THE CONCEPT OF HAPPINESS AND POSITIVE THINKING IN SUFISM EDUCATION AT THE MAJLIS MUTIARA QALBU

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Abstract

Happiness which is spiritual in nature cannot be separated from how one views everything. Confidence, gratitude, patience and honesty became the basis for happiness to be born. Besides, the attitude of responsibility and self-projection towards happiness. This paper will try to explain the importance of the theme of being happy and positive thinking which is then developed using descriptive Sufism. The development of Sufism teachings in conveying the role and contribution to each question which is answered by its methods and practices. This research is a qualitative research, using descriptive analysis method. The results of the study show that Happiness and Positive Thinking are two scientific studies that are interrelated with each other. Both of them have an influence on the peace of a person's life. Happiness is based on strong belief. In its orientation, the belief that is meant is belief in Allah swt. In this case, happiness coupled with positive thinking will make a person have a peaceful life and always be grateful for everything that happens.

Keywords: Happiness, Positive Thinking, Meaningful Life.

Introduction

In general, the view of Humans is a special creation of Allah swt, high in rank compared to other Allah's creatures. Humans are given an advantage in the form of reason so that they can distinguish between good and bad. He is a creature created with perfection and flaws together. With these privileges, it is hoped that humans can live happily in the world and the hereafter in accordance with the purpose of their creation, although it is not uncommon to find many people who are lost in their own thoughts and actions.

From time to time the question always arises that whether this life is a gift to be grateful for or a tragedy that deserves to be regretted, or all this is just an accident without a scenario. that's a human being who is always filled with curiosity, and people's answers must be different. Likewise, in filling the time and age allocation, a person may feel that it is too short, especially for those who have entered the age of 60 years. However, for those who are in prison, the passage of time is felt very slowly, so the measure of longevity is closely related to a person's psychological atmosphere.¹

The meaning of happiness that develops in our society today is materialistic happiness, namely happiness when the necessities of life are fulfilled in the form of clothing, food, shelter, and the need for self-existence in everyday life. But the meaning of happiness does not stop in a materialistic perspective, there is happiness that is immaterialistic. Materialism is synonymous with money and abundant wealth or wealth. Where in this case wealth is a logical consequence of achieving happiness, but it is not a determinant of happiness. This is closely related to happiness which always intersects with taste. The feeling in question is a sense of peace and tranquility in the heart that leads to the heart.²

Happiness is relative and its meaning varies from person to person. In every human being, there is a latent urge to become an altruist, namely the feeling of happiness to see oneself meaningful when making others happy. Feeling happy to see oneself meaningful, as said by Taufik Pasiak in his book entitled God in the Human Brain, it is stated that the meaning of life can occur because the human brain performs three important functions that characterize humans, namely (1) the function of planning for the future, (2) the function of planning for the future, (2) the function of planning for the future, and (2) the function of planning for the future, make decisions, and (3) the function of

¹ Komaruddin Hidayat, Penjara Penjara Kehidupan, (Bandung: Mizan Publika, 2016),51
² Skripsi berjudul Makna Kebahagiaan Bagi Masyarakat Kampung Naga oleh Angga Sohibul umul

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assessing and having value.\textsuperscript{3} In humans, there is a Rabbani soul, who will feel happy when he succeeds in imitating and embodying the nature of God who is almighty and merciful to others. We too are impressed and delighted by a loving and generous person. \textsuperscript{4} Trying to be good and better requires great effort, although it is not uncommon for us to have difficulties and obstacles in doing so.

According to Komaruddin Hidayat Happiness can be a prison in one's life caused by three things, namely happiness, laziness, and pride. These three aspects are aspects that will come to every human being, and if a person is careless and carried away in life and trapped in prisons then he will not find happiness. Meanwhile, according to Ibrahim in positive thinking, there are several phases, namely; one needs to believe, ask for help, and put trust in Allah SWT. Then must-have noble values, have confidence, be confident and like change and dare to face challenges. And also sociable and likes to help others.

The history of the establishment of the Mutiara Qalbu Taklim Council was in 2007 and the formulation of its own name in 2012 under the name Mutiara Qalbu Taklim Assembly. The background is based on the many problems that occur in urban communities, especially in this case departing from the story of one resident of the complex who got a big event in his life, he was abandoned by his husband and his two sons. Sadness because of the loss of the head of the household made him dissolve in prolonged sadness so that one of the community leaders, namely Herman as a neighbor and Muslim brother, had empathy for the condition that the mother was in, so with a sincere heart and caring for her neighbors, Ustad Herman offered a suggestion. him to join the Koran at Herman's house\textsuperscript{5}.

In the beginning, this recitation congregation only consisted of six people, namely grandchildren, Jaja, Manang, Nina, Ammi, and Ustad Herman. \textsuperscript{6} The six people are the core management of the Mutiara Qalbu Taklim Council. The study in the Mutiara Qalbu Taklim Council is Heart Management, where this theme has been conveyed since the past until now. This theme is closely related to the needs of complex mothers. Where the teaching delivered is on the manner and practice of the heart properly according to Islamic law, which in its implementation is carried out at Ustad Herman's house.

Results and Discussion

1. Factors That Cause Happiness
The results obtained in the field after conducting interviews, observations, and document collection, it was found that there were several factors that caused a person to be happy, including;

a. Confidence building and Istiqamah attitude
In building faith in Allah SWT, every believer who has faith and piety should do it, because Allah SWT never stops giving His Gifts and Hidayah to us so that we can live a good life.

As revealed by a congregation of Mutiara Qalbu assemblies during an interview that during the process of improving herself along with her regular recitation, she has a stronger and greater sense of gratitude for what Allah SWT has given her. It is okay for humans to have mistakes that in the eyes of other humans are the biggest mistakes. He explained that living in a complex with all its uniqueness and various kinds of problems that occur is a challenge that must be resolved and it is imperative to give up everything and ask Allah SWT as the only place to take refuge and ask for help. Because Allah SWT will never leave His Servant in any situation and circumstances.\textsuperscript{7} As has been explained that Allah SWT is the key to everything as well as the essence that gives space to the soul. Al-Imam Muhammad al-Jawad R.A said, "Whoever believes in Allah, will surely show

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a joy to him. Whoever puts his trust in Allah, surely He will suffice for his affairs.” 8 Faith is a strength that is in the believers. It can be explained that the teaching at the Majlis assembly is very influential in helping and improving the spiritual aspects of the congregation.

b. Good Prejudice to Allah and Cultivating Husnudzan Attitude

We should hone ourselves to always look good in looking at, and get things done. Extraordinary in viewing all aspects of life which is full of twists and turns, challenges, choices, and responsibilities. One of the pilgrims said that a good or husnuzan is a light job and brings us to a favorable situation. A favorable situation is a sense of security, calm, and space. Although there are many things that must be done and many choices that are very draining of energy, time, and mind, having a good attitude towards Allah SWT is the main thing for a servant, especially when facing a disaster. Likewise when disaster befalls our family, property, and ourselves. Because, without good conditions, our souls and feelings will be angry, angry, and annoyed with God so that then we think that He has done bad things to us. We don't feel we have equal rights and blame the situation without seeing more opportunities on the other side. Sometimes humans fall into drowning anger and dissolve in bad emotions.

c. Practice patience

Patience is the best weapon for people who are asked questions. Patience is a source of spaciousness and finding stairs to reach goals. This is the same thing that is instilled in a congregation whose background is a housewife who has a job as a teacher and is happy with the job. One day she was involved in an interaction with her husband so that the household almost collapsed and it was very likely to separate because of the lack of understanding and the same opinion. However, as a mother and as a wife who should be obedient to her husband, she returns and expands to face and confront herself. 9 So that he repairs himself and reorganizes a restless heart into a calm and peaceful heart.

Someone who is patient will not complain to get questions, he will try hard or the difficulties he is experiencing. In addition, he will try to control the situation and ask for Allah's commands.

d. Papa's attitude and weakness

A free life can not be separated from problems and trials. Humans are always found with circumstances that sometimes make them have to choose a choice that is so easy and can keep them from things they don't want. Basically, every human being wants the best for himself, but sometimes he gets complacent and some things he has to do. Like not being arrogant and staying humble, increasing gratitude, and feeling weak that everything that has been obtained is because of the will of Allah SWT. People who always feel low, and weak in front of Allah mean that he has maintained the manners of the Apostles and the Salik. Because the Prophet always showed feelings of weakness and I was low in front of Allah. Humility in front of Allah SWT is the thing that makes a person good and closer to the creator which is the main goal in asking for help under the majesty and greatness of the Almighty.

e. Seeing a bigger disaster

When you get a test or trial, it is highly recommended to look at the greater calamity or test experienced by others. It doesn't mean that we like to see other people get a misfortune or test than us. But it teaches that we must learn to improve ourselves by helping and always being grateful for what Allah has given. Allah said, "In the Messenger of Allah there is a good example for you". One of the examples of the Prophet that we should emulate is to consider small calamities and witness

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8 NN (penanggungjawab Majelis Taklim Mutiara Qalbu), Bandung, 31 Maret 2018 pukul 15.25 WIB di Rumah NN di Komplek Permata biru blok AL, no. 30.
9 SR (Jamaah Majelis Taklim Mutiara Qalbu), Hasil wawancara: Bandung, 31 Maret 2018 pukul 15.25 WIB di Rumah Bapak Ustad HR di Komplek Permata biru blok AL no. 40
God's gifts in them. It also teaches us that being grateful for all the things that happen is a favor of Allah given to each of His chosen servants. Because in the midst of life that sometimes makes people neglect and forget this, many humans are lulled and do not have the drive-in themselves to face the lives of their brothers He is immersed in pleasure if he gets pleasure and dissolves in consideration if he gets a calamity or trial.

As told by one of the congregation during the interview, he said that he fell too deep when the worst situation in his life was when his husband died. As if the light was back and hope had disappeared, he hoped for two sons that he had to educate and raise well and strengthen his children, but he was lost in thought and was not sincere. For two years he was lost in thought until one day a cleric came who gave advice and offered to take part in the recitation. This he did, and as time passed he seemed to get a glimmer of light and he could accept the situation. It may be that we are sad about the things that befall our lives, but as believers, we have guidelines in navigating life according to His commands, namely the instructions contained in the Koran.

2. Happy Relationships and Positive Thinking

A. Happy

In the opinion of the members of the Mutiara Qalbu Taklim Council who had conducted interviews, several understandings of happiness were obtained, including:

Defining happiness is indeed not an easy thing. Happiness can be said to be a multi-interpretation, why is it that, everyone can define it according to their own interpretation. Happiness also cannot be measured by any tool, because happiness is in everyone and everyone is different in discussing happiness. However, in this case, the happiness in question is true happiness, true happiness, happiness that does not lead to a material context, because when we talk about material things, happiness is not found. Happiness in question is that which is embedded in the heart and embedded so deeply so that a happy person is what happens in responding to all events that occur. As Ibrahim Mishri said about happiness, it comes from the spaciousness of heart, clarity of soul, and serenity of heart. Happiness in question is happiness related to positive emotions, emotions that build a cheerful atmosphere, calm atmosphere, and peaceful atmosphere. Happiness here is happiness that comes from conscience and purpose at the pleasure of Allah SWT.

Achieving happiness requires effort and prayer because happiness is a feeling born of habit and hope. Allah SWT always accompanies His servants who are always overflowing and rely on His affairs. Happiness exists because there is confidence in yourself, belief in Allah SWT. when someone already feels confident, then no matter how difficult the problem and whatever obstacles are faced every step of the way, stay calm and make the atmosphere always cool. This belief is the opposite of doubt or doubt. In this statement, it is obtained from understanding common sense and drawing wisdom on every event that occurs in life, because all events are teachers who teach a lot of knowledge. Therefore, Allah SWT gives reason to His servant, so that he can take lessons and make it a way to return to Him.

This happiness is born sincere which is then a goal that he must have in his heart so that everything that happens, everything that comes and goes has become His will, when we always try to continuously be sincere in responding and accepting everything that comes and goes, then happy process it's happy and happy because Allah SWT never leaves His servants in any situation and condition.

b. Positive thinking

Indeed thinking is a gift that must be grateful for and used as well as possible. Many people complain about the situation that he is experiencing and protracted in his thoughts that he is restless, worried, and anxious. Basically, everyone has different thinking potential, but the difference itself is a great opportunity to increase thinking potential. In this case, it leads to positive thinking, because positive thoughts are a reflection of the purity of heart and good behavior.

some people, when faced with calamity, get closer to Allah SWT. Then he will deal with the problems

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he is facing, he will take advantage and try to benefit himself and others. As a believer who knows the importance of positive thinking, it is appropriate to instill in himself to control emotions and keep away from things that can bring us in an undesirable state.

Positive thinking brings a person to a situation that makes him a servant who can be more grateful, more accepting of the situation and not directing the mind that the fault lies with someone else, and sincere. He will always try to instill noble values with positive thoughts, namely good thoughts, handle all problems with a cool head, not easily provoked, and believe that Allah SWT is the will of everything that happens.

Happiness is closely related to all aspects of one's life, aspects of social life, culture, especially in the religious life and practicing it. Islam is a religion that Rahmatan Lil Alamin invites people to use it as well as possible with useful and blessed things. Happiness is very close to one's soul. Some of the things in social life such as loving each other, helping each other, and forgiving each other. In the Qur'an, the best way to heal a hurt heart is not to be hurt, to hold back, and then forgive.

As one member of the Majlis Taklim Mutiara Qalbu said, at first he was very sad about the departure and was unable to accept it sincerely. After realizing and realizing that Allah SWT never leaves his servants under any circumstances, also remembering Ustad Herman at the recitation that Allah SWT is always grateful to everyone without discriminating between them, instill in yourself all trials and tests there must be. And do not believe that Allah SWT will provide a way to solve it.

A patient believer will always be afflicted with a disaster or calamity that will be evidence, prove, as well as an explanation for others on the patience, strength, and truth of his faith. As the Apostles and their companions and pious people who befall a calamity. In order to be a teacher for others, to be a noble role model so that other humans can take lessons from the incident. Happiness is an activity of the soul. According to Aristotle, active happiness corresponds to the virtues produced by humans. In this case, Socrates also said that the main goal of man is to make his soul as good as possible. The soul is the essence of the human personality, or in other words, the main goal of man is happiness (eudaimonia).

In happiness, a member of the Mutiara Qalb Taklim Assembly said that in neighborly life there are many incidents such as misunderstandings, social problems, and ineffective communication. In his explanation that it certainly creates a very uncomfortable and comfortable atmosphere. However, there is a provision of spirituality that is learned and continuous knowledge so that it responds to the attitude of husnudzan and thinks that God wants what he wants and he will provide a way out. We must always try to present God in every event that occurs, self-introspection, and must control the ego.

In the process of traveling, there are many things that must be passed to arrive at the final station, facing all problems cannot be separated from the ups and downs that can make a person better and vice versa. There are many choices and responsibilities. But as a true believer, making only a Tawakal who relies on Him. The more sincere a servant's belief in his Lord, the weaker his efforts in worldly work.

Being the best is indeed an impossible thing because the best is not owned by humans from all aspects of life. Humans have limitations in some aspects of the best in their respective fields. But being better is the best choice. One of the members of the Majelis Taklim Mutiara Qalbu said that the character and character of the Batak blood that attached to him was a mother who was labeled rude by her neighbors regarding her behavior towards her children. He heard this from the conversations of the neighbors that he heard. So he tries to improve himself in terms of adaptation and tolerance to the environment in which he lives and diligently attends recitations to cultivate the heart in improving

22 CK(bendahara Majlis taklim Mutiara Qalbu), Hasil wawancara: Bandung, 30 Maret 2018 pukul 19.25 WIB di Rumah Ibu CC di Komplek Permata biru blok no AL, 45.
12 Ahmad Izzan, Bila Aku Sakit, (Bandung: Al-Shafa: 2005), 108.
13 Sumber skripsi berjudul Kebahagiaan Menruut Masyarakat Kampung Naga, oleh Angga Sohibul ulum
14 YY (Jamaah Majelis Taklim Mutiara Qalbu), Hasil wawancara: Bandung, 30 maret 2018 pukul 17.30 WIB di Rumah Bapak Ustad HR di Komplek Permata Biru blok AH no. 40.
15 Sayyid’Abdullah Al-Haddad, Tasawuf Kebahagiaaan, (Bandung: PT Mizan Pustaka, 2017), 293
himself.  

3. The Relationship between Happiness and Positive Thinking

The observations and results of interviews with several worshipers at the Mutiara Qalbu Taklim Assembly, showed specific results by a positive basic relationship between and thinking. That happiness which is a manifestation of a good understanding by a good priest also fosters an attitude of acceptance and positive thoughts.

One pilgrim said that he could barely survive in his domestic relationship and could not bear all the burdens that were in his heart. But inside there is a speck of light that makes him survive because he sees his children.

In this case, it is explained that in everyone a strong belief is a factor in the emergence of happiness. Close family supports the emergence of good thoughts. In order to achieve happiness, careful intellectual thought and a good conscience are needed. This is necessary because happiness is a form of feeling that cannot be held by humans but the results can be seen through the attitudes of humans themselves. Parents say life must be careful. That is, his conscience must always be honed to be sensitive to others, especially to the surrounding environment. So from that can be happiness. A man cannot be known only by his physical appearance, just as he cannot display his true conscience, but by his character, temperament and character. Although humans display different appearances, at some point their nature and character must reveal their hearts.

This has been described by the Jahiliyyah poet in the following verse:

Whatever evil is hidden in a person
Even if it remains hidden, it will be known later.

The definition of positive thinking that can be seen from a person’s behavior and habits is the existence of good morals in a person, as well as positive thoughts that always accompany every life. In al-Khwatir, Sheikh Muhammad Mutawalli al-Sya'rawi said "A mind is a tool used by humans to choose something that is considered better and guarantees the future of themselves and their families."

By thinking one can make his own choices.” One person can determine what is good and what is bad, can determine what is beneficial and what is not, and also distinguish humans from animals. Also, choose what suits him and take responsibility for it.

In observing the results of interviews with several pilgrims who showed the relationship between the two, there were two things that were considered in achieving an increase in the relationship between and positive thinking, namely (1) harmonious relationships, In this aspect data were obtained from interview sources that reaped the results in achieving happiness achieved by believing, believing in Allah SWT who wills everything, giving birth to harmonious relations in social relations, relationships with one another. (2) empathetic relationships, a sense of empathy arises in each congregation, this sense of empathy is very important to sharpen the heart so that it is always gentle and adrift to Allah SWT. A heart that cares for a heart that is given light, understanding, and love. (3) cultivates an attitude of patience, compassion, high patience, understanding, and better self-introspection. Or in Sufism known as Muhasabah.

From the results of research with 10 informants of the Mutiara Qalbu Taklim Council in delivering a study with the theme of Qalbu Management to the congregation, it is very useful to make pilgrims a better person in living life, including sharpening the heart to always istiqomah happy whatever happens, this is because I firmly believe that Allah swt will never leave His servants under
any circumstances, and always think positively or husnudzan in navigating all events in life. Both in personal life and in society, problems often arise due to misunderstandings, so you can hone yourself to be stronger trying to do your best and when you have tried then leave everything to the giver of the situation itself. Or what is known in Islamic teachings is Tawakkal.

Thus the description above shows that there appears to be a relationship between happiness and positive thinking caused by: belief in Allah SWT. As the all-knowing essence and the key to all things. make a person achieve true happiness, of course, this is accompanied by riyadhoh or practice in practice. Which in this aspect of belief is the same as positive thinking in strengthening the perspective. This is a process of becoming a better person. Especially a believer who must always try to do good, as expressed in a hadith which says that Allah SWT. In accordance with the prejudice of his servant. If he thinks well, then that's what happens, even Allah SWT will do more than the prejudice of His servant. Which in writing is complemented by research in the field that shows a relationship between happiness and positive thinking, namely that both go hand in hand and complement each other.

Conclusion

From the results of the thesis research entitled "Happy and Positive Thinking: Descriptive Sufism at the Mutiara Qalbu Taklim Assembly at Permata Biru Housing" the following conclusions can be drawn:

1. The things that make someone happy at the Mutiara Qalbu Taklim Assembly are:
   - Confidence building, belief is one of the forms and efforts in instilling a sense of happiness by the Mutiara Qalbu Taklim Assembly. because belief in Allah alone will make a person have greater trust so that he can avoid the anxieties that can eliminate happiness. Faith is strength in a believer.
   - Having a good attitude towards Allah is an obligation for every believer. By having a good attitude towards Allah, one's heart will become calm, peaceful, and happy. This has become a habit for the members of the Mutiara Qalbu Taklim assemblies in increasing Happiness.
   - Practicing patience, patience is the best weapon for someone who gets trials and tests, patience is a source of spaciousness and also a ladder to achieve happiness. By practicing patience carried out by the worshipers of the Mutiara Qalbu Taklim Assembly, it turned out to have a great influence on the peace of mind that exists in happiness.
   - A simple attitude in all respects, this method is a follow-up effort carried out at the Mutiara Qalbu Taklim Assembly. With a simple attitude in the face of the existing situation. With this simple attitude or not exaggeration, a person will more easily achieve happiness.
   - Seeing a greater calamity is one of the efforts in achieving happiness. This is also applied by the members of the Mutiara Qalbu Taklim Assembly, most of whom are urban communities who have many challenges in life in several aspects.

2. The relationship between happiness and Positive Thinking is:

   There is a relationship between Happiness and Positive Thinking that comes from faith, kindness, and patience. The similarities in goals between happiness and positive thinking are:
   - Creating a harmonious relationship, the relationship between Happiness and positive thinking reaps the results that efforts in achieving that are achieved by believing, believing in Allah SWT who wants everything with positive thoughts.
   - Empathetic relationships, a sense of empathy arises in each congregation, this sense of empathy is very important to sharpen the heart so that it is always gentle and adrift to Allah SWT. A caring heart is a heart that is given light, understanding, and compassion.
   - Cultivate a patient attitude, a high sense of patience, tolerance, and better self-introspection. Or in Sufism known as Muhasabah.

Happy and positive thinking makes a person have more gratitude and accept everything that happens in life accompanied by a strong belief that Allah never leaves His servants so that someone will never be afraid to step up and make decisions.
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