



## Sepuluh ciri capai status Muslim unggul

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Dalam membahaskan ciri seorang Muslim, seorang ilmuwan Islam, Syeikh Hassan Al-Banna menggariskan 10 ciri jitu lagi mantap untuk memenuhi apa yang dikatakan 'keperibadian Muslim yang unggul'. Semua ciri ini saling lengkap melengkapi bagi menonjolkan kecemerlangan sahsiah Islam.

Ciri itu adalah:

### • *Akidah yang bersih.*

Ciri ini amat penting kerana ia menjadi teras kepada pembangunan modal insan sebenar. Dengan ada akidah yang mantap, sudah pasti umat Islam tidak akan tergelincir daripada landasan syariat Islam yang betul. Ia juga adalah suatu piawaian ke arah penyerahan diri seperti diikrarkan dalam solat di mana solatku, ibadahku, hidupku dan matiku semuanya bagi Allah SWT, Tuhan semesta alam.

### • *Ibadat yang betul.*

Ibadat yang betul akan menjurus kepada keikhlasan dan pembentukan peribadi yang mulia. Ia menunjukkan sesuatu ibadat itu mesti bersumberkan sumber yang betul, terdiri daripada al-Quran dan al-Sunnah serta sumber lain diterima ulama.

### • *Akhlak yang mulia.*

Perilaku ini harus dimiliki setiap Muslim kerana akhlak mulia bukan saja akan menjaga hubungan antara makhluk, malah hubungan antara makhluk dan Penciptanya.

### • *Kekuatan jasmani.*

Daya tahan yang kuat sehingga dapat melaksanakan tuntutan agama yang optimum amat diberi perhatian dalam Islam. Islam tidak pernah mengasingkan kekuatan fizikal dalam mencari keredaan Allah SWT. Ia amat jelas dilihat kerana beberapa amalan dalam Islam memerlukan kekuatan fizikal yang mantap seperti solat, puasa dan haji. Kekuatan jasmani adalah pencegahan

### • *Cerdas berfikir.*

Kecerdasan berfikir akan membawa kepada intelektualisme. Seorang intelek adalah aset kepada masyarakat. Oleh itu, seorang Muslim perlu memiliki wawasan luas dan kemampuan intelegnya tidak harus diragui orang lain.

### • *Berjuang melawan hawa nafsu.*

Oleh kerana setiap manusia memiliki kecenderungan kepada sesuatu yang baik dan buruk, perlulah suatu semangat untuk melawan hawa nafsu yang buruk. Kesungguhan melawan hawa nafsu ini perlu disemai dalam diri umat Islam kerana ia akan berupaya melawan pelbagai maksiat dan kemungkaran.

### • *Pandai menjaga waktu.*

Ia faktor penting bagi manusia khususnya kepada orang Islam. Umpamanya Islam mengajar perancangan waktu seperti solat pada awal waktu. Solat pada awal waktu perlu diterjemahkan dalam kehidupan seharian sebagai pengurusan masa yang tepat. Setiap tindakan kita perlu dirancang mengikut waktu sesuai.

### • *Teratur dalam urusan.*

Ciri ini memerlukan profesionalisme dalam sesuatu urusan. Bersungguh-sungguh, bersemangat dan berkorban dalam melakukan sesuatu urusan akan menjadikan sesuatu perkara itu dapat dijayakan dengan cemerlang.

- **Memiliki kemampuan.**

Mempertahankan kebenaran dan berjuang menegakkan hanya boleh dilakukan sekiranya kita memiliki kemampuan dan kekuasaan dari segi pengetahuan, ekonomi dan sebagainya.

- **Bermanfaat kepada orang lain.**

Ciri ini akan menghakis sikap mementingkan diri sendiri dan sentiasa prihatin kepada kebajikan orang lain. Seseorang Muslim perlu berusaha menjadikan dirinya bermanfaat kepada orang lain. Jika pun beliau tidak memegang jawatan tinggi, sekurang-kurangnya kita boleh bermanfaat kepada ahli keluarga dan sahabathandai.

- **Kesimpulannya**

Semua ciri itu penting serta perlu ada bagi membangunkan modal insan. Walaupun ia mungkin menggunakan nama baru, ulama terdahulu sudah membincangkannya dengan panjang lebar seperti olahan dibuat Hassan Al Banna.

Pada Rancangan Malaysia Kesembilan (RMK-9) pembangunan modal insan amat dititikberatkan oleh kerajaan. Ia menggariskan lapan teras Dasar Pembangunan Modal Insan merangkumi penambahbaikan sistem penyampaian pendidikan, latihan dan pembelajaran sepanjang hayat. Pembangunan kemahiran keusahawanan juga diberi penekanan pada rancangan itu.

Justeru, sekira, sudah pasti negara akan mencapai kecemerlangan kerana adunan itu akan menghasilkan natijah amat positif apabila insan yang dibangunkan itu bukan saja berguna kepada masyarakat, malah menjaga hubungan baik mereka dengan Pencipta.

Dengan cara ini akan lahir manusia yang mengejar kejayaan di dunia dan tidak sekali-kali mengabaikan persediaan mereka di akhirat nanti.

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**Determination today leads to success tomorrow**



## Controlling Anger Before It Controls You

We all know what anger is, and we've all felt it: whether as a fleeting annoyance or as full-fledged rage. Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems (problems at work, in your personal relationships, and in the overall quality of your life).

### STRATEGIES TO KEEP ANGER AT BAY

#### 1. Relaxation

Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings. There are books and courses that can teach you relaxation techniques, and once you learn the techniques, you can call upon them in any situation. If you are involved in a relationship where both partners are hot-tempered, it might be a good idea for both of you to learn these techniques.

#### 2. Cognitive Restructuring

Simply put, this means changing the way you think. Angry people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts. When you're angry, your thinking can get very exaggerated and overly dramatic. Try replacing these thoughts with more rational ones. For instance, instead of telling yourself, "oh, it's awful, it's terrible, everything's ruined," tell yourself, "it's frustrating, and it's understandable that I'm upset about it, but it's not the end of the world and getting angry is not going to fix it anyhow."

#### 3. Problem Solving

Sometimes, our anger and frustration are caused by very real and inescapable problems in our lives. Not all anger is misplaced, and often it's a healthy, natural response to these difficulties. There is also a cultural belief that every problem has a solution, and it adds to our frustration to find out that this isn't always the case. The best attitude to bring to such a situation, then, is not to focus on finding the solution, but rather on how you handle and face the problem.

#### 4. Better Communication

Angry people tend to jump to and act on conclusions, and some of those conclusions can be very inaccurate. The first thing to do if you're in a heated discussion is slow down and think through your responses. Don't say the first thing that comes into your head, but slow down and think carefully about what you want to say. At the same time, listen carefully to what the other person is saying and take your time before answering.

#### 5. Using Humor

"Silly humor" can help defuse rage in a number of ways. For one thing, it can help you get a more balanced perspective. When you get angry and call someone a name or refer to them in some imaginative phrase, stop and picture what that word would literally look like. If you're at work and you think of a coworker as a "dirtbag" or a "single-cell life form," for example, picture a large bag full of dirt (or an amoeba) sitting at your colleague's desk, talking on the phone, going to meetings. Do this whenever a name comes into your head about another person. If you can, draw a picture of what the actual thing might look like. This will take a lot of the edge off your fury; and humor can always be relied on to help unknot a tense situation.

#### 6. Changing Your Environment

Sometimes it's our immediate surroundings that give us cause for irritation and fury. Problems and responsibilities can weigh on you and make you feel angry at the "trap" you seem to have fallen into and all the people and things that form that trap. Give yourself a break. Make sure you have some "personal time" scheduled for times of the day that you know are particularly stressful.

## 7. Some Other Tips for Easing Up on Yourself

### *Timing*

If you and your spouse tend to fight when you discuss things at night—perhaps you're tired, or distracted, or maybe it's just habit—try changing the times when you talk about important matters so these talks don't turn into arguments.

### *Avoidance*

If your child's chaotic room makes you furious every time you walk by it, shut the door. Don't make yourself look at what infuriates you. Don't say, "well, my child should clean up the room so I won't have to be angry!" That's not the point. The point is to keep yourself calm.

### *Finding alternatives*

If your daily commute through traffic leaves you in a state of rage and frustration, give yourself a project—learn or map out a different route, one that's less congested or more scenic. Or find another alternative, such as a bus or commuter train.

### **YOU NEED COUNSELING!**

If you feel that your anger is really out of control, if it is having an impact on your relationships and on important parts of your life, you might consider counseling to learn how to handle it better.

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**“ There can be no friendship without confidence  
and no confidence without integrity ”**