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## **THE PSYCHOLOGICAL SIGNIFICANCE OF SUFISM**

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### **Annotation:**

Sufism, through its philosophical and practical aspects, helps free individuals from ignorance and egoistic behavior, fostering positive qualities such as tranquility, patience, repentance, and love. The psychological impact of Sufism is aimed not only at improving relationships with the external world but also at restoring inner emotional balance. It deepens the relationship with oneself, others, and the Creator.

**Keywords:** Stress, anxiety, inner conflicts, and psychological issues, dhikr, prayer, repentance, and patience, meditation, inner balance, purification of the heart, overcoming egoism, and developing tolerance.

### **INTRODUCTION.**

Sufism is not only a religious science, but also a teaching aimed at ensuring a person's mental state and spiritual growth. It shows the path to the purification of the human soul, inner peace and spiritual stability. Today, the psychological importance of Sufism is gaining more and more attention, because in modern life, people are faced with various stress, anxiety, internal conflicts and mental problems. Sufism, through its philosophical and practical aspects, helps to improve people's inner world, strengthen their social relations and restore mental health.

The psychological influence of Sufism is aimed not only at improving relations with the outside world, but also at finding inner balance. The foundation of this path includes positive qualities such as purifying the soul, overcoming egoism, and developing patience. In Sufism, the only way to spiritual and spiritual development of a person is self-awareness and devotion to the Creator. Sufism also serves as an important tool in achieving peace and love in social and community life.

This article analyzes the psychological importance of Sufism, its influence on the human psyche, its role in finding inner peace and maintaining social stability. We



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will talk about the beneficial effects of Sufism on relationships between people and the social structure of society.

### MAIN PART.

Sufism is a teaching that shows the path of spiritual and moral growth in Islam and serves to purify the human heart, ensure inner peace and spiritual stability. Its psychological importance is especially important in finding solutions to the spiritual problems of today. Nowadays, many people suffer from stress, anxiety, depression and social instability. Sufism offers effective ways to overcome these mental states and find inner peace. The greatest psychological importance of Sufism is its approach to improving the mental state of a person. The practice of Sufism, that is, zikr, prayer, repentance and patience, cleanses the inner world of a person, purifies the soul and protects it from the stresses of the outside world. Through Zikr (remembrance of Allah), one can calm the soul, reduce stress and restore mental balance [1]. These actions encourage a person to make a deep spiritual change and develop them as a more perfect person socially, spiritually and morally. The psychological importance of Sufism is also related to its role in overcoming egoism and self-realization. In Sufism, it is important to understand one's true nature, to deny oneself and to recognize one's devotion to God. Through the practice of Sufism, egoistic and acute emotions are overcome and positive qualities such as truthfulness, loyalty and honesty are developed in the human heart. This, in turn, improves his mental health.

Another psychological aspect of Sufism is its focus on developing patience and tolerance. Difficulties, trials and unpleasant situations encountered in life can be overcome with patience. In Sufism, patience increases a person's mental strength and helps him maintain stability in the social environment. When a person learns to be patient in any situation, his mental health will be strengthened and he will find peace. These processes enrich a person spiritually and lead to spiritual growth. The psychological importance of Sufism is felt in its influence on social relations and the stability of society. Sufism encourages people to show kindness, love and help to each other [2]. Sufism is of great importance in ensuring social justice and unity. Studying and practicing Sufism teaches people to communicate with others with



kindness, tolerance and patience. This, in turn, helps to ensure social stability in society.

The psychological importance of Sufism is not limited to the mental state, but is also important in maintaining physical health. In Sufism, great attention is paid to understanding the relationship between a person's mental and physical health and keeping them in balance. Through dhikr, meditation and other spiritual practices, it is possible to reduce stress, improve blood circulation, and strengthen physical health. These processes improve overall health and quality of life.

## **DISCUSSION AND RESULTS.**

Sufism has deep philosophical and psychological importance in the study of the human heart and psyche. Its main purpose is to encourage a person to achieve spiritual purification, moral perfection, and a sense of closeness to God. This process serves to develop and strengthen various aspects of the human psyche. In Sufism, the analysis of the human heart and soul is of great importance. Sufism considers the main task of educating the soul and directing it to the path of love for God. From a psychological point of view, it represents the process of realizing one's self, making positive changes, and achieving mental stability. For example, gradual training of the self (transition from nafs al-ammara to nafs al-mutmainna) calms the inner world of a person and leads to self-realization [3].

Sufi practices, in particular, dhikr, gratitude, patience, and contemplation bring peace and tranquility to the human psyche. Through Zikr, the human heart constantly remembers Allah, which psychologically relieves stress and anxiety. And gratitude helps to appreciate positive aspects in life, as a result of which a person's social and psychological stability increases. The moral principles of Sufism are also psychologically important. Virtues such as truth, justice, honesty, generosity and humility improve relationships between people. Application of these principles in life, along with ensuring social stability in society, also stabilizes the human psyche. During the discussion, it is necessary to pay attention to the question of the use of Sufism in psychotherapy. In modern psychotherapy, the use of mystical methods in the treatment of mental illnesses is successfully used in many countries. The



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methods of Sufism aimed at ensuring inner peace and spiritual harmony have been found to be effective in overcoming problems such as depression, anxiety and stress. The socio-psychological importance of Sufism is also worth mentioning. Sufism promotes communalism and encourages people to be kind to one another. This process enriches the spiritual world of a person and ensures social harmony. The application of Sufism in modern society requires its constant updating. In the process of technological development and globalization, people are often deprived of spiritual satisfaction. This increases the importance of Sufism. Today, the research of the psychological principles of Sufism and their application to practical life is an important factor in achieving spiritual stability.

### Results:

- Sufism is an effective tool for educating the human heart and achieving mental stability.
- Mystical practices such as dhikr, thanksgiving and patience have a positive effect on the human psyche and relieve stress and anxiety.
- Moral principles play an important role in a person's personal and social life, which strengthens psychological stability.
- The use of Sufism in modern psychotherapy shows that it is a universal and vital practice.
- Sufism does not lose its importance as a spiritual system necessary to achieve spiritual satisfaction and inner harmony in modern society.

Thus, the psychological importance of Sufism is incomparable not only in personal development, but also in ensuring spiritual harmony in society. By applying these principles to life, a person will achieve spiritual and spiritual growth.

### CONCLUSION.

The psychological importance of Sufism is directly related to its influence on the human psyche, its role in finding inner peace and restoring spiritual balance. Sufism, through its practical and philosophical aspects, helps to purify people's hearts, overcome egoistic behavior, develop positive qualities such as patience, tolerance and peace. In the stressful and unstable conditions of modern life, the psychological



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practices of Sufism encourage people to maintain mental health, find inner balance, and find stability in social relationships. The psychological effect of Sufism is not limited to the individual level, but also helps to develop justice, kindness, patience and stability in society. His teachings and practices call people to self-awareness, devotion to the Creator, solidarity with others and mutual help. Therefore, the psychological importance of Sufism serves as an important tool in the spiritual and spiritual growth of a person, maintaining his health and ensuring social stability.

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