

BENEFITS OF SELF-REFLECTION (MUHASABAH) IN BUILDING THE CHARACTER OF MUSLIM DOCTORS

Nur Fadhillah Khalid¹, Ida Royani², Irna Diyana Kartika³

^{1,2,3} Department of Islamic Medical Dicipines, Bioethics & Professionalism, Universitas Muslim Indonesia,

BACKGROUND: Self-reflection (muhasabah) is self-introspection with pay attention and reflecting on the good and bad things as a form of evaluation in living. A Muslim should measure himself, so that he can become a better person over time, especially as a prospective muslim doctors. In Islam, every Muslim is taught to have glorious morals and to do any job well, including the medical profession. A doctor is entrusted with protecting the health of patients, as well as protecting their secrets and honor. The following are commendable morals that Muslim doctors should have, including: Sincerity, Amanah (trustworthy), Mujahid (fighting), Al-Adil (being fair), Mujtahid (high and complete knowledge), Musyarakah (cooperating), Tawasuth (impartial/neutral), Tawazun (balance), Tasamuh (generous) and Tajdid (renewing).

METHOD: This research is a descriptive study with a simple random sampling technique, using a muhasabah form to measure themselves and also using deep-interviews on 18 subjects.

RESULTS & DISCUSSION: From 18 subjects, the results were obtained, 11 of them had muhasabah mumtaz (very good), 5 people had ahsan (good) and 2 people had kaafii (fair). The majority of subjects feel the benefits of routine self-reflection, including be able to improve intentions and goals in all matters and this is in accordance with the sincere nature as a characteristic of Muslim doctors, having good habits such as keeping time, holding back anger, avoiding arrogant attitudes and ujub, being diligent in giving alms, cleaning heart, and other good deeds, this is in accordance with the characteristics of tasamuh (generous), tawazun (balance), trustworthy, having a target of reading Islamic books, hadish and other sources of knowledge, this is in accordance with the nature of Tajdid (renewing), preaching to patients, families and relatives, this is in accordance with the nature of Mujahid (struggling), including continuing to learn to this day. In daily care for patients, this prospective doctor has tried to apply the characteristics of al-adil (being fair), Tawasuth (not taking sides), musyarakah (cooperating) with paramedics. As for the characteristics of a mujtahid (highly knowledgeable and complete) currently being cultivated.

CONCLUSION: Self-reflection (Muhasabah) has benefits in building the character of Muslim doctors

KEYWORDS: Self-reflection, Muhasabah, Character, Muslim Doctor