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THEORIES OF SELF AND SOUL

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Haris Herdiansyah, S.Psi., M.Si

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Author:

Haris Herdiansyah, S.Psi., M.Si

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Komarudin

Agis Ahmad Rodian Sejah

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THEORIES OF SELF AND SOUL

One of the talks that is still not really answered is about the human soul. Various hypotheses were born from various civilizations trying to understand and approach the nature of the human soul. Likewise, philosophers try to think hard and make theories about the human soul that are barely touched by human physical reasoning. Some philosophers claim that the soul can only be understood and approached through a process of deep contemplation. On the other hand, psychology as the only branch of social science that discusses the soul, also has its own approach that tries to explain the soul and its dynamics.

Psychologists since decades ago have felt the need to thoroughly explore the existence of self and soul because it cannot be denied that both have very different roles which are essentially entities inherent in each individual. In the perspective of modern psychology, the discussion of the self and soul is less developed due to the influence of the western paradigm of thinking that prioritizes objectivity over subjectivity. of course, when viewed from a very objective western perspective, the existence of the self and soul is difficult to understand as an object that needs further research. Especially if using a quantitative approach where numbers become a means of measuring everything. It seems that measuring the self and soul will only provide dry results and findings, because the self and soul itself are not easy objects to measure. This difficulty is what causes the discussion of self and soul for the development of modern psychology today using the western paradigm of thinking to find almost nothing but deadlock. It is necessary to find a nonnumerical method that is able to approach the self and soul more explicitly.

A qualitative approach is perhaps one of the more appropriate approaches to discuss and analyze the self and soul. This book is tries to provide a view of the self and soul based on his subjective assessment and also analogies that are used simply so that the discussion of the self and soul is easier to understand. In addition the author presents it in a casual mindset that is not too formal so that although the topic of discussion seems heavy, the sentences used are relatively light so that readers can easily understand and capture what the author intended. Hopefully what is written in this book can provide Inside and also a new understanding of the existence of self and soul in a simpler approach.

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