



RELIGIOUS BELIEF AND MOTIVATION: PSYCHOLOGICAL AND ISLAMIC PERSPECTIVE

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ABSTRACT

This study examines the relationship between religious belief and individual motivation from the perspectives of Islamic thought and modern psychology. The main purpose of the study is to analyze the internal (intrinsic) and external (extrinsic) motivation sources of the individual and to reveal the effects of the spiritual framework offered by Islam on psychological resilience. In the study conducted with the literature review and comparative analysis method, the role of Islamic values such as patience, trust in God, worship and prayer on the individual's stress management, life satisfaction and search for meaning was examined. At the same time, findings obtained show that religious motivation increases the individual's inner peace, develops the skills to cope with difficulties and provides long-term spiritual satisfaction. In addition, it is emphasized that secularization and individualization, which are widespread in the modern world, weaken motivation sources; on the other hand, the Islamic motivation model has the potential to protect the individual's psychological integrity. The study argues that religious beliefs are an important support element not only in terms of spiritual but also mental health. In this context, Islamic motivation model offers a holistic structure that makes both the individual's search for meaning and life satisfaction sustainable.

Anahtar Kelimeler: Motivation, psychology, Islam, patience, trust.

DİNİ İNANÇ VE MOTİVASYON: PSİKOLOJİK VE İSLAMİ PERSPEKTİF ÖZ

Bu çalışma, dini inanç ile bireysel motivasyon arasındaki ilişkiyi İslami düşünce ve modern psikoloji perspektiflerinden ele almaktadır. Araştırmanın temel amacı, bireyin içsel (intrinsik) ve dışsal (ekstrinsik) motivasyon kaynaklarını analiz ederek İslam'ın sunduğu manevi çerçevenin psikolojik dayanıklılık üzerindeki etkilerini ortaya koymaktır. Literatür taraması ve karşılaştırmalı analiz yöntemiyle yürütülen çalışmada; sabır, tevekkül, ibadet ve dua gibi İslamî değerlerin bireyin stres yönetimi, yaşam memnuniyeti ve anlam arayışı üzerindeki rolü incelenmiştir. Aynı zamanda elde edilen bulgular, dini motivasyonun bireyin iç huzurunu artırdığını, zorluklarla başa çıkma becerilerini geliştirdiğini ve uzun vadeli ruhsal tatmini sağladığını göstermektedir. Ayrıca, modern dünyada yaygınlaşan sekülerleşme ve bireyselleşmenin, motivasyon kaynaklarını zayıflattığı; buna karşılık İslamî motivasyon modelinin bireyin psikolojik bütünlüğünü koruma potansiyeline sahip olduğu vurgulanmaktadır. Çalışma, dinî inançların sadece ruhsal değil, aynı zamanda zihinsel sağlık açısından da önemli bir destek unsuru olduğunu savunmaktadır. Bu bağlamda İslamî motivasyon modeli, bireyin hem anlam arayışını hem de yaşam doyumunu sürdürülebilir kılan bütüncül bir yapı sunmaktadır.

Keywords: Motivasyon, psikoloji, İslam, sabır, tevekkül.

Introduction

By nature, man is a being who seeks meaning and orients his life according to certain goals. Motivation is defined as a psychological force that guides an individual in achieving the goals he has set for himself, gives him energy and makes his behavior sustainable (Ryan & Deci, 2000). Modern psychology says that motivation is divided into two basic categories: internal and external. While intrinsic motivation is fueled by the individual's internal sense of satisfaction, extrinsic motivation is influenced by external factors such as reward, punishment and social expectations (Deci and Ryan, 1985).

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In Islamic thought, motivation is a multidimensional concept that includes not only the achievement of an individual's worldly goals, but also his moral development, spiritual maturation and increasing closeness to Allah. There are elements such as patience, trust, prayer, worship, love for Allah, awareness of Jihad and belief in life after death in the Quran and hadiths, which allows an individual to give meaning to his life and increase his motivation (Ghazali, 2011). The Islamic understanding of motivation in many ways coincides with the motivational theories of modern psychology, but at the same time it represents a broader framework that provides spiritual satisfaction to the individual.

In today's world, the rapid evolution of value systems, increasing individualization, accelerated secularization and the spread of materialistic thinking have profound effects on the sources of motivation and the vision of the individual's life (Taylor, 2007). While religion is considered one of the main elements of individual motivation in traditional societies, it seems that people in modern societies are moving away from religious sources of motivation and are turning more to external factors. This causes a loss of meaning that weakens the inner peace and psychological resilience of the individual (Seligman, 2011). However, research shows that having spiritual values increases a person's happiness and motivation in the long term (Koenig, 2012).

This study examines the relationship between religious belief and motivation from the point of view of Islam and modern psychology. First of all, the concepts of religious belief and psychological motivation are discussed, and the main sources of motivation in Islam are evaluated in the light of the Koran and hadiths. Then, how religious beliefs shape an individual's internal motivation and how external motivation can be strengthened in the context of society, community and family is analyzed. In addition, it is discussed how religious belief guides individuals in the processes of happiness and goal-setting within the framework of positive psychology. Another important topic of the study is the stimulating effect of religious belief on motivation in the face of difficult living conditions. In modern psychology, the term "resilience" refers to an individual's ability to cope with stress and trauma (Masten, 2014). In Islamic thought, this concept is considered in parallel with patience, trust and prayer.

In the Qur'an and hadiths it is emphasized that the difficulties that a person faces in life are a test of Allah, and those who show patience and trust in this process become psychologically and spiritually stronger. Finally, in today's world, the relationship between religious belief and motivation is evaluated in the context of secularization, individualization and materialistic thinking. Research in modern psychology and sociology shows that focusing only on material goals leads to long-term discontent and that religious beliefs increase an individual's spiritual satisfaction (Diener et al., 2010). Islam encourages individuals not only to focus on worldly life, but also to live a more balanced life by acting in the consciousness of the afterlife. In this context, the objective of the study is to make a comparative analysis of the understanding of Islamic motivation with the theories of motivation of modern psychology and to show how an individual can develop a stronger and more flexible motivation in accordance with his religious beliefs.

He also offers suggestions on how an individual can resist the loss of meaning caused by secularization and materialism in today's world and at the same time preserve his spiritual values. In summary, religious belief is an important element that increases an individual's motivation, strengthens their mental flexibility and gives meaning to their life. Comparisons

between modern psychology and Islamic thought show that the Islamic understanding of motivation contributes both to individual development and to the social cohesion of the individual. The aim of this study is to evaluate the role of spirituality on the mental health and motivation of an individual in the modern world in a more global way by examining the internal and external sources of motivation of the individual from an Islamic point of view.

Method

The aim of this study is to make a comparative analysis with modern psychology by examining the relationship between religious belief and motivation from the Islamic point of view. As part of the research, the concept of motivation was discussed in its internal and external dimensions and its relationship with concepts such as patience, trust, adoration and prayer in Islam was studied. The study explains in detail the Islamic motivation model using examples from the Qur'an and hadiths. The results obtained in the modern psychological literature were compared with the understanding of Islamic motivation and their effects on the psychological endurance of the individual were analyzed. Finally, it was examined how religious motivation interacts with the loss of meaning, stress and the processes of individualization experienced by individuals in today's world.

Findings

As a result of the study, it was found that understanding the Islamic motivation has a positive effect on the mental and mental health of the individual. Religious practices such as patience, trust and worship have been shown to allow an individual to cope with stress and increase their spiritual flexibility. With regard to extrinsic motivation, it has been found that the spiritual motivation of an individual is enhanced by the support of society, family and society. In today's world, where the processes of individualization and secularization are taking place, it has become clear that people who move away from religious motives experience more stress and loss of meaning. Thus, the motivational model of Islam provides a holistic structure that supports both the psychological and spiritual development of an individual.

Purpose

The aim of this study is to understand the internal and external sources of motivation of an individual by comparing the motivation model of Islam with modern psychology. One of the main objectives is to study the effects of Islamic motivation on mental flexibility, stress management and an individual's sense of happiness. The effects of secularization, individualization and materialistic thinking on the motivation of the individual in today's world are discussed and the role of religious belief in the spiritual satisfaction of the individual is explained. The study addresses the question of how an individual can have a more balanced and sustainable motivational structure by preserving spiritual values. Finally, by comparing the motivation theories of modern psychology with the Islamic understanding of motivation, suggestions are given on how an individual can develop a healthier and stronger motivation model.

Concepts of Religious Belief And Psychological Motivation

Man is by nature a being in search of meaning. Faced with the difficulties and uncertainties of life, the individual seeks the elements that motivate him. Motivation refers to a person's internal or external desire to achieve a certain goal. In modern psychology, motivation is explained by the cognitive, emotional and behavioral processes of the individual, while in Islamic

thought it is emphasized that motivation is a process that includes not only the individual's worldly success, but also his spiritual development. Religious belief is one of the most important factors affecting a person's motivation.

The Qur'an and the Hadiths contain psychological elements that allow an individual to give meaning to his life and activate it. According to Islamic understanding, the existence of a human being in this world is temporary, and the main goal is to live a meaningful life both in this world and in the hereafter. This understanding makes individuals more resilient to the challenges they face in life and provides them with a strong source of motivation. This section explains the concept of religious belief, discusses the psychological foundations of motivation and evaluates the effects of religious beliefs on an individual in the context of the concepts of internal and external motivation.

In addition, the opinions of Muslim psychologists and Islamic scholars on this issue are being discussed. The concept of religious belief: Religious belief refers to an individual's devotion to Allah, the prophets, the holy books, the angels, the day of judgment and fate. In Islam, faith is not only a theoretical belief, it is a factor that shapes an individual's entire life and is a source of motivation.

In the Qur'an it is said that faith brings peace and stability to a person's heart:

"It is He Who sends peace into the hearts of believers so that they may believe in their faith." (Fath, 48:4)

This verse shows that faith strengthens the psychological state of an individual and is a factor that increases his motivation. Islamic scholars have also emphasized the role of faith in the spiritual development of an individual. Imam Ghazali maintained that man is naturally in search of meaning and that this search can only be satisfied by faith in Allah (Ghazali, 2011). Ibn Sina, on the other hand, emphasized the impact of religious belief on people's mental health and said that believers can more easily cope with stress, fear and despair (Nasr, 2001).

Fundamentals of psychological motivation:

In the psychological literature, motivation is defined as the act of achieving a certain goal under the influence of internal or external factors of a person (Ryan & Deci, 2000). There are two main components of motivation:

- Intrinsic motivation: it is a type of motivation that feeds on the inner world of the individual and does not require external rewards or punishments. For example, if a person feels the inner joy of gaining knowledge or praying, he falls into this category.
- External motivation: an individual's response to external factors (reward, punishment, social expectations, etc.) refers to the action based on. Examples of such motivation are, for example, a student who works just to get a good grade, or an employee who makes more efforts to get a promotion (Deci and Ryan, 1985).

In the Islamic faith, an individual's motivation is shaped not only by external relationships, but also by internal ones. For example, if a Muslim prays only to obtain the approval of Allah, this is an internal Motivation. On the other hand, when he prays to win the approval of the people around him, an external motivation comes into play. However, it has been pointed out that intrinsic motivation is more valuable in Islamic thought. In fact, it is said in the Qur'an

that "there is no compulsion in religion" (Baqara, 2:256) and that faith and worship should be a sincere source of motivation in the inner world of an individual.

The relationship between religious belief and intrinsic motivation:

Religious belief is an important element that increases an individual's intrinsic motivation. According to Islam, a person is motivated not only by worldly success, but also by spiritual peace and the goal of gaining the appreciation of Allah. In Islamic thought, the source of this search for meaning is seen in the abandonment of man to Allah and the nourishment of his soul through worship.

It is emphasized in the Qur'an that when a person believes in Allah, he acquires inner peace and endurance:

"Know that hearts find peace only in the Reminder of Allah." (Rad, 13:28)

This verse shows that the main source of inner motivation is spiritual satisfaction, and this satisfaction has a positive effect on the human soul.

Ibn Khaldun stated that a person's motivation to achieve his life's goals is not limited to material gain, but that the most powerful source of motivation is spiritual satisfaction (Ibn Khaldun, 2005).

Religious belief is a powerful factor that affects a person's internal and external motivation. Modern psychology is gradually recognizing the role of individual significance and the search for spiritual fulfillment for motivation, and new research is being conducted in this area. In Islamic thought, it is emphasized that the motivation of an individual is not limited to worldly achievements, but is also characterized by faith and the worship of Allah.

In order to strengthen internal motivation, the individual must not only see religious faith as an external necessity, but also establish a deep connection with it. Islamic scholars and Muslim psychologists point out that religious belief strengthens an individual's mental health and increases his motivation for life.

Sources of Motivation in Islam

Motivation is a psychological force that provides energy and directs a person's behavior in the process of achieving a goal. Modern psychology divides motivation into two basic groups: internal and external (Ryan and Deci, 2000). Intrinsic motivation is a type of motivation that comes from the inner world of an individual and develops without the need for a reward or external pressure. External motivation is when an individual allows himself to be guided by external factors. Islam is a belief system that encourages an individual to work not only for worldly achievements, but also in a spiritual context.

There are many sources of motivation in the Quran and hadiths that allow every Muslim to add meaning to his life and achieve his goals. The most basic sources of motivation in Islam are the love of Allah, worship, personal struggle (Jihad) and belief in life after death. These elements guide the life of the Muslim individual and support his psychological and spiritual development. In this section, the fundamental sources of motivation in Islam are examined and the elements that guide an individual's life are explained by the Koran and the hadiths.

Divine love (the search for closeness with Allah (C.C.):

One of the most powerful sources of motivation in Islam is the Love of Allah. One of the greatest goals in the life of a Muslim is to get to know Allah and get closer to Him. This love is the most important source of internal motivation that supports the spiritual development of an individual and directs him to good deeds.

The role of the love of Allah in the life of an individual is expressed in the Qur'an as follows.

Say: Follow me, if you love Allah (C.C.). Allah (C.C.) will love you and forgive your sins. (Ali Imran, 3:31).

This verse shows that a person's love for Allah is a source of motivation that keeps them on the right path. Imam Ghazali explained that the love of Allah is the greatest spiritual element that purifies the heart of an individual and leads him to good deeds (Ghazali, 2011).

From the point of view of modern psychology, a person's motivation and mental flexibility increase when he has a high goal or a goal (Seligman, 2011). In Islam, the love of Allah gives an individual a strong internal motivation, increases his efforts in life and provides spiritual satisfaction.

Worship and spiritual development:

Worship is a source of motivation that promotes the inner peace of a Muslim person and gives meaning to his life. Cult-related actions such as prayer, fasting, alms and supplication help a person maintain spiritual balance and strengthen his will.

The regulating role of worship in the life of an individual is expressed in the Qur'an as follows:

"Prayer keeps a person away from immorality and evil." (Ankabut, 29:45)

This verse shows that worship increases a person's motivation and keeps him away from bad habits.

Research conducted in modern psychology shows that people who pray regularly experience less stress, are more resistant to depression and have a higher life motivation (Koenig, 2012).

Ibn Sina, one of the Islamic scholars, explained that worship strengthens the psychological state of an individual and improves his willpower (Nasr, 2001). According to him, people who pray regularly can more easily achieve their goals in life and become more patient and determined in the face of difficulties. The concept of jihad: personal struggle and personal improvement: Jihad in Islam does not only mean war; on the contrary, it means the personal improvement of an individual, the abandonment of bad habits and the discipline of his soul. The struggle against oneself, called the Great Jihad, is an important source of motivation that strengthens and disciplines the will of the individual.

Hz. Muhammed (S.A.V.), he told his friends on the way back from the war:

"We have returned from Small Jihad to big Jihad." (Bayhaki, Shuab Al-Iman, 4/233)

It is explained here that the great Jihad is the struggle of the individual with himself. This struggle increases the internal motivation of the individual and makes him stronger and more determined.

Ibn Khaldun stated that the process of self-development of an individual requires a constant struggle, and this struggle can only be maintained with strong Motivation (Ibn Khaldun, 2005). According to him, a person who struggles with his ego can take more decisive steps in life and achieve his goals with more determination.

Belief in life after death and the motivation for eternal happiness:

One of the most important motivational elements of Islam is the belief in life after death and the desire for eternal happiness. A Muslim knows that earthly life is temporary and that the main goal is happiness in the afterlife. This awareness allows the individual to face difficulties and act from a long-term perspective.

The belief in life after death and its effect on the motivation of the individual are expressed in the Qur'an as follows:

"Whoever wants the reward of the hereafter, we will give him a greater reward." (Shura, 42:20).

This verse shows that the goal of the afterlife is one of the most powerful factors that increase a person's motivation.

Ibn Taymiyyah, one of the Islamic scholars, said that belief in life after death is the most important element that strengthens an individual's patience, endurance and determination (Ibn Taymiyyah, 2010). According to him, a Muslim who acts in the consciousness of the afterlife does not give up in the face of the difficulties he encounters in life and is more resilient in achieving his goals.

The main sources of motivation in Islam are shaped by elements such as love for Allah, worship, struggle with oneself and belief in life after death. These elements give meaning to an individual's life and make him stronger, more patient and determined. The Quran and the hadiths provide tips to increase an individual's motivation, and Islamic scholars offer detailed analyses on the subject. Modern psychology also recognizes the strong influence of a person's spirituality and faith on his motivation. In this context, the sources of motivation offered by Islam contribute to the psychological and spiritual empowerment of the individual.

Motivation from the Perspective of the Qur'an and Hadith

Motivation is an important psychological factor that provides energy, motivates decisions and maintains a person's determination to achieve a goal. Islam offers people various sources of motivation to give meaning to their lives and do good deeds. These sources of motivation encourage individuals to achieve not only worldly success, but also happiness in the afterlife.

The hadiths of the Noble Qur'an and the Hz. Muhammed (S.A.V.) contain important elements that strengthen the internal and external motivation of an individual. In this section, the motivating elements of the Qur'an are examined under four headings and the Hz. Muhammed (S.A.V.). Hz. Muhammed (S.A.V.), according to the hadiths of), Patience and endurance (Al-Baqara 153, Al-Anfal 46):

Patience is a fundamental source of motivation in Islam that allows an individual to fight tirelessly and maintain his determination in the face of difficulties. The Noble Quran contains many Verses that encourage patience and perseverance.

"O you who believe! Ask for Allah's help with Patience and Prayer. Indeed, Allah is with the Patient."(Baqara, 2:153).

This verse emphasizes that a Muslim must be patient in the face of difficulties and adhere to his worship. Patience is a powerful internal element that allows a person to maintain motivation. In modern psychology, the concept of "resilience" describes a person's ability to cope with stress and trauma (Bonanno, 2004). The emphasis on patience in the Qur'an encourages the individual to be flexible and not lose motivation.

In another verse, the importance of Determination and Unity is emphasized:

"Obey Allah and His Messenger, and do not argue. then they relax and their strength decreases. Be patient, for Allah is with those who are patient."(Anfal, 8:46).

This verse emphasizes two important factors that increase a person's motivation: endurance and the spirit of unity. Recent psychological research shows that determined and persistent people achieve their goals more successfully (Duck and Gross, 2014).

H. Muhammed (S.A.V.) also drew attention to the importance of patience and determination with these words:

"If Allah wills good for his servant, he will make it difficult for him."(Bukhari, Marda,1)

This hadith shows that a person should see the difficulties he is facing not as a loss, but as an opportunity for development.

The power of trust and faith (Ali Imran 159, Zumar 38):

Trust is a source of motivation for an individual by trusting Allah to overcome the difficulties he faces in life. According to Islam, trust in Allah (C.C.) is not passive submission, but an individual's trust in Allah (C.C.) after doing his best.

There are the following words about trust in the Qur'an:

"Place your trust in Allah. Indeed, Allah loves Those who put their trust in Him."(Ali Imran, 3:159).

This verse encourages Muslims to act with confidence, and not without fear, in the face of life's uncertainties. In modern psychology, the concept of locus of control describes how an individual evaluates events. People who believe in internal control are more likely to be motivated by the belief that their own efforts affect their results (Rotter, 1966). Understanding the trust in Allah (C.C.) in the Qur'an also recommends that an individual first make an effort and then trust in Allah (C.C.). Another verse of the Qur'an about trust is as follows:

"To Allah belongs everything that is in the heavens and everything that is on earth. Do they worship anyone other than Allah? (Zumar, 39:38)

This verse emphasizes the effect of turning to Allah as a leader in a person's life on his motivation. H. Muhammed (S.A.V.).

Hiz. Muhammed (S.A.V.) He put his trust in Allah:

"Fasten your camel, then place your trust in Allah."(Tirmidhi, Qayamah, 60).

This hadith is a powerful source of motivation, because it explains that it is not right for a person to trust Allah without effort, but that he must trust Allah after doing his best.

Success and Effort (Najm 39-41):

Islam is a religion that encourages an individual to be hardworking, determined and successful. It is clearly stated in the Noble Qur'an that an individual is rewarded for his work:

"There is no reward for a person except for what he works for. And his work will be seen soon. Then he will get his full reward."(An-Najm, 53:39-41)

This verse expresses that an individual can only succeed by his own efforts. In modern psychology, it is accepted that one of the most important factors for increasing a person's motivation is personal effort (Bandura, 1997).

Hiz. Muhammed (S.A.V.), Hadith-i sharif said: "A person who is the same for two days is confused."(Daylami, Musnad, 5585). This hadith is a powerful source of motivation that constantly advises an individual to improve himself.

Prayer and Inner Strength (Mu'min 60):

In Islam, prayer is one of the most important ways to increase an individual's motivation. Prayer is performed in the Qur'an:

"Pray to me, I will answer you."(Believer, 40/60).

This verse allows an individual to connect with Allah (C.C.) and become spiritually stronger. In modern psychology, the positive effects of prayer and meditation on stress management and increasing an individual's motivation have been scientifically proven (Koenig, 2012).

Hiz. Muhammed (S.A.V.), adding that prayer increases spiritual strength:

"Prayer is the weapon of the believer."(Abu Dawud, Salah, 3586).

This hadith emphasizes that a person's most powerful weapon for coping with difficulties is his spiritual connection.

The Quran and the hadiths emphasize elements such as patience, endurance, confidence, effort and prayer that increase an individual's motivation. Islam offers individuals a psychological and spiritual roadmap to achieve their goals. Modern psychology also confirms the motivational effect of these concepts on the individual. Therefore, the sources of motivation offered by Islam contribute to the spiritual and psychological empowerment of the individual.

Religious Belief And Intrinsic Motivation

People are looking for meaning throughout their lives. This search for meaning is one of the most fundamental elements that shape an individual's motivation. In modern psychology, intrinsic motivation is defined as the orientation of an individual towards his goals nourished by his inner world without the need for external rewards or punishments (Ryan and Deci, 2000). In Islamic thought, it is emphasized that an individual should be motivated not only by

worldly achievements, but also by spiritual peace, devotion to Allah and happiness in the after-life.

Islam offers a system that strongly supports the inner motivation of the individual. The Quran and the hadiths contain many teachings that allow an individual to build his inner world and support his spiritual development. In this context, sincere belief and intention are one of the most important elements to increase an individual's internal motivation. In this section, the importance of intention in Islam, how an individual should build his inner world and how to achieve a high level of motivation with sincere faith are discussed.

Intrinsic motivation and religious belief:

Modern psychology assumes that one of the most important factors to increase a person's intrinsic motivation is a personal meaning and purpose (Seligman, 2011). Intrinsic motivation is directly related to the feeling of satisfaction that a person feels in himself. Islam shows that faith in Allah is one of the most important elements that give meaning to a person's life. There is the following verse in the Holy Quran about inner peace and motivation:

"Know that hearts only find peace by remembering Allah. "(Rad, 13:28) This verse shows that the main source of spiritual Peace and Motivation of a person is his devotion to Allah. Modern psychology also examines the relationship between a person's belief system and his spirituality, as well as his mental well-being, and confirms that religious belief increases a person's motivation (Koenig, 2012).

Ibn Khaldun, an Islamic scholar, said that the most important factor that increases an individual's motivation is spiritual devotion. According to him, a person who seeks meaning and focuses his life on a goal becomes more determined, purposeful and successful (Ibn Khaldun, 2005).

The importance of intention in Islam:

The sincerity and correctness of intentions in Islam are one of the cornerstones of a person's intrinsic motivation. In the Qur'an and hadiths, it is often emphasized how intention shapes actions in a person's life. According to Islam, the value of an action is evaluated not only according to its external result, but also according to the intention of the individual to perform this action.

Hz. Muhammed (S.A.V.) he emphasized the importance of intention with the following Hadith:

"Actions are based on intentions, and everyone receives what he intends."(Bukhari, Badul revelation, 1).

This hadith shows that the source of an individual's internal motivation must have an internal meaning, and not the external result of the work he does. For example, when a Muslim gives alms, he feels greater satisfaction when he does it not to show, but to gain the appreciation of Allah.

In modern psychology, the "theory of self-determination" affirms that an individual's intrinsic motivation is based on three fundamental factors (Deci and Ryan, 1985):

- Autonomy (the individual's ability to make his own decisions)

- Competence (the individual's sense of accomplishment and personal development)
- Commitment (the individual's sense of spiritual and social commitment)

Understanding intention in Islam contributes significantly to an individual finding his inner meaning and being sincere in his actions.

Building an individual's own inner world:

In order for a person to increase his inner motivation, he must base his inner world on solid foundations. In Islam, worship, prayer, contemplation and moral values are of great importance for the spiritual development of an individual.

In the Noble Qur'an, there is a verse about each structure. He said: "The truth is that Allah will not change the state of a society until He changes its interior." (Rad, 13:11)

This verse expresses that an individual must build his own inner world and only in this way can he increase his motivation. Islamic scholars recommend that an individual control his ego, develop internal discipline and receive spiritual education.

According to Ibn Sina, it is possible for a person to change through spiritual education and the development of internal discipline. He explained that educating a person's soul will increase his spiritual motivation (Nasr, 2001).

High motivation with sincere faith:

Islam declares that it is possible for a person to increase his inner motivation with sincere faith. Faith shows the way to success both in this world and in the hereafter.

This problem is explained in the Noble Qur'an as follows:

"For those who believe and do good deeds, there is an eternal reward." (Fussilat, 41:8).

This verse shows that faith and good deeds are factors that increase both the inner satisfaction and the long-term motivation of an individual. People with sincere faith are motivated not only by material success in the world, but also by moral and spiritual satisfaction. From the point of view of Islamic psychology, a sincere belief gives spiritual balance and stability to an individual. Ibn Taymiyyah, an Islamic scholar, said that faith is the most important element that increases an individual's psychological strength and is a strong source of motivation so that an individual can better cope with life's difficulties (Ibn Taymiyyah, 2010).

Religious belief is a powerful element that shapes a person's inner motivation. Islam increases the motivation of an individual by allowing him to find spiritual satisfaction and to give meaning to his life. There are many recommendations in the Qur'an and hadiths about the meaning of a person's intention, how he should build his inner world and how he can achieve a higher motivation with sincere faith. In addition, modern psychology confirms that intrinsic motivation has a great influence on a person's success and happiness. In this context, the understanding of motivation by Islam offers a complete framework that supports both the spiritual and psychological development of an individual.

External Motivation And the Role of Religious Communities

Motivation is a combination of internal or external factors that motivate a person to achieve a certain goal. While intrinsic motivation refers to acting in accordance with one's own

values, beliefs and personal development, extrinsic motivation refers to acting in accordance with the rewards, punishments or social expectations of one's environment (Ryan and Deci, 2000).

Islam is a belief system that supports an individual's motivation not only by internal factors, but also in a social context. The Muslim individual must be motivated not only for his own spiritual and psychological development, but also as a social being. Community, family and society are among the most important external factors that increase an individual's motivation. In this section, the role of external motivation in an individual's religious life is discussed and how Muslims can increase their motivation in the context of society, family and society is analyzed.

Psychological foundations of extrinsic motivation:

In modern psychology, extrinsic motivation is defined as the action of an individual in response to incentives from the environment. This type of motivation is usually based on factors such as rewards, social status, social expectations or the avoidance of punishments (Deci and Ryan, 1985).

In the religious context, external motivation manifests itself in the form of fulfilling religious duties, obeying religious rules and adopting moral values by encouraging the individual through society, the family and the social environment.

The importance of the individual's position in society and social relations is emphasized in the Holy Qur'an as follows:

"Create a community among you that calls for good, ordains good and forbids evil. They are the ones who will succeed." (Ali Imran, 3:104).

This verse shows that the motivation of an individual is not only a personal process, but also a social responsibility. Islam encourages individuals to strengthen their social ties and create an environment that increases their motivation.

The effect of society on motivation:

In Islam, the consciousness of the community is one of the most important factors that increases the motivation of an individual. In Muslim societies, the spiritual development of an individual is greatly promoted with the support of society. The congregation provides spiritual support to individuals and helps them to realize their beliefs and to celebrate regular worship services.

Haz. Muhammed (S.A.V.) emphasized the value of motivation within society with the following Hadith on the importance of society:

"Praying together is twenty-seven times more virtuous than praying alone." (Bukhari, Adhan, 30).

This hadith shows that community is a powerful element that increases an individual's motivation to worship. Ibn Taymiyyah, one of the Islamic scholars, argued that an individual should keep his ties with society strong in order to maintain his faith and motivation (Ibn Taymiyyah, 2010). According to him, a person may lose motivation over time when he is alone, but he can continue his worship and moral duties more consistently in a community.

In modern psychology, it is said that the participation of an individual in a social group increases his motivation. It has been proven that people with social support systems are more motivated than people on their own (Koenig, 2012).

The role of the family in external motivation:

The family is one of the most important sources of motivation in a person's life. In Islam, the family is a fundamental institution that shapes the religious identity of an individual and contributes to his spiritual development. In the Qur'an it is said that parents should raise their children with a religious conscience. :

"O you who believe! May they protect themselves and their families from the fire whose fuel is people and stones." (Tahrim, 66:6).

This verse shows the responsibility of the family for the spiritual development and motivation of the individual. A Muslim can increase his religious motivation when he is encouraged and supported by his family.

Hiz. Muhammed (S.A.V.) also emphasized the importance of motivation within the family with the following Hadith:

"You are all shepherds and you are all responsible for your flock." (Bukhari, Ahkâm, 1).

This hadith shows that a person's spiritual motivation is strengthened not only by personal effort, but also by encouragement within the family. Imam Ghazali, one of the Islamic scholars, said that the spiritual education of an individual within the family should begin at a young age and that this is one of the most important factors that increases an individual's motivation (Ghazali, 2011).

Modern psychological research also provides important evidence that family support increases an individual's motivation and self-confidence (Seligman, 2011). The maintenance of religious rituals within the family and the creation of moral support mechanisms are important elements that strengthen the external motivation of the individual.

Strengthening society and external motivation:

Islam insists on the fact that an individual must develop not only himself, but also the society in which he lives. It is the responsibility of a Muslim to have a positive impact on the society in which he lives and to spread religious consciousness. This is an important external factor that increases the motivation of an individual.

The meaning of the struggle for the good of society is expressed in the Holy Quran as follows:

"You are the best Nation created for humanity. You command the good and forbid the evil." (Ali Imran, 3:110).

This verse shows that an individual has a responsibility towards the society in which he lives and that this responsibility is a factor that increases his motivation. Social solidarity is a factor that increases the morale and motivation of an individual.

The Islamic scholar Ibn Khaldun emphasized the influence of society on the individual and stated that an individual's motivation is directly related not only to his own efforts, but also

to the social structure in which he lives (Ibn Khaldun, 2005). External motivation is shaped not only by the internal efforts of the individual, but also by the influence of the social environment in which he lives.

Islam emphasizes three main external factors that increase an individual's motivation: the Community, the family and Society. The congregation provides an environment that supports the spiritual development of the individual and increases motivation for worship. The family contributes to the construction of the religious identity of the individual and provides him with moral support. On the other hand, society strengthens the motivation of the individual by reminding him of his moral and religious duties. Modern psychology proves that a person's motivation is strengthened not only by internal factors, but also by social support systems. In this context, the external motivation mechanisms of Islam contain strong elements that support the psychological and spiritual development of the individual.

Islam And Positive Psychology: Happiness And Goal Setting

Positive psychology is a branch of psychology that includes scientific studies to determine the purpose of a person's life and increase his happiness and well-being (Seligman and Csikszentmihalyi, 2000). In this area, it's not just about preventing mental illness, but also about making sure that people lead fulfilling and meaningful lives. Happiness is a state that a person reaches through the process of mental, emotional and spiritual self-realization. Islam is a complete belief system that supports an individual's happiness and life purpose.

In the Quran and the hadiths, the individual is encouraged to protect his spiritual well-being, to give meaning to his life and to improve himself by setting goals. In Islamic thought, happiness is achieved not only through material gain, but also through spiritual peace, worship and awareness of life after death. In this section, the concepts of happiness and goal-setting are discussed from the point of view of positive psychology and examine how Islam contributes to the process of self-realization of the individual. In addition, the discoveries of modern psychology are compared with the views of Islamic scholars on motivation.

Positive psychology and the concept of happiness:

Positive psychology emphasizes that an individual must realize himself and find a satisfying meaning in his life (Seligman, 2011). One of the main objectives of this field is to allow the individual to discover and develop their strengths in order to lead a happy life. According to positive psychology, happiness consists of three basic elements:

1. pleasure: enjoy positive experiences in everyday life.
2. commitment: commitment to one's own work and activities that give meaning to life.
3. meaning: acting with the conviction that life has a higher meaning (Seligman, 2011). Islam does not consider the happiness of an individual solely from a point of view based on pleasure. On the contrary, it provides people with a spiritual guide for self-realization and inner peace.

The source of happiness and peace is explained in the Noble Qur'an as follows:

"Know that hearts find peace only by remembering Allah."(Rad, 13:28).

This verse emphasizes that the spiritual peace of an individual can be obtained not only by material gain, but also by devotion to Allah. In modern psychology, it has been found that a

person's life increases the level of happiness within the framework of inner meaning and spiritual values (Koenig, 2012).

The concept of happiness in Islam:

Islam does not associate happiness only with the pleasures of the world. Happiness is a process that comes with a person's spiritual satisfaction, inner peace and closeness to Allah (C.C.).

Imam Ghazali, one of the Islamic scholars, said that the highest level of happiness can be achieved by disciplining one's soul and strengthening one's bond with Allah (Ghazali, 2011). According to him, earthly happiness is temporary, but permanent happiness is possible if an individual purifies his soul and acts in order to obtain the approval of Allah. Hz. Muhammed (S.A.V.) also explained that happiness is associated with an individual's inner peace and sense of contentment:

"True wealth is not the abundance of goods, but the satisfaction of the heart." (Bukhari, Riqaq, 15) This hadith shows that an individual's happiness does not depend on external factors, but on inner satisfaction and spiritual balance. In modern psychology, it has been proven that a person cannot be happy only with material gain, and that inner satisfaction and mental balance are among the determining factors of happiness (Lyubomirsky, 2008).

Purpose and self-realization:

Positive psychology affirms that setting goals in a person's life and making efforts to achieve these goals increases the level of happiness (Deci and Ryan, 2000). Islam also encourages individuals to set goals in life and work towards these goals in a disciplined manner. The Qur'an states that a person should strive and work hard, as follows:

"There is no reward for a person other than what he works for. And his work will be seen soon. Then he will get his full reward." (Najm, 53:39-41).

This verse emphasizes that a person must work hard to be successful in life and achieve his goals. In Islam, individuals are advised to take into account the balance between this world and the afterlife when setting goals.

Ibn Khaldun explained that an individual can realize himself and give meaning to his life by acting in harmony with his social environment (Ibn Khaldun, 2005). The goal-oriented approach of Islam encourages individuals to realize themselves within the framework of spiritual values and awareness of social responsibility.

Research conducted in modern psychology has shown that people are happier, set goals for themselves and work to achieve them (Locke & Latham, 2002).

Islam and positive psychology: comparative evaluation:

The theories of modern psychology about happiness and purpose largely coincide with the teachings of Islam. However, there are important differences:

Positive psychology combines Islamic happiness with psychological satisfaction and positive experiences of an individual. It combines happiness with spiritual peace and devotion to Allah (C.C.). He argues that every individual should set meaningful goals for self-realization. He emphasizes that the goals of the individual must maintain the balance between this world and the other world. Examines the effects of social relationships on happiness. He notes that

community and family ties are the elements that increase an individual's happiness. This comparison shows that Islam provides a complete guide to increase an individual's happiness and is largely compatible with the discoveries of modern psychology. Positive psychology and Islam offer effective recommendations for increasing a person's happiness and ensuring that he achieves his goals. While Islam encourages individuals to be mentally and psychologically satisfied, positive psychology shows that a meaningful life increases an individual's level of happiness. Modern scientific research confirms the positive impact of spirituality on the psychological well-being and happiness of an individual.

In this context, the understanding of motivation and happiness given by Islam represents a global system that strengthens the mental balance and well-being of an individual.

Faith and Coping with Difficulties

The difficulties that you encounter in life are factors that directly affect a person's motivation, mental flexibility and ability to cope with life. While modern psychology considers an individual's resistance to trauma and stress as an important psychological trait, Islamic thought emphasizes that an individual increases his resistance to difficulties through patience, trust and faith.

It is said in the Quran and the hadiths that difficulties are temporary and that an individual can overcome these difficulties with patience and confidence. The Islamic faith helps an individual to develop a flexible, patient and Allah (C.C.)-fearing attitude to the difficulties he faces in life. In this section, the Concept of flexibility in psychology and the concepts of patience and trust in Islam are compared. The concept of examination and patience, the effect of prayer and worship on stress management and the role of trust in Allah in increasing spiritual endurance are discussed.

The concept of test and patience:

The concept of Examination (Examination, Examination) in Islam is based on the idea that the difficulties that a person faces in worldly life are a way to achieve spiritual maturity. It is emphasized in the Qur'an that exams are a process that strengthens individuals:

"We will test you with a little fear, hunger and loss of wealth, life and harvest. Proclaim the good news to those who are patient." (Baqara, 2:155).

This verse expresses that the difficulties that a person faces are a test, and patience is the most important element to overcome this test. In psychology, the term "resilience" refers to the mental resilience that a person shows in the face of traumas and negative life events (Bonanno, 2004).

Patience is one of the most fundamental concepts that Islam transmits to an individual. Hz. Muhammed (S.A.V.) also emphasized the positive impact of patience on the human soul and encouraged people to be patient in the face of the difficulties they were facing:

"Patience is one of the treasures of Heaven." (Tabarani, al-mu'jam Al-Kabir, 11/316).

Modern psychology also shows that patience plays an important role in a person's ability to cope with stress and achieve long-term goals (Duck & Gross, 2014). Especially in diseases such as post-traumatic stress disorder (PTSD) and depression, an individual's resistance, patience and hope for the future accelerate the recovery process (Masten, 2014).

The Islamic understanding of patience and the concept of resilience of modern psychology largely overlap. However, Islam defines patience not only as a passive expectation, but as an individual's effort to do his best and trust Allah.

The effect of prayer and adoration on the fight against stress:

Stress is one of the most common psychological reactions that a person faces in everyday life. In modern psychology, methods such as meditation, mindfulness and cognitive restructuring are proposed as strategies to cope with stress (Lazarus and Folkman, 1984). However, one of the most important methods of coping with stress in Islamic thought is prayer and worship.

The effect of prayer and worship on increasing the spiritual well-being of an individual is expressed in the Qur'an as follows:

"Pray to me, and I will answer you." (Believer, 40/60).

Prayer makes individuals feel that they are not alone and that they have found inner peace by taking refuge in Allah (C.C.). Modern psychology also shows that prayers and worship play an important role in the fight against stress.

According to a study conducted by Koenig (2012), people who pray and worship regularly can manage stress better and have greater mental flexibility.

The positive effect of prayers on stress has also been confirmed by psychological studies:

- The effects of prayer and meditation on brain waves have been studied and it has been found that stress levels are lower in people who pray regularly (Davidson et al., 2003).
- It has been found that cortisol levels decrease in people who pray and that the biological effects of stress are attenuated (Koenig, 2012).

These results show that the Islamic teachings on stress management coincide with modern psychological methods. The role of trust in Allah (C.C.) in increasing spiritual endurance:

Trust means that an individual trusts Allah (C.C.) and leaves the results of his efforts for himself. In the Qur'an it is said that trust in Allah (C.C.) increases the spiritual strength of an individual as follows:

"Allah loves those who trust in him." (Ali Imran, 3:159).

Trust is a factor that reduces a person's fears and makes them more resilient psychologically. In modern psychology, the theory of the "place of control" is a concept used to explain how an individual interprets events (Rotter, 1966). People with a belief in internal control believe that their life is in their own hands, while people with a belief in external control believe that external forces or fate direct events.

The Islamic understanding of trust is a balance that encourages individuals to make efforts and leave the results to Allah. Hz. Muhammed (S.A.V.) expressed his faith in Allah as follows: "First fasten your camel, then place your trust in Allah." (Tirmidhi, Qayamah, 60).

This hadith emphasizes that an individual must put his trust in Allah after fulfilling his duties. People who trust Allah (C.C.) are less afraid of life's uncertainties and lead more peaceful lives (Schnall et al., 2010).

Islam provides a solid spiritual framework that allows the individual to cope with life's difficulties. Concepts such as patience, trust, prayer and worship are mentioned in the Qur'an and hadiths as elements that increase an individual's spiritual resilience. Modern psychology shows that a person's resistance to trauma and stress protects his mental health and increases his happiness in the long term.

The understanding of patience and trust in Islam largely coincides with the concept of resilience in modern psychology. In this context, the positive effects of Islam on mental health are also supported by modern science.

Religious Belief And Motivation in Today's World

The modern world is in a state of profound change, characterized by rapidly evolving value systems, secularization, individualization and the spread of materialistic thought. This transformation has a direct impact on the individual's belief systems, his sources of motivation and the processes he uses to give meaning to his life (Taylor, 2007).

While religion is considered one of the most fundamental elements of individual motivation in traditional societies, as secularization increases in today's world, the sources of motivation of the individual have changed. However, the Islamic faith continues to provide an effective orientation that protects the internal and external motivation of the individual. The principles contained in the Koran and the hadiths help the individual to find his way and overcome the crises of meaning in the complexity of the modern world.

In this section, the effects of religious belief on an individual's motivation in the rapidly changing value system of the modern world are examined and the motivational effects of the Islamic perspective on the individual, as opposed to secularization, individualization and materialistic thinking, are discussed.

The role of secularization and religious belief in motivation:

Secularization is defined as the process by which modern societies move away from religious values and adopt a lifestyle more centered on the world (Berger, 1999). With the industrial revolution, scientific progress and technological development, the influence of religious beliefs on the lives of individuals decreased in many societies, and rationality and scientific thinking appeared instead.

However, the process of secularization can weaken the individual search for inner peace and meaning. Modern psychology shows that having a spiritual value system protects a person's motivation and mental health (Koenig, 2012). Islam provides a solid spiritual framework allowing the individual to explore himself and increase his motivations to eliminate the negative effects of secularization on the individual. In this context, the following verse of the Quran gives meaning to an individual's life:

"Good news for those who repent to Allah and find peace in their hearts through faith. Know that hearts find peace only in the Reminder of Allah." (Rad, 13:28).

This verse shows that a person's inner peace and Motivation can be achieved not only through worldly success, but also through spiritual fulfillment. The loss of meaning that accompanies the spread of secularization in the modern world is linked to the alienation of the individual from sources of spiritual motivation (Seligman, 2011).

Islam encourages the individual to maintain his inner motivation through the balance between earthly life and life after death. This balance is emphasized in the hadiths as follows:

"Work for your worldly gain, but as if you would never die; work for the hereafter, but as if you would die tomorrow." (Bukhari, the book, 9).

This hadith allows an individual to develop a strong perspective against the crises of meaning caused by secularization by weighing his secular and spiritual motivations.

Individualization and the influence of religion on individual motivation:

Modern societies tend to individualism. In traditional societies, although the individual is more strongly linked to his family, community and religious values, he is encouraged to act independently in today's world (Giddens, 1991).

Although individualization helps the individual to make independent decisions and develop, it can also lead to psychological problems such as loneliness, loss of meaning and depression (Bauman, 2001). Religious beliefs help an individual to experience spiritual satisfaction and maintain internal motivation by balancing the negative effects of individualization. The Qur'an declares that an individual is not alone and that his connection with Allah strengthens him as follows: "We are closer to people than their jugular veins." (Qaf, 50/16).

This verse emphasizes that the individual is not alone and that Allah is always with him. In modern psychology, it has been found that a strong belief system reduces the feeling of loneliness and protects mental health (Koenig, 2012).

H. Muhammed (S.A.V.) he also stressed the importance of being strong individually and trusting Allah with this hadith:

"A strong believer is better and more beloved by Allah than a weak believer." (Muslim, Qader, 34) This hadith emphasizes that an individual must develop and support his motivation with a strong faith.

Islamic perspective and motivation against materialistic thinking:

In the modern world, materialism is a system of thinking that evaluates an individual's happiness and motivation solely on the basis of material gain and physical well-being. However, research shows that the effect of material achievements on happiness is limited, and if the spiritual side of the individual is neglected, a lack of satisfaction appears in the long term (Diener et al., 2010).

The Qur'an warns against materialistic thinking:

"Life in this world is nothing but fun and games. And the abode of the hereafter is the abode of the hereafter. I'd like you to know." (Ankabut, 29:64).

This verse emphasizes that if a person focuses only on material gain, it will not give him spiritual satisfaction.

Ibn Khaldun, one of the Islamic scholars, argued that the alienation of an individual from spiritual values will lead to long-term psychological collapse (Ibn Khaldun, 2005). In today's psychology, it is recommended that the individual define the values that give meaning to his life and achieve the goals that provide inner satisfaction (Frankl, 1985).

Haz. Muhammed (S.A.V.) also stated in a hadith that a person should adhere to his spiritual values and not follow materialistic thinking:

"True wealth is not the abundance of goods, but the satisfaction of the heart." (Bukhari, Book, 15).

This hadith emphasizes that an individual should be content not only with material success, but also with inner peace and spiritual values.

In the modern world, religious faith is a powerful element that increases a person's motivation and gives him a sense of significance. While secularization, individualization and materialism can weaken a person's motivation for life, Islam helps an individual overcome this negativity by providing a solid spiritual framework. In addition, modern psychology confirms the positive effects of spirituality on the mental health and motivation of an individual. In this context, the motivation model of Islam offers a sustainable system that supports both the psychological and spiritual development of the individual.

Conclusion, Discussion And Suggestions

This study examined the relationship between religious belief and motivation from an Islamic point of view and made a comparative evaluation with modern psychology. Islam offers a motivational model that encourages an individual to achieve not only secular goals, but also spiritual maturity. Concepts such as patience, trust, prayer, worship and trust in Allah contained in the Quran and hadiths stand out as basic elements that increase an individual's mental flexibility and make it easier for him to cope with difficulties.

A person's motivation is caused by a combination of psychological and social factors. In Islam, an individual's motivation is shaped by both internal and external factors. Intrinsic motivation is linked to the love of Allah (C.C.), to adoration, to the sincerity of the intention and to the spiritual development of the individual. Extrinsic motivation is supported by the community, family, Society and the social environment of the individual. In the modern world, rapidly changing value systems and the processes of individualization and secularization significantly affect the sources of motivation and the perception of the individual's life.

Islam provides a framework that helps an individual to achieve long-term satisfaction and happiness by maintaining their spiritual balance in the face of these changes. The influence of spiritual values on motivation is increasingly recognized by modern psychology. In summary, religious belief is an important element that strengthens an individual's motivation and sense of meaning. Achieving inner peace with elements such as patience, trust and adoration increases an individual's psychological resilience and makes them a more flexible person. Given the stress, fear and the search for meaning that people face in today's world, the Islamic motivation model offers a sustainable structure that supports the psychological and spiritual development of the individual.

Discussion:

Intrinsic motivation means that a person acts in accordance with his intrinsic values and beliefs without external pressure or reward. In Islam, the inner source of motivation of an individual is his love for Allah and his desire to gain his appreciation.

This situation allows the individual to give meaning to his work, to face difficulties and to discipline his life. Emphasizing the importance of intention in the Qur'an and the hadiths is one of the fundamental dynamics of intrinsic motivation.

When a person performs an action with sincere intention, his motivation increases and he feels spiritual satisfaction with his work. In modern psychology, the effects of intrinsic motivation on a person's long-term success and psychological well-being have been scientifically proven. In particular, the theory of self-determination shows that people lead more fulfilling lives and achieve better results when their intrinsic motivation is high.

In Islam, it is also emphasized that the individual must act decently by establishing the balance between this world and the other world. However, in modern societies, people seem to be moving away from internal sources of motivation and focusing more on external rewards. From an Islamic point of view, it is affirmed that an individual should not be motivated solely by worldly achievements and should not neglect his spiritual side.

In this context, the motivational model of Islam provides a structure that increases the mental flexibility of an individual and satisfies him spiritually. Extrinsic motivation refers to the actions of an individual under the influence of his social environment, society and cultural structure. In Islam, the motivation of an individual is not limited to his inner world; we see that social structures such as society, the family and society play a major role in the development of an individual. With increasing individualization in the modern world, the alienation of the individual from social support mechanisms and isolation can lead to a loss of motivation and the spread of mental disorders.

Islam encourages individuals to participate in society, to strengthen social ties and to act with a collective motivation. In Islamic teaching, it is said that participation in cults in the Congregation is a virtue and that an individual must be in contact with social support mechanisms. An individual's relationship with his family and the society in which he lives is one of the basic elements that makes his motivation lasting. In this context, modern psychology also provides convincing evidence that social support systems increase an individual's mental flexibility and motivation. The Islamic understanding of motivation offers a balanced model that allows an individual to focus on their own development and fulfill their social responsibilities.

The effects of secularization and materialistic thinking on individual motivation:

In today's world, the spread of secularization and materialistic thinking has a great impact on individual motivation. In the process of secularization, the departure of the individual from his religious beliefs can lead him to lose himself in the search for meaning. Materialistic thinking combines a person's happiness and motivation only with material gain. However, scientific research shows that a person cannot be happy only with material gain, and spiritual values have a much stronger effect on happiness and motivation.

Islam encourages the individual to live a meaningful life not only by focusing decently on worldly life, but also by maintaining the balance between this world and the hereafter. This balance increases the mental satisfaction of the individual and allows him to achieve long-term happiness and success.

Recommendations:

Using religious values to increase internal motivation:

In order to increase an individual's internal motivation, religious values must be integrated into individual development processes. The positive effects of religious beliefs and practices on an individual's psychological flexibility have also been scientifically proven.

In this context:

- Individuals should be encouraged to regularly practice spiritual practices such as worship and prayer.
- Scientific research should be supported to ensure that religious motivation increases an individual's spiritual satisfaction, and this issue should be addressed in the context of mental well-being.

Strengthening of social support mechanisms Community, family and social support mechanisms should be strengthened in order to increase the motivation of the individual.

In order to avoid the feeling of loneliness created by individualization:

- Activities that strengthen social solidarity should be organized and religious communities should be encouraged to contribute to the spiritual development of the individual.
- Religious education and domestic support mechanisms should be strengthened. Emphasis on spiritual values against the loss of meaning by secularization and materialism So that the individual in today's world does not lose the search for meaning:
- The meaning and motivation that religious beliefs give to a person's life must be emphasized by linking them to psychological well-being.
- The importance of a lifestyle based on spiritual values will be explained in the light of the negative effects of secularization on individuals.

These suggestions include strategies that allow the individual to achieve a healthier and more balanced motivational structure by integrating the Islamic understanding of motivation with modern psychology.

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