Monotheistic Personality Theory
Based on the method of content analysis of religious texts and deductive theorizing

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Abstract

Personality theories are among the most significant frameworks in psychology. Within Islamic psychology, however, the position of a foundational personality theory remains vacant. Verse 29 of Surah al-Zumar, which contrasts the fragmented personality of the polytheist with the unified personality of the monotheist, can serve as the axis of such a theory. In the present article, this potential is examined, and with supporting evidence from other Qur'anic verses and narrations, the "Monotheistic Personality Theory" is formulated using content analysis and deductive theorizing. This theory possesses the capacity to explain psychopathology, psychological development, provide a framework for psychotherapy, and address major goals such as life satisfaction and psychological well-being. Its advantage over conventional psychological theories lies in its holistic and comprehensive nature, avoiding reductionism. It can also offer explanations and solutions for central constructs in other theories, such as inferiority complex, dependency, competitiveness, attention-seeking, psychological needs, search for meaning, striving for perfection, and choice. In the classification of personality theories, this theory is situated within the psychoanalytic tradition. The article also presents criticisms of the theory and provides responses to them.

Keywords: Personality theory, monotheism, polytheism, psychopathology, psychological development, psychotherapy

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