

The Role of Qana'ah in Overcoming Hedonism

Muhammad Banni Anggarisy

Department of Tasawwuf and Psychotherapy, Faculty of Ushuluddin
UIN Sunan Gunung Djati Bandung
obetqirbyw03@gmail.com

Abstract

This article explores the negative impacts of hedonism on financial health and quality of life in the modern era filled with temptations of instant pleasures. Presenting the concept of Qana'ah in Islam as an alternative to mitigate the adverse effects of hedonism, the article highlights the implementation of Qana'ah in daily life and its correlation with religious values and spirituality. Through in-depth analysis, the article delineates the negative impacts of hedonism, elucidates how Qana'ah serves as an effective solution, and provides practical examples of implementing the contentment mindset. Offering a holistic perspective, the article also investigates Qana'ah as a preventive measure against hedonism and serves as a practical guide for individuals seeking to adopt a more balanced and meaningful lifestyle.

Keyword: Financial Health; Hedonism; Qana'ah

Introduction

In a modern era filled with the temptation of pleasure and instant gratification, awareness of the negative impact of hedonism is crucial. A hedonistic lifestyle, focused on the pursuit of unlimited pleasure, can have a serious impact on one's long-term financial health. An individual caught in the cycle of hedonism tends to live without a clear financial orientation. They may not have a well-thought-out financial plan, as they are more concerned with momentary pleasures than building a solid financial foundation. Consequently, their financial future is left adrift without a definite direction (Asri Lestari, Rivanka, W., & Lestari, 2023).

The results of previous research on the role of Qana'ah on hedonism have been widely researched. Among them are Ahmad Rizal (2024). "The meaning of Qana'ah in the Qur'an and its influence on hedonic behavior (Thematic Interpretation Study)" Repository UIN Bandung. This study aims to understand the meaning of Qana'ah in the Qur'an, analyze the

interpretation of the Qana'ah verses, and see how the Qana'ah verses can prevent hedonistic behavior. This research prioritizes the literature study method with primary sources from the Qur'an and tafsir and secondary sources from several books of tafsir such as Tafsir Al-Azhar, Tafsir Al-Misbah, and Tafsir Jalalain. The results showed that Qana'ah in the Qur'an means accepting and feeling enough with what is owned without asking for it. Mufasssirs such as Buya Hamka, Jalalain and others have a similar view of Qana'ah as an attitude of contentment and surrender to Allah. Therefore, the influence of Qana'ah on hedonic behavior includes being satisfied with Allah's provisions, being grateful, patient, trusting, avoiding the deception of the world, not being excessive, and not being miserly. (Rizal, 2024).

The current research and previous research have in common that they explore the concept of Qana'ah and how this concept can be used to understand and deal with hedonic behavior. However, there are differences between current research and past research. The current research takes an exploratory approach through the science of Sufism and psychotherapy. While previous research, focused on exploring the meaning of Qana'ah through the study of the Qur'an and tafsir.

Unhealthy financial structure is also a significant negative impact of hedonism. The inability to limit spending and save in a disciplined manner can result in dependence on debt and loans. This of course puts continuous financial pressure, creating a vicious cycle that is difficult to break. Lack of awareness of the importance of emergency funds is a serious problem that can arise from hedonism. Individuals who are too focused on fleeting pleasures tend to overlook the need to have financial reserves to deal with unexpected events. Without an emergency fund, they become vulnerable to economic instability and financial crises that can arise at any time (Junaedi, 2019).

Excessive consumptive behavior is another negative impact of hedonism. Long-term sacrifices are often forgotten in favor of immediate gratification, fueling the tendency to buy luxury items and follow consumption trends without careful consideration. As a result, debt builds up, and the ability to achieve financial goals becomes increasingly difficult. Aside from financial concerns, hedonism can also affect an individual's decision-making and overall behavior. The emotional instability that comes with this life orientation can hinder the ability to make rational and wise decisions. In turn, this can be detrimental to careers, interpersonal relationships and achieving life goals (Astuti, A., Rohmawati, A., Ananta, A., Aprianti, A., & As, 2022).

Therefore, awareness of the negative impact of hedonism is an important foundation for individuals to seek a balance between momentary pleasure and long-term financial responsibility. This understanding not

only provides a clearer view of the consequences of hedonistic living, but also helps increase self-esteem towards wiser and more sustainable consumptive choices. Thus, individuals can steer their lives towards deeper and more sustainable satisfaction.

The main objective of this article is to unpack the complexities of the increasingly rampant world of hedonism, and furthermore, to provide a constructive solution, namely the crucial role of Qana'ah in addressing this issue. This article aims not only to provide an overview of the negative impacts of hedonistic living, but also to highlight the values and concept of Qana'ah as the key to overcoming this challenge. By outlining the negative impacts of hedonism such as financial instability, excessive consumptive behavior, and adverse influence on decision-making, this article provides an in-depth perspective on the disadvantages that individuals caught up in this lifestyle may experience. However, more than simply identifying the problem, the focus is on the solution, which is presented in the form of the concept of Qana'ah.

Based on the description above, the researcher will compile a research formula, namely the formulation, questions and research objectives (Darmalaksana, 2020). The formulation of the problem in this study is the role of Qana'ah in dealing with hedonism, then proven by various studies related to how the role of Qana'ah in dealing with hedonism. This research aims to discuss the role of Qana'ah in dealing with hedonism.

Research Methodology

This article uses a qualitative method, which is a methodology that studies the role of Qana'ah in dealing with hedonism. The data used in this article consists of primary data collected through articles and the internet, while secondary data obtained from notes and books on democracy. Purposive sampling was used as the sampling strategy. The researcher used the triangulation approach of data sources and triangulation techniques to assess the veracity of the data. The interactive analysis steps of this article include data reduction, data presentation, and conclusion drawing or verification (Firmansyah, M., Masrun, M., & Yudha S, 2021).

Result and Discussion

1. Definition of Qana'ah

Qana'ah, in the Islamic context, represents an attitude or concept that implies a willingness to accept and be content with the results of efforts that have been obtained. More than just a rejection of unfulfilled desires, Qana'ah also contains the element of distancing oneself from a sense of dissatisfaction and deprivation (Febriani, S. R., & Desrani, 2021). Several

definitions of Qana'ah given by Islamic scholars provide an in-depth description of this concept:

- 1) Sufi scholars: Qana'ah is explained as a calm attitude because there are no things that become habits or physical needs that are always desired (Kamalia, M., Halimatussa'diyah, & Ari, 2022).
- 2) Bisyr-al-Hafi: Likening Qana'ah to a king who does not want to stay except to stay in the heart, reflecting the depth and virtue of this attitude (Al-Ghazali, 2019).
- 3) Abu Abdillah bin Khafif: Stating that Qana'ah is about leaving something that does not exist and focusing on what exists, emphasizing appreciation for what has been given (Mustofa, 2018).

Qana'ah is not only an attitude of rejecting excessive desires, but also a concept of self-satisfaction and feeling enough with what is owned. Some of the virtues of this Qana'ah attitude include (Saputro et al., 2017):

- 1) Peace of Heart: Qana'ah brings peace to the heart, providing contentment and tranquility so that one feels satisfied with everything one has.
- 2) Avoidance of Worry: Individuals who practice Qana'ah will more easily avoid the mental stress that comes from wanting too much and not considering what they already have.
- 3) Better Relationship with Allah: An attitude of Qana'ah reflects a deep trust in Allah and His plan. This can strengthen the spiritual connection with the Creator as the individual feels content with all that has been given.
- 4) Simpler Life: Qana'ah encourages a simpler lifestyle, reducing the urge for overconsumption and waste. This is not only beneficial individually, but can also have a positive impact on the environment and society.

By living life with an attitude of Qana'ah, one can achieve peace, happiness, and harmony in their life, while showing appreciation and gratitude for the blessings that have been given by Allah.

2. The Relationship of Qana'ah with Religious Values and Spirituality

The concept of Qana'ah in Islam describes more than just being content with what one has; it carries a deep element of spirituality, stretching from religious values to a close connection with the Creator. Qana'ah, in the Islamic context, is the attitude of being willing to accept and be content with what is given by Allah SWT, and at the same time, abstaining from discontent and lack. In a religious perspective, Qana'ah is an expression of gratitude and obedience to Allah's will. It signifies a belief that what is given by Him is sufficient, and that every test or favor is part

of His greater plan (Ahya, 2019). This concept provides a foundation for living with meaning and gratitude, even in difficult conditions.

The research also highlighted the spiritual dimension of Qana'ah based on local culture, showing that spiritual values in a particular society can also influence perceptions of contentment. This illustrates that Qana'ah is not only recognized in the Islamic context, but can also be integrated with spiritual values from various cultures. Qana'ah is also considered to be an individual's internal orientation towards a closer relationship with the Creator. It reflects the belief that understanding and being content with Allah's favors can bring one closer to Him (Fuadi, 2018).

Qana'ah, in this case, is a call to engage in worship, reflect on the favors bestowed, and live with gratitude. Qana'ah, therefore, not only serves as a concept of self-satisfaction, but also has a deep spiritual dimension. It not only guides individuals towards a simpler life, but also leads them to a better relationship with Allah. By encapsulating the values of religion, spirituality, and contentment, Qana'ah becomes the foundation for a lifestyle that is meaningful and exudes inner peace.

3. Negative Impact of Hedonisme

The negative impact of hedonism permeates various aspects of a person's life, bringing adverse consequences to their financial health and quality of life. Here is an in-depth look at some of the negative impacts caused by a hedonistic lifestyle (Setianingsih, 2019):

First, Living without a clear financial orientation. A hedonistic lifestyle often leads individuals to get caught up in uncontrollable spending patterns. They tend not to pay attention to the importance of having a clear financial orientation. In this state, they may not develop a financial plan or budget, making it difficult for them to control spending and pursue greater financial goals.

Second, Unhealthy financial structure. Consumptive hedonism can be a trigger for excessive consumptive behavior. In an effort to get immediate pleasure, individuals can be detrimental to their financial structure. Impulsive purchases and unwise financial decisions can undermine long-term financial stability, leaving individuals with heavy financial dependents.

Third, Absence of an emergency fund. A lifestyle of hedonism often overlooks the importance of saving for the future. As a result, individuals may not have adequate emergency funds when faced with urgent or crisis situations. This can lead to financial discomfort and difficulty overcoming unexpected challenges.

Fourth, Tendency to incur debt. In an effort to fulfill immediate desires and pleasures, individuals who follow a hedonistic lifestyle can be prone to

debt accumulation. Uncontrolled use of credit and a tendency to neglect financial responsibilities can create a debt burden that is difficult to resolve.

Fifth, Consumptive. Consumptive hedonism encourages individuals to consume goods and services without careful consideration. This can result in unnecessary waste and trigger consumptive habits that are detrimental to personal finances.

Sixth, Tends to cause uncertainty. Financial security and achieving life goals can be hampered by a hedonistic lifestyle. The focus on immediate pleasure often leads to uncertainty in achieving goals, as individuals are more likely to prioritize pleasure over self-development and long-term achievements.

4. The Concept of Qana'ah as an Alternative

The concept of Qana'ah in Islam emerges as a strong alternative in responding to and balancing the negative impact of hedonism. Qana'ah is not just an attitude of being content with what one has, but also a philosophy of life that teaches the attitude of being willing to accept and be content with what Allah gives. This is in contrast to hedonism which tends to get caught up in the search for unlimited pleasure and constant dissatisfaction. In the context of comparison with hedonism, Qana'ah becomes the foundation that provides a concrete solution. Hedonistic lifestyles that tend to be consumptive and never feel enough can be overcome through the practice of Qana'ah (Pratiknjo, M. H., & Rumampuk, 2021).

Qana'ah teaches individuals to live simply, appreciate what they have been given, and move away from the tendency to constantly seek material satisfaction. The practice of Qana'ah involves being aware of the blessings that have been given by Allah, being grateful, and living life with full satisfaction with what one has. This is in line with the principles of religion and spirituality in Islam, where happiness is not only found in the possessions and pleasures of the world, but also involves inner and spiritual satisfaction (Al-Ghazali, 2019). By practicing Qana'ah, individuals are taught to escape from excessive consumptive entanglement, understand the true values of life, and not always follow hedonistic desires.

Qana'ah also provides a more holistic perspective, guiding individuals towards a more spiritually and materially prosperous life (Ramadhani, F. E., & Khotimah, 2023). Therefore, Qana'ah is not only a concept of self-satisfaction, but also an effective solution in overcoming the negative impacts of hedonism. Through Qana'ah, individuals can find harmony between worldly happiness and spiritual fulfillment, leading them to a more meaningful and more prosperous life as a whole.

5. Implementation of Qana'ah in Daily Life

The implementation of Qana'ah in daily life involves practices that reflect an attitude of willingness to accept and be content with what one has. Through the implementation of Qana'ah in daily life, a person is expected to achieve inner peace, satisfaction, and harmony in his life, as well as keep away from consumptive behavior and dissatisfied attitudes that are often associated with hedonism. Here are some examples of the implementation of Qana'ah in daily life including (Abdussomad, 2020):

- 1) Gratitude: Always be grateful for what has been given by Allah Swt.
- 2) Not Envious: Not feeling envious or spiteful of what others have.
- 3) Living Simply: Having an attitude of being willing to accept and live simply, without wanting too many excessive things.
- 4) Harmonious Life: Maintaining a harmonious life in society because one is content with what one has.
- 5) Avoiding Worry: Avoiding worry and fretting, as one is content with what one has every day.
- 6) Calm Soul: Having a calm soul because you feel that what you get is a gift and grace from Allah.

Avoiding Envy and Envy: Avoiding being envious, spiteful, and greedy when seeing other people get what they have.

6. Qana'ah as a Deterrent to Hedonism

Qana'ah acts as a deterrent to hedonism through a number of aspects that arise from its deep principles and are in line with Islamic values. Here are some of the ways in which Qana'ah acts as a deterrent to hedonism, based on the above discussion:

- 1) An Attitude of Willingness to Accept and Feeling Enough
Qana'ah teaches an attitude of willingness to accept and be content with what is given by Allah. Hedonism, on the other hand, tends to seek pleasure without limits. By practicing Qana'ah, individuals develop inner satisfaction and reduce the desire to satisfy hedonistic desires.
- 2) Gratitude and Simple Living
Qana'ah encourages the practice of being grateful for favors bestowed and living simply. Hedonism often involves insatiable desires and a consumptive lifestyle. By being grateful and living simply, individuals can reduce the tendency to constantly seek material gratification.
- 3) Avoidance of Feelings of Envy and Jealousy
Qana'ah teaches individuals not to feel envious or spiteful of what others have. While hedonism often encourages comparison and the desire to

have more, Qana'ah helps individuals to be content with the gifts that Allah has given.

4) Avoiding Worry and Keeping a Calm Soul

Qana'ah helps individuals to avoid the worry and fretting associated with excessive desires. By feeling content and calm, individuals can reduce the urge to constantly seek hedonistic gratification.

5) Focus on Inner Satisfaction and Spirituality

The concept of Qana'ah has a strong spiritual dimension, teaching individuals to seek happiness and fulfillment from a closer relationship with Allah rather than from material objects. This contrasts with hedonism, which often focuses only on worldly pleasures.

Through the application of Qana'ah values in daily life, individuals can build a strong fortress against the temptation of hedonism. Being willing to accept, living simply, being grateful, and avoiding feelings of envy and spite help maintain the balance between worldly satisfaction and inner happiness.

Conclusion

Based on the above explanation, it can be understood that in a modern era filled with the temptation of pleasure and instant gratification, awareness of the negative impact of hedonism is crucial. A hedonistic lifestyle, focused on the pursuit of unlimited pleasure, can have a serious impact on one's long-term financial health and quality of life. Such negative impacts involve living without a clear financial orientation, unhealthy financial structure, lack of emergency fund, debt accumulation, excessive consumptive behavior, and adverse influence on decision-making. To address these issues, the article highlights the concept of Qana'ah in Islam as a strong alternative. Qana'ah not only teaches contentment with what one has, but also involves a philosophy of life that is willing to accept and be content with Allah's grace. By applying Qana'ah in daily life, individuals are expected to overcome the negative impact of hedonism, move away from consumptive behavior, and towards a more spiritually and materially prosperous life. Qana'ah, with values such as gratitude, living simply, and focusing on inner satisfaction, becomes an effective deterrent against the temptation of hedonism and guides individuals towards a balance between worldly pleasures and inner happiness.

From the results of this study, it is suggested to further explore the concrete implementation of Qana'ah in daily life, providing more in-depth and detailed examples of how individuals can integrate an attitude of willing acceptance and simple living in their daily activities. In addition, an

emphasis on practical strategies for developing Qana'ah in the face of the temptation of hedonism could enrich the article, providing readers with more specific guidelines for applying this concept.

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