

REFLECTION OF MORALS TOWARDS ONESELF IN ACHIEVEMENT OF A BALANCED LIFE

Olfanita Azahra (1)

Syarif Hidayatullah State Islamic University Jakarta (1)

olfanitaazahra@gmail.com (1)

Abstract

This paper discusses the importance of self-reflection on morals as a fundamental step in achieving a balanced life amidst the complex demands of the modern era. As ethical awareness declines among the younger generation, deep self-evaluation becomes crucial for maintaining integrity and direction. This research employs a qualitative method with a descriptive narrative approach based on literature studies of relevant scientific journals. The findings indicate that moral reflection towards oneself significantly influences mental well-being, inner peace, and social relationship quality. Key aspects required for a balanced life include self-respect, emotional balance, personal responsibility, simplicity, and spiritual development. However, the process faces challenges such as dishonesty towards oneself, fear of change, ingrained bad habits, and lack of social support. By overcoming these obstacles through self-awareness and commitment, individuals can manage emotions better and make wiser decisions. Ultimately, this study emphasizes that self-reflection is a continuous process of character building that leads to a meaningful, harmonious existence.

Keywords: *Self-reflection; Morals; Balanced Life; Emotional Control; Character Building*

INTRODUCTION

As time progresses, ethical and moral values seem to be eroded by the increasingly complex demands of life. Many individuals experience dilemmas that disrupt their integrity and daily behavior. The decline in ethical and moral awareness of the younger generation can lead to various social problems, such as increasing crime rates, rampant drug abuse, and increasing juvenile delinquency (Hudi I. P., 2024).

A deep awareness of ethics in every aspect of life is crucial. This includes how individuals evaluate, act, manage their feelings, thoughts, and experiences in facing new challenges. In this case, one needs to reflect on oneself to conduct continuous evaluation and self-understanding. Reflective learning is an important part of lifelong learning (AS, 2015). Lack of self-reflection in achieving a balanced life can lead to obstacles and problems that affect one's quality of life. Without reflection, a person may feel a loss of direction and purpose. Feeling confused in making a decision and determining the direction of what life goals to achieve.

In addition, one also needs to conduct self-evaluation to better understand oneself, through understanding the strengths and weaknesses in oneself. There are three main factors of self-evaluation, namely the comparison between the self-image and the desired self-image (ideal self), internalization of society's judgment and evaluation of success and failure in doing something as part of self-identity. These three factors are interrelated and determine the process of forming self-esteem (Widodo & Pratitis, 2013).

Without self-awareness and self-evaluation, individuals can get stuck in bad habits or unproductive mindsets and make the same mistakes repeatedly, hindering their development. This also exacerbates the inability to cope with life's challenges in a better way.

Actions and feelings are also part of reflection. There needs to be a deep understanding of one's feelings, for example, individuals feel trapped in an activity that is carried out repeatedly without change or improvement. Interpersonal relationships can also be affected. At the very least, before taking an action, a person can reflect first on their actions because sometimes other people can assume otherwise so that it can trigger conflict or unhealthy relationships.

Hasan (2010: 10) in (Rahayu, 2016) states that responsibility is the attitude and behavior of a person to carry out their duties and obligations, which should be done, towards themselves, society, the environment (natural, social and cultural), the state and God Almighty.

Lack of responsibility for one's decisions or actions can be an obstacle to self-reflection. This makes a person indecisive about their life, often procrastinating, neglecting, and even avoiding important challenges in life. If this happens, a person will find it difficult to organize their life, which often leads to stress and increased anxiety.

In the midst of this situation, we need to be aware of returning to the roots, namely building character from within ourselves. In describing one of the first steps in educating the right morals is to instill Islamic religious education into children as early as possible, so that children can receive an understanding of the values of good behavior easily, and get used to behaving well since childhood (Warasto, 2018). Therefore, without reflection, a person cannot make positive changes in his life and the achievement of a balanced and meaningful life will be hampered. Self-reflection is the key to understanding oneself, correcting mistakes, and moving forward better in life's journey.

RESEARCH METHODOLOGY

This research uses a qualitative method in the form of descriptive narrative which aims to provide a detailed and in-depth description of phenomena or events using narratives or stories. Qualitative research was chosen because it is in accordance with the research objectives which focus on understanding the phenomenon holistically based on the subject's perspective.

The source of data for this research comes from secondary data, namely scientific journals that are relevant to the research topic. The selection of journals is based on credibility, currency, and relevance to the topic under study.

The data collection technique in this research uses literature studies. Data was collected by reading and analyzing various articles from scientific journals related to the research topic. Journals used as data sources were selected based on certain criteria, such as the number of citations, publication by accredited institutions, and relevance to the research focus.

The data analysis technique used was content analysis. Data from the collected journals were analyzed to identify patterns and concepts related to the research topic. The analysis was carried out with steps such as grouping information, thematic mapping, and interpretation of results.

The research results are reported descriptively with a systematic and narrative presentation of the data. Reporting focuses on the main findings related to the research objectives as well as the interpretation of the results of data analysis from the reviewed journals. The findings are complemented by a discussion that connects the research results with the relevant theoretical framework.

RESULTS AND DISCUSSION

1.1 The Influence of Morals towards Self in the Balance of Life

It is a set of values, norms, and principles that direct one's behavior. Morals towards oneself is the awareness to maintain morality and good values in acting, speaking, and thinking. Having good morals is very important, especially for oneself. Morals can help a person to live a harmonious life and have good relationships with many people.

In essence, morals are a condition or trait that already exists in a person's soul and becomes a personality so that various kinds of actions arise spontaneously and easily without being made up and without the need to think before acting (F. A. Lestari et al., 2021) . Morals certainly have a very big influence on a person's characteristics.

Character building is very important for us to review, because character building is a form of government efforts to form the next generation of young people with character (Fatmah, 2018) . The existence of parental guidance from an early age plays an important role in the formation of a person's morals. In everyday life, morals not only function as moral guidelines, but also as a counterweight to the interrelated aspects of life

Various aspects and factors that influence morals, such as customs or habits, instincts, environment, education, and information media according to all parties to play an active role, especially parents who greatly determine the moral development of their children to have akhlakul karimah (Wibowo, 2016) . Here are some more in-depth explanations about the influence of morals in the balance of life, among others:

1.1.1 Inner Peace and Mental Balance

Good morals have a direct impact on one's mental and emotional state. When a person lives a life with good moral principles, such as honesty, patience, and sincerity, they tend to be more at peace with themselves. One of the most obvious examples is honesty. A person who lives in honesty will go through life with peace of mind and not have the anxiety or fear of going through life because of being caught in a lie or deception.

The same applies to patience. In facing trials or difficulties in life, people will be tested for their patience in dealing with these problems. Someone who is patient will find it easier to maintain their composure. They are also able to control their emotions so that they can calm themselves and find solutions wisely. Patience not only reduces tension within, but also creates space for clear thinking in the face of life's challenges.

Sincerity and empathy also play an important role in creating inner peace. It helps one to reduce feelings of loneliness or anxiety that may arise from social isolation. An empathetic attitude allows one to more easily overcome negative feelings as they feel valued and purposeful in their interactions with others.

Good morals have a great impact on one's mental and emotional balance. When our morals reflect good ethical and moral values, we can live more calmly, patiently, and gratefully, which supports good mental balance. To obtain happiness requires great sacrifice in all respects, as well as in obtaining a sense of tranquility, serenity in life in this world and in the hereafter must go through several paths taken to obtain it (Kallang, 2020) .

1.1.2 Influence on Social Relationships

Islam also has clear guidelines in matters relating to communication to its people (Aziz & Makhsin, 2021) . In daily life, social interaction is one of the aspects that most affects the balance of a person's life. Good and harmonious relationships provide the emotional and mental support necessary to lead a balanced life.

One clear example of the influence of morals in social relations is fairness. Someone who behaves fairly will treat others equally, indiscriminately, and avoid discrimination. This creates trust and a sense of security that can strengthen social ties.

It also teaches us to respect others. In this case, a respectful relationship will be created. When we show respect to others, both in speech and action, the relationship will be harmonious. With good morals, we not only maintain existing relationships, but also open up opportunities to create new profitable relationships.

In addition, good morals also serve to avoid divisions in social relationships. Someone who is able to control their emotions, think before they act, and is not easily swayed can help them avoid conflicts that can damage relationships.

1.1.3 Reduce Stress and Improve Emotional Wellbeing

One of the major impacts of good morals is its ability to reduce stress levels in one's life. A life full of conflict, dishonesty, and negative feelings can be a huge burden on both the body and mind. One can overcome this through forgiveness, honesty, and patience.

Having a forgiving attitude helps one escape feelings of resentment or anger that can destroy their inner peace. When this is done, they not only give freedom to others, but also to themselves. In addition, honesty and patience are also needed to create a peaceful and harmonious balance in life.

1.2 Aspects for Achieving a Balanced Life.

In life we are faced with various demands and responsibilities. The variety of demands means that we have to exert our energy evenly to complete all these responsibilities efficiently. This is in accordance with the fact that every individual has responsibilities towards themselves, others, and responsibilities to God. In this context, we need to balance every aspect of life that we face so that we can achieve a balanced life.

The balance of human life is the main key to achieving the welfare and happiness of life for humans, with the understanding that the conception of education about life is not only concerned with achieving worldly happiness with all the luxuries and fulfillment of all worldly needs, but also ukhrawi life (Ma'ruf, 2019) .

In this case, a balanced life includes several aspects that relate to character development and the maintenance of holistic well-being. Some of the main aspects that comprise a balanced life in morals towards oneself include:

1.2.1 Self-Respect

Self-respect is the basis of all good morals. It means having a sense of self-worth, appreciating one's potential and abilities, and not putting oneself down. It also includes principles and values that are maintained and believed in with consistency.

1.2.2 Emotional Balance

Emotion management is a key skill that enables individuals to manage and regulate their emotional reactions effectively in various life situations (Rahmadanti, 2024) . The ability to control emotions wisely and not let negative emotions take over is a form of patience, self-control, and the ability to remain calm in challenging situations.

This attitude must be possessed by every individual to create a balanced life through good emotional control. Through this attitude, individuals will be better prepared to face new life challenges.

1.2.3 Responsibility to Self

Responsibility is natural, which means that responsibility has become part of human life that every human being and certainly each person will bear a responsibility of their own (Rochmah, 2016) .

Taking responsibility for one's actions and decisions and committing oneself to develop into a better person. In this context, it includes several other aspects, such as maintaining physical, mental and spiritual health in an appropriate manner.

1.2.4 Simplicity

Living simply or mediocre does not mean being stingy with yourself. It teaches us not to overdo things by avoiding excessive worldly or hedonistic desires. It focuses on the more meaningful values of life.

1.2.5 Self Purification and Spiritual Development

Every individual has a sense of responsibility towards the Creator. This sense of responsibility includes worship, prayer, or deep self-reflection to enhance our spiritual quality and deepen our sense of Gratitude and wisdom in life. This, in addition to helping us to know more about ourselves, also gives us an approach to religion and God.

The aspects that have been mentioned certainly give a person a deep understanding to live a balanced life with good morals towards himself. In addition to oneself, this also affects the quality of personal life and the environment.

The above aspects can be done, through self-reflection, setting clear and realistic goals, building positive habits, developing inner courage to face life's challenges, practicing honesty with yourself, accepting and loving yourself, praying and striving for inner peace, and committing to consistent change. This can help you to know and understand yourself more deeply and be able to achieve balanced life goals.

1.3 Challenges and Obstacles in Reflecting on Morals towards Self in Achieving a Balanced Life

In life, the process to develop better must have several challenges and obstacles that occur. Individuals must be ready to face the challenges of life that occur to achieve a quality and balanced life. Achieving a balanced life often starts with the challenging first step, which is moral reflection on oneself. This process requires us to behave honestly in assessing our lives, habits and character. However, it is sometimes difficult for us to understand and admit our mistakes.

Dishonesty towards oneself is the first obstacle faced. Dishonesty is the behavior of lying and saying not what it is, cheating or not following all applicable rules and is done by force and lying (Fitriyani, 2021) . Often, we are not prepared to face our own shortcomings or weaknesses. There is a reluctance to admit certain sides of ourselves that we may have been trying to hide, such as bad habits or negative mindsets. In fact, doing things like this can prevent us from developing and moving forward to improve them. Dishonesty with ourselves leads to delaying change and ultimately a balanced life is further away from being achieved.

Next, the fear of change. This is the biggest obstacle to the process of getting better. Whenever we realize that we need to make changes to ourselves to achieve a balanced life there is a fear that often gets in the way. Fear of failure, inadequacy, even fear of the uncertainty of the future makes us choose to stay in our comfort zone even though we realize that this zone is not an

ideal place for growth. These fears keep us in the wrong sphere and experience a lot of hesitation in our actions, hindering us from making changes and progress for the better.

Bad habits that have been ingrained from an early age and have not changed are also obstacles that are difficult to overcome. Habits that have been formed over the years, such as poor diet, lazy habits, or negative mindsets, can become chains that hold us back from moving forward. Although, we realize they are wrong and detrimental, but if there is no intention to change and improve them, these habits will remain self-destructive and hinder change.

In addition, the lack of social support or even the presence of a negative environment is also a big challenge in the journey of self-reflection. Sometimes, those closest to us, such as family, friends or colleagues, are unable to understand or support our decision to improve ourselves. Without the right support, trying to live a more balanced life can feel like a futile struggle. Social support is very important to understand because social support becomes very valuable when individuals experience a problem, therefore the individual concerned needs the closest people who can be trusted to help in overcoming these problems (W. Lestari & Wulandari, 2021).

In our busy lives, time and priorities are often one of the biggest obstacles. We often get so caught up in our hectic routines that we don't have time to do deep self-reflection or work on deep-rooted bad habits. Life balance becomes increasingly difficult to achieve as we feel there is no time for ourselves or to plan for a better life.

Uncontrollable emotions can also be an obstacle to self-reflection. The influence of emotions, such as anger, anxiety, or frustration can lead to self-judgment. When emotions get the best of us, we often become biased in our assessment of situations and ourselves. These feelings can prevent us from seeing reality and improving the parts of ourselves that need attention.

Perfectionism is also a big challenge in this journey. The desire to always do things perfectly often prevents us from initiating change. We focus too much on perfection and push ourselves to overdo things, forgetting that it is normal to make small mistakes. Through these mistakes, one can improve and change into a better person. Forcing oneself to be perfect is unjustifiable because after all, humans must have made mistakes and need to be corrected through self-reflection.

However, while these challenges are not easy to live with, each obstacle that is overcome provides an opportunity for us to learn from our mistakes and improve. With self-awareness, courage to face reality, and commitment to change, these obstacles can be overcome. Every step taken to overcome these challenges will bring us closer to a more balanced, meaningful, and peaceful life.

1.4 Things that Need to be Applied in Reflecting on Morals towards Yourself in Achieving a Balanced Life in Daily Life

A process of changing oneself for the better requires a strong drive in the process. Intention and courage to fight against bad habits are the main keys in facing this challenge. Start with positive things to create a harmonious environment.

Moral reflection on oneself is one of the important steps in achieving a balanced life in daily life. To realize this balance, the first step that needs to be taken is self-introspection. Evaluation of behavior, attitudes, and values that are believed will pave the way for self-improvement. Actions that are in accordance with moral and spiritual teachings need to be maintained, while the parts that are still lacking need to be improved and changed for the better.

Furthermore, self-awareness plays a very important role. By cultivating an awareness of the importance of morals in life, one will be better able to respect oneself and others. Respectful behavior will create healthy and harmonious relationships. In living daily life, one also needs to apply the traits of tolerance and patience. Facing challenges with patience and not rushing into decisions will help create a peaceful atmosphere and good social relationships for oneself and others.

In addition, increasing a sense of empathy and caring for others is very important. Empathy is the ability to imagine what another person might feel or think and also the ability to feel the abilities of others (M. F. S. J. Putra et al., 2018). By understanding the feelings of others and being ready to help them when experiencing difficulties, mutual understanding of others and good social relationships will be created.

Equally important, one must also be able to maintain a balance between worldly and afterlife relationships. Practicing good morals not only provides benefits in social life, but also brings one closer to spiritual balance. The wise use of time between work, worship, and rest is an important step in achieving a balanced life.

On this journey, avoiding negative thoughts and behaviors is a must. Principles, such as honesty, patience, trustworthiness and avoiding lies will keep one on the right track. Bad morals can ruin the balance of life and social relationships with others, whereas good morals will lead to a balanced and harmonious life. One should also strive to always be kind, whether in speech, deeds, or thoughts. Every action that is good will bring peace to oneself and others, bring happiness, and balance in life.

CONCLUSION

2.1 Conclusion

Moral reflection on oneself is very necessary in achieving a balanced life. By doing self-reflection, one can realize what mistakes need to be corrected so as not to make the same mistakes in the future. Self-awareness is very necessary in the process of self-change. Realizing a mistake and having the courage to reveal it is one small step towards making oneself better.

In addition to self-awareness, emotional control is also very much needed in this process. With good emotional control, such as managing anger, sadness, anxiety, and fear well can provide a peaceful life and make ourselves look positive. This not only has a good impact on ourselves but also on others.

Furthermore, having a high sense of care and tolerance also makes it easier for us to achieve a balanced life. Caring for ourselves, such as maintaining a good diet, controlling our emotions, and caring for our surroundings gives us a balanced and harmonious life.

In achieving a balanced life, of course, there are challenges and obstacles that need to be overcome. Individuals must have a strong fortress so that they are not easily shaken and influenced by a negative environment. Through these obstacles, individuals can be more courageous in trying to get out of their comfort zone and make changes for themselves for the better. This change requires strong support so that individuals feel that the changes they make are the right path.

2.2 Advice

This paper discusses the importance of reflecting on morals towards oneself in achieving a balanced life. It aims to provide new information and insights to the author and readers to realize the importance of making changes for themselves for the better and maintaining the values and norms that have been established properly.

This paper is expected to enlighten readers to continue to do good and process to become a better person. This paper is also expected to change one's personality to live a balanced life between the world and the hereafter because basically life in the world is only temporary and eternal life when we are in the hereafter.

In this writing, the author apologizes if there is a word error in writing the paper. For the future, the author will pay more attention to the writing that will be done.

BIBLIOGRAPHY

Aidin, A. K. (2021). Theories of Ethics. In *academia.edu* (pp. 1-26).

Andani, D. (2017). Students' Self-Adjustment to Culture Shock (Descriptive Qualitative Study of Self-Adjustment of South Sulawesi Students in Yogyakarta). *Eprints.Ums.Ac.Id*, 1-28. <https://eprints.ums.ac.id/57900/>

AS, N. N. (2015). Application of Self-Reflection and Self Evaluation as Basic Skills in Improving Professionalism in Medical Students. *Mail.Online-Journal.Unja.Ac.Id*, 3 (1), 60-67. <https://mail.online-journal.unja.ac.id/kedokteran/article/view/2720>

Aziz, M. F., & Makhsin, M. (2021). The Effect of Social Media on Moral Appearance. *International Journal of Education, Psychology and Counseling*, 6(42), 74-82.

Fatmah, N. (2018). Character Building in Education. *Ejournal.Uit-Lirboyo.Ac.Id*, 29 (2), 369-387. <https://ejournal.uit-lirboyo.ac.id/index.php/tribakti/article/view/602>

Fitriyani, I. (2021). Implementation of Thomas Lickona's Theory on the Problem of Dishonesty. *Ionsuit.Unismuhluwuk.Ac.Id*, 4 (1), 94-109. <https://ionsuit.unismuhluwuk.ac.id/ilmi/article/view/932>

Hudi, I., Purwanto, H., Miftahurrahmi, A., Marsyanda, F., Rahma, G., Aini, A. N., & Rahmawati, A. (2024). Moral and Ethical Crisis in Indonesia's Young Generation. *Journal.Pipuswina.Com*, 1. <https://journal.pipuswina.com/index.php/jippsi/article/view/41>

Insani, G. N., Dewi, D., & Furnamasari, Y. F. (2021). Integration of Character Education in Civic Education Learning to Develop the Character of Elementary School Students. *Jptam.Org*, 5. <https://jptam.org/index.php/jptam/article/view/2313>

Kallang, A. (2020). Theories for Obtaining Sobriety. *Ejournal.Iain-Bone.Ac.Id*, 6 (1). <https://ejournal.iain-bone.ac.id/index.php/aldin/article/view/847>

Kanesa, P., & Maryana, M. E. (2021). Problems of Nation's Moral towards Ethics of Society. *Rechten.Nusaputra.Ac.Id*, 3. <https://rechten.nusaputra.ac.id/article/view/72>

Lestari, F. A., Sagala, H. H., & Nurrohman, W. (2021). Literature Review: The Effect of Emotional Intelligence on Student Morals. *Journal.Permapendis-Sumut.Org*, 1 (3), 392-399. <https://www.jurnal.permapendis-sumut.org/index.php/edusociety/article/view/150>

Lestari, S. M. P. (2019). Differences in the Level of Self-Reflection in Learning of Students of the Faculty of Medicine, Malahayati University in 2019. *Core.Ac.Uk*, 6(4), 257-263.

Lestari, W., & Wulandari, D. A. (2021). The Relationship Between Social Support and Academic Anxiety in Students Preparing Thesis during the Covid-19 Pandemic Even Semester 2019/2020 Academic Year. *Jurnalnasional.Ump.Ac.Id*, 2 (1), 93-98. <https://jurnalnasional.ump.ac.id/index.php/psimphoni/article/view/8174>

Ma'ruf, M. (2019). The Concept of Realizing the Balance of Human Life in the Islamic Education System. *Al-Makrifat Journal*, 4(2), 123-137.

Singularity in Islamic Education Journal. Fajar Islam Indonesia Foundation collaborates with Faculty of Educational Sciences, State Islamic University of Jakarta. p 193-201.

- Nugroho, M. A. (2022). Wages and Consumption to Improve Welfare in Islam. *Ejournal.Stais.Ac.Id*,1 (1), 47-55. <https://ejournal.stais.ac.id/index.php/j-ebi/article/view/115>
- Pratitis, A. H. (2012). Self-Acceptance Process of Early Adult Women who Experienced Sexual Violence in Childhood. *Repository.Unair.Ac.Id*, 1-12. <https://repository.unair.ac.id/106027/>
- Putra, D. A., Soesanto, E., & Al.F, M. D. (2024). Moral Education Towards Social Harmonization. *Journal.Amikveteran.Ac.Id*,4 . <https://journal.amikveteran.ac.id/index.php/Khatulistiwa/article/view/2732>
- Putra, M. F. S. J., Daffa, M., & Zakhullu, S. F. (2018). Building a Sense of Empathy Through Sociodrama Techniques for Junior & Senior High School Students. *Journal.Ikipsiliwangi.Ac.Id*,1 (6), 240-246. <https://journal.ikipsiliwangi.ac.id/index.php/fokus/article/view/3805>
- Rahayu, R. (2016). Improving the Responsibility Character of Elementary Students Through Product Assessment in Mind Map Learning. *Jurnal.Umk.Ac.Id*,2 (1), 97-103. <https://jurnal.umk.ac.id/index.php/gusjigang/article/view/562>
- Rahmadanti, S. (2024). Emotion Management Key to Psychological Balance. *Circle-Archive.Com*,1 (4), 1-14. <http://www.circle-archive.com/index.php/carc/article/view/83>
- Rahmah, S. (2021). Morals in the Family. *Jurnal.Uin-Antasari.Ac.Id*,20 (2), 27-42. <https://jurnal.uin-antasari.ac.id/index.php/alhadharah/article/view/5609>
- Rochmah, E. Y. (2016). Developing Responsibility Character in Learners (Perspective of Western Psychology and Islamic Psychology). *Journal of Educational and Islamic Studies*, 3(1), 36-54.
- Warasto, H. N. (2018). Formation of Student Morals. *Journalalmandiri.Com*,2 . <https://www.jurnalmandiri.com/index.php/mandiri/article/view/32>
- Wibowo, A. (2016). Various Things that Affect the Formation of Morals. *Journals.Ums.Ac.Id*, .28 <https://journals.ums.ac.id/index.php/suhuf/article/view/3319#:~:text=Berbagai aspects and factors that, her daughter to have akhlakul karimah>
- Widodo, A. S., & Pratitis, N. T. (2013). Self-esteem and Social Interaction in View of Parents' Socioeconomic Status. *Core.Ac.Uk*, 2(2), 131-138.