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Emotional Intelligence from the Perspective of the Qur'an: Its Relevance to Contemporary Islamic Education

Shofia Maulida[1], M Apip Hasan[2]*
[1]*Islamic Religious Education, State Islamic University Sunan Kalijaga, Yogyakarta, 55291, Indonesia*
[2]*Islamic Education Management, State Islamic University Sunan Kalijaga, Yogyakarta, 55291, Indonesia*

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* *Corresponding author:*

E-mail: afifhasan781@gmail.com

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A B S T R A C T

This study aims to explore the concept of emotional intelligence from the perspective of the Qur'an and its relevance in contemporary Islamic education. The research employs a qualitative method with a library research approach, referring to primary sources such as the Qur'an and hadith, supported by secondary sources including books and scholarly journals. The findings reveal that Qur'anic values related to emotional intelligence, such as self-control, empathy, self-motivation, and building harmonious relationships, are highly relevant in shaping students' character. These values not only support intellectual development but also enhance learners' emotional and spiritual dimensions. The implication of this research is the importance of integrating Islamic-based emotional intelligence into the educational curriculum. Such integration plays a crucial role in producing a generation that excels intellectually, emotionally, and spiritually, and is capable of facing the challenges of the modern era. Therefore, Islamic education must adopt a holistic approach that includes emotional intelligence as a vital component of the learning process.

1. Introduction

"Intelligence" originates from the Latin term *intelligentia*, which denotes intelligence, cleverness, quick understanding, and resilience in facing difficulties (Siregar et al., 2023). Intelligence is an individual's capacity to solve problems that require the application of their cognitive abilities (Syakib et al., 2023). The Qur'an explains that human beings were created by Allah SWT in an ideal form due to their intellect and intelligence, which are not possessed by other creatures. With this intellect, a person is able to distinguish between good and evil, and subsequently between right and wrong.

The term "emotional" is derived from the English word "emotion," which refers to deep feelings, a form of defense that encompasses intense emotions, or the

expression of strong feelings. Emotion is essentially related to mental functions, closely connected to one's inner feelings, self-awareness, evaluation of situations, and responses to the emotional states of others (Manizar, 2016). In general, emotions are often characterized as powerful impulses that, in some cases, can lead to undesirable behavior, such as the emotional instability commonly experienced by adolescents during the phase of self-discovery. This definition emphasizes that emotional intelligence is not limited to managing emotions; it also includes the ability to build harmonious relationships, understand the emotions of others, and make a positive impact on social interactions.

According to Daniel Goleman in (Nelly Izmi, 2020), Emotional intelligence is an individual's ability to understand and effectively manage their emotions. This ability encompasses several important aspects, such as motivating oneself to achieve goals, controlling negative impulses, remaining calm and resilient when facing frustration, and being able to regulate one's mood to maintain stability. Furthermore, emotional intelligence enables a person to protect themselves from excessive mental stress so that it does not interfere with their capacity for rational thinking, praying with devotion, and feeling empathy toward others.

According to Ary Ginanjar, as quoted by (Afif & Pahlawati, 2022), Emotional intelligence is the ability to understand and respond to emotions, including one's own emotions and those of others. These emotions are considered an important source of information that can be used to enhance self-awareness, strengthen interpersonal relationships, and help individuals achieve their life goals. Emotional intelligence, in this view, is not limited merely to managing emotions but also involves the ability to recognize the meaning behind the emotions experienced. For example, anger can be a sign that something needs to be corrected, while happiness indicates satisfaction with a particular achievement. By deeply understanding these emotions, a person can respond more wisely to the situations they face.

Emotional intelligence (Emotional Quotient) is a crucial form of intelligence that encompasses various qualities, including the ability to motivate oneself, perseverance, enthusiasm, and self-control, according to Ian Marshall and Danah Zahar (Bahari, 2017). This intelligence plays an important role in helping individuals face life's challenges in a more positive and constructive way. The ability to manage emotions, maintain motivation, and stay focused despite obstacles has a significant impact on achieving goals, both in personal and professional life.

Zahar and Marshall emphasize that emotional intelligence must be continuously developed and nurtured, rather than relying solely on the development of intellectual intelligence. Education that highlights the importance of emotional intelligence helps students grow not only in terms of knowledge but also in their social and emotional aspects. By developing emotional intelligence, students can more easily adapt to various situations, build better relationships, and improve their mental well-being. Therefore, a balanced education that fosters both intellectual and emotional development is essential to creating individuals who excel not only academically but also in their social and emotional lives.

Emotional intelligence is an important component of a person's development that is not only related to intellectual abilities but also involves managing feelings and maintaining healthy social relationships. This intelligence is very useful in facing various life challenges and interacting with others. In stressful situations, individuals are able to make more informed decisions and think more effectively when they can regulate their emotions. With good emotional intelligence, a person can more easily navigate differences of opinion, resolve conflicts, and avoid making decisions influenced by negative emotions.

In addition, emotional intelligence enables individuals to understand and acknowledge the emotions of others, thereby fostering more harmonious relationships and better levels of communication. This ability, also known as empathy, is essential for developing strong and supportive relationships. Emotional intelligence is not only related to self-management; it also involves the capacity to understand and respond to the emotions of others with empathy and compassion, as noted by Goleman.

It is very important to develop students' emotional intelligence in order to create a supportive learning environment in the field of education. Besides focusing on academic achievement, the development of emotional intelligence also needs to receive equal attention, as it will affect their ability to adapt to changes, collaborate with peers, and manage stress that may arise in the future. Thus, a holistic education that includes both intellectual and emotional development will produce individuals who are more balanced and prepared to face various aspects of life.

Various studies have shown the importance of emotional intelligence in an individual's life, especially in the context of Islamic education. Besides facilitating the identification and regulation of personal emotions, emotional intelligence also supports the development of harmonious relationships with others. This ability is crucial in shaping students' character within Islamic education, as it not only enhances their intellectual intelligence but also promotes their moral and social excellence.

First, the research by (Aristyasari et al., 2022) It is stated that a Qur'anic values-based educational model can enhance students' emotional intelligence, especially in aspects of self-control and social understanding. This approach emphasizes the integration of Qur'anic values learning with daily life practices to ensure that students not only conceptually understand these values but also demonstrate the ability to apply them in social interactions. This study shares similarities with the discussed article, as both emphasize the importance of emotional intelligence as a key element in shaping individual character. Both highlight the importance of self-control and empathy, with Qur'anic values serving as a strong moral foundation. However, there is a difference in focus, where Aristyasari and Azhar's research is more oriented towards the implementation of a formal education model, while the article discusses emotional intelligence from a broader perspective, including its theological relevance in the Qur'an and its application in individuals' lives comprehensively.

Second, the research conducted by (Idrus et al., 2020) This emphasizes that emotional intelligence plays an important role in the development of students' character through character education in elementary schools. Emotional intelligence supports students' social and emotional development, influencing how they interact with others in interpersonal relationships. In addition to fostering moral values, effective character education also enhances students' ability to understand, regulate, and recognize their own emotions as well as empathize with others. This approach helps students develop positive relationships with instructors, peers, and community members. The article also highlights the importance of a school environment that supports the development of emotional intelligence through programs that teach social skills such as effective communication, cooperation, and conflict resolution. The similarity with the previous article is that both discuss the importance of education in shaping students' character and emotions; however, the difference lies in the focus, where this article places greater emphasis on character education at the elementary level.

The purpose of this study is to thoroughly examine the concept of emotional intelligence from the perspective of the Qur'an and to explore its relevance to contemporary Islamic education. This research aims to formulate a conceptual understanding of emotional intelligence rooted in Qur'anic values, as well as to investigate how these values can be integrated into the Islamic education system to develop learners who are not only intellectually intelligent but also emotionally and spiritually mature. Thus, this study is expected to contribute to the development of a holistic and transformative model of Islamic education.

2. Methodology

This study focuses on a qualitative method using a library research approach. This approach was chosen because it allows for an in-depth exploration of the concept of emotional intelligence integrated with Islamic teachings. In this study, primary sources such as the Qur'an and Hadith serve as the main foundation for understanding how Islam views emotional intelligence, while secondary sources such as books, journals, scientific articles, and previous research findings are used to enrich the analysis and strengthen the arguments.

This method also enables thematic analysis to develop a clear conceptual framework. Through this analysis, verses and hadiths related to key themes such as interpersonal relationships, self-motivation, and emotional balance are identified and examined. This approach provides insights into how Qur'anic values related to emotional intelligence can be applied in the context of contemporary Islamic education. Furthermore, this method offers a holistic understanding, not only highlighting the relevance of Islamic values in the development of emotional intelligence but also offering practical recommendations to shape a generation that excels intellectually, emotionally, and spiritually. The results are expected to enrich readers' understanding and encourage the application of Islam-based emotional intelligence concepts in educational settings.

3. Results and Conclusion

A. Emotional Intelligence from the Qur'anic Perspective

The ability to regulate mood, control impulses, avoid exaggerating feelings when happy, and prevent mental burdens from causing stress in thinking, praying, and empathizing are all examples of emotional intelligence. It also enables individuals to motivate themselves and persevere through challenges that might lead to despair.

Recognizing One's Own Emotions

Emotional intelligence is greatly influenced by the ability to recognize emotions as they arise. Metamood is a term used by psychologists to describe the level of self-awareness an individual has regarding their emotions (Margareta et al., 2025). Self-awareness is the ability to maintain constant vigilance over one's mood or the thoughts associated with it. When a person is unable to recognize their own mood, it is easy for them to get caught up in the flow of emotions and then be controlled by them. The ability to recognize oneself does not guarantee emotional self-regulation; however, it is an important method for managing emotions, which facilitates the process of self-regulation.

From the Qur'anic perspective, emotional intelligence is related to a deep understanding of the complexity of the human soul. This aligns with the view that humans have responsibility and freedom in making life choices (Nur'aini & Hamzah, 2023). It is taught in the Qur'an that humans are granted the ability to direct their souls toward the right or wrong path. Allah SWT inspires and guides humans to understand the difference between the good and the wrong way. Allah SWT explains in His revelation as follows:

وَنَفۡسٖ وَمَا سَوَّىٰهَا)٧(فَأَلۡهَمَهَا فُجُورَهَا وَتَقۡوَىٰهَا)٨(قَدۡ أَفۡلَحَ مَن زَكَّىٰهَا)٩(وَقَدۡ خَابَ مَن دَسَّىٰهَا)١٠(

"For the soul and its perfection (creation), Allah has inspired the soul with both its wickedness and its righteousness. Indeed, successful is the one who purifies the soul, and indeed, lost is the one who corrupts it. (Q. S. al-Syams [91]: 7-10)."

These verses illustrate that every individual is given by Allah the ability to know and understand themselves, as well as the strength to guide their heart in choosing between good and evil. This reflects the concept of human freedom and responsibility in determining the direction of their life (Ramadhani & Khotimah, 2023). Humans are given the ability to make decisions consciously, whether to follow the impulses of desires and negative emotions that can lead them into wrongdoing, or to direct themselves toward goodness and purity.

This concept is consistent with the idea that emotional intelligence includes the ability to evaluate and guide emotions according to moral and spiritual principles, beyond mere regulation. The Qur'an instructs that a person's soul and body are a

trust that must be carefully preserved. Emotional control and the ability to choose the right path, as described in Surah Al-Shams, demonstrate that emotional intelligence plays a crucial role in achieving inner peace and a balanced life. Humans are given guidance through His revelation to lead the soul toward goodness by directing feelings and emotions to draw closer to Allah, avoid wrongdoing, and improve relationships with others.

Managing Emotions

The ability to manage feelings well is the key to keeping emotions under control, thereby creating inner balance. Effective emotional regulation is the fundamental foundation for achieving emotional well-being (Liana, 2024). This ability involves various aspects, such as the capacity to alleviate anxiety, free oneself from feelings of sadness or irritability, and comfort oneself when facing stress. In addition, it also includes the ability to minimize the negative impact of uncontrolled emotions and to recover from stressful situations (Pirdaus et al., 2023). By having good emotional management, a person is not only able to live a more harmonious life but also reduces the risk of mental health problems that can affect their personal life and social relationships. Ultimately, this capacity contributes to the formation of a more stable psychological balance and an improvement in quality of life.

The Qur'an places great emphasis on the importance of managing emotions as part of moral character and the balance of human life. Good emotional management is described as one of the traits of the righteous, as stated in Surah Ali Imran, verse 134:

الَّذِيْنَ يُنْفِقُوْنَ فِى السَّرَّاۤءِ وَالضَّرَّاۤءِ وَالْكٰظِمِيْنَ الْغَيْظَ وَالْعَافِيْنَ عَنِ النَّاسِۗ
وَاللّٰهُ يُحِبُّ الْمُحْسِنِيْنَۚ

"(They are) those who consistently give charity, both in times of ease and hardship, and who are able to control their anger and forgive the mistakes of others. Allah loves His servants who constantly do good."

This verse emphasizes the importance of the ability to control anger and forgive as forms of positive and constructive emotional management. Controlling anger demonstrates a person's spiritual and emotional maturity because it prevents negative emotions from dominating their actions and decisions. Forgiveness also reflects sincerity and the ability to overcome the ego, which not only reconciles human relationships but also brings blessings from Allah. This attitude forms the foundation for creating a life full of harmony, whether within the family, community, or other social relationships. Furthermore, managing emotions in this way is one of the implementations of noble character taught in the Qur'an, where humans are encouraged to make forgiveness and patience core values in living their lives. Thus, this ability not only benefits the individual's emotional health but also has a significant impact on creating social peace (Ghufron, 2016).

Moreover, the Qur'an emphasizes the importance of patience as one of the keys to facing various trials in life, as stated in Surah Al-Baqarah, verses 155-156:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوْعِ وَنَقْصٍ مِّنَ الْاَمْوَالِ وَالْاَنْفُسِ وَالثَّمَرٰتِۗ وَبَشِّرِ الصّٰبِرِيْنَ
اَلَّذِيْنَ اِذَآ اَصَابَتْهُمْ مُّصِيْبَةٌۙ قَالُوْٓا اِنَّا لِلّٰهِ وَاِنَّآ اِلَيْهِ رٰجِعُوْنَۗ

Meaning: "And We will surely test you with a touch of fear, hunger, loss of wealth, lives, and fruits (of your labor). But give glad tidings to those who are patient—those who, when disaster strikes them, say, 'Indeed, we belong to Allah, and indeed to Him we shall return."

In the verse, it is stated that Allah tests humans with fear, hunger, loss of wealth, lives, and fruits of their labor, and gives glad tidings to those who are patient. Patience encompasses not only the ability to endure hardships but also the sincere acceptance of all trials with the belief that every test is part of God's greater plan (Miskahuddin, 2020). In this verse, Allah also provides guidance on how Muslims should respond to trials by remembering and mentioning the name of Allah through the phrase *"inna lillahi wa inna ilaihi raji'un"* as an acknowledgment that everything comes from Allah and will ultimately return to Him. The patience taught by the Qur'an is not merely passive but active, where individuals are encouraged to continue striving and placing their trust in Allah despite facing hardships. This value of patience serves as a vital pillar in maintaining emotional and spiritual balance, ultimately helping a person attain inner peace and closeness to Allah.

Self-Motivation

The ability to motivate oneself is an essential skill that helps individuals achieve their life goals, whether in the form of accomplishments, personal development, or happiness. Self-motivation involves perseverance in managing inner drives, satisfaction, and emotions while remaining committed to positive values (Miskahuddin, 2020). This requires deep self-awareness and a continuous effort to strengthen one's spirit through constructive activities. For example, a person can motivate themselves by reading inspirational books, attending motivational seminars, or engaging in activities they enjoy, such as exercising, gardening, or creating art. Such activities not only refresh the mind but also provide meaning and purpose in life. In the context of Islam, the Qur'an emphasizes the importance of having steadfastness in self-motivation, as reflected in Surah Ar-Ra'd, verse 11:

لَهٗ مُعَقِّبٰتٌ مِّنْۢ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهٖ يَحْفَظُوْنَهٗ مِنْ اَمْرِ اللّٰهِۗ اِنَّ اللّٰهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتّٰى يُغَيِّرُوْا مَا بِاَنْفُسِهِمْۗ وَاِذَآ اَرَادَ اللّٰهُ بِقَوْمٍ سُوْۤءًا فَلَا مَرَدَّ لَهٗۚ وَمَا لَهُمْ مِّنْ دُوْنِهٖ مِنْ وَّالٍ

"For every human being, there are angels who take turns guarding them from the front and the back. They carry out this duty in accordance with the command of Allah. Indeed, Allah will not change the condition of a people until they strive to change what is within themselves. However, if Allah wills to bring harm upon a people, there is no one who can prevent it, and they will have no protector other than Allah."

This verse teaches that significant change in life begins with effort and motivation that come from within oneself. To achieve meaningful transformation, a person must first change their mindset and attitude toward life, as external change cannot be realized without internal transformation. It emphasizes the importance of self-awareness and strong intention in achieving one's goals (Izzan & Murtadha, 2023). In Islam, this change is not only related to material or physical improvement, but also includes spiritual and moral development. With strong motivation and a determined will to change, a person can face challenges with greater patience and enthusiasm. In this context, the verse also serves as a reminder that Allah has given each individual the ability to change their destiny; however, this effort must begin with sincere intention and a genuine effort to improve oneself. Thus, the change referred to in this verse is the result of a combination of persistent personal effort and Allah's boundless help.

Recognizing the Emotions of Others

Empathy is an important component of emotional intelligence, which is the ability to understand and comprehend the emotions of others. Empathy enables a person to understand and feel the emotions of others, whether they are happy or sad (Idrus et al., 2020). Those who demonstrate high empathy are more sensitive to the social and emotional cues displayed by others, including facial expressions, body language, and tone of voice. This ability is crucial for building harmonious and healthy relationships within families, communities, and workplaces. Empathy also leads to mutual understanding, which in turn makes it easier for individuals to provide appropriate emotional support to others. In the Qur'an, empathy is also taught as a form of expressing compassion towards others. In Surah Al-Hujurat, verse 10:

اِنَّمَا الْمُؤْمِنُوْنَ اِخْوَةٌ فَاَصْلِحُوْا بَيْنَ اَخَوَيْكُمْ وَاتَّقُوا اللّٰهَ لَعَلَّكُمْ تُرْحَمُوْنَ

"Indeed, the believers are brothers to one another. Therefore, reconcile the two brothers who are in conflict, and fear Allah so that you may receive His mercy."

This verse emphasizes the importance of fostering positive relationships among individuals as a fundamental principle of harmonious social life. Empathy, which is the ability to understand and feel the emotions and challenges of others, is one way to achieve this. Empathy allows a person to see the world from another's perspective, thereby motivating them to act with compassion and consider the needs of others (Supriady et al., 2024). With empathy, a person is not only able to respond emotionally but also motivated to provide practical support, whether in the form of material assistance, comforting words, or simply a reassuring presence. This creates an environment full of mutual understanding and support, where every individual feels valued and cared for.

Moreover, empathy also leads to an attitude of mutual forgiveness, as Allah commands in Surah Ash-Shura, verse 43:

وَلَمَنْ صَبَرَ وَغَفَرَ اِنَّ ذٰلِكَ لَمِنْ عَزْمِ الْاُمُوْرِ

"And whoever is patient and forgives, indeed that is an act of noble virtue."

This verse teaches the importance of patience and the ability to forgive as a form of deep empathy. When a person is able to be patient in the face of mistreatment and respond with forgiveness, they not only demonstrate emotional maturity but also open the way to repair relationships and create peace (Nihayah et al., 2021). This attitude, born from empathy and self-control, becomes the foundation for building a tolerant and mutually respectful society.

Empathy, when accompanied by patience and forgiveness, can foster an inclusive social environment where everyone feels valued and accepted. When conflicts or differences of opinion arise, an empathetic attitude enables individuals to seek wise solutions without escalating tensions. For instance, a leader with empathy not only understands the needs of their subordinates but is also able to make fair decisions by considering multiple perspectives. In interpersonal relationships, empathy paired with patience and sincerity can strengthen emotional bonds, thereby encouraging closer and more productive cooperation.

To foster a relationship

The ability to build positive relationships is an important talent that contributes to success in various areas, including leadership, popularity, and interpersonal relationships. The key foundation for building harmonious relationships is effective communication skills. A person who successfully nurtures relationships typically has the ability to communicate clearly and empathetically, listen attentively, and express opinions and emotions in a positive and constructive manner. This success is also supported by their ability to be a pleasant companion and to create a comfortable social environment. Kind, friendly, and respectful individuals are generally more liked and valued in their relationships. This makes them good role models in building positive relationships with others.

In the Qur'an, the importance of fostering good relationships with others is also emphasized, particularly through attitudes of mutual respect, maintaining peace, and doing good to one another (Safrudin et al., 2023). As explained in Surah Al-Hujurat, verse 13:

يٰٓاَيُّهَا النَّاسُ اِنَّا خَلَقْنٰكُمْ مِّنْ ذَكَرٍ وَّاُنْثٰى وَجَعَلْنٰكُمْ شُعُوْبًا وَّقَبَاۤىِٕلَ لِتَعَارَفُوْا ۚاِنَّ اَكْرَمَكُمْ عِنْدَ اللّٰهِ اَتْقٰىكُمْ ۗاِنَّ اللّٰهَ عَلِيْمٌ خَبِيْرٌ

"O mankind, indeed We have created you from male and female and made you into nations and tribes so that you may know one another. Verily, the most noble of you in the sight of Allah is the one who is most righteous among you."

This verse teaches that good relationships among people begin with mutual understanding and respect for differences, which are essential aspects of building social harmony. The process of getting to know one another is not only about understanding others' cultural backgrounds, ethnicities, or worldviews, but also involves recognizing diversity as part of God's will in creating humanity in various forms and characteristics. By respecting these differences, society can avoid

conflict and create an inclusive environment where every individual feels accepted and valued.

In addition, the verse also emphasizes that piety toward Allah must be the fundamental basis in every social interaction. Piety teaches Muslims to act with good intentions, uphold good character, and consistently strive to do good toward others (Novtrianti et al., 2024). When a person prioritizes piety in every action, they will be able to appreciate others' feelings, act justly, and avoid selfishness and tyranny. In this context, piety is not only related to one's personal relationship with God, but also to the way they interact with others in daily life.

B. The Significance of Emotional Intelligence in Contemporary Islamic Education

The relevance of emotional intelligence in modern Islamic education is very profound, especially in the development of individuals who are not only intellectually talented but also possess strong moral character and exceptional interpersonal skills (Mahmudinata, 2024). Emotional intelligence, which includes the ability to understand others' emotions, motivate oneself, identify and regulate one's own emotions, as well as foster harmonious relationships, serves as an important foundation in shaping a balanced individual between the aspects of reason, heart, and action (Ramadhani & Khotimah, 2023).

The application of emotional intelligence in Islamic education also has a positive impact on students' mental health. With the ability to recognize and manage emotions, students can reduce the risk of psychological disorders such as anxiety, depression, or stress, which often occur among young people. This aligns with Islamic teachings that encourage believers to maintain a balanced life physically, mentally, and spiritually. Surah Ash-Shams verses 7-10 teach the importance of purifying the soul to achieve success, which is relevant to the concept of emotional intelligence in shaping a holistically healthy individual.

In the context of Islamic education, emotional intelligence can help students gain a deeper understanding of Islamic values by enabling them to connect theoretical knowledge with everyday practice. For example, the management of emotions taught in the Qur'an, such as controlling anger and practicing forgiveness as mentioned in Surah Ali 'Imran verse 134, serves as a practical guide in dealing with conflicts in school or community environments. This ability can create a more conducive learning atmosphere, where students interact positively with their peers, teachers, and surroundings.

The ability to motivate oneself, which is one aspect of emotional intelligence, can help students set life goals based on Islamic principles. In Surah Ar-Ra'd, verse 11, Allah affirms that the change in the fate of a people begins with the efforts made by individuals. Islamic education that instills this value will shape students who possess a strong fighting spirit, initiative, and high resilience in pursuing success without neglecting spirituality and ethics.

Furthermore, emotional intelligence is relevant in building noble character, one of the main goals of Islamic education. As demonstrated in Surah Al-Hujurat, verse 13, the Qur'an emphasizes the importance of fostering positive relationships with others. This verse highlights the significance of piety in social interactions and respect for differences. With the ability of empathy, students can understand the needs and feelings of others, which ultimately encourages them to be friendly, respectful, and cooperative.

Emotional intelligence also supports students in facing academic pressure and life challenges more wisely. As reflected in Surah Al-Baqarah verses 155-156, patience in facing trials is the key to achieving success. With emotional intelligence, students can learn to manage stress, stay motivated, and strive to overcome obstacles in a constructive way. This helps them not only to achieve academic accomplishments but also to become individuals who are mentally and spiritually resilient.

The application of emotional intelligence in Islamic education also includes practical training, such as habituation of Islamic morals, in-depth discussions on Qur'anic values, and the development of interpersonal skills through group work or mentoring programs (Aristyasari et al., 2022). This holistic education will shape a generation that is not only excellent in knowledge but also possesses the ability to become ethical leaders, caring citizens, and obedient servants of Allah.

To realize this, Islamic educational institutions need to adopt an integrated approach, both through formal curriculum and extracurricular activities. Emotional intelligence education can be implemented through learning based on Qur'anic values, real-life case simulations, interactive discussions, and cultivating positive attitudes in daily life. Teachers also play a crucial role as role models in applying emotional intelligence, as students tend to learn through observation and direct experience

Thus, emotional intelligence holds a very strong relevance in contemporary Islamic education. Its development not only supports the goals of Islamic education in shaping a perfect human being (insan kamil) but also equips students to become resilient individuals with noble character who contribute positively to society in the modern era. This makes emotional intelligence an inseparable element in the effort to realize holistic and sustainable Islamic education.

4. Conclusion

This study shows that emotional intelligence from the perspective of the Qur'an is significantly relevant in contemporary Islamic education, particularly in developing individuals who are balanced intellectually, emotionally, and spiritually. The findings address the need for a holistic approach that integrates Qur'anic values in managing emotions, character development, and fostering social relationships. However, this study has limitations, mainly due to its theoretical focus through literature review without involving empirical testing on a specific population. Therefore, future research is recommended to examine the practical application of

Qur'an-based emotional intelligence concepts at various educational levels, so that the results can be more contextual and applicable in facing modern educational challenges. An interdisciplinary approach can also be considered to broaden insights into the relevance of this concept in a global context.

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