

Spiritual And Psychologic Effects Of Patience Education

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Abstract— Patience is to display resolution, tenacity and courage against anything or trouble. Patience is the art of avoiding whingeing for troubles and suppress pain sip by sip. As patience education contains meanings, spiritual power and dynamism that value life, it is highly effective on psychologic and mental health.

This study has focused on the spiritual and psychological effects of patience education in Sufism Culture. Patience is the only resort people can take refuge when trying to overcome the distress of disasters and the seeming burden of worshipping. Therefore, patience is a kind of conception that educates man's soul by giving him a strong willpower.

Through patience education man thinks thoroughly before taking action; determines all the reasons that in favour and against him. Momentary joys, benefits and excitements cannot dissuade a tenacious person. Perceiving the depth of patience education is important in terms of understanding its psychologic and spiritual effects.

Besides all these, being aware of the power of patience education, getting to know it through the perspective of psychological concepts such as self-control, self-respect, self-recognition and self-actualization is important to understand the psycho-spiritual effects of patience and also to overcome the difficulties of life.

Keywords— Patience Education, Sufism Culture, Self-Control, Self-Respect, Self-Recognition, Self-Actualization.

I. INTRODUCTION

"Patience is the main factor for the soul to reach a peaceful and satisfactory state, to have tender human nature and for one to develop positive characteristics." [1]. In this sense, patience education aims to smoothen human nature and develop positive characteristics. While disciplining naf's and feeding the soil and character, patience education helps to smoothen human nature. A naf's that has been disciplined through patience education assumes the role of a personality that recognizes compassion and tender-mindedness in its soul.

"Patience is to contain naf's during a moment of pain and yelling." [2]. At this point, the most important way of controlling naf's and disciplining it, is to let patience education and understanding become dominant over life. Described as restraining and confining naf's, patience education helps man to take control of his ego and to enrich his spiritual life. As patience education is to contain naf's by confining it at the moment of pain, it helps man to control himself.

As people are able to determine their purposes through patience education, they will realize even the hardest tasks with great strength and without any despair. These people step into action to reach their targets and they overcome even the hardest tasks without any despair.

THE EFFECT OF PATIENCE EDUCATION ON ONE'S SELF-RECOGNITION

"It is said that the word 'sabr' (patience) is derived from the same root as 'sabr out (agave)'. Agave has a bitter taste. This plant is being used in pharmaceutical industry. Therefore, patience is bitter to take, just like it is bitter to taste this plant. However, the bitterness is only at the beginning. The result of patience is always sweet. It has once been said: Consume the poison of patience sip by sip and let it sink in. If patience kills you, you will die as a martyr, if you survive it, you will live as a 'precious' being." [3].

Sometimes man may not be able to see Allah's blessings and treats due to clouds of doldrums. However, these clouds of doldrums and constriction will slide away through patience education and this will make man very happy. Because of all these reasons patience education is not only a pre-condition of mental health but it is also the essence and meaning of worship. In this sense, getting to know the negative aspects of naf's and containing them through patience education and abandoning complaint all support the self-recognition process.

As patience education means confining negative aspects of naf's in terms of submission to Allah, it enhances the self-recognition process of man. In fact, the self-recognition process in psychology and the self-recognition process in Sufism complement each other, despite the occasional differences in perspective.

"From this perspective, the self-recognition process in psychology is described as the self-awareness of a person." [4]. However, sufistic perception is described by the knowledge 'Those who know themselves will

know their Creator', and this is an experience mostly intensified during the patience education process where negative aspects of naf's are contained and neutralized.

Patience is the state of naf's where it holds out and displays perseverance against various cravings such as luxury, raging, lust, impertinence, disclosing a secret, ending love." [5]. Patience education, from this point of view is a moral education that prevents worldly desires to overshadow the richness man's heart and spiritual world. Thus, patience education is a type of education letting man to control his own emotions and tendencies and leading to self-recognition by getting to know the negative aspects of his own naf's.

The Effect of Patience Education on the Formation of Self-Esteem and Self-Respect

"Patience education helps man to stand up against difficulties and hardships. It provides the strength to work, live and achieve. Life becomes valuable with patience and faith. "In order to strengthen faith, one needs to learn a lot, think about the gained knowledge and assess them, so that he can give an order to his life. One can differentiate between good, bad, pretty and ugly. Indeed, faith and patience are felt as a necessity." [6].

By providing action and spiritual soul energy through submission to Allah, patience education helps one to achieve self-respect and self-esteem. In this sense, patience education ensures personality integrity and forms character, but it also fills the self-ness, called self-esteem and self-respect, and character with a spiritual power that takes them up to the summit. As a result of the trust, submission and approval felt towards Allah during patience education, the feeling of trust by someone towards his own abilities and moral values will increase.

Again as a result of the feeling of respect felt by a person towards Allah during patience education, self-respect values of the person also reach a summit, and these values help him to develop a positive judgement towards his own value and helps to form a feeling of respect towards himself. "People with low self-respect who are bored and unhappy have very few areas of interest." [7]. A strength that empowers the soul with such emotions can only be gained during patience education.

THE EFFECT OF PATIENCE EDUCATION ON SELF-ACTUALIZATION PROCESS

The highest degree of patience is the state of endurance for Allah, and with this, one will never be defeated against difficulties. To the contrary, difficulties and hardships take one's abilities and goals to the highest level. For people who are able to develop their abilities and goals against difficulties, the process of self-actualization will be possible. "Self-actualization means the balanced and harmonized development of all personality aspects of a person, including abilities, goals and competencies and also the actualization of personal potentials." [8].

"A person who has completed his own self-actualization process would be aware of his own potential and capacity at the highest degree, and can integrate this potential he has with the utmost point of his strength by ensuring an internal satisfaction." [9]. When man actualizes his abilities and goals by overcoming difficulties through patience education, he can get hold of the characteristics that are found in the people who have self-actualized. In this sense, one would not only actualize his abilities and potentials at the highest degree, but he can also come across the divine self which he can integrate with his spiritual self.

The Effect of Patience Education on Cognitive Consistency

"Patience is to abandon behaviour that is opposing Allah's orders, maintaining serenity when sipping down the pains of a calamity and looking rich outside, when poverty has invaded the livelihood." [10]. In this sense, patience can be described as an art of taking in and digesting pain sip by sip, and it can ensure a faith and behaviour consistency in man. Experiencing the art of sipping pain thanks to patience education, man can have a full conformity to the orders of Allah, hence ensuring consistency in faith and behaviour.

"Cognitive consistency is to have a consistency between personal beliefs, choices, attitudes etc." [11]. This consistency is reflected upon one's lifestyle and choices as harmony and stability. For a man who has achieved spiritual and mental integration through mental education, cognitive consistency, which can be described as word and behaviour, awareness and actin consistency, could be possible.

For a person who has achieved cognitive consistency, patience education can take him to stability and spiritual success. "As such, the beautiful ones are taken care of and protected by unsightly sitters." [12]. Similarly, because of the strength and spiritual energy it provides, patience education is like a master key that opens up the doors of resolution to man when he is in desperate need for it. Because patience fills man with the strength to work, live and achieve. Life becomes valuable with patience and faith.

"Patience is to ensure having spiritual respect while being sucked in with disasters." [13]. Someone who is patient in the real sense of the word, is the one who is patient for Allah for matters that are related to Allah. Even if he is bombarded with several roubles, such a person cannot desert patience, no changes would occur in his soul or body, and he would not be negligent in his tasks." [14].

The competence of patience unifies cognitive consistency with faith and behaviour consistency and it is the most distinguishable characteristics of the real followers of Allah. "Because it is vulgar for the followers to be engaged in anything but Him. The true talent is for the follower to recognize this noble target." [15]. "In this sense, In this sense, tolerating ill-behaviour when trying to reach an integrated personality, having no trust, being unable to express feelings, feeling invaluable and having difficulties in

exchanging love are the negative personality traits that need to be abandoned.” [16].

Man can eliminate such negative personality traits through the strong spiritual bonds that he establishes. The feeling of trust towards Allah and the superior traits that he has blessed can be enhanced through patience education to help eliminate the feeling of distrust.

Conclusion

Patience is the psychological and spiritual source of mental peace and happiness. For example, when Ibn Subrime was in distress, who was a self-respecting man with an emotional consistency due to patience education and getting taste out of life, he used to say “This is a cloud only, it shall move off soon” [17]. Because of all these reasons, patience education is a pre-condition for mental health; and it is also the source of mental education.

Thanks to patience education it becomes possible to communicate with an entity that is almighty, and this leads to a soothing, conforming and peaceful effect. Through patience education, people will never change their wise decisions. They will become successful. They will abide by their choices, not abandoning them for momentary exaltation. They will develop a consistent character.

As people gain a strong willpower through patience education, they will not become slaves to other people and communities. Thanks to their strong characters, they will not be passive, but rather they will hold power and form similar communities.

A man who has become a hero of patience through patience education has once advised us: “If there are certain difficulties in your life, be patient. Patience is the key to joy.” [18]. Because through patience education, one only praises the one who blesses and sees his Lord.

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