

Controlling Anger on Al-Qur'an and Psychology of Islamic Education Perspective (A Study at on Private Higher Education).

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- **Abstract:** Human has at least four innate emotions, namely: happiness, sadness, fear, and anger. The difficulty to accept and to express anger is one human emotion. Something annoying causes this kind of anger. This research aims at describing the anger in the Qur'an and the psychology of Islamic education: controlling student anger in Jepara. A survey method was applied to collect the data. The research subjects are 60 students on a final paper at private university Jepara regency Indonesia. The research instrument is a questionnaire, revealing five aspects, reading ta'awudz (asking the name of Allah SWT), relaxing (switching positions), being silent (holding back or preventing anger), performing ablution, and carrying out two cycles of sunnah prayer. The results showed that there were 11 (17.7%) students classified as very capable (very high) managing their anger, 37 (59.6%) students classified as capable (high) managing their anger, 10 (16.1%) students classified as moderate able (moderate) to manage anger, 4 (6, 4%) students who were classified as less capable (low) managed their anger, no (0%) students who were classified as very less capable (very low) managed their emotions.
- **Keywords:** psychology, Islamic education, Jepara, private university