



## Intrapersonal Communication: Improving *Self Awareness* Perspective of the Qur'an Surah Adz Dzariyat Verses 20 and 21

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### ABSTRACT

Communication plays a role important as a tool to communicate well with the environment in order to establish a harmonious relationship, but it can also become a means of knowing oneself, one of which is increasing self-*awareness* for every individual. The purpose of writing this article is to find out the impact of intrapersonal communication on increasing one's *self-awareness* to change perspectives and attitudes for the better according to the perspective of Al-Qur'an Surah Adz Dzariyat verses 20 and 21. Therefore the *library research* method in this study is used to examine the concept of intrapersonal communication from the perspective of Surah Adz Dzariyat verses 20 and 21 from research books and journals. The results of the discussion of this article are that intrapersonal communication has an impact on each individual to know himself. The significance of the role of intrapersonal communication for individuals towards self-awareness encourages them to do self-introspection and manage the emotions that are being felt so that they can relieve *stress* and will make individuals focus on life goals. The tendency of awareness to make creative and innovative decisions in dealing with events in life without reducing existing knowledge and directing individuals to positive emotions.



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## Introduction

The most important interaction and must be carried out by fellow humans that is communicate. Basically, communication is not only done vertically, namely between fellow humans, but can be done horizontally. For example, our communication with God ('Uyun, 2018). Communication is spirit, with human communication capable interact with oneself and even with God, namely Allah (Pambayun, 2012). As religious creatures, we often communicate with God to express any obstacles in our hearts or to ask for something, and so do humans. Almost every time we carry out the communication process. In There are two parties involved in the communication cycle, namely the communicator and the communicant. However, it is not only communication that involves other parties to create a communication process. Communication can occur with oneself or is called Intrapersonal Communication. is communication with oneself with the aim of thinking, reasoning, analyzing and reflecting (Yanti, 2017).

The Qur'an is guidelines in arrange order life people Islam. Where, it also regulates the form of communication carried out by humans, whether they are involved in relationship with Allah (*Hablu Min Allah*) or connection human to human (*Hablu Min Annas*). In the perspective of communication science, the existence

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of the Al - Qur'an as a guide and life guide for humans is a message ( *massage* ) that Allah conveyed to humans through the angel Gabriel to the Prophet Muhammad SAW and mankind. (Sofy, 2018) . So Therefore , if viewed from communication science , the verses of the Al -Qur'an can be grouped into several forms of communication, including, inter - personal communication (intrapersonal) , interpersonal (interpersonal) , intercultural, group, mass communication and others. etc . Even though the Al-Qur'an does not specifically discuss communication issues, there are descriptions of ways of communicating (Nurdin, 2014) .

One of the form of communication mentioned mentioned in the Qur'an is regarding intrapersonal communication or interpersonal communication (Arbi, 2019) . Intrapersonal communication is internal dialogue and can even occur when together with other people. For example , when you are with someone, what you think is included in intrapersonal communication. Intrapersonal communication often studies the role of *cognition* in human behavior. In this context it is usually done more repeatedly than with other communications. Interestingly , intrapersonal communication includes where we can imagine, daydream, perceive and solve problems in our minds (West & Turner, 2009) .

Intrapersonal communication forms the process of using messages to produce meaning within oneself so that intrapersonal communication can be a trigger for other forms of communication. From the existence of intrapersonal communication this can occur Good communication with ourselves can influence the way we communicate with other people. Therefore, intrapersonal communication plays an important role as a tool for good communication with the environment so that a harmonious relationship can be established . Apart from that, intrapersonal communication can also be a means of getting to know oneself, one of which is increasing self -awareness or being known in study communication psychology is *Self-Awareness* for each individual (Parasari, 2020) .

By In general , understanding yourself is It is an important thing for every individual to do in order to be able understand environment around . The author is aware that when someone has the ability to be able to identify and understand himself completely, both in terms of nature, character, emotions, feelings, thoughts and ways of adapting to the environment , then somebody the of course you can find out capacity himself and his surroundings . Even when somebody is at in different environments , someone the will be easier to get along with , adapt and be confident. Often found that somebody predisposed individuals shut yourself off around and looks quiet , not necessarily matter the give meaning that someone is an *introvert* type , it could be that someone is experiencing lack of self -confidence will what is in him , feels himself different from other humans or unsure of potential himself . So that cause somebody *overthinking* and even causes stress result inability in control emotions. Why does this phenomenon occur? We can see that the background to this phenomenon is a lack of *self-awareness* which causes individuals to not be able to make choices and make decisions for the future .

Someone who doesn't have *self-awareness* will difficult understand his own emotions because he is unconscious what he is feeling . Not infrequently , an emotional response somebody is far outside the situation he is experiencing . That matter often found nearby We even sometimes we have experienced it ourselves . According to Expert Psychology clinically , the average person in the world experiences mental burden and easy *moodswing* triggered lack of *self-awareness* in himself . For example , someone suddenly angry just because an accidental friend drop tool write we're at the office . It could be a feeling The anger that came out at that time was the result from emotions that have not been channeled for a long time because of something more bitter . For example , actually We feel disappointed with your partner 's behavior possessive even toxic but we ourselves ignore feeling that (Maryamah, 2022) .

Reviewed From the psychological concept of communication, of course intrapersonal communication is very important influential for personal a person and their environment . Moreover, personal awareness (*self awareness* ) has several elements that refer to the specific identity of the individual . The Qur'an certainly regulates this from what was discussed by the concept of communication psychology long before the theory created . For this reason, the aim of writing this article is to determine the impact of intrapersonal communication on increasing a person's *self-awareness* to change perspectives and attitudes for the better according to the perspective of the Al-Qur'an Sura h Adz Dzariyat verses 2 0-2 1.

## Method

The study uses a descriptive-qualitative approach with methods of library research analysis. According to Sugiyono, library research means gathering library data obtained from various sources of information(Sugiyono, 2012). The tafsir research model used in this research is the method of analysis. This method is an interpretation that tries to distinguish words, pronounces language, *i'rab*, *balagoh*, and *qira'at*, mentions *asbabun nuzul* when there is, accompanied by interlinking verses, disaggregates the words of the verse, explains its parts, then digs the content of the law and the meaning that can be taken from the verses of the Ad-

Zariyat verses 20-21. In library research, researchers use data collection in terms of sources. Since this type of research is library research, to gather data, the authors use the literature methods of documents related to research objects such as abstract research results, indexes, reviews, journals, and reference books. This study uses data from various sources, such as the classical Tafsir Ibnu Katsir, Tafsir At-Thabariy, and Tafsiri Jalalain, whereas the contemporary tafsirs used include Tafsir Al-Azhar, Tafsir Al-Qurthubi, Tafsir Al-Bayan, and Tafsir Al-Misbah. Selection of these seven tafsires is considered by the researchers to have represented the number of tafsiras existing in the world, which is about 50 tafsiris. This number is considered representative because it has used the ratio of 1:7. While the use of classical and contemporary interpretations is used as a comparison of how the interpretation of Ad-Zariyat verses 20-21 sounds in the past and in the present.

This research is used to describe in depth from several sources of literature, which are then analyzed using the interpretation approach of the Qur'an Surah Adz Dzariyat verses 20-21 in relation to the impact and also the importance of intrapersonal communication to increasing one's *self awareness* and self-reflection to change one's way of better outlook and attitude. The data were analyzed by the selection process, data processing and further analysis using the interpretation of Surah Adz Dzariyat verses 20-21.

#### Research Questions:

**RQ<sub>1</sub>** : How are the Mufasir interpret verses 20-21 Surah Adz Dzariyat ?

**RQ<sub>2</sub>** : How is *Self Awareness* based on view of the interpretation of Surah Adz Dzariyat verses 20-21?

**RQ<sub>3</sub>** : What is the role of intrapersonal communication in increase self-awareness according to view of the interpretation of Surah Adz Dzariyat verses 20-21?

## Results and Discussions

### Intrapersonal Communication

Intrapersonal communication or interpersonal communication is communication that takes place within us, it includes the activity of talking to ourselves and the activity of observing and giving meaning (intellectual and emotional) to our environment. (Effendi, 2003) . As has been described in the background that intrapersonal communication can trigger two things for someone to understand themselves through psychological processes that is *self-awareness* and self -perception of the moment ongoing intrapersonal communication by the communicator.

According to Jalaluddin Rakhmat, intrapersonal communication is an information processing process where this process goes through four stages , namely sensation , perception, memory, and thinking. Procedure intrapersonal communication, namely:

1. Sensation means the ability that humans have to absorb everything that is informed by the five senses. Information absorbed by the five senses is called stimuli which then gives rise to sensation processes. Thus sensation is the process of capturing stimuli .
2. Perception , giving meaning to the results of absorption five sense . Perception is also influenced by attention , hope , motivation and memory. In general, the first three things are divided into two personal factors and situational factors. Situational attention attractors are attention attractors that exist outside a person (external), such as intensity of stimuli, novelty, and repetition. Internally, there is something called selective attention *which* is influenced by several factors, including biological, sociopsychological and sociogenic factors .
3. In intrapersonal communication, memory plays an important role in influencing both perception (by providing a frame of reference) and thinking. Memory is a highly structured system, allowing organisms to record facts about the world and use this knowledge to guide their behavior. Every time a stimulus comes, the stimulus is recorded consciously or not. The human memory capacity was created to be very large, but only a few people were able to use their memory fully, even Einstein, who was recorded as the most genius human, only operated 15% of his memory. Working memory through three processes, namely :
  - 1) Recording ( *encoding* ), recording information through sensory receptors and internal nerves both intentional and unintentional.
  - 2) Storage ( *storage* ), In this function, the results of perception/learning will be stored to be recalled at some time. In the learning process , *traces* will be left in a person's soul and one day they will be

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regenerated (*memory traces*). Memory can be lost (forgetfulness) and can also change to something different than before.

- 3) Retrieval, remembering again, using stored information. In this case, it can be achieved in two ways, namely *to recall* and *to recognize*.
4. Thinking is the process of processing and manipulating information to meet needs or provide responses. Broadly speaking, there are two kinds of thinking, *autistic* and *realistic*. With *autistic* thinking, people escape from reality and see life as fantasy images. Whereas different from the concept of *realistic* thinking which aims to adapt to the real world. Based on The function of *realistic* thinking is divided into three types, namely deductive, inductive and evaluative (Rakhmat, 2009).

Can be interpreted that Intrapersonal communication is the active internal involvement of individuals in the symbolic process of messages. An individual is both the sender and receiver of messages, providing feedback to himself or herself in a continuous internal process. So, in this process to understand what happens when humans communicate with each other, someone needs to know themselves and other people. Because this understanding is obtained through the process of perception. So basically the location of perception is in the person who perceives, not in an expression or object.

As for the aim of Intrapersonal communication according to Rahmat, namely:

1. Conveying information, when communicating with other people, of course someone have various goals and hopes. One of them is to convey information to other people so that people others can find out this information.
2. Sharing experiences, this is intended Ith interpersonal communication also has a function or purpose to share good experiences that are enjoyable experiences or unpleasant.
3. Working together, this goal is to achieve the goal particular or to do something that is beneficial to both both parties.
4. Telling about disappointment or annoyance, this is done with Expressing your feelings will more or less reduce the burden thought. Sometimes it is called "plong" when you have told a story it's been hidden all this time.
5. Growing motivation, through interpersonal communication, someone can motivate people others to do something good and positive. Motivation is a strong urge from within a person to do something. On Basically, someone tends to do something because motivated by others in ways such as providing incentives financial and non-financial, providing recognition of performance or giving awards to employees who achievement
6. As a means of learning, through interpersonal communication we learn to understand more the outside world or events that occur in this world. Although Most of this information we get through the mass media, We can discuss this information through interpersonal communication.
7. Get to know yourself and others. Through interpersonal communication we can get to know ourselves. By talking about ourselves to others, we will gain a new perspective on ourselves and understand more deeply about our attitudes and behavior. Perception who we are is largely the result of our interactions with people other.
8. Interpersonal communication helps us in forming relationships (*person to person*). Because humans are social creatures, then the need to connect with other people is a necessity the biggest. Through interpersonal communication we can influence individuals to do something according to what we want.
9. Through interpersonal communication we can familiarize ourselves with other people. Play and look for entertainment. Communication is not forever We always try to influence other people. We communicate also to have fun. Tells about our film watching, telling jokes, talking about hobbies are activities which aims to obtain entertainment.
10. Knowing the outside world, interpersonal communication allows us to understand our environment includes objects, events and other people. Values, attitudes Our beliefs and behavior are greatly influenced by interpersonal communication personal
11. Creating and maintaining relationships becomes meaningful where the interpersonal communication we do has many aims create and maintain good relationships with others. These relationships help reduce loneliness and tension as well as making us more positive about ourselves.

12. Changing attitudes and behavior We spend a lot of time changing/persuading other people through interpersonal communication .
13. Helping others Psychiatrists, clinical psychologists and therapists are examples of professions that use KAP to help others. Providing advice and suggestions to friends is also an example of the purpose of the KAP process to help others. Interpersonal Communication: Individuals and Social Environments, Conflict, and Careers (Rakhmat, 2009) .

### **Self Awareness Based on the Tafsir of Surah Adz Dzariyat verses 20-21**

*Self Awareness* is a very important self-concept, meaning that every individual can view himself and his world, and not only influences his behavior, but also the level of satisfaction he obtains in his life. (Puspitasari, 2021) . Every individual certainly has awareness of themselves, but sometimes they don't know whether this awareness is positive or negative. Individuals who have positive Self Awareness will have better independent drive and can know and understand themselves to be able to behave effectively in various situations. In this case, individuals can accept themselves as they are and are able to introspect and get to know themselves better. If an individual does not have the self-awareness to know himself, then that individual certainly does not have the responsibility to carry out his decisions (Dariyo, 2016) .

*Self-awareness* or self-awareness is an individual's ability to be able to identify and understand himself completely, both in terms of nature, character, emotions, feelings, thoughts and ways of adapting to the environment. With *self-awareness* , individuals can recognize various potentials within themselves, including strengths, weaknesses and personality. By because it can be used and evaluated as a step to improve self-quality. Apart from that, individuals who understand themselves will tend not to be easily offended or hurt when given criticism and advice from other people. Because the individual is aware that there are still shortcomings that need to be corrected and can filter all constructive input. The focus is more towards self-improvement and makes him want to continue learning. He will be more open so he can expand his thinking patterns. With *self-awareness* we become more confident in any situation and condition and build effective communication with other people. Individuals who have self-awareness are always able to think in advance about what words should be expressed and arrange them before they are spoken (Setryawati, 2022) .

In his study, intrapersonal communication can be associated with emotional intelligence. Where is this emotional intelligence that will have an important effect on *self awareness* . Emotional intelligence or *Emotional Intelligence* according to Daniel Goleman is the ability to manage emotions, recognize one's own feelings, motivate oneself and establish good relationships with others (Goleman, 2020) . Improving *Self-Awareness* can be started by doing self-introspection through means of intrapersonal communication in the form of *self-talk* , this is done so that we are able to understand and know what we really want, what are our goals so that we are able to live life on our own will , know the meaning of every decision and take full responsibility for it (Ersyafiani, 2018) .

Activity from intrapersonal communication in relation to our *self-awareness* in Daily life as an effort to understand oneself, including: praying, being grateful, introspecting ourselves by reviewing our actions and the reactions of our conscience, utilizing free will, and imagining creatively. This personal self-understanding develops in line with the changes that occur in our lives. We are not born with an understanding of who we are, but our behavior over time plays an important role in how we build this personal self-understanding .

### **Tafsir of Surah Adz- Dzariyat Verses 20 and 21**

Personal self-understanding develops in line with the changes that occur in our lives. We are not born with an understanding of who we are, but our behavior has played an important role in how we build this personal self-understanding. Personal awareness ( *self-awareness* ) has several elements that refer to the specific identity of the individual. The elements of self-awareness are self-concept, the process of self-esteem ( *self-esteem* ), and our different self-identities ( *multiple selves* ). The Koran speaks regarding increasing Self Awareness as self-reflection through verses the word of Allah SWT. In this case , it will outlined based on the interpretation of Surah Adz Dzariyat verses 20-21 of references from several Mufassir from classic to modern .

وَفَاللَّالِرُّ نَظَرًا يَّسْتَأْتِلُ  
وَأَنَّ يَّ

" And in the Earth (are) signs for those who certain?"

“ *And in your selves, then will not you see?* ”

وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ  
أَلَمْ نَخْلُقْكُمْ مِنْ نَارٍ وَنَارٍ

وفي آيات أيضا من مبدأ خلقكم جزئيا، وما في نركيب خلقكم من العجايب «أفألا ذلك نستدلون به على صانعه وؤدبرته»

Allah hints There are signs of His power on earth , one of which is found in oneself man itself, that is, from the beginning of human creation to the end, and in the structure of your creation there are also miracles. (Then do you not pay attention?) to this, because of which you can then conclude about its Creator and His Greatest power. This verse suggests to humans that within humans there are evidences of God's power and greatness such as differences in abilities, differences in language, intelligence and many kinds of body parts, each of which has its own function. (Hatta, 2009) .

In verse that , Allah sent a message that humans must have intelligence related to ability understand he has good qualities nor its weakness . Intrapersonal intelligence is always possessed by humans *tafakur* to obtain awareness will abilities possessed and things stored in humans. An individual's attitude and view towards all his/her circumstances constitutes the definition of self-concept. Someone who has a positive self-concept will be able to face demands from within and from outside themselves. On the other hand, a negative self-concept lacks self-confidence, feels less confident about its own satisfaction and tends to rely on other people's opinions in making decisions.

### Classical Interpretation

#### Tafsir Ibn Kathir

In the sentence that states " *And in the Earth (are) signs for those who certain?*" has The meaning is that on earth there are many signs that show the greatness of its Creator and His amazing power. Namely through what He has spread on this earth in the form of various kinds of plants and animals, as well as the expanse of the earth, mountains, thickets of forests, rivers, various colors of human skin and their languages. Also the nature that has been created in humans in the form of various wills and powers, as well as the differences that exist in them in terms of reason, understanding, movement, happiness and accidents (Learnalquran, 2017) . In the anatomy body man namely inside \_ matter place each member body from whole body people are in the right place man need . Within reason thought humans are destined for humans form desire and strength as well as understanding (Ar-Rifa'i, 2012) .

Next in the sentence " *And in your selves, then will not you see?*" This next verse has meaning that In fact, the composition of the human body also contains a lot of wisdom because Allah has placed each member of their body in the right and necessary place . Qatadah said that whoever thinks about his creation, he will surely know that in fact he and his joints were created only for worship. This verse explains greatness and majesty God's creation in nature this universe , especially within body man . Ibn Kathir interpreted that what this verse means is that in this world there are signs that show the greatness of the Almighty Creator and his vast power, such as various plants, animals, mountains, and differences in language and race or skin color. in humans and everything contained in humans, namely reason, understanding, dignity and happiness. Therefore, humans are encouraged to know their strengths and weaknesses to maintain God's power (Ibnukatsironline.com, 2015) .

#### Tafsir Ath-Thabariy

Abu Ja'far said: in this verse *وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ* is that everything on earth has lessons and advice for people who believe and are serious about everything they see and witness while living life on this earth . This verse explains that there are many signs of God's greatness on this earth. Someone can see God's majestic creation, such as the wonders of plants, animals, rivers, oceans and all of God's creation on this earth that humans can see. And these are signs of Allah's greatness for people who believe that this universe has a creator. It is impossible for this universe to run without someone controlling it .

( Ibn Abd Al A'la narrated, he said: Ibn Tsaar narrated from Ma'mar, from Qatadah saying that the meaning of Allah's Word *وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ* is, (Everything that exists on Earth) can Lesson Learned ) , nd)

Continued in verse next *وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ* The meaning of this verse is that Allah SWT has formed the entire human body , from the flexibility of the joints inside to the sensory functions outside . is the argument forthat humans were created to worship Him.

Yunus said: Ibn Wa ha ab narrated tkan : When Ibn Zaid interpreted the words of Allah " *And in your selves, then will not you see?*" he said *start by reading Allah's word " And within signs of his power is that He created you from land then after that you (become) human beings who reproduce"* (Qs. Ar-Ruum ). He continued " In our bodies there are many signs of Allah's glory. Look at the function of the sense of hearing, which can be used to hear everything until you can know it. See also the function of sight which can distinguish between black and white. See also the function of speech , which can be used for something. Or look at the heart which can separate something good from something bad . even though the heart is just a clot of blood in the chest, but Allah willed that the heart function to feel those things , do humans not pay attention to what is inside themselves ? functions well according to its portion (Ath-Thabari, 2007) .

Humans can see the sophistication of God's creation in the form of the eye senses given to humans. How many nerves are there in a person's eyes. If even one nerve is cut, there will be many things disturbed in his vision. There are some people who experience color blindness. Humans are unable to see certain colors; because one of the eye nerves related to color is problematic. There are also some people who are unable to see clearly during the day or vice versa and have several other problems. Humans can use sense thoughts to solve a problem in live with faith that Allah had sent power to him . Man created to be sure will its creation as a creature that improves itself , draws itself closer to God within form worship and prayer.

### Jalalain's interpretation

On this earth There are many signs of Allah's power , namely mountains, land, seas, trees, fruit and plants and others (there are signs) that show the power of Allah SWT. and His oneness for those who believe . And also in every human being there are signs that show His power and oneness, namely from the beginning of your creation to the end, and in the structure of your creation there are also miracles.

وَوَيْتَكُمْ أَنْتُمْ بِمِثْقَلِ ذَرَّةٍ مِّنْهُ لَكُمْ ثَوَابٌ كَثِيرٌ ۖ وَمَنْ كَفَرَ فَسَاءَ مَا يُحْكُمُ الْغَيْبُ ۚ and by yourself what is meant here is human , where in the body man there is the oneness of Allah. Then continue sentence God willing, *then will not you see??* in fragments sentence the last question at the end verse 21 is proven that God calls to man think with the right thoughts and full of confidence in heart for what has been given to the earth and to himself . where it can conclude about its Creator and His Almightypower (Al-Mahalli & As-Suyuti, 2015) .

### Contemporary Tafsir

#### Tafsir Al-Azhar

وَوَيْتَكُمْ أَنْتُمْ بِمِثْقَلِ ذَرَّةٍ مِّنْهُ لَكُمْ ثَوَابٌ كَثِيرٌ ۖ وَمَنْ كَفَرَ فَسَاءَ مَا يُحْكُمُ الْغَيْبُ ۚ

In the Qur'an verses like verse 20 of Surah Adz Dzariyat often appears. In context his understanding in verse 20 is human led to reflect confidence to Allah for the signs his dominion on earth . Signs of Allah's power with the abundance of crops . It's here humans can use sense thoughts to appreciate and use sense to be able to process it with help five sense . Five sense eye help man looking natural around , especially throughout earth as long as you have a heart that is sure that all the signs of Allah's power are real exist .

Continued in verse 21 *وَوَيْتَكُمْ أَنْتُمْ بِمِثْقَلِ ذَرَّةٍ مِّنْهُ لَكُمْ ثَوَابٌ كَثِيرٌ ۖ وَمَنْ كَفَرَ فَسَاءَ مَا يُحْكُمُ الْغَيْبُ ۚ* after man add confidence Because ponder fill earth and see natural around earth , humans will pondering who he is. Man ponder Where does it come from origin himself , for what? objective his life and where it will go in the future himself anchored . Man will consider himself valuable Because effort and hard work when living on God's earth which is full of blessings from God power . However, after death is decisive The value of life is charity and service his actions during his life in the world (Hamka,1987) .

Therefore , verses 20 and 21 in the Adz Dzariyat letter instruct humans to think and ponder existing earth surrounded with confidence . After that, thinking about yourself, do self- reflection and thinking that Allah has bestowed enjoyment by giving five senses to be utilized according to their function . If humans have arranged his thoughts in that way , then will get to the point increased faith , awareness will himself the more increase . After humans reach the level self -awareness , it will be easy to think positive , doing the goodness of life and feeling that life in the world is not mortal from non -existent emptiness objective .

#### Tafsir Al- Qurthubi

God willing "*then will not you see?*" In the form of questions, Allah SWT motivates humans to always try to know, to recognize themselves. Such is the importance and centrality of the individual, Al-Qurthubi stated that all the opinions mentioned above are what is meant by taking lessons ( *i'tibar* ), that everything in the human body (which can be called the small world) must have its equivalent in the big world. (namely the universe), and

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we have also mentioned what lessons can be taken from it all, hopefully it will be sufficient for people who want to understand it (Al-Qurthubi, 2009) .

Basically every human being can take it lesson from himself , introspection to himself to make it happen a better person in the future . Self-introspection means observing ourselves, learning lessons from mistakes and correcting the mistakes we have made so that they don't happen again in the future.

### **Tafsir Al-Bayan**

On earth There is like and teaching for those who believe to Allah for what has been given as His destiny and will . It has also been given to humans decreed by Allah according to its function . Man given freedom sense thoughts and actions to enjoy everything that exists himself and his world. Likewise , when man feel lost direction then there are other signs of Allah within power to reach His grace . In a hadith authentic narrated by Abu Hurairah, which means : " *Indeed , Allah descends to the heavens of the world on every day night , at the end Evening . Then He said : Is there anyone who wants repent , I want to forgive him. Moreover, there are people who want to make istighfar , then I will forgive him. If anyone asks, I will accept it until dawn dawn* " (Ash- Shiddieqy , 2002) .

### **Al Misbah**

Verse 20 Surah Adz Dzariyat explain that on this earth there is a lot of clear evidence that can lead to confidence for people who want to take it. Allah Subhaanahu wa Ta'aala invite His servants for think and take lesson . Like mountains , land , oceans , rivers , trees , and so on. This matter show the power of Allah and His oneness . People who think what is on earth and pay attention to it can know majesty Its creator , its breadth His power is evenly distributed His grace , and covering it His knowledge of the visible or hidden (Shihab, 2002) .

In verse furthermore ie verse 21 explains the greatness and majesty of God's creation in the universe, especially in the human body. From the beginning of your creation to the end, as well as to the amazing structure of your body. There are lessons, wisdom and grace that show that Allah Subhaanahu wa Ta'aala Mahaesa, God depends on Him for everything, and that He did not create creatures for nothing. In humans the evidence of God's power is very clear. Do humans neglect it *then will not you see?* This becomes a sentence asked leading \_ to man to ponder what God has given on earth and in humans , for what purpose and in what direction humans live on the face earth (Shihab, 2002) .

### **Interconnection of Surah Adz- Dzariyat Verses 20-21 with Improvements *Self Awareness***

Every human being has a set portion size life as justly as possible by Allah. Man given the mind to think , the heart to absorb all things that are haq or false so that you can do it stem current emotional within oneself which is related to *emotional intelligence* . Man created on earth equipped with panca senses to meditate all blessings that God has provided around. Of all aspect blessings that God has given to man should be able to make it man adapt and interact with other humans nor interact with himself.

Interact with yourself deeply needed by each individual to be able to build confidence when interact with humans other in his environment or in a new environment. Communicate yourself to get to know himself (*self-awareness*) is considered important for life somebody. With *self-awareness* , individuals can recognize various potentials within themselves, including strengths, weaknesses and personality. By because it can be used and evaluated as a step to improve self-quality. *Self-awareness* or self -awareness is related to how improve your self-concept clear. Self -awareness makes it possible to understand others, how others perceive us and response We to that person at a certain time. With self- awareness one can move closer to living based our values and make all those dreams come true life real. Self-awareness is also a starting point for personal development (Maharani & Mustika, 2016) . Patton states that self-awareness is a trait that exists in Emotional Intelligence and it is at this point of awareness that development ( EQ) can begin, the channel leading to self-awareness is a sense of responsibility and courage (Patton, 1998) .

Surah Adz- Dzariyat underline that know yourself by seeing blessings that God has given through everything in the world and also in humans that's a reflection of gratitude Because God's favor is perfect. There isn't any in humans there is a deficiency, if of course born disabled, that's not less, but Allah gave him a test because in essence life in the world is a test. Every human born with potential each one that God has given them in a way fair. As creatures that can think, humans have enormous brain potential. This article will talk about the potential and added value that humans have .

According to Surah Adz Dzariyat here it is lesson important for every individual man that man is unique creature with diverse the potential that surrounds it. Everyone has potency certain, which if developed more carry on will become characteristic typical (*trade mark*), even become mark add (*added value*) himself in front of other people. Added value by the author Meaning Can form achievements in the field certain, or success in



matter certain things that differentiate it with other people. In turn, value plus This Can own mark sell high. So that person will get worthy award on performance or the success he achieved the Award That Can form material , social status , worthy position , as well as diverse evaluation postive others provided by the community (Junaedi, 2021) .

Forming *Self-awareness* in a person requires a framework which consists of five primary elements , including *Attention* (attention), *Wakefulness* (alertness/awareness), *Architecture* (Architecture), *Recall of knowledge* (remembering knowledge), *Selfknowledge* (self-knowledge) (Solso et al., 2008) .

1. *Attention* (attention) is the concentration of mental resources on external or internal things. We can direct our attention to external and internal events, and therefore, we can direct our consciousness to external and internal events.
2. *Wakefulness* (alertness/awareness) is a continuum from sleep to wakefulness. Awareness, as a condition of alertness, has an arousal component. In this part of the awareness framework, awareness is a mental condition that a person experiences throughout their life. Consciousness consists of different levels of awareness and excitement, and we can change our state of consciousness using various things.
3. *Architecture* is the physical location of physiological structures and the processes associated with these structures that support consciousness. A definitive concept of consciousness is that consciousness has a number of physiological structures (an architectural structure). It is assumed that consciousness is centered in the brain and can be defined through investigation of the neural correlates of consciousness in the brain and can be identified through investigation of the neural correlates of consciousness.
4. *Recall of knowledge* is the process of retrieving information about a person who is concerned with the world around him.
5. *Self knowledge* is an understanding of one's personal identity information. First, there is the fundamental knowledge that you are you.

Intrapersonal communication ability to perform *self-awareness* will makes it easier someone to communicate with the environment around. The ability to clearly convey one's thoughts and feelings, defend oneself and defend one's opinion (assertive attitude), the ability to direct and control oneself and stand on one's own feet (independence), the ability to recognize people's strengths and weaknesses and like oneself even though one has weaknesses (self-esteem), as well as the ability to realize one's potential and feel happy (satisfied) with the potential one achieves at work and in personal life (actualization) (Stein, 2003) .

Knowing yourself, recognizing emotions, impulses soul and also its effects, then will create the ability to control and direct emotions as well encouragement soul. Motivation , empathy and social skills are part of intelligence intellectual Initially it was also influenced by self-awareness (Princess, 2023) . Self-awareness bring man going to perfection character. In Islam , self -awareness means being able finding a self-concept that is accompanied by self-refinement and self improvement as well actively use elements religious and always capable repair character going to perfection personal (Prastyo & Nawawi, 2023) . Someone who is capable straighten out method communicate , then will straight his soul (Rakhmat, 1985) . Straighten up method communicate started from carry out intrapersonal communication. Before later will To communicate with other people, a person must be able be friendly with yourself and get to know yourself first formerly so somebody will know His God through spiritual communication dialogue (Arbi, 2012) .

Intrapersonal or interpersonal communication carried out by each individual this is what is capable increase *self-awareness* within each individual. Somebody will be more contemplative of the blessings in life, easy to do self- reflection on change for the better in behave and behave so that someone can be useful for surroundings. The important role of intrapersonal communication in increase *self-awareness*, an individual can act according to his thoughts and accept himself without rebelling against something he doesn't want, so self-acceptance is more likely to lead to positive emotions. Al-Qur'an Surah Adz Dzariyat examine the importance of intrapersonal communication as a means increase self awareness is the first key to creating intelligence intellectual.

### **The Role of Intrapersonal Communication in Increasing *Self Awareness***

Intrapersonal communication is the basic communication that supports all a person's communication to understand what happened when people are mutual communicate, then a person needs to know themselves and others. This communication with yourself aims to think, do reasoning, analyzing and reflecting. So intrapersonal communication has important role in enhancement self-awareness. According to from previous discussion is reviewed from view of the interpretation of the Qur'an Surah Adz Dzariyat verses 20-21 in fact *self-awareness* very influenced by intrapersonal communication as a form from prepare oneself for the next face the

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environment well. The role of intrapersonal communication in enhancement A person's self -awareness can be formed in the dimension of self-concept, namely knowledge individual about himself the placing each individual into a group or group categories social certain.

Someone can understand himself with the formation of a positive self-concept is because the following factors:

1. Factors solid knowledge of themselves, where they already know who they are , what they are the potential that he has have , circumstances physically , so that they are confident and confident in being able to do it do things of their own will and consciousness , not easy to feel low self-esteem or lack of self-confidence, and makes them feel equal to other people.
2. Factors of negative comments, constructive criticism and support from family as well environment around make themselves stronger, confident and willing change yourself to become a better person.

## Conclusions

The Qur'an regulates the order of human life on earth as well as possible. The Word of God through Surah Adz Dzariyat verses 20-21 in relation to intrapersonal communication in increasing *self-awareness* provides clear education that the position of humans on earth is created in the best way, nothing is lacking. Even though we often encounter humans who live with their limitations, besides that there are many other signs of the creation of humans because God created humans, the earth and everything in it according to their portion, potential and use. With awareness allows people others are able to observe themselves and distinguish themselves from the world (others), as well as that allows people Others are able to place themselves from a time and situation. Intrapersonal communication places its position as a bridge for a person to recognize himself so that a person is ready for further interactions, namely being able to adapt to the surrounding environment and easily understand other people when communicating with others. Management of Intrapersonal Communication through self-dialogue is a planning, arrangement, training, self-evaluation and self-reflection that is carried out every day before communicating with others and after taking action. This is the implementation of the verses of the Qur'an in carrying out the intelligence model possessed by humans to their nature which requires a strong human dimension under human consciousness and control.

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