

Optimism in Psychology and its Structure on the Islamic Sources

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This research has been carried out in order to describe and analyze optimism through two approaches of psychology and Islam and to found the structure plan of optimism on the Islamic thought. The method of research is of descriptive-analytic and solidarity kind. After studying almost 3500 statements from the Islamic sources including the Qur'an and the traditions on the subject, while hinting at some difference between the structure of optimism in the Islamic point of view and that of the literature of psychology, the findings went to show that optimism is of two levels: the first level comprises knowledge and awareness, positive interpretation, certainty in the coming of outcomes, hope and behavior convergent with optimism. The second level is of the forty sub-constituents stemming from another wide-ranging concept known as "faith". Experts of religion and psychology have approved that the content of the above structure is justifiable; their ideas about the justifiability of the content is 0/76 and the average of coefficient of solidarity is 0/797 which are of high agreement.

Keywords: optimism, structure, Islamic, Islamic psychology, optimistic psychology.

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