

Efikasi Kendiri: Perbandingan Antara Islam dan Barat

Self Efficacy: A Comparison Between Islam and West

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Abstrak

Terminologi efikasi sendiri (EK) merupakan terminologi yang diperkenalkan dalam ilmu psikologi sekitar tahun 70-an. Namun, istilah ini masih kurang difahami oleh kebanyakan individu terutama mereka yang bukan berlatar belakang bidang psikologi. Oleh itu, satu keperluan hasil penulisan ini diketengahkan, memandangkan konsep ini penting dalam diri setiap individu bagi memacu kecemerlangan diri. Justeru, kertas kerja ini akan mengupas serba ringkas mengenai konsep EK dari perspektif Islam dan Barat, dengan melihat kepada beberapa titik persamaan dan perbezaan antara kedua-dua pandangan. Islam dan Barat bersetuju bahawa individu yang memiliki EK yang tinggi merupakan individu yang berfikir positif, berani mengambil risiko dan tidak mudah berputus. Namun pandangan Islam terhadap konsep ini lebih luas, kerana Islam mengaitkan konsep ini dengan konsep tauhid *uluhiyyah* dan konsep manusia sebagai *ahsan al-taqwim*. Oleh demikian, EK dari perspektif Islam lebih bersifat kekal dan umum, di samping individu yang berefikasi tinggi menurut Islam ialah individu yang memiliki sifat sabar, syukur, redha dan redha.

Katakunci: Efikasi Kendiri; Psikologi; Perspektif Islam; *Tauhid Uluhiyyah*; *Bandura*

Abstract

The term of self efficacy was introduced in psychological field around 70's. However, this term is still not very prominence by most individuals, especially those who are not from psychology background. Therefore, it is very

important to highlight this issue, due to its important towards the successful of oneself. Precisely, this paper will explore the concept of self efficacy from the Islamic and Western perspective, with a view on some point of similarities and differences. Both views agree that individuals with high self efficacy is a positive-minded individuals, willing to take risks and not easy to give up. Yet, Islam's view on this concept is broader. It is because Islam relates this concept to the concept of "*tauhid uluhiyyah*" and the concept of "human as *ahsan al-taqwim*". Thus, self efficacy from the Islamic perspective is more endure and holistic, as well as high-efficacious individuals according to Islam is a person who has patience (*sabr*), gratitude (*syukur*), *redha* and *tawakkal*.

Keywords: Self efficacy; Psychology; Islamic Perspective; *Tauhid Uluhiyyah*; *Bandura*

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