

THE CONCEPT OF EEMOTIONAL INTELLIGENCE AND ANGER MANAGEMENT IN THE LIGHT OF SHARIAH LITERATURE

Dr. Muhammad Shafiq Anjum ¹

Dr. Muhammad Husnain ²

Dr. Naseem Akhter ³

Dr. Imran Ali ⁴

Dr. Muhammad Sajjad Malik ⁵

Abstract

A consensus interpretation of different representatives of researchers in the field of EI has agreed on the possibility of using emotional information to guide an individual's thought process and also to identify relationships. Behavioral relationships with others. Islam is not only a religion but also a way of life that emphasizes achieving emotional intelligence. The Holy Quran, fervently believed by Muslims as the original sayings of Allah Almighty (S.W.T), mentioned emotional intelligence in its various verses long before the developed research methods. Long before synthetic models were developed, the Quran made direct but clear mentions of emotional intelligence. The emphasis on religion in the sacred text is more of an internally imposed experience than an appreciation of an experiential model. This research work attempts to uncover the emotional intelligence that Islam teaches us in the suras (verses) of the Holy Quran as well as from authentic sources of a select few hadith that the Messenger of Allah, Prophet Muhammad (S.A.W) taught mankind.

Key words: Society, Shariah, Seerah, Human beings, Psychology.

¹ Assistant Professor, Department of Hadith Studies, The Islamia University of Bahawalpur

² Assistant Professor Division of Science and Technology, University of Education, Township Lahore

³ Associate Professor/Chairperson, Department of Islamic Studies
Shaheed Benazir Bhutto Women University, Peshawar, Pakistan.

⁴ PhD Islamic Studies, Visiting Assistant Professor, The Islamia University of Bahawalpur, Pakistan

⁵ Assistant Professor, Department of History & Arts, Division of Arts and Social Sciences
University of Education Lower Mall Campus, Lahore, Pakistan

Introduction

Everyone knows how important the ability to express and control their emotions is to a peaceful life. Similarly, how important it is to understand the emotions of others, gather facts and respond to the emotions of others. Psychologists call this ability emotional intelligence. Some experts call it even more important than common sense.

The positive side

Emotional intelligence is the ability to recognize, understand and control your own and others' emotions. Research shows that people who are more emotionally intelligent are more successful at work and in relationships. Emotionally intelligent people do not act on their emotions, rather they act on their emotions. Emotionally intelligent people have self-awareness, but if their emotional intelligence is encouraged, their ability to understand the emotions of others and decide whether or not to act according to them also increases.¹

Emotionally intelligent people know how to control even their strongest emotions, emotions that often lead to anger, bitterness, and inflexibility. Psychologists believe that developing emotional intelligence is not an easy task, but at the same time they say that if a person is brave enough to make it his goal to know how people really see him. So he can bring positive changes in himself.

Not using emotional intelligence

Emotional intelligence exists in some level in all people but not all people are able to utilize it. EQ is also reflected in how you deal with the emotional stress that comes with everyday life. People with a negative EQ lack humility and are self-centered, unable to see beyond themselves. Because of this flaw, they neither trust others nor feel sympathy for them. Positive EQ is about trying to handle things in an unemotional way without being arrogant.

Daniel Goleman says, "If you don't have control over your emotions, if you don't have self-awareness, if you can't manage disturbing emotions, if you don't have compassion, if you don't have good relationships with people, so it doesn't matter how smart you are, you're not going to get very far." Emotional intelligence is present in every person, but some may have less and some may have more. The good thing is that you can develop your emotional intelligence.²

Literature Review

Emotions play an important role in life, and their wide-ranging influence can be discussed from three different perspectives. Scientific exploration of the meaning of our emotions in life has multiple implications and is one of his most researched topics. From a personal point of view, emotions determine your actions. Emotions connect various mind-body systems such as perception, memory, motor response, motivational priorities, and learning. Emotions are also connected to our thought processes. The memories stored in our brains are not just factual

information, they are colored with the emotions that happened at a particular stage in our lives. Emotions are the impartial fasteners that hold these disconnected facts in our minds. Emotions can also be thought of as predicting future actions as they stimulate our thoughts and prepare our bodies for immediate action. From an interpersonal perspective, emotions are expressed through vocabulary, gestures, postures, poses and facial expressions, and are also predictors of future course of action. Because we are constantly expressing ourselves through our emotions, others can map our personalities and judge us based on the emotions expressed. For example, unpleasant facial expressions are more likely to lead to avoidance behaviour on the part of the perceiver. A perceiver's interaction depends on the process of emotional expression exhibited under different circumstances.

Research Questions

- What is the Emotional Intelligence?
- Is Shariah deals with EI?
- What are the impacts of the moderate EI on the Society?

Research Methodology

This research work would be done by historical, narrative and analytical method.

Definition of EI (Emotional Intelligence)

Being self-aware of one's own thoughts and feelings as well as the emotions of others (empathy) and being able to control and manage one's own thoughts and feelings are characteristics of emotional intelligence.

EI consists of three parts.

- Self-awareness
- Self-management
- Empathy

One is more likely to be able to manage their emotions when they are conscious of, aware of, and acknowledged. In order to figure out how to respond politely, we need to be able to identify what we're experiencing and why.³

The maximum capacity for understanding others' emotions and seeing things from their point of view is empathy.

Understanding these three elements can help one live a better personal and professional life.

History of EI

Peter Salovey and John

D. Mayer coined the term "emotional intelligence" in 1990. Then Daniel Goleman wrote his Emotional Intelligence book. He said it is emotional intelligence, not cognitive intelligence, that guarantees performance. According to him, the main benefit is that "emotional intelligence helps people make higher-level decisions." This extended effectiveness is beneficial for business, important for education, and transforms informal life.⁴

Emotional IQ in Sunnah

The social system of Islam is based on the Qur'an and Sunnah that all human beings in the world are from one generation. Allah Ta'ala first created a human couple and from it created all the people who inhabit this world. As Allah says:

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً ۚ وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ ۚ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا.⁵

O people! Fear your Lord, who created you from a single soul, then joined it together, then spread out of them many men and women, and fear Allah by Whom You question one another and your kin (be pious also), verily Allah is watchful over you.

As they enter puberty, some teenagers are prone to develop various types of mental illnesses. At this age they are sensitive and emotional due to which they take every matter very seriously and want to compete with others. But when their goals are not fulfilled, their mind is badly affected. Due to this, the following psychological diseases arise in them⁶:

1. Attention Deficit Hyperactivity Disorders (ADHP)

Teenagers suffering from this disease have different symptoms; For example, they are emotional, not interested in education, they do not listen to adults and waiting for their turn, standing in line is difficult for them.⁷

2. Behavior Disorder Disruptive

Teenagers suffering from this disorder have extreme anger and in a state of anger, they break dishes, throw things and fight with others.

3. Mood Disorders

It is the most dangerous disease. It has to be a bipolar. Children who are bipolar, i.e. suffer from mental disturbances due to psychological stress, sometimes their mood becomes overly happy and sometimes it becomes intense. There are two extremes in them.⁸

4. Depression

Teenagers suffering from this disease do not have mental development and are mostly silent.

5. Anxiety Disorder

Such children have separation anxiety disorder, in which they fear being lost. They cling to their parents so that they are not separated from their parents and left behind, such children are usually afraid of being lost.⁹

6. Social Phobia

Teenagers with this disorder tend to be reclusive and avoid socializing and sitting with people.

7. (OCD) Obsessive Compulsive Disorder

Teenagers suffering from this disease are delusional, for example, if they start washing their hands, they will continue to wash their hands. If they sit for ablution, the water will continue to flow for half an hour, but they will not be satisfied. These are called phantom children.¹⁰

8. Post-Traumatic Stress Disorder (PTSD)

Children may develop this disease due to trauma, mental and emotional stress, injury or severe psychological shock.

9. Generalized Anxiety Disorder (GAD)

There is worry and anxiety in the nature of such children. If anything is said, they become anxious.¹¹

The heart, mental and intellectual processes of man and the resulting character and attitudes are called psychology, some aspects of which are called emotions. Emotion is an accumulation of emotion. It comes from the Arabic language in Urdu which means to draw something towards oneself. Emotions become effective when internal and external factors, events, qualities or accidents attract the human consciousness, from which the human consciousness leaves its action and runs under the influence of these external factors. The center of emotions is the human heart, this is where emotions are formed and thrive and sometimes these emotions control the human intellect and senses. Since the center of emotions is the heart and being the abode of emotions, the heart itself is made the seat of emotions, for example, when a person is told that this is a good thing, eat it, he says that my heart is not doing it, although food is the mouth. It is not the heart's job, but the mouth does not do its job unless the emotions in the heart allow it.¹²

Types of emotions

There are two types of emotions; Good Emotions and Bad Emotions: Human emotions can be both good and bad. For example, faith, hope, joy, love, patience, gratitude, humility and

compassion are examples of good emotions, while anger, hatred, sadness, fear, shame and inferiority are examples of bad emotions. Apart from these, arrogance, malice and envy and surprise and surprise are also examples of bad emotions.¹³

Signs of balance in emotions

When a person's emotions are balanced, its positive effects are necessarily seen in his personality, on the contrary, if there is a lack of balance in emotions or emotions are not under the control of a person, then it also has an essential effect on personality. I look prominent. The first sign of emotional balance is that a person will be in a state of internal happiness, peace and physical stability and this stability and happiness will be clearly felt on his face and limbs. He will not be faced with any kind of difficult situation, he will be full of happiness and gratitude, this state of dedication will be visible on his face.¹⁴

On the contrary, if there is a lack of emotional balance, its essential effects will also be reflected in his facial expressions and actions, he will not look happy in any situation. He will be a victim of victim mentality in the English term. He must always be sad thinking that my situation is not good.

Another sign of emotional balance is that the person's relationship with himself and others will be very good. His family relations and other relations will be very good. On the contrary, if there is a lack of emotional balance, he will fail to maintain relationships.¹⁵

The third sign of emotional balance is that a person will get out of reflexive thinking and adopt the characteristic of contemplation in everything. The explanation is that in the case of emotional imbalance, a person does not think, but what comes into the mind passes immediately, even if it is whatever the outcome, he will think of the outcome as something that will be seen later, i.e. he will have a reactive mindset. Whereas in the case of emotional balance, a person thinks first, tries to get to the bottom of everything, and then begins to act on it.¹⁶

Another sign of emotional balance is that it broadens the human capacity so much that he does not get angry immediately on small things, he does not immediately complain about something, that is, he does not make every small thing an issue. If there is a problem, it leads to a solution. On the contrary, if a person's emotional balance is not correct, then he immediately jumps on the smallest thing. Reacts immediately, gets angry immediately, gets irritated immediately. In other words, he becomes an expert in making a small mess.¹⁷

Emotional balancing tasks

Here we are going to tell you the tips by which you can not only control your emotions but by balancing them you can balance your personality and improve your habits. You can make your life happy by adopting these points. You can bring beauty in your relationship. Therefore, by

balancing emotions, your whole personality can be balanced and you can get out of the reactive state and lead a normal life with reflection.¹⁸

1. Stop expecting from others

When we expect a person in our heart and mind that so-and-so will definitely do this for me and that person does not do that, as a result of which we become disappointed and frustrated. This is a psychological and emotional disorder. But in comparison, if you completely stop expecting from God and from yourself, you are freed from a huge emotional burden. For one, your mind will be freed from the burden of this unnecessary expectation. Now, if someone does your work without expectation, you will feel the state of gratitude. You will feel a lot of happiness and thank the doer from the bottom of your heart. But if he doesn't, you will be protected from disappointment which is a negative emotion. And from negative emotions you should protect your personality at all costs.¹⁹

2. Limit your needs and wants!

If you don't chase after desires and limit needs, you will be emotionally balanced, happy and calm. It is the desire to fulfill desires and fulfill unlimited needs that does not allow a person to be happy and calm. It also makes him emotionally unbalanced. Therefore, in the effort to build a personality, curb your desires and limit your needs. A great man is not one who has more wants and needs, but a great man is one who has less needs.²⁰

3. Take responsibility and independence!

You will be emotionally disturbed and look for someone else to solve your problems until you mentally take responsibility for your own problems and act independently to solve them. Will The day you take responsibility for all your problems and look to yourself to solve those problems. Will accept responsibilities. Inshallah will be emotionally balanced. Give up the habit of making light of yourself by blaming others for no reason, blame yourself for your problems and try to increase your skills! In this way, you will move towards self-reliance by solving your problems with your own hands.²¹

4. Watch your emotions

Take a diary and note your feelings in it. How many times a day have you expressed anger? How many times have you been sad or afraid? How long are you in a state of joy and gratitude? Therefore, take note of your emotions in this way. If negative emotions are overwhelming, make a strategy to control them. Make an agreement with yourself that if the future negative emotions appear, I will impose a fine on myself, donate the amount of the fine in charity. By observing closely, negative emotions can be reduced or eliminated.²²

5. Make a wish list and consider them!

Many people suffer from negative emotional states simply because of unfulfilled desires. For example, they become depressed when they become frustrated and feel inferior. They act out anger and frustration. Similarly, sometimes people take the initiative to commit suicide simply because their desires are not fulfilled. For example, some children commit suicide when they get low marks or low grades in exams, these people lack emotional balance. To create emotional balance in such people, it is necessary to make a regular list of all their wishes. Think carefully about these desires and see if the desire is worth allowing the emotional imbalance it causes to overwhelm you. But will be strong.²³

6. Adopt an attitude of gratitude!

The Last Prophet of Allah PBUH called gratitude as half of faith, it is such a big psychological fall if a person understands it, he will never suffer from emotional and psychological disorders. Just imagine how many rewards Allah Ta'ala has given us. There are so many visible blessings in life that they cannot be counted and we have never imagined the unseen blessings even though we live with these incalculable blessings. When we imagine these blessings and think of these blessings in our hearts, we become benevolent from the heart of Allah and become grateful servants.²⁴

The attitude of gratitude is so important that a person can get rid of many psychological disorders due to it. Gratitude means that a person renounces ownership over blessings. Think of these blessings simply as Allah's grace and favor and thank Allah for them. When a person adopts this kind of attitude, psychologically, he becomes very balanced, that is, he will consider everything in the world as a blessing from Allah and will give up his right to own things.

A great psychological benefit of gratitude will also be that a person will get out of the victim mentality. They can suffer from a dangerous disease like envy. When one looks at the blessings that others have and does not see the numerous blessings that one has, then a person can suffer from a sense of deprivation and be annoyed. Look at them and start thanking Allah for them. God willing, this mental illness will end.²⁵

In the hadith, the Messenger of Allah, peace and blessings of Allah be upon him, gave a very important psychological solution to this problem, which means that if you want to look at the blessings of the world, then look at those who are inferior to you and think that Allah has blessed me with more blessings than you. If this idea arises, then you will become psychologically grateful. And he said, if you want to look at religion, then look at someone who is better than you so that you can improve yourself more religiously and practically by making it a standard.²⁶

7. Learn to be patient and forgive

Remember that every matter in the world cannot be according to our will. If we expect everywhere that every matter will be according to our will and start insisting on it, then we can become psychotic patients. Because this is the world of Allah. There are billions of people, each

of them wants to do what he wants. Allah's creation system is that everything cannot happen by the will of a single human being. In such a situation, we should learn patience that if something goes against our will, instead of getting worried, angry and depressed, we should be patient and agree to the will of Allah. There is no easier solution to this problem than this. Similarly, if a person commits a mistake unknowingly, the right is violated, someone abuses us and we suffer a lot emotionally, then the easiest way out is to learn to forgive. And if we make a mistake, don't feel difficult to apologize to others. Rather, come out of the situation by apologizing very quickly, move on and start living a normal life.²⁷

Allah has created man by giving him feelings and emotions - these are the emotions that are expressed by our attitudes that where a person is happy with his happiness, then if he sees things that are undesirable and different from his expectations, then his Anger is also generated inside - because anger is a negative emotion that is not controlled in time, we often end up harming others as well as ourselves, so Islam instead of restraining anger and taking revenge at the time of anger. Sabro has advised to live in peace, so that the society does not fall victim to chaos but can become a cradle of peace.²⁸

In the Qur'an, the virtue of not being angry and forgiving is described:

”وَالَّذِينَ يَجْتَنِبُونَ كَبِيرَ الْأَثْمِ وَالْفَوَاحِشَ وَإِذَا مَا غَضِبُوا هُمْ يَغْفِرُونَ“²⁹

"And those who abstain from major sins and indecency and forgive when anger comes to them".

Generally, people forgive after the anger cools down, but in this blessed verse, Allah Almighty has described the most important attribute of the people of faith: they forgive in a state of anger, which is an act of courage and courage. Courage and high-spirited people are the owners of this honor who show compassion even to those who oppress them.

In honor of the revelation of this blessed verse, Abu Abdullah Muhammad bin Ahmad Malik Qurtubi (died: 668 AH) quoted the following sayings:

1. This verse was revealed about *Hazrat Umar* (may God be pleased with him) when he was abused in Makkah and he endured it.³⁰
2. When *Hazrat Abu Bakr Siddiq* (Radi Allahu Anhu) spent all his wealth in the way of God, people blamed him for it and badmouthed him, so he was patient with him.³¹
3. *Hazrat Ali* (Radi Allahu Anhu) narrates that once Siddique-e-Akbar (Radi Allahu Anhu) had accumulated wealth, he spent all that wealth in the way of goodness, the Muslims blamed him and the infidels He pointed out their mistake, on which this verse was revealed:

”الَّذِينَ يُنْفِقُونَ فِي السَّرَّائِ وَالضَّرَّائِ وَالْكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ“³²

“They are those who spend (in both) liberality and hardship, and are restrained from anger and are forgiving of people (for their faults); And Allah loves those who do well.”

To do well for evil is kindness and to do evil for good is malice. In this verse, generosity is mentioned. This description of the beloved and benefactors of Allah has been described in the Qur'an that they drink anger and forgive and forgive. Be forgiving. A person who is angry with someone is actually because of the whispers of the devil, forgive him.

Ahadith on the Virtue of Controlling Anger:

1. Sulaiman bin Sadar (RA) narrates that two men fought in front of the Prophet (PBUH) one of them became angry, his face turned red and the veins on his neck swelled. She went. The Prophet (PBUH) looked at her and said, I know of a sentence that if he says this sentence, his anger will subside that sentence is, "*Awz-Billah Min-ul-Shaytan Allergim*." A person who had heard this hadith of the Holy Prophet (peace be upon him) went to this person and said to him, "Do you know what the Holy Prophet (peace be upon him) had just said?" He said no! He said that he (peace be upon him) had said that I know of such a sentence that if he uttered that sentence, his anger would end - that sentence is "*Awz-Billah Min-ul-Shaytan Allergym*", the person said. Do you think I'm crazy?"³³

2. "Sayyidna Abu Mas'ud Ansari (may Allah be pleased with him) says: I was beating a slave when I heard a voice behind me - O Abu Mas'ud, you should know that the power you have over him is greater than that of Allah Almighty. But he has the power. I looked back and saw that it was the Holy Prophet (PBUH) - I said, O Messenger of Allah (PBUH), it is free for the pleasure of Allah. He (PBUH) said, If you do not do this, The fire of hell would burn you or he said that the fire of hell would touch you".³⁴

3. *Hazrat* Atiya (may Allah be pleased with him) narrates that the Messenger of Allah (peace and blessings of Allah be upon him) said, Anger is created by the influence of Satan and Satan is created by fire and fire is extinguished by water, so when one of you If he is bored, he should perform ablution."³⁵

4. *Hazrat* Abu Dharr (may Allah be pleased with him) narrates that the Holy Prophet (peace and blessings of Allah be upon him) said, "When a person among you gets angry, he should sit down and then when his anger subsides, he should lie down."³⁶

5. "Imam Abu Ja'far Muhammad bin Jarir al-Tabari (died: 310 A.H.) narrates that *Hazrat* Abu Hurairah (may Allah be pleased with him) narrates that the Prophet (peace and blessings of Allah be upon him) said, "Whoever controls his anger even though he was able to express, Allah will fill him with peace and faith".³⁷

Anger control according to psychologists:

Anger management is called in English - in some of our universities, this knowledge is taught as a subject, especially in the department of business administration, but in Pakistan, the teaching of this subject is on a small scale - while other European countries I have a separate department on this subject, a separate faculty where MA, MPhil and Ph.D. degrees are given on this subject; In addition, there are large companies and people of the organization conduct courses on this topic because in general, the people of the organization get angry due to daily discussion or silence, due to which their organization has to suffer a big loss. - Anger control basically means knowing how to control the condition of anger, are:

1. Lack of sleep also leads to anger, some people think that sleep should be 8 hours, but it is not necessary, but it is important to sleep according to the routine - according to the level of sleep you want to bring. It means determine the number of hours you need to sleep every day, then sleep accordingly.³⁸
2. The second major cause of anger is not doing exercise - When a person puts pressure or hardship on his life, anger dies, because exercise creates physical stability in existence.³⁹
3. One of the reasons for anger is a person's lack of positive thinking - negative thinking leads a person to evil, which creates anger within him - anger is also caused by getting used to finding the positive side in everything.⁴⁰
4. Arrogance is one of the reasons for getting angry, because we feel superior, we start to consider the opponent as inferior to us, while the element of humility prevails in the nature of the person who has humility and resistance, he is the one who makes others. If you know someone as your equal, you can reduce your anger even by creating helplessness in yourself.⁴¹
5. In the light of psychology, one of the reasons for anger is mental stress - the feeling of deprivation and the bitter events of the past life create psychological stress. One should write the events of life and also write that all this is a part of the past and I can take many steps in the future by which it is possible to remedy these deprivations.⁴²
6. Creating unlimited desires in oneself or having unreasonable expectations of a person when he does not meet these expectations - arouses anger in a person - even anger by adopting realism and limiting desires.
7. Another great cause of anger is to take upon oneself a burden greater than one's being - A man should not take upon himself such a responsibility which hangs constantly on his shoulders like a sword, angry even with moderation in his actions.

When we get angry, what are the important measures to be taken at that time, by which we can get rid of our anger and avoid any major damage? In this regard, the following issues should be followed immediately:

1. At the time of anger, if you are standing, sit down, if you are sitting, lie down.

2. If you get angry, do ablution immediately-
3. For the elimination of anger, read the words of the Holy Prophet (peace and blessings of Allah be upon him) immediately:
4. Thinking about problems that are not emotional to you, such as thinking about calculations, counting down-
5. Take long and deep breaths in extreme anger.
6. Leave the angry place, if you are in a cramped place, come to a spacious place or open air.
7. Start looking at distant sights like looking at the sky.

Conclusion

These are some of the tips that will make a person psychologically healthy and emotionally balanced. And will live life in a calm manner. Rather, he will become a good Muslim and fulfill his right to serve Allah. The current situation is that almost every second member of the society is suffering from these psychological and emotional diseases. The thought of strengthening one's personality by working on these diseases is found in very limited people. However, while working on building a personality, we must work to balance our emotions, otherwise a strong and balanced personality cannot be built.

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