

ROLE OF SATANIC INFLUENCE IN HUMAN EMOTIONAL DISTURBANCE

Ivon Sagita

International Open University (IOU)

ABSTRACT

This study is about the role of satanic influence in human emotional disturbance. The purpose of this study is to explore the role of Satan in influencing emotional aspect of human beings. Satan is a spirit being who belongs to the class of jinn and was created from fire, but cannot be seen by the ordinary senses and his job is to captivate the hearts of humans so that they always obey him. Satan promises to mislead and have a bad influence on Adam's children and grandchildren until the end of the world. In exploring the topic data, this study used the library research with relevant sources of the topic including verses of Qur'ān and Ḥadīth. From this study it can be concluded that Satan infiltrates through blood stream to influence human both physically and psychologically as mentioned in one of Prophet Ḥadīth. In the psychological realm, in emotional aspect, Satan provokes the feelings such as anger, arrogance, anxiety and sadness. These excessive feelings can lead to emotional disturbances which affect negative state of human soul that can influence physical changes, cognition and actions.

Keywords: Satan, psychological effect, emotional disturbance.

Corresponding author: Ivon Sagita can be contacted at ivonsagita89@gmail.com

1. INTRODUCTION

Allāh The Almighty created humans and Satan with a purpose. Satan was created by Allāh to be a rival for humans in carrying out the purpose of creation. According to Utz (2014) one of the major trials of humankind is that of Satan, who attempts to mislead people from the straight path and invites them to be companions of the Hellfire. Satan is aware of the weakness of human beings, so he attempts to play on their whims and desires in order to distance them from Allāh and their worship of Him. Satan utilizes many methods to lead humans astray. Satan can influence aspects of human life physically and psychologically. Emotions are one of the aspects studied in the psychological realm. Emotions are one of the most important things in the human soul that can influence physical changes, cognition and actions.

Emotions are one of the devil or Satan's doors to tempt humans. From the door of human emotions, Satan is able to play with or disturb human feelings which can cause emotional disturbances. Emotional disturbances are one aspect influenced by Satan to mislead humans from goodness. Both prevent people from thinking positively and acting correctly in life because emotions become part of the heart's work which is central to the human psyche and affects humans as a whole. This paper will discuss how or what role Satan plays in influencing human emotional disorders.

2. REVIEW OF LITERATURE

2.1 Satan and his Role towards Human Beings

The book *al-Mu'jam al-Mufahras* in Hasiah (2018) explains that the origin of the word Satan has two meanings, namely: First, the word "Satan" comes from the word شطن which means far, because Satan is far from the truth or far from Allāh's mercy . Second, the word "Satan" is from the words شاط-يشيط with the meaning of to perish and burn. Satan is an attitude, behavior, words or beliefs carried out by humans or jinn which causes them to move away from the truth or love/grace of Allāh. In terms of meaning, Satan is a spirit being who belongs to the class of jinn and was created from fire, but cannot be seen by the ordinary senses and his job is to captivate the hearts of humans so that they always obey him.

The Prophet (ﷺ) said, "Indeed, Satan infiltrates humans through the bloodstream..." (*Muttafaqun 'alaih*. Ḥadīth Bukhārī no. 3281 and Muslim no. 2175). The implication of this ḥadīth is that Tuasikal (2013) believes that everyone must prepare themselves against Satan's plot because Satan infiltrates humans through their bloodstream. What is meant by Satan being able to infiltrate the bloodstream - said Al Qāḍī 'Iyāḍ - is interpreted textually, meaning that the devil can infiltrate as Allāh wishes. That is, Allāh made Satan have the power and ability to flow in the human body through his bloodstream to influence many aspects of humans life (including emotional aspect) as mentioned on Qur'ān chapter 38, verse 82 that Satan promises to mislead and have a bad influence on Adam's children and grandchildren until the end of the world.

Al-Ashqar (2002) stated Satan utilizes many methods to lead humans astray. He attempts to make evil look good, gives pleasing names to forbidden things, tempts people to go to extremes, offers promises and hope, uses a gradual approach, and so on. His ultimate goal is to lead the human being into disbelief and idolatry. Failing that, he tries to place him or her into sinning and blocks or destroys the slave's acts of obedience to Allāh.

2.2 Emotional Disturbances

Emotions are impulses or responses in a person's soul to something experienced. They can be sadness, happiness, anger, disappointment, and the like which can determine how one acts on these feelings (Wardah & Gojali, 2021). Albin (1986) argued that the name given to a particular feeling influences how a person thinks about those feelings, and how he acts.

The APA dictionary defines emotional disturbance as “a fear, anxiety, or other emotionally based condition that results in maladaptive behavior..”. Emotional disturbance is closely related to negative emotional conditions that exist in humans. Mashar (2011) states that the types of negative emotions include impatience, uncertainty, anger, suspicion, anxiety, guilt, jealousy, fear, depression, sadness and hate.

According to Najati (2000), emotions have an important function in human life, because emotions can help humans protect themselves and preserve their lives. However, excessive emotions (emotional disturbances) can harm human physical and psychological health. The emotion of fear, for example, is useful for humans because the emotion of fear

encourages humans to protect themselves from various dangers that threaten their lives. But if the emotion of fear is too excessive, where a person becomes afraid of many things that are not a real danger to him, then in this case the emotion of fear becomes dangerous for him. The presence of many such fears is usually an indicator of a disturbed personality. Apart from that, uncontrolled emotions will only be tiring, detrimental and painful, even disturbing.

2.3 Relevant Publications

The previous researches including variables of 'Satan', 'Emotions', 'Psychology' and 'Islam' were conducted by several researchers who published papers. In 2022 Muadilah Hs Bunga Negara and Muhammad Ali published a research entitled '*Satan in the Human Blood Stream from the Ḥadīth Perspective (Psychological Approach Analysis)*' with the conclusion that the implication of the ḥadīth is Satan's influence has an impact on evil traits in humans such as anger, arrogance and hypocrisy, which are caused by thoughts, behavior and even the health of the human body. So they resumed, it is very necessary to cleanse the soul physically and mentally from the religious, psychological and medical aspects.

Other research findings were published by Siti Nurfitriani Wardah and Muhtar Gojali in 2021 with the title '*Controlling Emotion from Al-Qur'ān Perspective*'. This research has a discussion of general views regarding emotions, a description of the text of verses of the Qur'ān and interpretations of emotional control as well as an explanation of the implementation of emotional control from an Islamic perspective.

Both researches are not directly discussing the topics that the author has chosen, but they refer to the variables separately to be researched. Other researches were conducted on similar topics but not according to Islamic teachings, but based on other religions, such as Christianity.

3. RESEARCH METHODOLOGY

This article belongs to library research method. In this library research, knowledge, ideas or findings are studied contained in the available literature so as to provide theoretical and scientific information related to the role of satanic influence in human emotional disturbance. The research stages were carried out by collecting relevant literature sources and then qualifying the data based on the research formula/structure.

4. DISCUSSION

Bunganegara and Ali (2022) stated Satan has a major influence on the process of human life. The presence of Satan in the human body gives him the opportunity to control human beings, giving birth to despicable traits (such as arrogance, hypocrisy, etc.) which will have an effect on the body which can have a negative impact on oneself or others. Utz (2011) argued one of main paths of Satan to influence human beings is by whispering into the hearts and affecting the feelings and thoughts. Negative feelings lead to emotional disturbance, if the emotion is very strong, there will be a number of disturbances in intellectual functioning, a level of disassociation and a tendency towards inappropriate actions.

4.1 Anger

The word for anger in Arabic is '*Ghaḍab*' which comes from the word غضب يغضب which means an explosion of blood in the heart. Anger is defined as being angry, disgusted, irritated, and very unhappy because one is treated inappropriately. Ulah (2019) quoted al-Ghazali's opinion in his writing, that anger is a power entrusted by Allāh in humans, in the form of cruelty. The signs that someone is angry arise from the external human being, namely changing skin color, trembling of the extremities of the body, reddish sides of the eyes, disorganized speech and movements, and uncontrolled actions. Apart from that, the impact of anger causes the body's nerves to tense up, the blood to become turbulent and the brain to become unstable.

Anger is an emotion characterized by high sympathetic nervous system activity and the emergence of strong feelings of dislike because of a mistake. Anger occurs because someone cannot control it and directs his own soul and cannot determine his will and reason. Thus, it is necessary to have a form of self-control so as not to have the characteristics of a turbulent devil (Bunganegara and Ali, 2022).

4.2 Arrogance

Arrogance is Satan's basic characteristic which is the reason he was expelled from heaven as mentioned in QS 2: 34. Ash-Shiddieqy (2007) stated that arrogance or *takabbur*, is a trait that a person has by considering other people's status as low and feeling that he has a higher position. The impact of being arrogant is divided into two, including externally and internally. The mental impacts are: 1) Anger, humiliating people who are

superior to him. 2) Envy, venting his feelings when he sees people lower than him getting favors even though he thinks they do not deserve those favors. 3) Revenge, trying to bring down someone who has the opportunity to hinder his journey. The external impacts can be: 1) Unjust, trying to persecute someone with his tongue and energy. 2) Behaving arrogantly.

Thus, it can be understood that Satan's influence is very widespread. Satan's arrogant nature is channeled to humans, making them stubborn, difficult to accept guidance, seeds of hatred appearing in their hearts and so on.

4.3 Anxiety (*waswās*)

Anxiety is a neurotic state accompanied by internal physiological changes that have implications for external movements. It is fear of the unknown or danger that cannot be predicted. Anxiety has levels, namely normal and deviant. Deviant anxiety is anxiety that makes no sense and always haunts a person and he does not understand the cause. Meanwhile, anxiety at the normal threshold is anxiety whose cause can be understood until the individual is able to respond to an existing stimulus and can also eliminate the anxiety by eliminating the cause (Taufik, 2006).

In the Qur'ān, anxiety is referred to with the Arabic term '*waswās*' as mentioned in QS. 114:5-6. Abduh (1999) stated the word '*waswasa*' comes from the word '*wasāwa*' which means to whisper. With *wazn fa' la la* so it becomes *waswasa*', then '*waswasa*' means always whispering. The word '*waswasa*' also defines as disturbing. The word always whispering is basically a series of satanic activities which have become Satan's

determination to always mislead or influence evil/ugliness or disturb humans, as stated in Sūrah Sād: 82.

4.4 Sadness (*Al-Huzn*)

Mahmud (2013) argued that *Al -Huzn* is described by psychologists as chaotic sadness, continuous sadness, this describes very painful sadness, or a picture of losing something. Often the perpetrators of *al-huzn*, live in the embrace of sadness, which can cause gray hair to quickly grow, giving rise to feelings of unease, confusion, boredom, like an addict who does not get the drugs to fulfill his desires. As a result, someone will feel very sick, and try to get through the pain. That is the picture of a person who is always overwhelmed by sadness.

Ibnul Qayyim explained that sadness is an unpleasant state, there is no benefit for the heart. One thing that Satan likes most is to make a servant sad to the point of stopping him from his charity routine and restraining him from his good habits (Mahmud, 2013).

5. CONCLUSION

From the library research about the topic, it found the explanations that Satan, with the will of Allāh The Almighty is able to influence human beings in many aspects of life. In the psychological aspect, through emotional disturbances such as anger, arrogance, anxiety and excessive sadness becoming part of human weaknesses influenced by Satan for deteriorating the state of soul. The weak soul can be easily misled by Satan from the path of righteousness or Allāh's way. Humans were created by Allāh The Almighty to worship with the test of presenting Satan as a rival. As mentioned by the Prophet (ﷺ), Satan is in the

human bloodstream to have a bad influence physically and psychologically. One of the psychological aspects that is influenced is emotional disturbances which can have a bad impact on the soul so that it is distanced from goodness. As a recommendation, this research can be beneficial for readers to understand the role of Satan toward human emotions, therefore leading them to be self-aware to control the self from excessive bad feelings that lead to bad consequences. For the next research, the explanation for each item in each section can be elucidated in greater detail for comprehensive understanding.

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