confront and strengthen their Muslim identity and maintain a balance between religious identity and social identity.

4. Ethics and morality:

Gen Z developed strong ethics and morals in everyday life such as honesty, helpfulness, humility and truthfulness and how to apply them to the present.

5. Social participation:

It is important for Gen Z to be active in useful and constructive social activities in society based on Islamic values such as justice, social welfare, and caring for others.

6. Self-development:

The importance of holistic self-development, including intellectual, emotional, social and spiritual development can empower themselves by learning and practicing Islamic teachings and exploring their interests and talents in contributing to the welfare of the ummah and society.

In this it is important to respect each individual's perspective and experience in listening to different perspectives. The goal is to understand the personality dynamics of Gen Z from an Islamic perspective and find appropriate solutions to the challenges and opportunities they face in their daily lives.

Conclusion

From an Islamic perspective, the following conclusions can be drawn from the personality dynamics of Gen Z:

1. Environmental Impact:

Gen Z is influenced by the environment, including family, peers and social media. It is important to maintain a good environment that supports positive Islamic values such as honesty, and humility.

2. Use of technology:

Gen Z has access to technology and social media. It is important to use technology wisely and understand that what they consume online can affect the way they think and behave. Islam teaches how important it is to choose good knowledge and avoid things that are not in line with religious values.

3. Religious Identity:

Gen Z is still searching for their identity and purpose in life. From an Islamic perspective, it is important to maintain their Islamic identity by being proud and understanding the values of Islam. This includes serious worship, studying Islamic teachings and taking inspiration from good examples from Islamic history.

4. Moral challenges:

Gen Z faces various moral challenges in daily life. From an Islamic perspective, they are taught to value good behaviors such as modesty, honesty and justice. They are taught to avoid acts that are prohibited in Islam such as lying, stealing or behaviors that harm themselves or others.

5. Independence and responsibility:

Islam encourages Gen Z to be self-reliant and responsible individuals. They are asked to value time, set good goals, and respect authority over them as well as understand their duties as servants of God and members of society that can help make good and responsible decisions.

Kesimpulan ini menggambarkan tentang dinamika kepribadian pemuda Generasi Z dalam perspektif Islam. Namun, setiap orang itu berbeda dan faktor lain seperti budaya, pendidikan, dan pengalaman pribadi juga dapat mempengaruhi perkembangan kepribadiannya. Oleh karena itu, penting untuk memberikan dukungan, bimbingan, dan pelatihan yang tepat kepada Gen Z agar mereka dapat memahami dan mempraktikkan nilai-nilai Islam dalam kehidupan sehari-hari.

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