

Surveying the Modern and Islamic Methodology of Psychology

Mohsen Shahabi, Hamidreza Aghamohammadian Sharbaf

Abstract

Today, psychology considered as one of the empirical science and its findings are based on experience like the other empirical science. Therefore, it is considered experimental, whether its method is as an experimental or quasi-experimental Or the correlation -descriptive method. The usual tools of the experiment is observation and like it, and the fields of its research is sometimes laboratory, sometimes science and sometimes field or describing. there are also limitations on this science, Including that establishment of its work placed exclusively on the use of empirical findings, even as far as it cannot rely on both the philosophical and cultural assumptions, And also do not care to metaphysics; but in Islamic Psychology investigations is used of rational arguments which its organized shape call Philosophy, analysis of religious texts from the Quran and Sunnah (traditional), history, intuition, revelation, mysticism and true vision, sensory and non-sensory experience.

Keywords: Modern Psychology, Islamic psychology, methodology.

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Introduction

While the scientists and psychologists of Islamic countries talk about the establishment of school as the school of Islamic Psychology and appropriate to the culture of the Islamic community, in this context have been effective steps of Islamic countries in recent years. In this paper aimed to understanding of this issue by evaluated the used methodology in contemporary psychology and Islamic. The Modern methodology of psychology: In general, available methods in psychology divided in two types of qualitatively and quantitatively. A variety of qualitative methods are being used now such as ethnography, natural survey, case studies, field observations, descriptive, content analysis and clinical psychology. (Forghany et al., 1391); But most psychologists used of experimental sciences in research methods. They by observation and testing and even carried out them on animals, often to analyze the sensible behavior. In psychology, despite its title issue is not so much consider to the spirit, because the spirit is not measured and observed by study of this science. Psychology is the scientific study of behavior and mental processes. From the above definition, it is clear that psychology focuses on both studies of objectively observable behavior and also, to understand the mental processes that is not directly visible; but can be deduced according to behavioral data. Based on research methods in psychology on the basis of observation, tests, surveys, tests and history of journalism, is based ;(TAVANAI , 2013). In general, the prevailing of the materialist orientation that knows the all mental phenomena from physiological activities, itself is as a factor which calls into the question validity of findings psychology. Materialists essentially can see an animal to the human eye and have gone so processed that have restricted research about the animal behavior is as a natural gateway into the field of human behavior study and are neglected of this fact that there are crucial differences between essence and truth of man (spiritual dimension) and animals in fact psychology of many of the important human behavioral phenomena which includes the religious and spiritual aspects of human values that he neglected and of the research on the issue of kindness, in the remaining human form and cannot examine the impact of worship in the human behavior or psychological problems of conflict between the physical and spiritual motivations and also abandoned the discussion of harmonizing the quality of human personality through a balance between material and spiritual aspects. (Haqqani Zanjani, 1999). Of course the experimental method has advantages, which most important ones are: 1- The tests are repeatable and extensible; 2- The results can be measured, means qualitative statements can be converted to quantitative statements; 3. giving the results is possible as an objective and tangible. (Shams 2000). Today, psychology is one of the empirical sciences, or its method is an experimental basis or quasi experimental or correlational or descriptive methods. The usual tools of experiment are:

Observation and the like and the fields of its research is sometimes laboratory, sometimes science and sometimes field or describing. There are also limitations on the science, Including that establishment of its work placed exclusively on the use of empirical findings, even as far as it cannot rely on both the philosophical and cultural assumptions, and also do not care to metaphysics; although it has not been able to achieve such purpose or at least has not been able completely. Modern psychologists, in various schools, today often himself try to be away of concepts which have Philosophical or metaphysical aspects (Ghorori, 1994), of course science does not deny metaphysics, But its study considers irrelevant of issue; because metaphysics has not ability of empirical observation. New science and modern psychology believe, Psychology is materialistic scientific and don't accept more than material. In the ontology of materialism is the truth and base of the material world. There is not immaterial in the world. Phenomena such as soul, life, mind and consciousness are also a form of material. Thought and reflection is also the resulting mass activity of brain material. A fortiori in the new psychology also has no place in God and the afterlife. In the developmental psychology books, in the discussion of old age and aging is largely ignored the effects of belief in God and the Hereafter and after death; similarly, the views of psychologists such as "Piaget" "Bolbi" and "Kohlberg" and others like glances of God neglect the following ethical, moral and religious attachment to the Creator. Some of the world an expert is also influenced by the evolution theory that is God as a natural exists and evolving assumes the part of the physical world. (Azerbaijani, 2011). At

sight the contemporary psychology, metaphysics is not part of the material, that such material is one of the senses. In the modern physics, metaphysics is not part of the material, that such material is one of the senses. In modern physics, being the evident is the substantial component properties of material and is not of its material. The Principle of itself material, like metaphysics of sensations circle and the evidences of the five sensory organs is out of the human brain and is not feeling; but modern psychology should be answer to this question how finds the intangible material as a tangible and verifiable in the laboratory while knows the transcendent existence of the human and supernatural spiritual that related to him as an intangible, unbelievable and examine? While in fact, both of them are imperceptible. The researcher believes that it is not possible to separate science from metaphysics and not more fanciful, Today, all scientific theories and what is presented as a service of science to the world which has been the root and metaphysical foundations and the renunciation of metaphysics is just as concept of cleaning the problem that experimental psychologists and Positivism who believe, we are not working with the metaphysics, and two cases are separate boundaries, It apply to doing the scientific affairs and continuous laboratory metaphysics itself; for example, in the experimental procedure, the process of problem selection, has a metaphysical basis. When experimental psychology wants to Choose the issue according to scientific method, should be take action of assumptions and certain assumptions that related to his intellectual backgrounds and based on his knowledge of problem, they can reach a conclusion based on the problem. he should get help of a metaphysical issues at this time, could be achieved the choose of correct problem and appropriate response according to it; for example, when parents refer to expert psychology because of backwardness and a sharp drop of courses for fix the problem, and psychologist decided to find the roots of this academic failure, natural observation of students in the school environment, based on his subjective assumptions and his previous learning that his idea is consistent with previous backgrounds to rooting the problems of students; whereas if the parents were seeking help of another psychologist, May be due to his different intellectual backgrounds with his conclusions differ from previous psychologist in other words, to look at a problem with two different insight , which comes from different backgrounds or using a different metaphysical foundations. In another example can be found the principle of causality that it has been developed on the basis of psychological West, to give an example, because what has been called experimental findings, his research is based on the principle of causality that has metaphysical foundation and the findings of modern psychology in the laboratory without regard to the principle of causality and applying it to the impossible research; so metaphysics is the linchpin of Western psychology research. What can consider according to Mulla Sadra of Islamic Philosophy as a spirit in human beings is nothing separate from his body evolutionary, which has already found aspects. The human body can be potentially receptive to spirit in the lowest stage of their presence of the universe, the human body and all creatures in the world have an evolutionary movement. For example, the cells seeds grown in the plant then turned to mud and finally, becomes to the fruit. The human body and his body is the same ingredient. Forming cells of the human body grow and have perfection from the beginning. They take a new name of their development at every stage of movement. The human spirit is in the developmental stage of human body movement, that body can be improved in this revolutionary movement, and can take his soul board in evolutionary momentum. In the Modern psychology; since man does not have the ability to understand this revolutionary movement, human existence and has divided her evolution and just check out the sensible section. What called the vegetable spirit, and the animal spirit, and ...; In fact, is found the evolution of the substance and the form of vegetable or animal and has come their promotion of the modern. In fact, the human spirit is the upgrades of physical level that has been achieved with the evolution; In fact, both of them are in one kind and in one type and the separation of soul and put it in the wrong division is a subset of metaphysics. In view of Modern psychology, psychologists has dramatically denied in being single entity as the "self" in terms of their body, this symptoms of domination are formed against idealistic ideas; but in terms of psychological explanation has existed this problem for psychologists that assuming the body and the soul, which were faced with dualistic entity which provides two sources of behavior and actions. On the other hand related to the behavior and actions of the physical origins and related to the origins of sensual desire and will of soul. (Bagheri, Khosravi, 2008). Modern psychology even is in relation to its philosophical roots such acts and is not such that in any analysis of his scientific philosophical research, so consider Psychological, intellectual and philosophical analysis; but the financial perspective affect them; Of course psychology of it is based on the experience of the subject and style, which does not accept the Suffix religious and school (Ghorori, 1995). In the thought of Mulla Sadra of Islamic Philosophy given the ontological considerations and the introduction of the human spirit as noblest of the dimension human soul that is defined towards excellence and transition human favorable situation, the release of in the desires of the lower self. So in this sense, human flourishing is introduced much higher in relation to the existence and lives in holiness. As a comparison, Mulla Sadra approaches and schools of modern psychology, the absence of ontological issues identified in these schools and the necessity of such issues indicated in the analysis of human values and moral planning (Mehvarzy, 2001). The objective of Modern psychology is the scientific study of behavior and in many cases used the methods of behavioral assays. The strategies of behavioral measures can be classified in general categories of behavioral interviewing, observing the behavior, cognitive behavior, assess psycho-physiological and self-report questionnaires. (Azizi, 2010). As well as modern psychology in his research, considering that put psychotherapy in its sub-categories Of scientific - experimental approach such as: using the Mesmerism (hypnosis), psychoanalysis and free association, eclectic treatments, , rational and emotional therapies, reality therapy, Gestalt therapy, therapy, Inquiry orbital treatment, group therapy and also in the treatment and in their research.

The methodology of Islamic psychology

The history of science shows that the rise of the science conditional on the existence methods, techniques or tools commensurate with its problems And In fact the methods which cause the development of science (Miz pak;

Sexton, translation rezvani, 1991) and since the Islamic psychology pass evolution and the early stages of their development in this regard used the different strategies. Islamic psychology of strategies observation, and behavioral measurement and reflection within yourself as, Psychologist wants to write about what is happening inside of his references in Modern psychology and encourage hi, In verse 21 of Surah Almariaat wrote: " So you do not see and in verse 14 has come in Surah Esra, Read your letter today, You are sufficient to drag yourself for account. Also this religion affirms on observation and the existing foreign of behavior study and lessons, like what psychologists doing in modern psychology of research, in the verse 9 of Surah Rum reads: do they not be lived in the land, and seen how was the end of those who have lived more Previously, those who can afford higher and has upside down the earth by plowing and most of them had been built and was sent prophets with miracles to them, God is not unjust to them, they were unjust to themselves. " Or at verses 17 to 22 Al-Ghashiyah Sura reads: "" Do they not look at the Camels, how they are created? Do not look at the sky and how it is raised? And do not look at mountains that how to Install and have been remained feet? And see the land, how is wide and widespread? Give you advice and remembrance; because you are the only adviser and remembrance and cease. You cannot dominate and control them. " Islamic religion also ongoing and continuous follow-up in relation to behavior and confirms the continuous study that it still exists in modern psychology ,to instance, according to the following verses prove it, in the verse 67 Sura Ghafir reads: " God created you from dust, then from a drop then placed each other in pairs, any woman is not pregnant and do not give birth except with His knowledge and elderly life did not lead to long and person's life is not reduced, Expect it is written in the book and these things is easy for Allah. " In the study of the Holy Quran also confirmed that there are also the examples of experimental methods; for example, in Surah Al-Baqarah verse 260 we read: And when Abraham said: God give me that how you raise the dead? He said: Do not believe? Said why, but to make sure my heart, said: take four birds in your hand and after slaughter combining together, then let it set on the part of mountain, then called them, hastily will come to you, and know that Allah is dignified and wise. "Perhaps the most important concern that is felt beyond the Islamic psychology is about the discussion of methodology. The reason for this concern is the perceived incompatibility of religion with empirical methods fallible. The experimental method approved by the religion of Islam and a method with other techniques. Therefore, it cannot be considered inefficient in the study of Islamic issues, in Islamic psychology, methodology never determined and limited a specific method; but profiting of the various ways which depending on the type and nature of the problem. If know the procedure as function of the type of question, in this case, each of the methods inspired of revelation to observation and the mere of experience, have decent and appropriate place of their own and the validity and value of findings depends on this fit in each research. That way it can be standard or strong and mighty Criterion, in evaluating of results are considered and taken into regard. (Hussayni, 1999). In general, the question of knowledge or methodology of Islamic psychology, imprisoning is not certain method and procedure described a function of the question. (Hussayni, 1994) If Islamic psychology choose methodology and experimental research; other, human and psychological which is the object of study, the human has become material and thought a man as a material, many his psychological realities will be out the range of vision. Means will not be more considered to dimensions of the human being, which is his true dimensions, and moral and spiritual perfection of human beings will lose its relevance and his transcendental dimension will be marginalized. (Forghany et al., 2012). From an Islamic perspective, the knowledge is twofold- Divine Knowledge, or "revelatory" material knowledge. The divine knowledge is intuitive of inner experience and makes the transformation of individual. The Material knowledge is generally what considered external, often is obtained in the process of collecting information (Yaghub, 2003). If the Islamic psychology or cannot research the issues with the empirical which will be used of other methods. On the other hand, psychologists of Islamic faced too difficult In the study of metaphysical issues that enclosed the experience In reading positivism, but in the post-positivist tradition, is not confined the experience and include introspective and intuitive experience and reassuring with the terms of strong; thus the metaphysical problems of the experimental methods used in the widest sense. (Forghany et al., 2012). In Islamic psychology organized the rational arguments method that we call it philosophy, which is used the analysis of religious texts, historical, intuition, of revelation, mysticism and true vision, sensory and non-sensory experience. (Forghany et al.,2012). However, the use of revelation in Islamic psychology, it should be noted some people that think outdated the revelation and according to plan the new issues in psychology, using this method cannot be efficiently in solving the new problems of psychology; but researcher believes that the use of revelation in solving problems or planning the new issues is not the concepts of revelation in the sense of stagnant and constant. However, Passes since of the Prophet and receive revelation by him about 1,400 years ago; but the accuracy of the concepts presented by revelation can be considered the artifacts facts and artifacts which don't pay attention to many secrets to reveal it; therefore, even if there is no direct revelation to the Prophet in our time; but the revelation of the inner intricacies of our time is the concept of revelation and its consistency that even continues in our time. The Islamic psychology is believed the research and investigation done in the field that there are doubts; however, there is no doubt about the propositions of obtained from the Imams and religious sources, to place them in the test and error; but the proposition must be falsifiable which is putted to the test and experience. While the views of Islamic psychologists to the words of innocents, that is not a purely scientific perspective, but they are beyond reason and knowledge and the creation interpret with them. So do not be put the experimentation in risk. (Furqani et al., 2012), Of course it is necessary to evaluate the effects and implementation of Islamic psychology, muslim psychologists precision to adopted approach in the research, despite strong fundamentals of the Islamic is not resulting in the loss or lack of effect in this research; secondly, the absence of proper procedures leads to the undermining principle of Islam; For example, if a scholar wants to help people to resolve sexual problems, firstly, we can offer:

The correct approach which is based on this reason and wisdom and secondly, in presentation, the problem of coordination with the Islamic principles and the consent of God and His commandments are not paying enough attention. The use of any qualitative and quantitative methods (Western and the Islamic Research Methods) by psychologists and the Islamic scholars in achieving this important issue, if the damage is not acceptable to Islam and uncoordinated and inconsistent with the values and the culture.

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Mohsen Shahabi, ^{Ph.D.}, Student of the comparative studying in islamic religions, University of religions and denominations, Qom

Hamidreza Aghamohammadian Sharbat, Professor of psychology, Ferdowsi University of Mashhad