

The First Islamic Psychology Summit Resolutions

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The first Islamic Psychology Summit brought together scholars, researchers, and practitioners to explore and discuss the theme “Redefining Psychology: The Transformative Power of Islamic Principles in Elevating Human Dignity.” The Summit organized by the International Association of Muslim Psychologists (IAMP) and Universitas Gadjah Mada, Indonesia, has manifested the commitment of various parties to contributing to the development of Islamic Psychology. This Summit urges a collective responsibility to redefine psychology through Islamic principles, fostering a discipline that recognizes the totality of human experience and the importance of spiritual, mental, and physical health.

The following are resolutions gathered at the Summit.

1. Given that Islamic Psychology integrates Islamic teachings into the study of psychology, which may be misunderstood as an attempt to impose Islam on modern knowledge, effort must be put in place to clarify this misconception. The incorporation of Islam in psychology is intended to provide what Islam has to offer in enriching our understanding of human nature; by offering insights from Islamic principles, a more comprehensive and holistic study of humanity could be attained. Efforts should be made to communicate this objective clearly, fostering an inclusive approach that values the contributions of Islamic perspectives in advancing psychological knowledge.
2. Given that psychological knowledge is primarily generated through observable data, there is a need for a more inclusive epistemology. The way forward is to recognize and integrate insights from revealed knowledge (the Quran and Hadith) to understand human nature better. This integration will deepen psychological research by acknowledging the importance of showing knowledge and classical scholarship in studying human psychology.
3. Given that the focus of conventional psychology tends to limit its scope to observable behavior, brain functions, and cognitive processes, Islamic psychology should expand its scope to include a holistic understanding of humanity. This involves studying human potential and qualities, including mental, emotional, and spiritual dimensions, and engaging with Qur’anic verses and Hadith that explore human nature based on the purpose of creation.
4. Given that ethical practices and values are crucial in guiding the study and application of psychology, Islamic psychology should emphasize ethics and values rooted in fitrah (innate nature) and moral principles found in the Quran and Hadith. Scholars, educators, and practitioners must include these values to foster holistic well-being, considering physical, social, mental, emotional, and spiritual health.
5. Given that conventional psychology often seeks to enhance individual happiness, sometimes at the cost of dignity or long-term well-being, studying psychology should be grounded in

pursuing holistic well-being, aiming to nurture human dignity and resilience. Islamic psychology should provide insights from the Quran and Hadith that support a comprehensive view of human destiny and well-being, ensuring interventions respect both mental health and spiritual growth.

6. Given the need to reconcile spiritual beliefs with modern psychological practices, Islamic psychology should advocate for a redefinition that bridges faith and science, establishing universal guidelines for psychological studies. Integrating the core fundamentals of Epistemology, Ontology, Axiology, and Teleology (E-OAT) from an Islamic perspective will allow a cohesive approach to understanding human nature and improving quality of life.
7. Besides focusing on universal aspects of human beings, psychology also needs to recognize culturally specific insights. The psychology study should incorporate local wisdom, values, and belief systems. Islamic psychology can draw on these cultural perspectives to enrich psychological understanding, ensuring that psychological knowledge is relevant and beneficial within specific social and cultural contexts. By doing so, Islamic psychology can transform society into a better state of existence.
8. Given the challenges presented by modern life that impact mental health, Islamic psychology should actively contribute to addressing societal issues by offering solutions grounded in both revealed knowledge and empirical research. This repositioning aims to build community resilience and well-being, using values and principles that align with scientific understanding and Islamic teachings.
9. Given the importance of spiritual well-being as an integral aspect of mental health, Islamic psychology should facilitate individuals' spiritual growth, fostering resilience and holistic healing. By aligning therapeutic practices with Islamic teachings, psychologists can help individuals achieve a balanced life that enhances their mental and spiritual health.

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