

CHAPTER V

CONCLUSION

A. Conclusion

In psychological studies, hopelessness is a condition in which a person feels hopeless in their life. In the Qur'an, there are verses that discuss *hopelessness* clearly through words that mean direct despair, such as *ya'isa*, *qanata*, and *balasa* and several stories. Thus, the study can be concluded:

1. *Tafsir Al-Miṣbāh*'s interpretation of the concept of hopelessness in the Qur'an is despair from the mercy of Allah (QS al-Isrā'[17]:83 and QS al-Zumar[39]:53), despair from the punishment of Allah Swt (QS al-An'ām[6]:44 and QS al-Mukminūn [23]:77), despair when afflicted by calamity (QS Fuṣilat [41]:49), despair of a hope (QS. al-Anbiyā'[21]:87). From this interpretation, it is known that the causes of hopelessness are weak faith, arrogant and arrogant attitudes without involving Allah in their lives, disappointment with their hopes and desires.
2. Through the psychological approach (religious coping theory), the solutions offered by *Tafsir Al-Miṣbāh* are *ḥusnużon* (QS al-Ḥujurat[49]: 12 and QS al-Hadīd[57]:23), *shukur* (QS Ibrahim[14]:7), *dhikir* (QS ar-Ra'd [13]:28), prayer (QS Al Baqarah [2]: 186). In modern times, like today, many teenagers experience hopelessness. This can be overcome according to the solution from *Tafsir Al-Miṣbāh* and the psychological approach (religious coping theory), which results in the application of hopelessness solutions, including

self-affirmation, increasing self-improvement, and staying away from FOMO (Fearing of Missing Out).

B. Suggestion

1. For understanding, it is hoped that this research can be a contribution to the development of thematic interpretation studies that integrate the perspectives of Islamic science and modern psychology.
2. For future researchers, it is recommended to study more broadly the dimension of hope in the Qur'an.