

CONCEPT OF INTELLECT AND MIND IN ISLAM AND PSYCHOLOGY

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ABSTRACT

In this article, the concept of intellect, i.e. mind, is explained from a psychological and religious point of view. What is said about the mind in the Holy Qur'an and the definition and role of intellect in psychology are explained. The relationship between psychology and Islam is explained.

Keywords: Intellect, mind, Holy Qur'an, Surah Anfal, Surah Furqan, Surah Mulk, psychology intuition, perception, memory, emotion, Galton, J. Piaget general intelligence.

Intellect - (Latin intellects - to know, understand, perceive) the mental ability of a person, the ability to reflect and change life, environment, consciousness, thinking, reading, learning, knowing the world and accepting social experience. The ability to solve various issues, come to a decision, act rationally, foresee events.

Intelligence includes perception, memory, thinking, speech and other mental processes. The development of intelligence depends on social factors, such as innate, brain capacity, extensive study, and life experience. Intellect has been involved in difficult concepts for centuries. Intelligence is the adaptation of humans and animals to new environments. V. Stern, J. Piaget, D. Wexler and other authors also considered intelligence as a general ability that adapts people to new life conditions. In their research, they studied thousands of American schoolchildren using the longitudinal method. In the process of research, their IQ (intelligence quotient) was first determined. Pupils were divided into groups based on IQ coefficient and between 30 40 50 60 years observed. Over the years, test takers with higher IQs have shown higher performance in life activities. Test takers with a lower IQ scored 30 times less than them. It is known that some people are talented in specific sciences, and some people are talented in humanities. That is, we have observed that an artist with a high level of talent will be stunned by simple mathematical examples, and a brilliant mathematician will have less artistic ability. Can we call such people intelligent? According to Spearman, humans have a common intelligence. In his opinion, people have unique abilities that distinguish them from each other. Spearman developed a factor analysis statistical procedure. He explained the temporal connections of related elements. According to Spearman, the total sum of competence depends on our mental attitude. To this day, Spearman's theory of general intelligence, that is, the theory of one-sided evaluation of intelligence, has caused many failures. Satoshi Kanadzova (2004) sees general intelligence as a type of intelligence. General intelligence helps us solve problems in everyday life.

By the 1980s, Spearman's theory of unified intelligence was being compared. According to them, if a person achieves success in one cognitive area, he will achieve similar victories in other areas. The main factor of adaptation to life is not the general intelligence of a person, but abilities begin to influence each other over time.

H. Gardner considered intelligence as a sum of several abilities. He conducted his research on people with low abilities.

He believes that brain damage can destroy one ability but leave the rest intact. Gardner conducted his research on subjects with physiological damage to some parts of the brain. They often have lower scores on intelligence tests. Some of the representatives of this syndrome do not have developed speech, but they have the ability to count the number of birds as quickly as an electronic counter. Some knew by heart the dates associated with a historical day. Owners of this syndrome can achieve success even in artistic creation. Based on the above ideas, Gardner came to the opinion that a person has a mind, not an intellect. In general, individuals reported having 8 different types of abilities. He said that if a person succeeds in one field, he can succeed in another. R.Shterberg, R.Wagner agreed with Gardner's idea, but analyzed the presence of 3 different factors of mind in a person. Availability of academic skills in problem solving. Such skills were assessed by marking the single correct answer in mental tests.

Practical intelligence. It helps to choose the most convenient one from many solutions to adapt to the environment in everyday life.

Creative mind. Representatives of this type are distinguished by their reaction in unfamiliar situations.

Nancy Cantor, John Kilstrom introduced the concept of social intelligence to science. Applied intelligence is the ability to understand and overcome certain social situations. S. Epstein, P. Mayer agreed with this opinion. According to them, an important part of social intelligence is emotional intelligence. That is, the ability to accept, express, understand and manage one's own emotions. Conscious emotionally mature individuals are considered individuals with good self-awareness. Such people are considered to be able to manage feelings of insurmountable depression. Emotional intelligence was presented by E. Thorndike, Golmon and other scientists. If a person has a high IQ, but if a part of the brain is injured, his emotional intelligence will decrease. According to some scientists, emotions are a concept far from intellect. But it should also be mentioned that emotional intelligence activates all our desires and interests. Does high intelligence depend on the hemispheres of the brain? In the study of this matter, it was found that the weight of the brain of Byron and Beethoven was much heavier than the brain of a normal person. There was also a belief that people with heavy brains had high intelligence. Unfortunately, some scientists have found that the brains of geniuses are much lower than those of normal people. On the contrary, it was found that the brain of some criminals is as heavy as Byron's. However, it was later shown that intelligence and the brain are related when analyzing the brain with an MRI device. It was determined that high intelligence depends not only on its severity, but also on the process of activity in the frontal and parietal lobes of the brain. When Einstein and a Canadian brain were studied, they found that there was almost no difference between their weights. But the lower part of Einstein's brain was 15% higher than the brain of a Canadian.

It is the lower part of the brain that responds to mathematical and spatial information. On the contrary, Einstein found that the parts of the brain that respond to activity are located lower. That is why we can see the slowness of Einstein and other physicists in speaking and learning.

The first step in the history of intelligence measurement was made by the English scientist Francis Galton. According to Galton, character is inherited from generation to generation. Accordingly, he tried to explain his mental abilities by heredity. Galton's study did not show very good results and we can see that the results of male subjects were higher than those of females. Although his research was unsuccessful, he is recognized as the scientist who discovered the first mental ability. Is the role of heredity or social environment strong in the development of intelligence? According to F. Galton, the role of heredity is strong. But it should be considered as a child who received education in an unhealthy family. Twins born from the same mother had almost identical IQ scores. If the twins were brought up in other families and their IQ was checked, the result was the same. Another study found that adopted children had different IQ scores when they were younger than when they reached the same age. Children with mathematical abilities were taught in a special school focused on mathematics, and years later, when the IQ was tested, a high result was shown.

Ability training. So our genes shape our environment, and the environment shapes us. Both heredity and environment play an important role in shaping our mental abilities. There is a gender bias in mental ability, and it has been found that women have a stronger memory than men. Men have been found to have higher mathematical and spatial abilities.

In fact, science means doing things with the help of intelligence. Intelligence is the ability to understand what you encounter. The Holy Qur'an calls for the use of reason in all matters. He severely criticizes those who do not use reason. In the Qur'an, words related to the mind are used 50 times. The word "intellectual" was used more than 10 times. Therefore, it is proof that the Holy Qur'an paid great attention to the mind.

In explaining that intelligence is a great blessing in the Holy Qur'an, the following is stated in Surah Ra'd: "Surely in these things are signs for the intelligent."

In Surah Al-Baqara, "Indeed We have revealed miracles to people who know well."

In Surah Anfa, it is said, "Certainly the worst animal in the sight of Allah is the deaf and dumb and does not use reason."

And in Surah Furqan, "Or do you think that most of them can listen or understand? In fact, they are no different from animals, but they are even more astray."

The verse in Surah Mulk reminds us that not using the mind is the cause of the torment of the hereafter. And they say, "If we had listened carefully or used our intellect, we would not have been among the Duzakhs."

All these verses show how much intelligence is valued in Islam. Everything decreases in value as it increases, except for intelligence, which increases in value as it increases.

An excess of enthusiasm is arrogance, and an excess of generosity is dissipation. However, this cannot be said about intelligence, because the more intelligence a person has, the more virtue he has.

The mind grows and rises. Why did God give intelligence to humans? Imagine there are two containers, one with an open lid and one with a closed lid. There are animals and creatures in one, and people in the other. The fate of animals in a closed container is recorded by God. For example, a bee collects honey from a flower, but a butterfly cannot. There are people in the open vessel, they read, seek, ask Allah to change their destiny, worship. The appearance of people is very beautiful. Because we have a more valuable soul inside us. The mind rules the soul. If the

mind is directed to good, the soul will be nourished, if it is directed to evil, the soul will be hardened. It is said that when sunlight is directed at pepper, it becomes bitter, and when it is directed at handalaka, it becomes sweeter. In Islam, mind means binding, that is, emotion, intuition binds our organs and actions. In the Qur'an, "Afalaa Taqilun" is repeated many times that they do not think. Common things in this world are made for people. When we are rational, we turn to God. It's clear that a lot of attention has been paid to the mind.

In short, intelligence plays a very important role in human life. Both in psychology and in Islam, it is said that the mind connects the human organism with the senses and senses. Intelligence is highly emphasized. The development of the human mind first of all depends on the person himself and the environment. A person can develop his mind in many ways, the most effective of which is reading books. Through this, a person's intellect grows to a high level.

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