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Learning to be Human Stoicism and Islamic View

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Abstract

Humans have to learn more and more all the time to be human. Because humans have reason given by God to be able to provide decent goodness for their lives, other people, the surrounding environment and the continuity of the world. Islam came down to improve human morals. Human morality is not only for his own good but how to make him a useful human being for the world. Likewise with the philosophy of stoicism which has a strong relevance to human life. By using qualitative research, the author's research library conducted a study to determine the relationship between philosophical stoicism and Islamic views on humans. The purpose of this paper is to find out how humans are in the view of stoicism and how humans are in the view of Islam.

Keywords; Human, Stoicism, Islam

Belajar Menjadi Manusia Pandangan Stoicism dan Pandangan Islam

Abstrak

Manusia harus belajar lebih sering, lebih banyak dan selalu belajar setiap saat dan setiap waktu untuk menjadi manusia. Karena manusia mempunyai akal yang diberikan Tuhan untuk dapat memberikan kebaikan yang layak bagi hidupnya, orang lain, lingkungan sekitarnya serta kelangsungan dunia. Islam turun untuk memperbaiki akhlak manusia. Akhlak manusia bukan hanya untuk kebaikan dirinya sendiri namun bagaimana agar ia menjadi manusia yang berguna bagi dunianya. Begitupun dengan filosofi *stoicism* yang memiliki relevansi yang kuat dengan kehidupan manusia. Dengan menggunakan penelitian kualitatif *library riset* penulis melakukan kajian untuk mengetahui keterkaitan antara filosofis *stoicism* dan pandangan Islam mengenai manusia. Tujuan penulisan ini untuk mengetahui bagaimana manusia dalam pandangan *stoicism* dan bagaimana manusia dalam pandangan Islam.

Kata Kunci; Manusia, Stoicism, Islam.

PRELIMINARY

Humans are the most important living creatures in the world. How the state of the world and how life and the survival of the world depend on how humans react to life. If humans live well and make their living environment, both biotic and abiotic environments a good one, the world will also improve even with fellow humans.

Today, humans often feel that this world exists for the needs of human life, so many humans use the surrounding environment excessively even in a bad way without thinking about the future impact on human life and themselves.

Humans have to learn more often, more and always learn all the time and all the time to be human. Because humans have reason given by God to be able to provide decent goodness for their lives, other people, the surrounding environment and the continuity of the world.

Islam came down to improve human morals. Human morality is not only for his own good but how to make him a useful human being for the world. Likewise with the philosophy of stoicism which has a strong relevance to human life. Therefore, the author is interested in studying how the relationship between the philosophy of stoicism and the Islamic view of humans. How are humans in the view of stoicism and how humans are in the view of Islam.

There are several studies that are similar to this writing, such as, "the conception of self-control in the perspective of Sufi psychology and the philosophy of stoicism" by Dinella Fajrin, Hassan Mud'is and Yulianti. "Asceticism in Stoicism and Sufism" by Amin Ja'far Sadiq. And "The Value of Stoic Philosophy Wisdom in Stress Control" by Adi Iwan Hermawan.

RESEARCH METHODS

Denzin & Lincoln stated that "qualitative research is a located activity that places the research in the world. Qualitative research consists of a set of material interpretation practices that make the world visible. They turn the world into a series of representations, which include various field notes, interviews, conversations, photographs, recordings, and personal notes. This means that qualitative researchers study objects in their natural environment, seeking to make sense of or interpret phenomena in terms of the meanings that society assigns to them" (John W. Cresswell, 2013).

Qualitative research is descriptive research. With a descriptive qualitative research method of library research, the writing of this scientific paper is based on the documents, books and journals used to find answers and discussion results from the study that the author did.

RESULTS AND DISCUSSION

Philosophy of Stoicism

Stoicism is a science of the mind. Stoicism philosophy is also known as stoicism. (Adi Iwan Hernawan, 2022) The philosophy of stoicism was first introduced by a philosopher named Zeno in Greece around the 3rd century AD. At first this philosophy was called Zenonism which was taken from the name of the thinker. Zeno used to teach his knowledge on a terrace or foyer whose walls were filled with colorful paintings which are

now known as murals. Therefore this flow is called by the name of stoicism, because it is taken from the word stoa which means terrace. (Ah Dalhar Muarif, 2019) .

It is recorded in history that Zeno, the creator of the philosophy of life known as the terrace philosophy, was a merchant. 300 years BC, Zeno had an accident. Zeno's merchant ship that contained all his wealth sank in the ocean. At that time, he lived here and there in Greece in a state of confusion and could not do anything because all his possessions were lost and drowned.

Until finally, Zeno went to the library and read books by Socrates and studied with him, until then Zeno developed his own philosophy. This philosophy was very influential for many people, especially Zeno himself. Zeno was able to rise from adversity with one of his philosophical teachings called "The Dichotomy of Control". So, there are things we can't control and there are things we can control.

The things we can control are all things outside of ourselves, from careers, relationships, achievements to world conditions, while what we can control is what is inside ourselves, namely the thoughts and actions we will take. For example, in Zeno's case, he can't control the sinking of his ship, but he can control how he reacts to the disaster. Zeno can react and control his reaction when he gets the calamity.

The wrong reaction is to blame others and the world, condemn the world and even blame others. In fact, no matter how much we blame others, the problem will not be solved, it will make us anxious and stressed. But if we can control ourselves, change our reactions and make the calamity a lesson, then positive things will also we get.

In Indonesia itself, this stoicism philosophy is better known as the terrace philosophy. In the stoicism philosophy , there are 4 important principles (Dinella Irawati Fajrin, Hasan Mud'is, Yulianti, 2022) namely:

1. God will pay attention to all living beings in this world.
2. A life full of wisdom is essential to our happiness.
3. The universe works in harmony, so we must live in harmony with nature.
4. Everything that happens must have a reason that has been arranged by a great power.

The essence of the 4 principles above is that we as living beings do not need to feel troubled with everything that happens, because everything has already been arranged. Not all humans can live in a good and calm way according to this principle, such as people or religious persons or leaders who live by doing bad things. So the 3 principles above are complementary to the 4th principle.

For example, the second principle "a life full of wisdom is important". The wisdom in this concept is that we as humans must live in harmony with nature.

Humans in this school are homo sapiens or humans who have reason, different from other creatures. So, to be able to live in harmony with nature is to use reason. For example, if we as students study every day, do assignments correctly and submit assignments on time but still get poor grades.

People who do not adhere to the flow of stoicism will respond with emotion, irritation, feeling that their efforts to study have been in vain and blame the lecturer's

assessment which is felt to be unfair. Meanwhile, adherents of the stoicism school will respond in a reasonable way, such as evaluating themselves why their efforts still do not give the best results, maybe because of attendance that is more than the allowed limit or it could be because we are not active during lectures, rarely ask questions and express opinions even though delivered is wrong.

The followers of stoicism, although they believe in God's destiny, still think rationally and can control their emotions well without blaming other people and the world. And this flow is increasingly popular in Indonesia because this flow is a view of life that humanizes humans. Because the flow of stoicism emphasizes that humans are different from other living beings who do not have reason.

Henry Manampiring in his book *Philosophy Terrace* explains his views on the philosophy of Stoicism that can be done when experiencing unwanted things. Henry shortened it to STAR or Stop, Think and Assess, Response (Achmad Syarifudin, Hartika Utami Fitri, Ayu Mayasari, 2021):

- 1) Stop (stop). The point is if we are in trouble to be able to contain emotions.
- 2) Think and Assess (thought and assessed). When the problem comes to us, we have to think and further assess how we guide our emotions.
- 3) response . After thinking about and assessing the problems that arise, then after that we have to think about how we respond and how we react to these problems.

The core philosophy states that humans act according to their reactions and ways in dealing with problems, which can be wrong and can be right. So philosophical stoicism provides an alternative or guides humans to a better life. However, even so, it is not entirely in the flow of philosophy that it has no flaws or mistakes because it comes from the human mind which can always be wrong, in contrast to religion which is never wrong.

One of the errors in this school of philosophy, as said by Skye Cleary, a professor of philosophy at Columbia University, is that there are many imperfections in the teachings of stoicism . For example, humans are social creatures, live in groups and cannot live without other humans. But if the adherents of this stoicism follow an extreme understanding, then they tend to be difficult and unable to solve problems in groups because the focus is only on the problems that exist within themselves.

Islam and Humans

Human nature in Islam is that humans are the best creatures. Humans are the best, beautiful, and best creation of God from other creatures in this universe which is also explained in the QS at Tiin. (Amir, 2017) humans are human beings with physical, intellectual, heart, moral, social and artistic potential as well as their psychological dimensions.

1) Humans in the Qur'an

According to the Qur'an QS al Mu'minin verses 12-16 " humans were created by God from the essence of soil made from germ (male sperm and female ovum) and stored in a strong and safe place. Then the germ is made into frozen blood, the frozen blood is made

into mudgah (zygote), then it is made into bone, the bones are wrapped with flesh (lahm), which is then made by Allah as a human being in physical form" (Al-Qur'an, 23)

In its existence, humans have various aspects of individuality, social, cultural, social, moral, and religious. (Abd. Kholiq, Shifiyah, 2022) so it is important for humans to apply interaction or communication, historical and dynamic or move. Because humans are actually created and live not to be alone, but to work hand in hand to build and lead the world to become a livable place for God's creatures, both biotic and abiotic creatures.

In QS al-Isra verse 70 it is emphasized that "humans are noble creatures with glory in the form of ease in mastering science and technology, sustenance and other advantages from other creatures" (al-Qur'an, 17). Islam is a human being who has potential, character, has a high degree and has noble dignity.

2) The view of Abdul Karim al-Jili

In the perspective of Abdul Karim al-jili is centered on Sufism. How does Sufism view humans as human beings. *Insan* means human, while *Kamil* means perfect. So *insan Kamil* is a perfect human being. (Haris Kurniawan, Abas Mansur Taman, Abdul Hayyie al-Kattani, 2021) Nature is a mirror for God, this is because in nature there are His attributes. *Insan Kamil* in al Jili's view is more comprehensive because it combines philosophical Sufism and Sunni Sufism which gives birth to the thought of *Wahdat al -Manifestation* .

Wahdat al form means that a human being will feel the essence of absolute reality, the *akiki form* only belongs to God. Apart from God, everything else is mortal. *Insan Kamil* is a person who has a high spiritual level. If he can remove selfishness, pride and other bad qualities from our hearts and minds, then God will be there to open the door of truth and he will enter into it.

The process of the emergence of human beings according to al-jili (Haris Kurniawan, Abas Mansur Taman, Abdul Hayyie al-Kattani, 2021) takes place continuously which consists of five stages, namely:

- a. *Uluhiyah*, this is the highest stage in the *tajalli* process.
- b. *Ahadiyah*, this is the next stage after *uluhiyah* which is the designation of a pure essence that has no name and nature and cannot be achieved by human knowledge.
- c. *Wahidiyah*, which is the stage of God revealing himself through His attributes and names.
- d. *Rahmaniyah*, which is the stage of God *tajalli* on the reality of *asthma* and His nature with the sentence "*kun*".
- e. *Rububiyah*, that is, God *tajalli* in the universe that has undergone particularization and has been diverse, especially in humans.

Thus, *insan kamil* in al-jili's view is a development of the concept of *wahdat al -wujf* , that *insan kamil* will feel the essence of absolute reality that only Allah and others, including himself, are mortal. The highest level of *insan kamil* or perfect man in al-jili's view is when he reaches that essence.

3) Humanism in Islam

Humans act as caliphs and have the ability to think differently from other creatures. With this mind, Allah commands mankind to think, with this mind, humans can produce science and technology. (Subaidi, 2014)

Humans as creatures of God who are bestowed with a very large number of potentials. Fitrah and good potential are the morals and attributes of God that are bestowed upon every human being. So, with their potential and nature, humans are able to make themselves perfect humans for themselves, others and the world around them. Because humans have so much so much potential.

The relationship between Stoicism and Islam

Stoicism philosophy basically states that humans cannot control everything, so they only focus on the things that we can control and the response we give to the circumstances that happen to us.

In the philosophical principles of stoicism, it teaches humans not to be constrained by the problems they are facing and not to rely on our expectations of high things and to be wise in dealing with everything that happens in human life. The human mindset that adheres to the flow of stoicism is closely related to wisdom, a sense of sufficiency associated with gratitude and making peace with the present, past and future.

We will be steady in living what we are facing now, the past in relation to something we cannot change and has passed, and able and ready for our expectations about the future, good or bad.

Islam can mean a religion that is safe and surrenders to Allah and his destiny. Islam is a religion that guides humans to goodness, both physical and spiritual health. The source of the accident is ignorance and ego. But if humans can control and control the ego, no matter how bad and as bad as other people or the world is to us, it doesn't have any effect on us, it makes us more grateful and more concerned about those around us. In Islam itself it is taught that the left hand should not see when the right hand gives alms, infaq and so on so that we do not feel arrogant and do not make other people who see us have a dislike for us. However, if we think our mindset is right and our feeling pattern is right, it becomes an additional charity if we see other people giving alms to others because it can be a source of happiness for others who are given and who see.

Philosophy is the mother of all sciences. Although there are many faults or dissonance between philosophy and religion, the main pattern or main frame of mind is the same as that taught in Islam. The meeting point is in Islam talking about sufficiency, seeking knowledge as in QS al Alaq, and talking about limits.

Man will always question things he does not know and cannot find the answer to, but the answer will be found later in the afterlife. Stoicism appeared before Islam, and after Islam came, the thought was further sharpened and its boundaries were clarified. Learning about philosophy and religion can continue to go hand in hand without leaving one of them, so we can find out how to get better answers and sharper explanations.

Real examples of the relationship between the philosophy of stoicism with Islam are:

- 1) Qadha and Qadar with the dichotomy of control,

- 2) Mu'alaq Mubram's destiny is to accept every disaster that happens and we can't control
- 3) Qana'ah and Tawakal by controlling ourselves to face calamities or everything that happens in our lives

In addition, an example that we can see and apply in life is that someone who does not apply the qualities mentioned above or does not apply the understanding of the philosophy of stoicism will have high standards of achievement, such as grades in lectures, achievements, positions in organizations, a sense of being appreciated. and feel yourself to be someone who is "more" and "most" than other people.

But if the qualities mentioned above are applied in life, people will think that "just do what I can do", "what the results are", "what is the best thing I can do", and "what efforts can we still do?" do to improve the situation" and will accept the path that Allah has set

CONCLUSIONS

Islam came down to improve human morals. Human morality is not only for his own good but how to make him a useful human being for the world. Likewise with the philosophy of stoicism which has a strong relevance to human life. Therefore, the author is interested in studying how the relationship between the philosophy of stoicism and the Islamic view of humans. How are humans in the view of stoicism and how humans are in the view of Islam.

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However, keep in mind that stoicism is not a belief or a sect that can be used as a belief because stoicism itself is not a religion, but some points of view that we can use to respond to what we are facing and will face.

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