

DAFTAR PUSTAKA

- Abi Dawud Sulaiman bin Asyats A-Sajistani. *Sunan Abu Dawud*. Yordania: Baitul Afkar Ad-Dauliyah, 2015.
- Ahmad. “Ahmad Bin Hambal.” Gawami’ Kalem, Lembaga Idarah al-Ammal lil Awqaf wa as-Syuun, 1988.
- Ahmad bin Hanbal. *Musnad Ahmad Bin Hanbal*. 1st ed. Arab Saudi: Darussalam, 2013.
- Akmal. “Kecerdasan Emosi (EQ) Dalam Pendidikan Islam.” *Al-Fikra* 4, no. 2 (2005): 115–18.
- Al-‘Asqalānī, Ibn Ḥajar. *Taqrīb Al-Tahqīb*. Beirut: Dār al-Risālah, n.d.
- AL-Bukhari, Muhammad bin Ismail. *Shahih Al-Bukhari*. beirut: Dar al-Fikr, n.d.
- Al-Ṭaḥḥān, Mahmūd. *Taysīr Muṣṭalaḥ Al-Ḥadīṣ*. Riyadh: Maktabah al-Ma‘ārif, n.d.
- Alqaradawi, yusuf. *Kaifa Nata ‘amal Ma ‘as Sunnah*, 2006.
- Amir, Ria Rezky. “Metode Takhrij Al-Hadits.” *Al-Mu’izah* 5, no. 1 (2022): 5.
- Cahyani, Penny, Asmadi Alsa, and Avin Fadilia Heimi. “Gaya Kelekatan Dan Kemarahan.” *Psikologi* 2, no. 2 (1999): 65–77.
- Carolina, Claudya, and Mita Aswanti Tjakrawiralaksana. “Efektivitas Intervensi Teen Anger Management and Education Dalam Mengatasi Masalah Kemarahan Dan Agresivitas Pada Remaja Perempuan.” *Jurnal Ilmiah Psikologi Terapan* 9, no. 2 (2021): 200–210. <https://doi.org/10.22219/jipt.v9i2.14441>.
- Daniel Goleman. *Emotional Intelligence: Why It Can Matter More Than IQ*. New York: Bantam Books, 2002.
- Dawud, Abu. “Abu Dawud.” Gawami’ Kalem, Lembaga Idarah al-Ammal lil Awqaf wa as-Syuun, 1988.
- Dewi, Subhani Kusuma. “Dialektika Integrasi Antara Psikologi Dan Islam Di Indonesia: Peluang Bgi Metode Eksperiensial.” *Dialektika Integrasi Antara Psikologi Dan Islam Di Indonesia*: 1, no. 2 (2018): 137–40. <https://doi.org/https://doi.org/10.14421/jpsi.2013.%25x>.

- Diana, R. Rachmy. "Pengendalian Emosi Dalam Perspektif Psikologi Dan Islam." *Unisia* 37, no. 1 (2015): 42.
- Edwards, Mark S. "Attentional Biases in Processing Emotional Facial Expressions: Effects of State Anxiety, Trait Anxiety and Awareness." *International Journal of Psychological Studies* 6, no. 4 (2014): 54–55. <https://doi.org/10.5539/ijps.v6n4p41>.
- Faisal, Khusnul. "Kontekstualisasi Hadis At Tirmidzi No 2378 Terhadap Pergaulan Di Era Gen Z," 2024.
- Falentina, F. O., & Yulianti, A. "Asertivitas Terhadap Pengungkapan Emosi Marah Pada Remaja." *Jurnal Psikologi* 8, no. 1 (2012).
- fitriah sugiarto, M nurwathani. *Metodologi Penelitian Living Qur'an Dan Hadis*. Edited by .A hammad Sa'i. Mataram: UIN Mataram Press, 2023.
- Habib, Irham. "Standar Keshahihan Hadis Menurut Syuhudi Ismail." *Ar-Raniry* 1, no. 1 (2023).
- Hakim, Abdurrahman. "Cadar Dan Radikallisme Tinjauan Konsep Islam Radikal Yusuf Qardhawi." *Pengembangan Masyarakat Islam* 13, no. 1 (2020).
- Hargianto, Ade Faris. "Healthy Lifestyle and Mental Health in Hadith Review : Implementing the Prophet Muhammad." *Dialogia* 20, no. 2 (2022): 483–500.
- Hasan, muhammad zainul. "Analisis Pemikiran Hermeneutika Hadis Yusuf Al-Qardawi." *AL-Irfani* 01, no. 02 (2020): 45–46. <https://doi.org/https://doi.org/10.51700/irfani.v1i2.78ani.v1i02>.
- Hidayah, Nurul. "Hadis Larangan Marah Dalam Perspektif Psikologi." *Jurnal Living Hadis* 5, no. 2 (2022): 201.
- Howard Kassinove and Raymond C. Tafrate. *Anger Management: The Complete Treatment Guidebook for Practitioners*. Atascadero, CA: Impact Publishers, 2002.
- Husaini, Rofi. "Hadis Mengendalikan Amarah Dalam Perspektif Psikologi." *Diroyah* 4, no. 1 (2019): 13.
- Ibn al-Ṣalāḥ. *Ma'rifat Anwâ' 'Ulûm Al-Ḥadîts (Muqaddimah Ibn Al-Ṣalāḥ)*. Beirut: Dar al-Fikr, 1986.
- Ibn hajar al-asqalani. *Nuzhah Al-Nazhar Fî Tawdîh Nukhbat Al-Fikr, Tahqiq*.

- Edited by Abdullah bin Dhayf al-Rahili. Riyadh: Mathba'ah saffir, 1422.
- Ibnu Hajar al-Asqalani. *Ibn Hajar Al- Asqalani-Fath Al-Bari*. Beirut: Dar al-Ma'arif, n.d.
- Ilhami, Hablun. "Metode Pemahaman Hadis Ala Yusuf Al-Qardhawi." *Ilmu Pendidikan Dan Ilmu Hukum* 3, no. 1 (2023): 114–17.
- Imam Abi Abdullah Muhammad bin Ismail Al-Bukhari. *Shahih Bukhari*. 1st ed. Damaskus: Daar Ibn Katsir, 2002.
- Imam Abi Husain Muslim bin Hajjaj bin Muslim Al-Qusairi An-Naisaburi. *Shahih Muslim*. 2nd ed. Arab Saudi: Darussalam, 2000.
- Imam Al-Hafidz Muhammad bin Isa bin Saurah At-Tirmidzi. *Sunan At-Tirmidzi*. 1st ed. Riyadh: Maktabah Al-Ma'arif, 2012.
- Imron, Ali. "Dasar-Dasar Ilmu Jarh Wa Ta'dil." *UIN Sunan Kalijaga* 2, no. 2 (2017).
- Indonesia, kementrian agama Republik. *Al-Qur'an Dan Terjemah. Lajnah Pentashihan Mushaf Al-Qur'an Kemenag RI*. jakarta: Lajnah Pentashihan Mushaf Al-Qur'an Kemenag RI, 2019.
- "Interdisipliner." *taufiq.net*, n.d.
- Isham Talimah. *Al-Qardawi Faqihan*. kairo: Dar:-al-Tauzi wa al-Nashr al-Islamiyyah, 2000.
- Ismail, M Syuhudi. "Metodologi Penelitian Hadis Nabi." *Jakarta: Bulan Bintang* 1413 (1992).
- Istiqomah, Lajnah. "Petunjuk Nabi SAW Dalam Meredam Luapan Emosi." *Almanhaj*, 2013.
- Jamaluddin Abi Al-Hajjaj Al-Mizzi. *Tahdhīb Al-Kamāl Fī Asmā' Al-Rijāl*. Beirut: Mu'assasah al-Risālah, 1980.
- Jawas, Al-Ustadz Yazid bin 'Abdul Qadir. "Jangan Marah, Kamu Akan Masuk Surga." *Almanhaj*, 1018.
- Journal, Amca, and O F Community. "How To Deal With Anger A. Psychology and Islamic Perspektive" 1, no. 1 (2021): 13–14. <https://doi.org/10.51773/ajcd.v1i1.23>.
- Khoiron, Mahbib. "Dua Cara Menahan Amarah Menurut Imam Al-Ghazali." nu

online, 2019.

Komariah, Komariah, and Mutia Anggelisa. "Pengaruh Konseling Kelompok Dengan Teknik Anger Management Dalam Menurunkan Perilaku Agresif Peserta Didik Di SMA Negeri 1 Toboali." *Afeksi: Jurnal Penelitian Dan Evaluasi Pendidikan* 5, no. 3 (2024): 576–490. <https://doi.org/10.59698/afeksi.v5i3.293>.

Koole, Sander L. "The Psychology of Emotion Regulation: An Integrative Review." *Psychology Press* 23, no. 1 (2009): 21. <https://doi.org/10.1080/02699930802619031>.

Kurniawan, ALhafiz. "Tips Meredakan Amarah Yang Bergejolak Menurut AL-Ghazali." nu online, 2022.

Lawal, U S, and H Baharun. "Exploring Emotion Management To Improve Santri Discipline in Pesantren: An Anger Management Perspective." *Proceeding of International ...* 02, no. 01 (2024): 43–54.

Lazuardini I, Hammydiati Azifa. "Relevansi Hadis Larangan Marah Dengan Kesehatan Mental." *AL QUDS: Jurnal Studi Alquran Dan Hadis* 3, no. 1 (2019): 81. <https://doi.org/10.29240/alquds.v3i1.610>.

Lucia hernawati, Haryo goeritno. "Ekspresi Marah Remaja Ditinjau Dari Kepribadian Narsistik Dan Usia." *Psikologi Karakter*, 2014.

M. Aditia Vicky Ramadianto. "PEMAHAMAN HADIS LARANGAN MARAH (Kajian Ma'anil Hadis)." IAIN Kudus, 2023.

Mahmud al-Thahhan. *Uşûl Al-Takhrîj Wa Dirâsah Al-Asânid*. Riyadh: Maktabah Al-Ma'arif, 1991.

Mawangir, Muh. "Zakiah Daradjat Dan Pemikirannya Tentang Peran Pendidikan Islam Dalam Kesehatan Mental." *Intizar* 21, no. 1 (2015): 89.

Miftahurrohma, Husna. "Pemahaman Hadis Tentang Marah Perspektif Psikologi.Pdf." UIN Sunan Kali Jaga, 2023.

Minauli, Irna, and Elvi Andriani Yusuf. "Efektivitas Anger Management Training Untuk Menurunkan Agresivitas Pada Remaja Disruptive Behavior Disorders." *Jurnal Psikologi UIN Sultan Syarif Kasim Riau* 11, no. Juni (2015): 12–18.

- Misbah, Muhammad. *Studi Kitab Hadis*. Edited by .Zainul Arifin. *Al-Muna*. Surabaya: Al-muna Surabaya, 2020. <https://doi.org/doi:10.1364/OL.36.000127>.
- Misbah, Muhammad, Linatus Shifah, and Alvin Hermawan Faisal. *Studi Kitab Hadis: Dari Muwatha' Imam Malik Hingga Mustadrak Al-Hakim*. Edited by Ndari Pangesti. Malang: Ahlimedia Press, 2020.
- Muhajarah, Kurnia. "Anger in Islam and Its Relevance to Mental Health." *Jurnal Ilmiah Syi'ar* 22, no. 2 (2022): 141. <https://doi.org/10.29300/syr.v22i2.7417>.
- . "Anger in Islam and Its Relevance to Mental Health" 22, no. 02 (2022): 149–53.
- Muhammad bin Shalih al-'Utsaimin. *Yarh Al-Arba'in Al-Nawawiyyah*. Riyadh: Dar Ats-Tsuraya, 1425.
- Muhith, Abd, Hasan Baharun, Astutik Astutik, and Lailatul Mukarromah. "Anger Management in Building Service Quality in Early Childhood Education Institutions." *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini* 7, no. 5 (2023): 5460. <https://doi.org/10.31004/obsesi.v7i5.4158>.
- Mulyani, dwi indah. "Pengaruh Self-Control Terhadap Aggressive Verbal Pada Mahasiswa Di Media Sosial." *Psikologi Karakter* 1, no. 2 (2021): 72.
- Munawir. "Pemahaman Hadis Yusuf Al-Qardawi," no. 2 (2021).
- Muslehuddin, Nurmaidah, Zahranu. *Pengantar Ilmu Hadits*. Edited by .A. Abdul Quddus. Mataram: Sanabil, 2021.
- Muslim. "Shahih Muslim." Qatar: Gawami' Kalem, Lembaga Idarah al-Ammal lil Awqaf wa as-Syuun, 1988.
- Mustajibullah, Shofi. "Kenapa Hidup Terasa Kurang? Mungkin Cara Kita Bersyukur Salah." nu online, 2025.
- Nashih, Nashrulloh Rohmat, Taufik Fazri, Nur Laela Aylia, and Isna Fauziah Sholihat. "Signifikasi Pemahaman Makna Hadis Melalui Ilmu Ma'anil Al-Hadis Dalam Ajaran Islam Di Era Kontemporer." *Studi Hadis Nusantara* 6, no. 1 (2024): 35–39.
- Nasution, Amir Hamzah, and Achyar Zein. "Kontribusi Pemikiran Yusuf Al-Qardawi Dalam Kitab Kayfa Nata'amal Ma'a Al-Sunnah Al-Nabawiyyah."

- At-Taḥdis* 1, no. 1 (2017): 146.
- Ningsih. “Hubungan Emosi Dengan Perilaku Agresi Verbal Pada Pasangan Suami Istri Di Kota Kupang.” *Garuda Pengabdian Kepada Masyarakat* 3, no. 2 (2025): 77.
- Noorhidayati, Salamah. *Kritik Teks Hadis: Analisis Tentang Ar-Riwayah Bi Al-Ma’na Dan Implikasinya Bagi Kualitas Hadis*. Penerbit Teras, 2009.
- Nurmadia. “Literasi Hadis Tentang Larangan Marah.” *Madani: Jurnal Ilmiah Multidisiplin* 2, no. 3 (2024): 510.
- Nursalikhah, Ani. “Wasiat Nabi Mengenai Marah.” Repulika, 2020.
- Q.S Al Imran*, n.d.
- Raihan. “Pengendalian Marah Da’i Perempuan.” *Ar-Raniry* 13, no. 1 (2024): 32. <https://doi.org/10.22373/Takamul.v13i1.25757>.
- Razilhija, Eriska, Romlah Abubakar Askar, and Abdul Ghofur. “Emotion Regulation Strategies In Hadith Perspective and Their Relevance To Contemporary Psychologi” 2, no. 3 (2025): 3112–24.
- Researches, Guidance. “Self-Help Techniques in Anger Management with Cognitive Behavioral Interventions: Understanding and Managing Anger,” 2023, 0–2. <https://doi.org/10.47793/hp.1222353>.
- Reza, Iredho Fani, Salsabila Nur Kamilah, Nasywa Syahira Oktaviani, Indri Seta Septadina, Magfiroh, Feby Hariani, Devy Puspita Sari, et al. “Wudu as Islamic Psychotherapy in Overcoming Emotions of Anger in Muslim Youth.” *Indonesian Journal of Behavioral Studies* 4, no. 1 (2024): 24–32. <https://doi.org/10.19109/ijobs.v4i1.22345>.
- Sabrina, Adzkia. “Analisis Penggunaan Media Audio Visual Pada Pembelajaran Ilmu Pengetahuan Sosial Untuk Meningkatkan Hasil Belajar Siswa Di Kelas IV Sekolah Dasar.” Universitas Pendidikan Indonesia, 2021.
- Sagita Putri Yansu, M. Ridho Saputra, Berty Salsabila Pasha, Farid Abdanillah, Yuke Wulandari, and Siti Atiyah Ali. “Efektivitas Terapi Wudhu Terhadap Penurunanamarah Pada Mahasiswa.” *Proceeding Conference on Psychology and Behavioral Sciences* 3, no. 1 (2024): 500–506. <https://doi.org/10.61994/cpbs.v3i1.177>.

- Saleh, Adnan Achiruddin. *Psikologi Sosial*. Edited by Adnan Achiruddin Saleh. Sulawesi Selatan: IAIN Parepare Nusantara Press, 2020.
- Salma. “Studi Literatur: Pengertian, Ciri, Teknik Pengumpulan Datanya.” deepublish, 2023.
- Salsabila, Alfiyani Qatrunnada. “Efektifitas Anger Management Dalam Menurunkan Perilaku Agresif Anak Usia Sekolah Dasar,” 2023.
- Saputra, Genie Alan. “Hadis Larangan Marah Korelasi Marah Terhadap Perilaku Dan Kognitif Manusia Perspektif Neuorosanis.” UIN Sunan Kali Jaga Yogyakarta, 2024.
- Saputra, Refki. “Kontekstualisasi Hadis Berbasis Konsep Maqashid Syariah: Analisis Metodologi Aktualisasi Hadis Pada Sosial-Kultural Indonesia.” *Misykat* 9, no. 1 (2024): 14–17. <https://doi.org/https://doi.org/10.33511/misykat.v9n1.97-112>.
- Sari, Atika Permata. “Cognitive-Behavioral Anger Management Training (CB-AMT) Untuk Menurunkan Perilaku Agresi Pada Remaja Awal.” *Persona: Jurnal Psikologi Indonesia* 8, no. 2 (2019): 294–307. <https://doi.org/10.30996/persona.v8i2.2787>.
- Sayyid Muhammd Nuh. “Tinjauan Umum Tentang.” UIN suska, 2013.
- Shihab, M Quraish. “Tafsir Mudhu’i Atas Pelhagai Persoalan Umat.” In *Wawasan Al-Qur’an*, 318. Bandung: Mizan, 1996.
- Siddiqah, Laela. “Pencegahan Dan Penanganan Perilaku Agresif Remaja Melalui Pengelolaan Amarah (Anger Management).” *Jurnal Psikologi* 37, no. 1 (20AD): 50–64.
- Sugiyono. *Metode Peneltian Kualitatif*. Edited by Sugiyono. Bandung: Anggota Ikatan Penerbit Indonesia, 2013.
- Syamsuddin.H. “Analisis Hadis Wudhu Terhadap Pengendalian Marah Perspektif Psikologi.” UIN Sultan Syarif Kasim Riau, 2023.
- Tabrani tajudin, Neny Muthiatul Awwaliyah. “Hermenutika Yusuf Al-Qardawi Dlam Kitab Kaifa Nata ’amal AL-Sunnah Al-Nabwiyyah Ma’alim Wa Dwabit.” *Al-Mutsila* 3, no. 1 (2021): 30–43.
- Tausikal, Muhammad Abduh. “5kiat Meredan Marah.” Rumaysho.com, 2017.

- . “Hadis Arbain # 16: Jangan Marah.” Rumaysyo, 2018.
- Thabrani. “At-Thabrani.” Gawami’ Kalem, Lembaga Idarah al-Ammal lil Awqaf wa as-Syuun, 1988.
- WAHYU, NURUL. “STUDI HADIS TENTANG WUDU DALAM MEREDAM MARAH DAN RELEVANSINYA DENGAN KESEHATAN,” 2021.
- wasman, meswari, Suwendi. “A Critical Approach Tto Prophetic Contextual Criticism in Understanding Hadith.” *Al-Jāmi‘ah: Journal of Islamic Studies* 61, no. 1 (2023): 10–17. <https://doi.org/10.14421/ajis.2023.611.1-17>.
- Wegi ramadan. “Syarah Hadis Larangan Marah: Analisis Dampak Negatif Marah Ditinjau Dari Perubahan Aktivitas Fisik Dan Psikologis.” UIN Sunan Gunung Djati, 2021.
- Yoven, Regina Athia Mayalianti, Arsila Chairunnisa, and Izura Rochma. “Literature Review: Efektivitas Anger Management Dalam Mengontrol Perilaku.” *Jurnal Ilmiah Zona Psikologi* 6, no. 3 (2024): 22–33. <https://doi.org/10.37776/jizp.v6i3.1449>.
- Zirkelbach, Amy L. “Cognitive- Behavioral Approaches to Anger Management for Children and Adolescents” 2, no. 4 (2003).
- القرضاوى, يوسف. *Kayfa Nata’ Amal Ma’asunnah An Nabawiyah*. U.S.A: the international institute of islamic thought, 1344.