

## CHAPTER V

### CLOSING

#### A. Conclusion

From the explanation that have been described in previous chapter can be concluded that:

1. The state of *Nafs Muṭma'innah* or serenity of soul is the goal for everyone. It is the highest state of spiritual development. Serenity soul is in a state of harmony, happy, comfortable and peaceful. This soul is in a state of calm, knowing, despite the failure of the world, it will go back to God. These souls do ablutions to the pressures, which emerged from the fight on obstacles that hinder the thoughts and feelings. It is the achieving a harmonious personality which enjoys the mental health.
2. The methods of developing self-concept in order to reach the serenity of soul or The state of *Nafs Muṭma'innah* can be done by developing the self-concept in the way of religious through strengthening our level of faith (*Iman*) in Allah SWT in order to get closer to Him and always remember and feel grateful as the creature of God.

The religious path is more effective in the affording on achieving the state of tranquility or serenity of soul, such as by performing *tazkiyyat al an nafs* which is consist of three phases

are *takhalli*, *taḥalli* and *tajalli* and also by practicing *mujahadah* and *riyaḍah*.

## **B. Suggestion**

Based on research that done, it can be a few suggestions as follows:

### 1. For academics

This research is linking the theory of Sufism. The author feels this study could contribute to the Sufism if the potential in it can be maximized. The authors suggest that this study could be followed by continuous research.

### 2. For readers

Of exposure above which the author has presented, of course there are still some shortcomings and has not reached its full potential. Related themes which the author adopted would need serious for the understanding of ordinary people, therefore the authors suggest for readers to gain knowledge by studying the relevant literature. Moreover, the authors suggest that this study not only be reading, because to get the benefits need to be practiced in everyday life.