

**SINCERITY BEHIND REGRET: FIRST STEPS TO MENTAL HEALING**Durrotul Hasanah<sup>1</sup><sup>1</sup> Sunan Ampel State Islamic University Surabaya, Surabaya, Indonesia**Corresponding Author:**Durrotul Hasanah,  
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Received: October 20, 2025

Revised: November 15, 2025

Accepted: December 02, 2025

Online Version: December 25, 2025

**Abstract**

This article aims to explore the concept of sincerity in healing mental health. Mental health is a state in which a person avoids symptoms of mental disorders, utilizes all of their potential, and brings about a harmonious spiritual well-being. Sincerity is an effort to heal physical and spiritual health by wholeheartedly accepting everything that happens. In this era of globalization, the many challenges faced can disrupt physical and mental health. Even in mental health, the uncertainty that arises complicates psychological problems. Islam offers a solution for implementing sincerity. One way is to accept the provisions set by Allah SWT, even though in reality, humans often complain and blame circumstances. It is not surprising that this attitude can lead to disappointment, stress, frustration, and even depression. This article was written using a library research method, where the author collected data from literary sources, including articles, journals, and books, and then analyzed them. The results of this study indicate that sincerity is one way for someone to achieve and attain mental health. Sincere acceptance of circumstances leads to a grateful person and a peaceful life.

**Keywords:** Islamic Psychotherapy, Mental Health, Sincerity

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Journal Homepage <https://journal.zmsadra.or.id/index.php/jois>How to cite: Hasanah, D. (2025). Sincerity Behind Regret: First Steps to Mental Healing. *JOIS: Journal of Islamic Studies*, 1(3), 178–182. <https://doi.org/XX.XXXXXX/jois.v1i3.1420>

Published by: Yayasan Zia Mulla Sadra

## INTRODUCTION

In everyday life, humans experience a diverse range of challenges, both small and large, whether related to personal, family, financial, educational, career, friendship, or social contexts. Psychologically, humans are known as confusing creatures; human psychology can be very complex to understand due to the diversity of behaviors within them. The Quran states that humans are perfect creatures in the best form, possessing both good and evil potential. Therefore, in the process of self-perfection, humans emerge as conscious and free subjects, choosing whether to be good or evil (Fuad, 2015). The process of self-improvement is endowed with the ability to choose the path of good or evil, to become pious or unfaithful, to maintain oneself through righteousness or to choose the path of destruction (Mat Jalil, 2018).

Humans are never free from mistakes or failures that occurred in the past, these incidents often cause quite heavy emotional burdens, continuous anxiety and even depression that can disrupt mental health (Sari & Susmiatin, 2023). In resolving mental health issues, Islam has a systematic methodology that can be done through several ways such as increasing faith and piety, namely studying and practicing the Qur'an, worship, and dhikr and prayer therapy, of these many methodologies that we can apply in someone's self-healing, one of which is Ikhlas (Pahirah & Aulia, n.d.).

Sincerity is a form of purity of heart in performing worship and one form of charitable deeds that lead to Allah. Sincerity is not only passive acceptance but an active process of letting go, understanding, accepting, being grateful and making peace with what has happened, whether it is good for oneself or bad (Junaedi, 2019). Through sincerity, humans can reduce mental stress and open up space for psychological recovery and can take wisdom from the events that are determined on them without regret. The concept of sincerity appears as a crucial bridge, sincerity is not a form of ignoring or denying pain but a conscious process of accepting

In her research on "quantum sincerity therapy for hospital patients," Lailul Fatihin (2019) explained that patients undergoing quantum sincerity therapy can accept whatever happens to them and believe that Allah will heal their illness. Furthermore, patients are able to eliminate excessive anxiety and fear, thus maintaining their healing process and developing mental resilience. This also aligns with research by Nurhalimah (2021), which states that quantum sincerity is urgently needed to achieve mental health during the pandemic. Because with sincerity, a person accepts their situation and brings peace to their heart.

Overall, the regret we often experience is not the end of everything, but rather a gateway to mental healing. Sincerity is the key to releasing emotional burdens, embracing emptiness as a source of strength, and transforming guilt into a valuable lesson. Therefore, the author is interested in discussing "Sincerity Behind Regret: The First Step to Mental Healing" with the aim of understanding the concept of sincerity in the effort to achieve mental health. This article is expected to increase insight and knowledge regarding sincerity, which is a field of study in Islamic psychology.

## RESEARCH METHOD

This study employed a library research method, also known as a literature review, to collect data through literature sources, including books, journals, scientific articles, and other written sources (Habsy, 2017). Supranto, as quoted by Ruslan in his book "Methods of Research in Public Relations and Communication," defines a literature review as a research activity that involves gathering data or information through reference books, scientific journals, and other published materials available in libraries (Adlini et al., 2022). The data was then analyzed to understand the concept of sincerity in achieving mental health recovery.

## RESULTS AND DISCUSSION

### Sincerity in Islam

Sincerity is a form of purity of heart in performing worship or good deeds that lead to Allah (Diana, n.d.). Sincerity reflects an inner motivation to cleanse the heart of tendencies toward actions that are not directed toward Allah. The word "sincerity" is easy to say but quite difficult to put into practice. It is often associated with individuals who are said to be weak, unresponsive, silent, and lacking ambition. This assumption makes individuals worry about being left behind and unappreciated.

A hadith states that sincerity is one of the many secrets of Allah in the hearts of servants who love Him, because when we choose sincerity then faith and piety and belief are present, when loving Allah SWT as the creator of all things will grow love for His creation. The attitude of mutual love and affection is a form of sincerity in facing the reality of life positive feeling, sincerity is not born from spiritual intelligence but comes from intellectual and emotional intelligence (Taufiqurrahman, 2019). When someone is faced with a problem, the zone of sincerity is the most alternative way to overcome it, because sincerity presents a (Lismijar, 2017). valuable deed, action, and behavior where everything is intended only for Allah SWT, namely a practice that is not mixed with other interests. The opposite of sincere deeds is *riya'* where the deeds and actions between the two are very contradictory, *riya'* is a practice that is shown by individuals with the aim of getting praise, flattery, and hope.

In psychotherapy, sincerity is a therapy that can be used for physical and mental healing, such as SEFT (Spiritual Emotional Freedom Technique). This therapy combines several branches of psychotherapy and integrates them with spirituality (Krisnawardhani & Noviekayati, 2021). A person will wholeheartedly accept everything that happens and not complain when facing problems. However, if they reject the situation, their heart will be disappointed because they cannot accept reality. This psychotherapy seeks to shape people into individuals who can accept whatever happens to them, what their obligations and responsibilities are, and can always be grateful.

### Stages of Internalizing Sincerity for Each Individual

The process of internalizing sincerity must be continuous and ongoing so that the efforts made truly purify the heart and instill the values of sincerity. Achieving a sincere heart requires consistent effort, but that doesn't mean it's impossible. The process of internalizing this attitude requires several stages, including (Fitri et al., 2023).

#### a. Seeking Beneficial Knowledge

Knowledge has a significant positive impact on the well-being of every individual and society. Beneficial knowledge is not only related to the afterlife but also beneficial for life in this world.

#### b. Increasing Gratitude

Gratitude is a sincere feeling and attitude in appreciating the blessings of Allah SWT. When you begin to express gratitude, believe me, life will feel easier and full of sincerity. When you face a problem, try to be patient and grateful. Of course, this won't solve the problem, but it will help us remain calm in the face of it and see a greater end goal.

#### c. Submitting to Allah SWT

Being a creature naturally requires serving the Creator, cultivating one's soul to always be close to Allah SWT, and cultivating a spiritual mindset and a positive personality. Islamic spirituality desires individuals to live happily, peacefully, and mentally healthy. This can be achieved when humans practice *tawakkul* (repentance), repentance, patience, and contentment. These Islamic spiritual behaviors are reflected in the individual, making sincerity easier to achieve.

#### d. Praying to Allah SWT

Prayer is one of the most important and sublime forms of worship. It is an act of conveying requests, hopes, and expressions of the heart to Him as a form of spiritual communication. Praying means acknowledging that Allah is the almighty, all-hearing, and all-granting, this is also a form of devotion and full trust that everything comes from Him, prayer is the essence of worship (obedience worship) and prayer synergizes in providing great benefits in human efforts to increase spirituality, strong personality, and achieve mental health.

#### **Sincerity and Mental Health**

One factor contributing to mental health problems is persistent feelings of anxiety, worry, and depression (Rahmania, 2022). According to Viktor Emil Frankl, a renowned psychiatrist, he believed that the primary motivation of every individual is to seek "meaning in life," because, in reality, behind gloom, tension, mental stress, and anxiety lies meaning. Every individual naturally desires a meaningful life, regardless of whether it is filled with pleasure or beset by suffering.

In mental health, sincerity functions as a method of *takhalli*, *tajalli*, and *tahalli*. Through this function, a person can eliminate negative attitudes that damage morals and then fill them (*tajalliyyah al-nafs*) with piety and sincerity, thus maintaining self-preservation (*tahalliyyah al-nafs*) and maintaining a positive state (Fitri et al., 2023). The more we feel sincere, the broader the meaning of life we gain, because a sincere attitude plays a beneficial role in building a strong mentality. Likewise, worship, obedience, piety, and even activities carried out with sincerity will provide great benefits, not only bringing rewards in the afterlife, but more than that, these conscious activities can develop a perfect personality and mental health. People who behave sincerely are people who have spiritual religion. People who act sincerely serve themselves to Allah SWT through activities and pious deeds that are pure and free from the element of showing off. In addition to the behavior of accepting all the provisions of Allah SWT.

Islamic psychotherapy explains that sincerity is a model that can be applied to achieve mental health. It essentially eliminates any selfish interests, with the individual's goal being solely to seek the pleasure of Allah SWT. Thus, feelings of disappointment and regret are avoided. By practicing this attitude of sincerity, individuals develop emotional and spiritual intelligence. This intelligence can suppress and control desires (emotions) and foster praiseworthy qualities within themselves.

Applying sincerity within a person will foster a sense of peace, gratitude, acceptance, and surrender to Allah. This will foster meaning in life, allowing them to learn from the positive experiences that befall them. Feelings of happiness in their lives give meaning to their lives. They strive to adapt to the circumstances, think rationally, and maturely, filling their lives with a sense of self-acceptance rather than rejection.

#### **CONCLUSION**

Based on the conclusions obtained, sincerity is a factor supporting mental health. It is crucial for everyone to possess sincerity because it fosters acceptance and gratitude for whatever happens. Islam offers a solution to mental health issues through Islamic psychotherapy, one of which is sincerity psychotherapy. Sincerity psychotherapy is an effort to heal physical and spiritual health by wholeheartedly accepting everything that happens. To reach this zone of sincerity, a person must abandon rationality, abandoning profit and loss, but instead becoming a person who readily accepts and is grateful for what happens to them and whatever circumstances they encounter. Successfully maintaining mental health will fill their life with productive activities that benefit the community.

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