

## ABSTRACT

**Fikriyah, Hikmah**, 2014, *The Analysis of Self-Control of Religion People (Comparassion Study of Disiple Islamic, Christian, and Hindu)*, Thesis of Faculty of Psychology Islamic State University Maulana Malik Ibrahim of Malang

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Life and its dilemma occupy as a hectic thing for human, even causing hopeless. Occasionally, the dilemma emerged from the social change in a society. There are many people experience a shock, frustration, disappointed and hopeless which finally culminates in the worse thing, suicide. This occurs because the religious value and the mind are binding unequally and less of human self-control

Based on aforementioned background and research problem, the aims of this research are to (1) understand the self-control concept perspective of Islam, Christian and Hindu followers (2) understand the self-control concept of Islam, Christian and Hindu followers according to Averil theory (3) understand the comparison of self-control concept among Islam, Christian, and Hindu.

The research approach used is qualitative, using descriptive analysis. Purposing sampling is applied by the researcher in gaining the sample and the data source. The methods used in collecting the data are non-participant observation, in-depth interview, and documentation. The data analysis includes data reduction, data presentation, conclusion drawing, and verification. Moreover, to verify the validity of the data, the researcher uses perseverance of observation, triangulation, and peer discussion.

The result shows that the self-control concept differs among Islam, Christian and Hindu. From Islam perspective, the self-control includes holding on *syari'at*, *tawakkal*, the process of *tafakkur* (thinking process) *muhassabah*, (introspection) and convinced to the divine decree of God. Whereas from Christian perspective, the self-control concept incorporates problem solving, objective, appreciating others' right, having good manner, living up the value of life ,and having good relation with God, humans and nature. And from Hindu perspective, self-control concept is the applying value of *Panca Yama Brata*, *Panca Nyama Brata Panca Srada* and *Tri Kaya Parisuda* and mind control ability.

Keyword: *concept of self-control, religion people*