



## **THE ISLAMIC PERSPECTIVE ON ANGER MANAGEMENT: A THEORETICAL PERSPECTIVE**

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### **Abstract**

Anger management is an important part of a person's daily life. On that basis, this study on the theoretical view of the Islamic perspective on anger management seeks to identify the conceptual position of Islam on anger with the help of its basic sources. This study is based on a review of previous literature in the form of a qualitative study. Information on anger management found in the original documents of Islam such as the Qur'an, Al-Hadith, the writings of Muslim scholars, studies, websites, etc. has been collected and analyzed. One of the fundamental aspects of human arousal is the need for the proper management of anger. Failure to manage it properly can lead to a variety of problems. Knowledge related to anger management is, therefore, an important aspect to be found in a human being. Therefore, the best way to manage anger is to follow Islamic guidelines. This study is conducive to research that may focus on human behavior studies.

**Keywords:** Anger, Anger Management, Sources of Islam, Islam

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