

**PSYCHOLOGY FROM AN ISLAMIC
PERSPECTIVE:
A GUIDE TO TEACHING
AND LEARNING**

Editor

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MOTIVATION AND EMOTION

Mohamad Zaki Samsuddin and Alizi Alias

INTRODUCTION

In Motivation and Emotion, discussions are stimulated by two fundamental questions: *what causes behaviour*, and *why behaviours vary in their intensity* (Reeve, 2005). Hence, what comes under the purview of the course is anything (concepts, theories, principles, etc.) that may explain why we do what we do. From the Islamic perspective, human motivation begins from the fundamental understanding of man's origin, his aim in this life, and his relationship with other human beings and his Creator, a direct reference to the Islamic concept of *khalifah* (Alawneh, 1999).

Human beings, as *khalifah* or vicegerents of Allah SWT in this world, are endowed with the responsibility to lead and protect the rest of Allah's creations. This huge responsibility demands behavioural actions geared towards the realisation of the vicegerency. As Muslims, we need to internalise the importance of clarifying our motivation in carrying out the role as vicegerents of Allah SWT. This course equips students with the knowledge of the various possible causes of human behaviour, which may in turn guide their behaviours and intentions in accordance with this Islamic worldview.

OBJECTIVES AND LEARNING OUTCOMES

This course aims to:

1. provide an overview of the various approaches and theories of motivation and emotion,