

## **Muhasabat Al-Nafs dalam Konteks Psikologi Al-Ghazali: Kajian Kes di Kalangan Penjawat Awam**

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*Self-reflection (Muhasabat al nafs) is a type of monitoring system which involves supervising process in order to make sure that al-amr bi al-ma'ruf al nahy an-al-munkar (proclaim towards righteousness and avoid unscrupulousness) be practiced. This is an important process that builds human qualities and becomes the restrictor that avoids the individual from indulging into unhealthy activities. Thus, inculcation of self-reflection as the self-monitoring mechanism is the best alternative in building the charisma of government officers. This article brings out experiences of 81 government servants that are involved in survey that was handed out. From the findings, most public servants are involved in this study showed that muhasabat an nafs in their lives and realized the importance of it. This is parallel with the nature and needs of the religion itself. According to al-Ghazali, self-evaluation is a method to purify the soul from a chronic disease which is recognized as desire ( nafs ). Desire without ample guidance will lead human to evil doing. So, self-reflection is important to direct desire to do good deeds which will benefit the human in dunia and akhirat. The self-reflection process that has been highlighted here has a connection with psychology which studies something that has effects to the soul. (Shabuddin Hashim, 2003). Hence, this article, discusses the findings of the application of self-evaluation in the life of government officers.*