

Aspects Of Resilience And Gratitude When Facing The Covid 19 Pandemic: From Islam And Positive Psychology Perspectives Among Mpob Staf

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Abstract:

The Covid-19 Pandemic Is Impacting Humankind In Unprecedented And Monumental Ways And Data Is Needed To Plan For Next Steps Following The Acute Outbreak. In Addition To Physical Health, Coping With The Pandemic Requires Mental Resilience. Resilience Is One Aspect That Is Absolutely Required By All Muslims When Facing The Covid 19 Pandemic. There Are Several Verses In The Al-Quran That Discuss The Aspect Of Resilience Or The Capability Of An Individual To Rise Against Adversities And Overcome It. Surah Al-Baqarah Verse 214 Mentions About The Challenges Faced By Humankind And The Assistance Extended By Allah Swt. The Verse States That Every Human Will Face Challenges That Will Make Them Suffer And Lament When Overcoming It. Nevertheless, Humans Who Believe In The Promises Made By Allah Swt Will Rely On Allah Swt And His Plans When Facing Any Suffering And Hardship Until Assistance From Allah Swt Finally Arrives. This Verse States That Each Challenge Put Forward To An Individual With Come With A Solution If The Individual Exercises Patience Through Prayers And Makes An Ultimate Effort By Completely Depending On The Assistance Offered By Allah Swt.

Keywords: *Resilience, Gratitude, Covid 19 Pandemic, Positive Psychology, Mpob Staf In Malaysia*

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Resilience Is One Aspect That Is Absolutely Required By All Muslims When Facing The Covid 19 Pandemic (Abdollahzadeh, F., (2000); Al-Galal, Alshaikhli, Rahman And Dzulkifli (2016); Mirbagher & Ranjbar, 2010; Allameh Et Al., 2013; Sharifi Et Al., 2013 & Bayrami & Ebrahimipour, 2014; Ab Rahman Et Al, 2018; Ismail Et Al 2018; Ahmad Zaki Et Al 2020) Subhan Nur (2012). There Are Several Verses In The Al-Quran That Discuss The Aspect Of Resilience Or The Capability Of An Individual To Rise Against Adversities And Overcome It (Ab Rahman Et Al, 2018, 2020; Ismail Et Al 2018; Ahmad Zaki Et Al 2020) Surah Al-Baqarah Verse 214 Mentions About The Challenges Faced By Humankind And The

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The Next Verse(S) Related To Resilience Is Surah Al-Insyirah, Verses 1 To 8, Which Mention About The Relieve And Comfort Afforded To Humans After They Face Some Hardship. The Verses Also Mentions That Verily, Allah Swt Lightens The Burden Faced By All Humans. Allah Swt Also Promises To Offer Relieve And Comfort To Each And Every Form Of Hardship Faced By Humans. The Relieve And Comfort Does Not Come Easily But It Is A Culmination Of Human Efforts That Are Exerted Tirelessly To Overcome The Hardship (Al-Kaheel (2010), Al-Galal & Alshaikhli, (2017); Shekha Et Al., 2013; Ab Rahman Et Al, 2018, 2020; Ismail Et Al 2018; Ahmad Zaki Et Al 2020)

Resilience From The Positive Psychology Perspective

Positive Psychology Is A Branch Of Psychology That Focuses On The Positive Aspects Found In A Person (King, 2008), Which Are Namely Hope, Gratitude, Optimism, Resilience, Happiness And Grit. Positive Psychology Studies That Focus On A Person's Positive Aspects Aim To Return Psychology To Its Original Path, Which Not Only Treats Psychological Ills But Also Productive And Meaningful Aspects As Well As Sharpen And Mould A Person's Best Potential (Seligman, 2001).

The Resilience Aspect Is Crucial When Facing Challenges, Especially For Someone Who Is More Productive, Meaningful And Earnestly Pursues His Positive Potential Although In Difficult Situations (Luthar, Lyman, & Crossman, 2014). Resilience And Positive Psychology Aim To Provide Benefits To Humanity (Donaldson, Csikszentmihalyi, & Nakamura, 2011). Resilience Actually Focuses On Relationships With Others Consistent With The Aim Of Positive Psychology, Which Is The Presumption That Individuals Who Are Enjoying A Degree Of Prosperity And Wellbeing Are Doing So Due To The Good Relations They Have With Individuals Around Them (Holaday (1997); Ab Rahman Et Al (2018); Ahmad Zaki Hasan Et Al (2020); Luthar, Lyman, & Crossman, 2014).

Assimilating The Principles Of Positive Psychology, Such As The Show Of Resilience When Undergoing Psychotherapy, Can Certainly Help The Individual To Overcome Psychological Distress In The Form Of Depression And Anxiety (Donahue, M. J. (1985); Giorgi, L., & Marsh, C. (1990); Smith, B, Et Al, (2008); Stein, M. (2005); Septiani, T., & Fitria, N. (2016). Principles Of Positive Psychology Adopted During Psychotherapy Can Help The Individual Recover From Psychological Distress And Provide Positive Hope In Life (Seligman, 2001).

The Aspect Of Resilience In Overcoming Difficulties

Resilience Is An Individual's Capability To Persevere, Overcome, And Self-Adapt When Overcoming Difficulties In Life (Holaday & Mcphearson, 1997; Bagar And Killacky, 2006; Walsh, 2003; (Connor & Davidson, 2003). Ogińska-Bulik & Juczyński (2008) Defined Resilience As An Individual's Degree Of Adaptability Based On The Individual's Flexibility, Diligence In Pursuing Personal Aims, Ability To Practice Tolerance When Undergoing Negative Experiences, Ability To Face Difficult Situations, Open To New Experiences And Being Optimistic Towards Life.

Some Of The Characteristics Of Resilient Individuals Are The Ability To Withstand Stress, Can Regulate Emotions Well, Flexible When Adapting To Change, Having Close Relationships With Others And The Ability To Handle Oneself Well (Reivich & Shatte, 2002; Connor & Davidson, 2003). There Are Several Factors That Influence An Individual's Resilience, Such As Feeling Grateful (Listiyandini, 2016; Listiyandini, 2018), Optimistic (Lamond, Et Al., 2009), A Good Personality, Social Intelligence (Andriani & Listiyandini, 2017), And Having Social Support (Khabbaz, Behjati, & Naseri, 2012). Connor And Davidson (2003) Defined The Five Characteristics Of Resilience As:

(1) Personal Competence And High Standards Indicate That The Individual Feels Capable Of Achieving His/Her Objectives In A Difficult And Failing Situation;

(2) Believe In One's Own Instinct And Having Tolerance In Negative Matters By Exercising Calmness, Ability To Easily Cope With Stress, Think Prudently, And The Ability To Focus When Facing Problems;

(3) A Positive Attitude Towards Changes And The Ability To Forge Good Relationships With Others, Which Refers To The Ability To Adapt To Changes;

(4) Good Self-Management Can Be Used To Achieve One's Objectives And Assist In Requesting Or Obtaining Help From Others; And

(5) Influences Spirituality By Instilling Confidence In Allah Swt And Believing In Fate.

Feeling Grateful When Facing The Covid 19 Pandemic

Gratefulness In Psychology Is Also Frequently Referred To As "Gratitude". The Word "Gratitude" Itself Originates From The Latin Word "*Gratus*", Which Means "Pleasing" Or "Thankful". The Latin Term Refers To Something Done With Extreme Goodness, Kindness, As Well As The Joy Of Giving And Accepting Something (Emmons & McCullough, 2003). The Feeling Of Gratitude Is A Positive Emotion, Like Feeling Thankful And Happy In Response To Benefits And Goodwill Extended By Others To The Recipient (Peterson & Seligman, 2004). In Addition, Emmons & Crumpler (2000) Defined The Feeling Of Gratefulness As A Moral Effect Because It Originates From Behaviour Caused By Feelings Of Sensitivity And Caring For The Wellbeing Of Others. Watkins Et Al. (2003) Outlined Three Components Of Gratitude, Namely:

(1) A Sense Of Appreciation And Thankfulness Towards Allah Swt, Amongst Humans And Between Humans And Life. Appreciating The Presence Of Others Or Self-Wellbeing And Possessing The Inclination To Moderately Apply The Sense Of Appreciation In Everyday Life.

(2) Positive Feelings Towards Life Refers To The Absence Of Feeling Shortcomings In Life Or Having A Sense Of An Abundance Of The Good Things In Life. This Type Of Individual Will Have A Positive Feeling About Himself Because There Is No Feeling Of Shortcomings But Rather Always Feeling Open-Minded And Sincerely Accepting Whatever One Has Or Receives.

(3) The Inclination To Respond Positively As A Signal Of Positive Feelings And A Sense Of Appreciation In The Form Of An Action Towards A Behaviour (Kashdan, Uswatte, & Julian, 2006).

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Several Studies (Holaday & McPhearson, (1997); Bagar And Killacky, 2006); Walsh, (2003); Mutsalim Khareng Et Al. (2016), Nasir Omar Et Al (2018). Al-Muḥāsibī (1990), Zaizul Et. Al (2018), Rafiza Et Al (2018), Ahmad Yunus, Et Al (2016, 2017), Ahmad Munawar, Et Al (2018), Awang, J. Et Al (2018) Were Of The View That Religiosity Is A Factor That Influences Resilience. This View Was Supported By Abdelzاهر, D., Latheef, Z., & Abdelzاهر, A. (2017) And Ab Rahman Et Al., (2019), Who Stated That Internal Aspects, Such As Religious Behaviour, Religious Adherence, A Strong Faith And The Relationship Between Subject And God, Are A Source Of Strength In Enhancing An Individual's Level Of Resilience.

Appreciation Of Religion (At-Tadayyun) Or Religiosity Is An Important Aspect In A Person's Life As It Has A Major Influence On Behaviour, Practices And Personality (Raba, 2001; Jamiah Manap, Azimi Hamzah, Sidek Mohd Noah, Hasnan Kasan, Steven Eric Krauss, Khairul Anwar Mastor, Turiman Suandi And Fazilah Idris, 2013), Emotional Stability (Kassan, 2002) Self-Esteem (Qardhawi, 1985) And Contentment (Hamka, 1997). Religious Appreciation Or Religiosity Refers To A Religious Way Of Life Or Lifestyle. In The Context Of Islam, A Religious Lifestyle Is Referred As Addin Or Way Of Life (Abdul Rahman Al-Nahlawi, 2002) According To Nor Salimah Abu Mansor (2007), Religious Appreciation In Malaysia Is Seen As An Islamic Way Of Life With Encompasses All Areas Including Social, Finance, Practice, Ethics And Daily Life. Other Terms In Islam That Carry The Same Meaning As Religiosity Are Hayyah Mutadayyinah Or Religious Lifestyle (Zakaria Stapa, 2002), Religious Consciousness (Syed Naquib, 2002) And Internalization Of Religion/Islam (Hashim Yahya, 2002; Azma, 2006). This Element Of Religiosity Covers Religious Activities, Belief In Religion, Interventions Based

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On Religion, Attendance To Religious Events, Reading Religious Books, Prayer, As Well As Belief And Dependence In God (M.Nor, 2012; Ahmed, 2007).

A Grateful Heart Is A Magnet For Miracles To Bring About More Joy Into Our Lives When We Express Our Gratitude That We Are Open And Ready To Receive Our Blessings. A Sense Of Gratitude Is A Factor That Builds Resilience, Especially During The Covid-19 Pandemic. Al-Ghazali, As Mentioned In Iredho & Magfiroh (2016) An Individual's Resilience Is Influenced By A Sense Of Gratitude Possessed By That Individual. (Battaglia, J., Coverdale, J., & Bushong, C. 1990; Qiu Et Al., 2020). Schaie & Willis, 1986; Wan Ibrahim Wan Ahmad & Zainab Ismail, 2010; Al Muhasibi, 1992; Ballentine, Larres And Mulgrew (2014), Ramlan Mustapha (2017), Ab Rahman, Z. Et Al (2018), Salasiah Et Al (2020) Resilience Is Also Reflected In An Individual Who Is Capable Of Appreciating The Good Fortunes Bestowed By Allah Swt, Having Close Friends Within One's Social Circle And Possessing Life Experiences That Can Help Overcome Challenges In Life Randolph, Seng And Nielsen (2007), Ramlan Mustapha (2017), Ab Rahman, Z. Et Al (2018), Salasiah Et Al (2020; Listiyandini, 2016).

The Gratitude Aspect Can Help An Individual Develop Feelings Of Positivity, Accept Changes In Life, Including Negative Situations Like The Loss Of A Loved One Or An Economic Downturn (Watkins Et Al., 2003). Hence, If An Individual Has Positive Feelings And Gratitude, These Qualities Can Help Build Resilience, Which Could Expand The Adaptive Coping Method, Have Positive Relationships With Others And Exhibit Cognitive Flexibility (Mogahed, Y. 2014; Al-Bukhari, Et Al 2008; Al-Ghazali, 2015; Ab Rahman Et Al, 2019; Salasiah Hanin Et Al 2020). A Person Who Possesses A Sense Of Gratitude Can Find Ways To Solve Problems Through Adaptation, Maintain Good Social Relationships And Possess Cognitive Flexibility When Faced With A Problem (Syed Naquib, 2002; Hashim Yahya, 2002; Azma, 2006). This Situation Is Strongly Portrayed Through The Ability To Think Positively And Having A Wide Perspective On The Problems Faced In Life (Listiyandini, 2016).

Tolerating The Negative Influences In Resilience Is Related To An Individual's Inclination To React Positively In The Form Of Expressing One's Feelings And Appreciation In A Positive Manner (Raba, 2001; Jamiah Manap, Azimi Hamzah, Sidek Mohd Noah, Hasnan Kasan, Steven Eric Krauss, Khairul Anwar Mastor, Turiman Suandi And Fazilah Idris, 2013). This Form Of Expression Can Be Created Through Direct Actions Or By Having Positive Intentions. This Is Related To An Individual's Capability To Remain Calm And Promptly Overcome Stress, Think Rationally And Prudently As Well As Maintain A Focus When Facing Pressures In Life (Connor & Davidson, 2003). An Individual Must Realise That The Tests In Life Must Be Anticipated With Full Repose And Open-Mindedness (Sayyid Qutb, 1984; Abdul Hadi, 2001; Uyun & Rumiani, 2012; Ab Rahman Et Al 2020). Allah Swt Exhorted In Surah Al-Fajr, Verses 27-30, Meaning;

“Allah Will Say To The Righteous “O Tranquil Soul! Return To Your Lord, Well Pleased ‘with Him’ And Well Pleasing ‘to Him’. So, Join My Servants, And Enter My Paradise.”

The Characteristics Of Feeling Content With The Blessings Of Allah Swt (*Qanaah*) And Having A Sense Of Serfdom (*Kehambaan*) To Allah Swt Allows An Individual To Possess The Strength To Overcome All Form Of Adversities And Challenges In Life (Khairunneezam, 2018; Ramli, 1997; Haron Din, 2007; M.Nor, 2012 Heinsohn, D. 2012; Jaffary Awang Et Al, 2020). Therefore, An Individual Who Possesses A Sense Of Gratitude Towards What He Experiences Or Has Experienced Will Be Able To View Life With Positivity And Involve Allah Swt (M. Nor, 2012; Ramli, 1997; Haron Din 1985; Muhd Najib, Et Al 2020) In His Life During Difficult Times, Such As During The Covid-19 Pandemic.

iii. Conclusion

Thus, It Can Be Concluded That Learning Can Help An Individual Obtain Information And React Towards Stimulus To Gain New Knowledge And Improve Themselves.

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