

ABSTRACT

Aida: 190103020146. “*Mujâhadah al-Nafs* in The Qur’an (Sa’id Hawwa’s Perspective in *Al-Asâs fî Al-Tafsîr*)”. Supervisor: (1) Prof. Dr. H. Abdullah Karim, M.Ag. (2) Riza Saputra, S.Th.I, MA. Skripsi. Banjarmasin. UIN Antasari. 2023.

Keyword: *mujâhadah al-nafs*, Sa’id Hawwa, *Al-Asâs fî Al-Tafsîr*.

The issue of the good and bad potential of humans has become one of the terms often discussed by scholars. *Nafs* as part of man's bad potential is discussed by Sa'id Hawwa in some of his book works. The effort to control one's inner *nafs* or *mujâhadah al-nafs* is considered an important part of one's spiritual development that is obligatory, and in the process of controlling it, Sa'id Hawwa gives his perspective on steps that can help one to understand better how to apply *mujâhadah al-nafs* in life so that the individual Muslim can achieve inner peace and draw closer to Allah. Thus, research on *mujâhadah al-nafs* has an important and relevant background in the context of self-development and spirituality of individual Muslims.

Research on *mujâhadah al-nafs* can help understand the concept and practice of *mujâhadah al-nafs* in Islam. This research can provide good insight for individuals who want to improve their quality of life through internal struggles to control lust with *mujâhadah al-nafs*.

The research method used in this study is descriptive research with a qualitative approach characterized by literature research. This study used two data, namely: the primary data in this study was the book of Sa'id Hawwa entitled *al-Asâs fî al-Tafsîr* and several of his other books, while the secondary data in this study were literature such as books, journals and others that contained material that supported this research. The data collection technique that the author used in this study was to collect data related to using terminological analysis. Then, the data analysis used in this study is descriptive analysis, namely reducing data, presenting data and drawing conclusions.

The results of this study are Sa'id Hawwa describes *mujâhadah al-nafs* as a human effort to control lust in order to get closer to Allah which goes through several stages, namely *tauhid*, carrying out time obligations, increasing *sunnah* worship, and doing all the pillars of *mujâhadah al-nafs*, namely *al-Uzlah* (Alone), *al-Şumt* (Silence), *al-Sahr* (Staying Up Late), and *al-Jû'* (Hungry).