

Emotional Self-Awareness and Self-Knowledge: A Comparative Study of the Views of Goleman and Mulla Sadra

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This research conducts a comparative analysis of the concept of emotional self-awareness in Daniel Goleman's theory and self-knowledge (ma'rifat al-nafs) in Mulla Sadra's Transcendent Philosophy. The findings indicate that while both perspectives emphasize the importance of self-knowledge, they differ fundamentally in depth, scope, foundations, and ultimate ends. Emotional self-awareness is defined as a psychological skill focusing on recognizing and managing emotions to improve individual and social functioning. In contrast, self-knowledge in Mulla Sadra's view is an existential journey and a dynamic process achieved through presential knowledge of one's essence, guiding the soul along substantial motion towards true perfection and immateriality. This study demonstrates that Goleman's emotional self-awareness can be

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considered a preliminary step and a part of the lower levels of self-knowledge within Sadra's intellectual framework. Thus, while Goleman emphasizes the practical management of emotions and worldly adaptation, Sadra interprets self-knowledge within a metaphysical framework aimed at divine proximity. A conscious integration of these two perspectives can enrich the path of self-knowledge in both psychological and spiritual dimensions. This study employs an analytical-comparative method, relying on library sources.

Keywords: Emotional Self-Awareness; Self-Knowledge (Ma'rifat al-Nafs); Goleman; Mulla Sadra; Transcendent Philosophy (Al-Hikmah al-Muta'aliyah); Inner Awareness.

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