

MOTIVATION THROUGH ISLAMIC AND PSYCHOLOGICAL LENSES: ALIGNMENTS AND CONTRASTS

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Abstract: Motivation is a driving force that drives individuals to achieve certain goals. In psychology, motivation is often associated with the fulfillment of basic needs, as explained by Abraham Maslow in his hierarchy of needs. Motivation can arise from within, such as personal desires and beliefs, or from outside, such as appreciating the environment. Meanwhile, in Islam, motivation is based on sincere intentions (*niyyah*) and is oriented towards the afterlife. Islam emphasizes good deeds, sincerity, and *tawakal* as the main drivers of human behavior. This journal compares the perspectives of Islam and psychology in understanding the concept of motivation. This study reveals that Islamic motivation focuses on seeking God's pleasure and eternal well-being in the afterlife, while psychology emphasizes worldly needs and self-actualization. Although different, both approaches highlight the importance of motivation in shaping behavior and improving the holistic well-being of individuals.

Keywords: Motivation, Islam, Psychology, Intention, Basic Needs, Welfare, Life After Death

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INTRODUCTION

In terms of language, motivation comes from *Latin*, which means "pushing" (Kamus Besar Bahasa Indonesia, 2020). This word describes an urge that moves humans to do certain actions. In KBBI, motivation means "an urge that arises within a person consciously or unconsciously to do an action with a certain purpose".

In terminology, the definition of motivation is the ability possessed by a person (both internally and externally) that drives him to achieve a goal. Psychologists such as David McClelland define motivation as "the drive within an individual to achieve something that is considered important" (McClelland & Burnham, 2008). McClelland explains that motivation is influenced by the need for achievement, power, and affiliation that drives individuals in various activities of their lives. On the other hand, Navy (2020) states in his research entitled "Theory of Human Motivation - Abraham Maslow" that motivation is associated with a hierarchy of needs that includes the need for appreciation, security, love, and belonging, as well as self-actualization and physiological.

In Islam, motivation has a broader and deeper meaning. The term motivation is often associated with *niyyah* or intention, which means a person's awareness in doing an act accompanied by the hope of obtaining the pleasure of Allah SWT (Q.S, 98: 5). Thus, motivation in the Islamic perspective includes a strong spiritual dimension, in contrast to motivation in the psychological perspective, which generally focuses on fulfilling worldly needs.

Motivation comes from the power within a person to do something to achieve a certain goal. In psychology, motivation is often associated with basic human needs, which include

fulfilling emotional desires, self-actualization, gaining appreciation, and a sense of security, as in research (Uno, 2023) that describes the study of motivation theory in Maslow's hierarchy. This motivation can arise from internal factors, such as personal drive and beliefs, or external factors, such as the environment and appreciation from outside oneself (Rahman, 2022). Meanwhile, in Islam's view, motivation is not only focused on worldly goals but also related to the goals of the afterlife. Islam emphasizes the importance of intention (niyyah) and sincerity in every action as the basis for motivation (Saripuddin, 2024). In the Qur'an, the motivation to do good and gain Allah's pleasure is the core motivation that should underlie the behavior of a Muslim (Baqarah; 117). Therefore, Islam views motivation as a drive to fulfill material or worldly needs and an effort to be close to al-Khalik to strengthen spiritual values and achieve true happiness (Azimi, 2024).

METHOD

The method used is library research using *Systematic Literature Review*, which is carried out by utilizing the potential of various literature, either in the form of books, notes, or other scientific references, as a basis for data collection.

The information-gathering process begins with identifying various discourses through articles, journals, and other relevant sources through the Research Question (Researcher's Question), which is usually abbreviated as RQ. There are 2 RQs in this study: (1) How is the concept of motivation from the perspective of Islamic Psychology? (2) How is the concept of motivation applied in Islamic psychology in everyday life? In the second step, the researcher determines the keywords (Keywords), namely "Motivation in Islamic Perspective" and "application of the concept of motivation in Islamic psychology." Furthermore, the selected literature is evaluated using the inclusion and exclusion criteria that have been set to ensure the relevance and quality of the source. The researcher conducts an evaluation based on QA (Quality Assessment), QA1 "Journal published in the last 5 years", QA2 "Journal explains the concept of motivation in the perspective of Islamic psychology," QA3 "Journal discusses the application of the concept of motivation in Islamic psychology in everyday life." After the information is collected, an analysis is carried out using a content analysis approach, which is used to explore and evaluate reference sources related to the theme of *Motivation in Islamic Perspective and Psychology*. The results will be presented as descriptive data, arranged narratively, and explained in detail in this journal.

RESULT

The search results based on *the keywords* "Motivation in Islamic Perspective" and "application of the concept of motivation in Islamic psychology" found 20 journals, but from the results of the 20 journals will be classified based on QA (Quality Assessment) which can be seen in the following table:

Table 1 Clarification Results Based on QA

No	Researcher	Publication Year	Quality Assessment		
			QA1	QA2	QA3
1.	Abdullah Al Shidi et al.	2024	Y	X	X
2.	Harmalis	2019	X	Y	Y
3.	Umiyarzi	2021	Y	Y	Y

No	Researcher	Publication Year	Quality Assessment		
			QA1	QA2	QA3
4.	Sudarti & Fachrunnisa	2024	Y	Y	Y
5.	Samuji	2023	Y	Y	X
6.	Anwar & Umar	2021	Y	Y	Y
7.	Ramdan Samadi et al.	2023	Y	Y	Y
8.	Kusumaningtyas	2018	X	X	X
9.	Zainol & Abidin	2023	Y	X	X
10.	Harahap et al.	2022	Y	Y	Y
11.	Maya et al.	2023	Y	Y	X
12.	Sarnoto & Abnisa	2022	Y	Y	Y
13.	Idris	2019	X	Y	X
14.	Ariyanto & Sulistyorini	2020	Y	X	X
15.	Muhopilah et al.	2024	Y	Y	Y
16.	Islam	2019	X	Y	Y
17.	Masduqie et al.	2022	Y	Y	Y
18.	Rika Sartika et al.	2022	Y	Y	Y
19.	Anugrah et al.	2022	Y	Y	Y
20.	W.A. et al.	2017	X	Y	Y

It can be seen that the results of the clarification of journals that only meet QA1 and QA2 were found as many as 2; this shows that although these journals are the latest publications and discuss the concept of motivation from an Islamic psychology perspective, they have not discussed in depth the application of the concept in everyday life. 3 journals only meet QA2 and QA3, namely journals that discuss the concept of motivation from an Islamic psychology perspective and its application in everyday life but are not included in the category of publications in the last five years.

3 journals only meet QA1, and this shows that although these journals are the latest publications in the last five years, they are less in-depth in discussing the concept of motivation from the perspective of Islamic psychology and its application in everyday life, so its theoretical and practical relevance still needs to be improved to support more comprehensive research. There is 1 journal that only meets QA2, showing that although the journal discusses the concept of motivation from the perspective of Islamic psychology, the journal is not included in the latest publications and does not provide a discussion on the application of the concept in everyday life. There is 1 journal that does not meet QA1, QA2, or QA3; this shows that this journal does not explicitly explain the concept of motivation from the perspective of Islamic psychology or its application in everyday life.

Then the rest found as many as 10 journals published in the last five years have comprehensively discussed the concept and application of motivation in Islamic psychology. Journals that meet all the criteria provide a strong basis for developing further studies on motivation from an Islamic perspective, especially in practical applications in everyday life. The ten journals are taken as secondary data that will be analyzed in the following table:

Table 2 Analysis of 10 Journals that Meet the Criteria QA1, QA2, QA3

No	Researcher	Title	Research result
1.	(Umiyarzi, 2021)	Work Motivation in an Islamic Perspective; A Theoretical Study	Work motivation in the Islamic perspective must be based on sincere intentions, noble morals, and lawful efforts. Work is considered a part of worship that can increase human dignity and is important to fulfill the rights of Allah and humans. The principles of work in Islam include honesty, avoiding usury, and not harming others. In addition, sincerity in work is emphasized as a condition for the acceptance of deeds in the sight of Allah SWT. Seeking halal sustenance is considered obligatory in Islam, and every activity carried out with good intentions can be considered worship. By following Islamic principles in work, it is hoped that it can produce blessings and pleasure in the world and rewards in the hereafter.
2.	(Sudarti & Fachrunnisa, 2024)	Achievement Motivation in Islamic Management Practices: Developing a Scale and Validation	Motivation from an Islamic perspective is closely related to the concept of achievement motivation, which emphasizes the need for achievement within the framework of Islamic work ethics. Spirituality and religiosity play a significant role in enhancing work motivation. By integrating these principles, leaders of Islamic-based institutions can effectively motivate their workforce, foster a work environment that is in line with Islamic values and increase overall productivity.
3.	Anwar & Umar (2021)	Teacher Motivation in Working from an Islamic Perspective	Teacher motivation from an Islamic perspective is greatly influenced by spirituality, which includes faith, piety, and excellence. This motivation is different from Western motivational theories that emphasize external factors. In Islam, work is considered as worship, and intrinsic motivation comes from spiritual beliefs and the search for divine approval. This study also found that motivation based on Islamic spirituality can increase

No	Researcher	Title	Research result
4.	Ramdan Samadi et al. (2023)	Islamic Perspective on the Role of Rewards and Punishments in Student Learning Motivation	teacher loyalty, innovation, and productivity, which in turn has a positive impact on student performance.
5.	Harahap et al. (2022)	The Existence of Motivation in Increasing Personal Potential from the Perspective of the Qur'an and Hadith	Motivation, both intrinsic and extrinsic, plays a vital role in encouraging individuals to develop their potential, both for worldly and spiritual benefits. This study highlights that motivation from an Islamic perspective, as reflected in the Quran and Hadith, provides motivational incentives in the form of promises of higher status and rewards from Allah for those who help others and seek knowledge. The authors conclude that both types of motivation positively influence individual development, with extrinsic motivation catalyzing intrinsic motivation. They recommend that educators foster student motivation and encourage them to strive for self-improvement.
6.	Sarnoto & Abnisa (2022)	Motivation to Learn in the Perspective of the Qur'an	Learning motivation from the perspective of the Qur'an is very important in education. This study highlights two main types of motivation: intrinsic motivation, which includes curiosity, self-confidence, and relevance; and extrinsic motivation, which includes enjoyment, reward, and achievement. This study uses a qualitative, descriptive-interpretive approach, mainly through literature review. The application of these motivational principles in the learning environment can help students achieve their maximum potential.

No	Researcher	Title	Research result
7.	Muhopilah et al. (2024)	Application of Educational Psychology Concepts in Learning in Integrated Islamic Schools	A psychological approach and systematic and varied learning methods can improve the effectiveness of learning in schools. At SD Islam Terpadu Insan Kamil, learning activities are divided into several program classifications such as daily, weekly, monthly, semester, yearly, and incidental, all of which are designed to create an interactive and effective learning atmosphere. This approach emphasizes the importance of understanding students' psychological characteristics, such as motivation and individual differences, to adjust effective teaching methods. In addition, cooperation between parents, principals, and teachers is also considered important to improve the learning process. Overall, this study highlights the importance of a psychological approach in education to support the development of holistic and morally responsible students.
8.	Masduqie et al. (2022)	Religion-Based Cognitive Behavior Therapy with self-management Techniques to Improve Students' Learning Motivation	Islamic cognitive behavioral therapy can help students restructure their negative thoughts and beliefs, which ultimately improves learning behavior and motivation. By integrating Islamic values into this therapy, it is expected to encourage positive thinking and moral development. among students. This approach has proven effective in increasing students' learning motivation at Madrasah Aliyah As-Syafi'e in Pamekasan, Indonesia, by changing negative mindsets into positive ones and increasing awareness of the importance of education.
9.	Rika Sartika et al. (2022)	Various Theories of Motivation in Islamic Education Management	Motivation is discussed from an Islamic perspective, including how work motivation in Islam is viewed as part of worship and not merely to pursue wealth or status. In this context, motivation in Islam is not only viewed as a drive to achieve worldly goals, but also includes spiritual and divine

No	Researcher	Title	Research result
			aspects. The Prophet Muhammad SAW taught that life motivation is related to the stages of human life and includes aspects of faith, worship, and noble morals.
10.	Anugrah et al. (2022)	Formation of Student Morals through Islamic Psychology	The concept of Islamic psychology includes several elements, one of which is the motivational structure, which is the basis for the formation of Islamic psychology theory. The application of the concept of Islamic psychology can shape students' Islamic morals through exemplary methods, habits, and advice. This study also emphasizes the importance of Islamic psychology as an approach to fostering morals in dealing with the problems of students' lifestyles in the era of globalization.

DISCUSSION

The Concept of Motivation

Motivation from an Islamic perspective

Motivation has a strong foundation in the aspect of intention (niyyah) and life goals related to faith. As Umiyarzi (2021) said, Motivation in Islam is closely related to sincere intentions, noble morals, and halal efforts. Principles such as honesty, avoiding usury, and not harming others are the main basis for working. This concept emphasizes that working is not only to fulfill worldly needs. But as part of worship that can increase human dignity, applying this principle is expected to bring blessings and pleasure in the world and rewards in the hereafter. Rika Sartika et al. (2022) state that motivation in Islam is seen as part of worship, not only for worldly purposes but also for spiritual and divine aspects. Motivation for life in Islam includes stages of human life involving faith, worship, and noble morals.

Motivation plays an important role in shaping a person's attitude and behavior, encouraging him to live his life according to Islamic teachings. Motivation in Islam is based on two main components: (1) Intention and Sincerity: Sincere intention is a strong foundation in every action taken by a Muslim. A famous hadith states, *"Indeed all actions depend on one's intention, and a person only gets what he intends"* (HR. Bukhari and Muslim). This shows that every good deed in Islam must be based on a sincere intention to obtain the pleasure of Allah SWT, which is the deepest source of motivation for a Muslim; (2) Rewards and Rewards in the Hereafter: Motivation in Islam is not only related to worldly satisfaction but also directs individuals to achieve happiness in the hereafter. Every good deed, for example, has an impact on the world and the hereafter. The concept of *the hereafter* encourages a person to do good deeds, not only for personal satisfaction but also for the pleasure of Allah SWT. As explained in the Qur'an: *"Whoever does good deeds, whether male or female, while he is a believer, then verily We will give him a good life"* (QS. An-

Nahl [16]: 97). This verse emphasizes that a good life is the result of motivation based on faith and good deeds; (3) Trust and Patience: In addition to intention and reward, motivation in Islam is also related to *trust* and *patience* in facing challenges. The concept of trust provides spiritual strength for a Muslim to continue trying and not give up easily, while patience provides endurance in facing life's trials. Someone who understands the meaning of trust and patience will be more motivated to continue trying and not stop in difficult circumstances.

Motivation in Psychology

Motivation is the force that drives a person's behavior to achieve a desired goal. This concept is analyzed through various approaches, the most well-known of which are:

Maslow's Theory of Needs

Maslow introduced a hierarchy of needs, explaining that a person's motivation depends on satisfying basic needs, ranging from physiological, safety, and esteem to self-actualization. Maslow stated, "Only after basic needs are met can a person attain satisfaction at a higher level of needs." For example, a safe person will be more motivated to pursue higher rewards or personal goals.

Self-Determination Theory (Ryan and Deci)

This theory emphasizes the importance of intrinsic motivation (desire from within) and extrinsic motivation (desire from without). Ryan and Deci state that intrinsic motivation is closely related to feelings of competence, autonomy, and social connectedness. According to them, intrinsic motivation plays an important role in maintaining a person's enthusiasm in the long term (Deci et al., 2018).

Reinforcement Theory (Skinner)

Based on behaviorist theory, Skinner argued that motivation can be strengthened through positive or negative stimuli. In other words, behavior that is rewarded tends to be repeated, while behavior that is punished decreases. This theory focuses more on the role of external factors in shaping a person's motivation (Triwahyuni et al., 2019).

The Role of Motivation in Islam and Psychology

Motivation plays an important role in a person's life, both from a religious and psychological perspective. In Islam, motivation can increase a person's spirituality and moral goodness, such as: (1) Forming an Islamic Personality: Motivation based on faith and piety will form an honest, disciplined, patient, and responsible person. Individuals who are motivated to seek Allah's pleasure will always maintain integrity in their actions and words; (2) Maintaining Commitment to Good Deeds: Motivation in Islam helps a Muslim to remain steadfast or consistent in carrying out religious commands, such as prayer, zakat, and other worship, even when faced with challenges and difficulties.

From a psychological perspective, motivation affects many aspects of life, from improving academic achievement and social relationships to career development. Some of the roles of motivation in psychology include: (1) Encouraging goal achievement: Motivation provides energy and direction for a person to achieve goals so that individuals are encouraged to try their best. For example, high learning motivation helps students strive to achieve good academic results; (2) Increasing Personal Satisfaction and Happiness: Individuals with intrinsic motivation are generally happier because they do things with meaningful and relevant goals.

Thus, from an Islamic and psychological perspective, motivation is important in shaping a person's personality and direction in life. From an Islamic perspective, motivation functions as a spiritual driver oriented towards pleasing Allah and the hereafter, while in psychology, motivation helps a person achieve their potential and happiness in life through fulfilling needs and achieving goals. Both perspectives show that motivation functions as a force for achieving personal goals and as a basis for improving the quality of life and mental and spiritual well-being.

Factors That Influence Motivation

From an Islamic and psychological perspective, motivation does not just appear without any influence. Various factors play an important role in forming, strengthening, or even weakening a person's motivation. In Islam, motivation is influenced by faith, piety, environment, and religious education. Meanwhile, in psychology, motivation is influenced by basic needs, social factors, emotional conditions, and the external environment.

In Islam, several important factors influence a Muslim's motivation to remain enthusiastic in carrying out religious commands, doing good, and trying to gain Allah's pleasure. These factors include:

Faith and Piety

Faith in Allah is a fundamental factor that influences a Muslim's motivation. A Muslim who has strong faith will be more motivated to do what his religion commands and abandon everything that He has forbidden. Taqwa also plays an important role in maintaining the purity of intentions and sincerity of actions. Allah SWT says, "Indeed, those who believe and do righteous deeds will obtain paradise full of pleasure." (QS. Luqman [31]: 8). This verse shows that faith and good deeds encourage a Muslim to try better for the enjoyment of the afterlife, which is a strong form of spiritual motivation.

Afterlife as the Main Orientation

A person's motivation is greatly influenced by the awareness that the process of life in this world is temporary, life in the afterlife is eternal. This understanding motivates a Muslim to focus more on life in the afterlife through good deeds and worship. As stated in QS. Al-Ankabut [29]: 64, "And the life of this world is but amusement and play. And verily, the hereafter is the real life if they only knew." This understanding makes the afterlife a motivation that encourages a person not to be easily tempted by temporary worldly pleasures and to focus more on long-term goals.

Family and Social Environment

An Islamic family environment and good social support are external factors that greatly influence a Muslim's motivation. For example, a family that implements Islamic values and provides an example in worship will form a positive mindset in a person from an early age. The Prophet Muhammad, in his saying, "*Every child is born in a state of fitrah, then his parents make him Jewish, Christian, or Zoroastrian.*" (HR. Bukhari and Muslim). This hadith implies the main role of parents and their environment as the basis for forming a child's religious motivation from an early age.

Religious Education and Its Understanding

A deep understanding of Islamic teachings also strengthens motivation. A person with good religious knowledge will better understand the reasons and benefits of every command and prohibition in Islam, so he is more motivated to practice Islamic teachings with full

awareness. Good religious education helps a person understand that every good deed will be rewarded according to his intentions.

Factors Influencing Motivation from a Psychological Perspective

In psychology, various theories reveal the factors that influence individual motivation. The following are some of the main factors that are often identified in psychological motivation studies:

Basic Needs and Maslow's Hierarchy

According to Abraham Maslow, a person's motivation is influenced by needs that are arranged in a hierarchy. In this pyramid of needs, physiological needs such as food and shelter are at the basic level. They must be met first before the individual can feel motivated to meet the needs at the level above them, such as security, affection, appreciation, and self-actualization. When these basic needs can be met, the individual will be motivated to achieve their maximum potential, or what is called self-actualization. In his research (Navy, 2020), Maslow argued that individuals who reach the level of self-actualization have deeper and more lasting motivation because their life goals have been met at all levels of need.

Social and Environmental Influences

In psychology, social factors such as family, friends, and society greatly influence individual motivation. A supportive environment can encourage individuals to develop and achieve their goals. Research shows that social support from those closest to them positively impacts motivation, especially in terms of academic and career achievement. On the other hand, an unsupportive environment can reduce an individual's motivation to achieve (Azhar & Wahyudi, 2024). Not only in the perspective of psychology, the environment can influence student motivation, but even in the perspective of Islam, the environment also influences the perspective of Islam. Sudarti & Fachrunnisa (2024) revealed that motivation can be increased by understanding and implementing Islamic values in the environment. This helps create a productive environment that aligns with Islamic values, ultimately increasing productivity.

Emotions and Psychological Well-Being

A person's emotional state is also a major factor influencing motivation. Positive emotions such as joy, enthusiasm, and optimism can enhance motivation, while negative emotions such as fear, anxiety, and frustration tend to inhibit motivation. In *Self-Determination Theory*, Deci and Ryan emphasize that emotions that support competence, autonomy, and social coherence can enhance a person's intrinsic motivation (Deci et al., 2018).

Reinforcement and Punishment (Behaviorism)

In the behaviorist approach, BF Skinner suggested that reinforcement plays an important role in shaping motivation. Positive reinforcement, such as praise or rewards, can increase the motivation to repeat a particular behavior, while punishment can reduce the motivation to perform an undesirable behavior. For example, in an educational context, rewards for high-achieving students can motivate other students to study harder. This theory is often applied in educational and work environments to increase productivity and positive behavior (Triwahyuni et al., 2019).

Comparison of Motivational Factors in Islamic and Psychological Perspectives

Although motivational factors in Islam and psychology have some similarities, such as the importance of environment and social support, there are fundamental differences regarding motivation's ultimate goal and basis.

Afterlife Orientation vs Self-actualization

In Islam, motivation tends to be oriented towards the goal of the afterlife, namely, to gain Allah's pleasure and achieve eternal life. Meanwhile, in psychology, especially according to Maslow, the highest motivation is self-actualization, which is when someone reaches their maximum potential in a worldly context. This difference in orientation reflects the spiritual approach in Islam compared to the humanistic approach in psychology.

Intention and Sincerity vs External Influence

Islam emphasizes the importance of intention and sincerity as the main factors in motivation. A person must have a sincere intention to receive blessings in every action. In contrast, psychology often highlights the role of external factors such as rewards, environment, and reinforcement that influence a person's motivation. Based on behavioral theory, these factors are considered to play a greater role in shaping motivation.

Thus, from an Islamic perspective, motivation is influenced by faith, afterlife orientation, Islamic environment, and religious education, all of which aim to achieve Allah's pleasure. In psychology, motivation is influenced by the hierarchy of needs, social support, emotional states, and external reinforcement.

The Influence of Motivation on Individual Behavior and Well-being

Motivation is the main driver that influences a person's actions and decisions in his life. From both Islamic and psychological perspectives, motivation plays a major role in shaping an individual's behavior and well-being. However, in both perspectives, there are different approaches to understanding the relationship between motivation and well-being. Islam emphasizes holistic well-being, namely the well-being of this world and the hereafter, while psychology tends to focus more on psychological and physical well-being in this world.

The Influence of Motivation on Individual Behavior in an Islamic Perspective

In Islam, motivation is an energy that drives humans to act according to religious guidance and aims to obtain Allah's pleasure. Strong motivation in Islam will directly influence individual behavior in everyday life, both spiritually and socially. Some of the influences of motivation in Islam on individual behavior include:

Motivation for Worship and Good Deeds

The motivation that comes from faith in Allah will encourage individuals to worship consistently and sincerely. A Muslim who is motivated by faith will carry out prayer, fasting, zakat, and Hajj as religious obligations with great gratitude. Allah said, "*And I did not create jinn and humans except that they should worship Me.*" (QS. Adh-Dhariyat [51]: 56) – which emphasizes that worship activities are a form of behavior directed towards higher spiritual goals.

Motivation to Do Good to Others

Islam teaches that every individual must behave well towards fellow human beings to gain Allah's pleasure. One aspect that greatly motivates good behavior is the teaching to give alms, help people who are experiencing difficulties, and establish harmonious social relationships. In the hadith, the Messenger of Allah SAW said, "*Your smile in front of your brother is alms, and every good thing you do is worship.*" (Narrated by Tirmidhi). This hadith shows that motivation from belief in Allah's reward and pleasure can encourage individuals to do good without only expecting worldly rewards.

Motivation to Maintain Ethics and Morals

Motivation in Islam also encourages individuals to behave with noble morals. The Prophet Muhammad SAW is the best role model, and Muslims are taught to imitate his behavior. One of the main motivations underlying good behavior is a sincere intention to gain Allah's pleasure. A Muslim who is motivated by Islamic teachings will try to maintain behavior and morals in every aspect of life, whether at work, family, or society.

The Influence of Motivation on Individual Welfare in an Islamic Perspective

Well-being in Islam includes worldly well-being and spiritual well-being that leads to eternal happiness in the hereafter. The drive directed towards achieving worldly and hereafter well-being will influence one's behavior and life in the following ways:

Spiritual Well-being

In Islam, true well-being is based on closeness to Allah and a blessed life. The motivation that is carried out consistently to get closer to Allah SWT will increase inner peace and provide a sense of security and happiness. As stated in the Qur'an, *"Whoever does good deeds, whether male or female, and is a believer, those will enter Paradise and they will not be wronged in the slightest."* (QS. An-Nisa [4]: 124). Strong religious motivation forms good behavior and brings peace of heart and soul, ultimately leading to spiritual well-being. Research Anwar & Umar (2021) also suggests that motivation in Islam is influenced by spirituality, including faith, piety, and ihsan. Unlike Western motivation theories that emphasize external factors, motivation in Islam is rooted in spiritual beliefs and the search for divine approval. This spiritual-based motivation can potentially increase loyalty, innovation, and productivity, which have positive impacts.

Social welfare

Motivation to improve social relations in Islam also greatly affects individual well-being. Social welfare in Islam is achieved when individuals strive to live in harmony with others, maintain good relations, and help each other. One concept of social welfare in Islam is the importance of ukhuwah or brotherhood. For example, motivating oneself to share one's fortune with others through charity can improve social relations and bring blessings to individuals.

Economic Welfare

Motivation to work hard and earn halal sustenance is also important in economic well-being. Islam teaches the importance of working to fulfill life's needs in a halal manner. For example, the hadith of the Prophet Muhammad SAW said, *"Indeed, Allah loves a servant who, when he works, works diligently and sincerely"* (HR. Muslim). Motivation to earn halal and blessed sustenance encourages individuals to behave with a good work ethic, which positively impacts economic and social well-being.

The Influence of Motivation on Behavior and Well-being in Psychological Perspective

In psychology, the influence of motivation on individual behavior and well-being is more widely studied in the context of positive psychology, a study that emphasizes the development of individual potential, psychological well-being, and life satisfaction. The following are some of the main influences of motivation on individual behavior and well-being in psychology:

Intrinsic Motivation and Psychological Well-Being

Intrinsic motivation, the drive to do something enjoyable or satisfying for oneself, has been shown to improve psychological well-being. In Deci and Ryan's *Self-Determination*

Theory, individuals who are driven by intrinsic motivation are more satisfied, happier, and have more control over their lives. Intrinsic motivation, such as doing work that aligns with one's interests or life goals, can increase feelings of competence and autonomy, thereby improving psychological well-being (Deci et al., 2018).

Motivation for Achievement and Well-being

Motivation that focuses on achieving personal goals or ambitions can significantly impact a person's well-being, especially in terms of life satisfaction. A person with a clear direction in life and who is motivated to achieve it tends to have higher life satisfaction. However, if this motivation is centered on unrealistic or highly materialistic goals, it can lead to ongoing stress and dissatisfaction. Research shows that achieving meaningful goals can increase life satisfaction and give a person a deeper sense of meaning (Al Mustaqim, 2023).

The Influence of Motivation on Social Welfare and Interpersonal Relationships

Motivation also significantly impacts interpersonal relationships and social well-being. According to social motivation theory, individuals who are motivated to maintain good relationships with others tend to have better-quality relationships, which enhances social and emotional well-being. For example, individuals who are motivated to provide emotional support to friends or family will feel more connected and happier in their relationships. (Masduqie et al., 2022).

Thus, from an Islamic and psychological perspective, motivation plays a vital role in shaping an individual's behavior and well-being. Both suggest that well-being is achieved through material success and positive spiritual and social development. Pure and purposeful motivation results in productive behavior and contributes to overall well-being.

CONCLUSION

Motivation in Islam is rooted in the intention to gain Allah's pleasure, which drives individuals to act by religious teachings. This motivation encompasses various aspects, including worship, good deeds, and morals. Behavior-based on religious motivation creates worldly and spiritual well-being, which leads individuals to happiness in this world and the hereafter. In psychology, motivation focuses on achieving individual goals and psychological well-being. Intrinsic motivation is the drive to engage in activities that provide inner satisfaction and significantly influence psychological well-being. In addition, motivation for personal achievement and healthy social relationships also play an important role in improving an individual's quality of life and happiness.

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