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## Oral Presentation

# Psychological Analysis of Ideal and Well-Developed and Calm Personality from Islamic Points of View

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***Abstract***

Broadly speaking, the Holy Quran as the most sublime heavenly message is a book of human life. Since, the Life Creator, the sender of this holy book, is the Creator of human body and mind. Human mental activity starts from about 16 weeks of fetal life with the blow of divine spirit into the fetus. At this point, we observe the beginning of mental and psychological activities and the emergence of first motor movement of the fetus. In fact, this is the beginning of human psychological growth and development. Part of the psychological state of children and adolescents is under the influence of psychological conditions prevailing during the period of fetal development. From the viewpoint of the Holy Quran, the formation of human personality is defined and mapped as a pure family tree, a stable tree full of branches and blossoms away from any stressful status. The pivotal foundations of this balanced and transcendent tree is secured on Fitrah or Innate (primordial human nature), rationality, morality and spirituality, and therefore, is universal. One of the main processes of the human Innate state is to find the secrets of the universe and seeking God, because all humans are created curious and explorer, and curiosity is the basis of god-seeking and the essence of mental creativity. This is why from the viewpoint of the Holy Quran, reflecting on the natural phenomena is considered as a sign of a developed human being and preoccupation with personal status is considered obscene and indecent. In fact, the god-seeking fitrah of humans establishes their truth-seeking and truth-endorsingideas and provides them with an insight that helps them take the path of truth forever. Divine fitrah is the direction-finder of human personality perfection, and man can shed light on his path using this direction-finder in addition to his own reason and faith. So, one of the main components of developed human personality from the Holy Quran's viewpoint is being intuitive, calm and wise. Insight and sincerity of the heart provides the basis for growth, prosperity and perfection of human character. The rule of rationality on human though, speech and behavior, from the Holy Quran's viewpoint, is another significant component of the desired personalityof a well-developed human. Well-developed and Quran-loving human beings are accustomed to reflection, thinking, reasoning and truth. Therefore, from Quran's viewpoint, foolishness, ignorance and intellectual obstinacy is considered as one of the enemies of the proper development of the human personality. Developed human beings in Quran's viewpoint, always plan with insight and thinking in their personal and social life, and act with calmness, piousness, freedom and rationality. In fact, in a sense, religiousness and wisdom or faith and wisdom, are always adjacent and are like two wings to fly with. The reason and religion are so much fused into each other that the Holy Prophet Muhammad (PBUH) says the religion is the same as the wisdom and the wisdom is the same as the religion, religion is the external wisdom and the wisdom is the internal religion. In Quran's viewpoint, internalizing moral and spiritual perfection is other main component of the personality of well developed human beings. The Holy Quran in many chapters (suras) and verses (ayats) beautifully describes the the moral, spiritual and behavioral characteristics of well developed human beings. From among these features are: developed humans are calm and moral , enjoying peaceful mind and serenity with no abnormal anxiety and depression, truthful ,honest, they have unity of character, between their thought and word and deed a glorious unity prevails (they are not accustomed to hypocrisy and duplicity), these people are loyal, faithful, committed, and trusted by others. People who have developed characters based on Quran's values, who posses high-quality personal health, never move away from the path of purity and chastity and do not fall into the abyss of sensual and sexual deviation. People who have Quranic personality, are theist, resurrection-sighted, calm-hearted, cordial, hopeful and hope-giving, beneficent, positive-thinking, patient, effortful, and believing. People who posses Quranic developed characters, have the highest mental health and well-being, and are always humble, modest, contented, forgiving, generous and open-handed , and accustomed to praying and mysterious dialogue with their Creator. And finally, the dignity of the soul, spirituality, patience and empathy, forgiveness and sacrifice .People-orientedness is the other components of Quranic developed characters which will be covered in detail in the full paper with mentioning the documentations from the Holy Quran.

***Keywords:*** Quran, Serenity, Wisdom, Spirituality, Personality

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