SELF HARMONY AND SOCIAL HARMONY: POSITIVE CHARACTERS AS A BUFFER OF MENTAL ILLNESS

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ABSTRACT

To create a harmonious society order begins with the formation of self harmony. Self-harmony is the main pillar of the formation of a harmonious social society. To realize harmonious self can be done with various approaches, including the positive psychology approach, which is a new approach in psychology that focuses on positive characters. Positive characters are a buffer for mental illnesses that are very disturbing for the formation of self-harmony. In this paper, four main components in positive psychology will be presented which are considered to have a strong role for the formation of self-harmony.

Keywords: Self Harmony; Social Harmony; Life Satisfaction; Forgiveness; Happiness; Gratitude.

Rasullullah Sallallahu ‘alaihi wasallam said: The example of the person who teaches people and neglects himself (does not practice himself), is like a lamp which is a source of illumination for people and burns itself. (Hadith reported by Imam Ath Thabrani)

Like a candle flame, illuminating the surroundings but burning him. We are prohibited from behaving like candles, doing goodness to others so that other people change for the better, while we forget the good for ourselves. Imam al-Ghazali (2017) called him as a person who unfair to himself. Then the real good should not be just what appears in the eyes of others, but more importantly is rooted in the soul.

We cannot give money to others, if we do not have it. We cannot give a happiness to our parents or partners if we don't have that happiness. Maybe we can pretend to have money by borrowing someone and then treating our friends as if we were rich. At that time he can give happiness to his friends, but at the same time he will imagine suffering, which is returning his debt. So the right thing is to first advise yourself to be able to advise others, make yourself happy to be able to make other people happy (Aaker, Rudd, & Mogilner, 2011). Allah SWT said: Save yourself and your family from hell fire (Surah At Tahrim: 6), means save yourself first and then save others. Or at least save yourself along with saving others.

HARMONY CONCEPT

In the dynamics society, social changes and its derivatives occur in various lines. Starting from up-stream to down-stream, from social political issues to social issues in the household. These social changes have a strong influence on individual changes. In the concept of individual and social
adaptation there are only two choices, namely whether the individual will adjust to social environment or the individual will change the social environment according (Punia & Sangwan, 2011). It depends the vision and the capability of individual and also social enviroment characters.

Actually there is a middle ground of the two dichotomies of the condition, namely the points of similarity between individuals and social harmony and the point of difference is not collided. This middle road is widely adopted by most individuals as members of society. They are selective, not all of them are adapted to changes in society and vice versa not all attitudes of society immediately become his attitude (Alzboon, 2013). Community groups that have this attitude are said to be accommodative behaviour groups (Yovetich & Rusbult, 1994). This attitude is supported by many ancient philosophical schools such as Stoicism and Epicureanism, and to this day their opinions are associated with calm. It's just that this accommodative concept does not reach the ideal individual level, because the ideal individual will fight for the values he believes in.

Ideas of harmony have a long history in Western philosophy. For example, Plato explained the structure and prerequisites of a harmonious soul by describing it as just government. Leibniz said that the perfect universe is a combination of the biggest phenomena with their greatest harmony, and that pleasure is an understanding of harmony. For Friedrich Nietzsche and Julius Evola, the main problem of modern times is that the nature of our will that guides action is broken and incoherent.

Self-harmony is a prerequisite for creating social harmony (Sharma, 2015). Harmony is deeply connected to the balance of your mind, body and soul. People whose minds are chaotic, difficult to understand, inconsistent, are people who are not harmonious. People who are physically sick so that they cannot move are people who are not harmonious. And people who are angry, vindictive, easily agitated, stressed, are also not people who are harmonious.

Social harmony is built by self-harmony. Harmony people will be able to develop a harmonious social life. Someone who is not harmonious will find it difficult to maintain the integrity of his household, sparks of conflict will be the quality of relationships in the family. So, the duty of everyone to create self-harmony is that it will impact on social harmony, there are also those who think that self-harmony can be in line with social harmony as well as building ships while sailing.

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BUFFER OF MENTAL ILLNESS

Seligman argued that positive characters as a buffer of mental illness (Seligman & Csikszentmihalyi, 2000; Seligman & Csikszentmihalyi, 2001). Research areas in positive psychology are easy to understand because it has become our daily activities. Actually all of positive aspects in human life are the area, such as: happiness, forgiveness, hope and optimism, helplessness, altruism, mindfulness, flow, character strength, virtues, positive thinking, resilience, subjective well-being, psychological well-being, gratitude, and so on. However, in this article we will describe some of major concentrations, include: life satisfaction, happiness, forgiveness, and gratitude.

a. Life Satisfaction

Life satisfaction is the goal of human life, besides happiness. Basically life satisfaction is a state of mind, an evaluative assessment of something. This term refers to 'satisfaction' and 'pleasure'. It includes cognitive and affective judgments. Satisfaction can disappear and be stable all of time. Veenhoven (1996) stated that life satisfaction is the level in which a person positively evaluates the overall quality of his life as a whole. In other words, how much the person likes the life he lives. Someone's quality of life is getting higher thus his life satisfaction is getting higher and vice versa. Life quality shows two meanings: 1) the availability of certain conditions that are considered necessary for a good life, and 2) the practice of good life itself. In the first part it can be illustrated, for example when we say that the quality of life of people in a village is poor, we mean that important conditions are lacking, such as adequate food, housing and health care. In other words: this village is not habitable for its population. At the individual level, the term quality of life can have both meanings. When we say that someone does not have a good life, it can mean that he does not have things that are considered very necessary. In the second part, it means understanding quality living must be practiced in life, not just rhetoric.

There are two main theories about life satisfaction, namely: bottom-up theory where life satisfaction is the conclusion of satisfaction in many areas of life, and top-down theory namely: life satisfaction as the effect of domain-specific satisfaction (Heady, Veenhoven, & Wearing, 1991). Bottom-up theory states that we experience satisfaction in many areas of life, such as work, relationships, family and friends, personal development, and health and fitness. The top-down theory shows that one's life satisfaction affects overall life satisfaction.

b. Happiness

The debate about the meaning of happiness has been carried out by scientists since classical Greek times to the present. Some definitions of happiness are defined differently. Socrates (Jones, 2013) for example, states that happiness is not obtained on the basis of inheritance but by trying to achieve it. According to Socrates, the goal of everyone's life is to achieve happiness, he calls it eudaimonia (Kashdan et al, 2008) meaning good life, virtue, wisdom, pleasure or a good life.
Although Plato was a student of Socrates, Plato also defined happiness differently. According to Plato, happiness can be achieved when people live together in the community (Tajik, 2011). Not only did Plato define happiness differently from his teacher, Aristotle also defined the meaning of happiness differently from his teacher (Plato, or the grandson of Socrates' pupils). According to Aristotle, happiness (eudaimonia) can be achieved by the way people live according to their internal virtues. The concept of Aristotle's happiness has become the basis of the theory of happiness in the modern era.

Furthermore, modern psychologists also have different definitions of happiness, some of them say: happiness consists of the presence of pleasure and lack of pain, happiness occurs when several conditions arise, namely: self-acceptance, environmental control, good relations, and individual growth (Oishi et al, 2004). Boehm & Lyubomirsky (2008) concluded that happy people are people who often experience positive emotions, such as enthusiasm, excitement, satisfaction, and satisfaction, rather than experiencing negative emotions such as disappointment, anger, frustration, and so on.

Positive psychologists attribute the term happiness to several variables, including career success (Boehm & Lyubomirsky, 2008), social relations (Mogilner, 2010), gratitude (Lyubomirsky, 2008), health and longevity (Post, 2005), and marriage (Myers, 1999). Boehm & Lyubomirsky (2008) claim that happiness predicts career success. Happy people get bigger salaries and are more confident at work, and they help more people than unhappy people. Lyubomirsky & King (2005) and Oishi et al (2004) add that there is a correlation between happiness and other behaviors that are in line with success. Mogilner (2010) argues that people who have greater happiness inspire individuals to spend more time with their friends and family. Likewise, vice versa, spending money motivates individuals to work harder and motivate individuals to be less in social interactions, all of which will reduce happiness.

Lyubomirsky (2008) revealed happiness can be achieved with gratitude. He stated that expressing gratitude has several benefits, such as people having more hope and energy, having positive emotions and being happier, and also people tend to be more religious, assertive, and helpful. And conversely, they are less depressed and neurotic. Post (2005) reported a strong correlation between health and longevity towards happiness provided that the activities were not overwhelmed. Myers (1999) concludes the contribution of marriage to happiness, he found married couples were happier than unhappy, Stutzer & Frey (2006) added that the lives of married people are happier and more satisfied than those who live as singles.

c. Forgiveness

The forgiveness concept is not like the concept of happiness, the concept of forgiveness has only been discussed by new scholars in the last 30 years. Experts discuss various fields ranging from religion, law, politics, international relations, philosophy, anthropology, sociology, and psychology. Thompson et al (2005) state that forgiveness is a dialectical process in which people reanalyze their previous understanding and from false reality to new understandings, while Gordon et al (2005)
suggest that forgiveness is a process in which individuals increase their understanding and relationships to be free from the dominance of emotions, thoughts, and negative behaviors. Gordon et al (2005) made a forgiveness model consisting of three aspects, namely: an objective perspective on relationships, releasing negative emotions towards others, eliminating the desire for revenge.

Scholars have examined the ability to forgive with several other variables, such as interpersonal relationships (Merolla, 2008), romantic relationships in partners (Braithwaite, Selby, & Fincham, 2011), conflict resolution (Fincham, Davila, & Beach, 2007), etc.

Forgiving others is the most influential aspect of interpersonal relationships. There are three types of forgiveness: direct, indirect, and conditional. Mostly, people tend to commit indirect forgiveness of others’ violations rather than direct or conditional forgiveness. For example, in friendships, indirect forgiveness is reported more often than couples who are dating, and couples who are dating are reported to tend to do conditional forgiveness rather than just a friend (Merolla, 2008).

In particular, forgiving couples are the most important variable to maintain marital satisfaction. Individuals who have the ability to forgive their partners, they have the ability to maintain a healthy romantic relationship (Fincham, 2006), because forgiving a romantic partner by reducing negative interactions and maintaining a healthy relationship will improve relationship satisfaction (Braithwaite, Selby, & Fincham). In addition to interpersonal relationships and romantic relationships, forgiveness also influences conflict resolution. Conflict resolution is a path to successful relationships, not only in specific relationships such as partner relations, but also in larger conflicts such as social conflict and ethnic conflict (Fincham et al, 2007). Based on their findings, for wives, violations of forgiving husbands predict the next relationship. For the husband, forgive as a signal that reconciliation is carried out.

Forgiveness is an important component to building harmony, for the individual to forgive will dilate the chest and encourage productive behavior rather than not forgive. People who are not easy to forgive will hold grudges, revenge will hinder critical power and productive behavior, so that someone will only dwell on subjective issues. Forgiveness will also have an impact on the quality of relationships with other people, people who are easy to forgive will also be easy in establishing communication and building social harmony, as well as making someone forgiving easy to adjust to changing social situations.

d. Gratitude

The fourth variable is central to the discussion to build harmony, that is gratitude. Since the last two decades, psychologists have been interested in investigating the most important variables of positive psychology. Gratitude is the highest peak of positive psychological variables besides happiness, subjective well-being, and forgiveness. Gratitude is considered the main means of achieving happiness. This finding seems to be an anti-thesis of hedonic world speculation which assumes that the only source of happiness is material.
Gratitude as moral virtue, habits, emotions, attitudes, personality traits, and coping responses (Emmons & McCullough, 2003). The word thank you comes from Latin "gratia", which means elegance or gratitude. They all come from Latin "must be done with kindness, generosity, gifts, the beauty of giving and receiving, or getting something without reward". In terms of, thanksgiving is defined by Emmons (2004) as recognition and appreciation because individuals get prizes. McCullough et al (2001) defines gratitude as a positive emotion that is felt when an individual is aware that someone else has given him something. Correspondingly, Lambert & Fincham (2011) defines gratitude as feelings experienced when someone receives benefits from others.

Based on the various definitions above, it can be concluded that the definition of gratitude has three dimensions, namely: beneficiaries, contributors, and benefits. Beneficiaries are objects that receive benefits, contributors are subjects that benefit, and benefits are created by benefactors.

Scholars connect the concepts of gratitude with religion, positive perceptions, prosocial behavior, helpful behavior, life satisfaction, depression levels, social affiliation, happiness and well-being. According to Rosmarin et al (2011), there are two kinds of gratitude: religious gratitude (thanks to God) and general gratitude. Gratitude to God is only possessed by people who believe in God. Gratitude to God increases the psychological benefits associated with religious commitment, ie individuals will get closer to their Lord than religious people but are less grateful.

Other scholars argue that gratitude increases positive perceptions of relationship partners (Lambert & Fincham, 2011), that individuals who often thank their partners will improve the quality of relationships and make interactions more meaningful. Gratitude to fellow humans is also predicted to improve prosocial behavior (McCullough, Kilpatrick, Emmons, & Larson, 2001), and improve helping behavior (Bartlett & DeSteno, 2006), increase life satisfaction and reduce cerealism (Lambert et al, 2009), also reduce depression over time (Wood et al, 2008).

Socially, gratitude promotes social affiliation and directs individuals to spend time with their loved ones, and also strengthens relationships between individuals (Bartlett et al, 2012). Because people who are grateful will interpret each condition more positively, in personal situations it will bring calm and happiness, and in social situations will build positive relationships with the surrounding environment.

e. Zoom into context

From the various exposures above, it shows that harmony must be supported by at least two factors, namely internal and external factors. Internal factors are things that can lead to conditions of harmony, in this case life satisfaction, forgiveness, happiness, and gratitude. The four components can build individual harmony and also build social harmony.

People who reach the level of satisfaction in their lives, will feel the happiness of life than people who do not feel satisfaction. People who have reached the level of satisfaction in their lives will also be grateful for the life they live. Through these three conditions the individual reaches the
highest level in life, namely reaching the level of life satisfaction, gratitude and happiness. All three are internal components that make individuals live stable without much turmoil.

In relation to social life, harmonious individuals will easily forgive other people than individuals who are not harmonious, because harmony in the individual will easily understand others and understand their position, so that the evaluation side of the relationship between themselves and others runs effectively. A few mistakes made by other people to him, making individuals easy to forgive him.

CONCLUSION
Based on the explanation above, it can be concluded that:

a. Social harmony is created through personal harmony (self-harmony), or individuals who are harmony will be easy in creating social harmony. So self-harmony is the key to creating social harmony.

b. To create self-harmony, self-synergy is needed which includes at least four components, namely: life satisfaction, forgiveness, happiness, and gratitude. The four components will help individuals become harmonious individuals.

c. Self-harmony can control negative emotions that can damage interpersonal relationships in the community.

d. Harmony self becomes a buffer for mental illnesses, such as: stress, depression, frustration, anti-social, and so on. Through self-harmony will strengthen the mentality of individuals to deal with changing social situations.

REFERENCE


