

## Research Paper

# Individualism, its Functions and Strategies for Reducing it in Human Social Relations from the Perspective of the Quran

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10.22080/qhs.2025.25535.1164

**Received:**

December 6, 2023

**Accepted:**

April 10, 2024

**Available online:**

March 10, 2025

## Extended Abstract

### 1. Introduction

Collectivism and individualism are two of the most well-known cultural patterns. In individualistic cultures, people rely more on individual tendencies in their behaviors than on social norms. Individualistic societies value non-conformity with the group and emphasize individual flourishing and rethinking social traditions and norms. In contrast, in collectivist cultures, individuals feel deeply attached to the group and society. In these societies, group decisions are given priority over individual decisions, and individuals' behaviors are measured by the rules, goals, and values of the group. This study aims to understand the

Quran's view on the subject of individualism and explain its functions in human social relations, as well as to provide strategies for reducing the harm caused by individualism in human relations. First, individualism is described, and then the functions and strategies for reducing it are explained from the perspective of the Quran and Hadith.

### 2. Method

The present research is of a fundamental type. Fundamental studies are carried out to gain more knowledge and discover the general laws governing the relationships of phenomena while providing a basis for planning practical activities. This study also followed a descriptive-analytical ap-

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proach to achieve its goal. Content analysis is a method that discovers specific characteristics of a message objectively and based on certain rules. Qualitative content analysis has a general and comprehensive approach to analyzing the data under study; for this reason, it tries to fully overcome the complexities of the social issues under study and then describe the results obtained.

### 3. Results

The present study states that from the perspective of the Quran, individualism is a positive thing when associated with freedom from social constraints and oppressive conditions, and is considered a negative indicator when it is viewed from the perspective of separation from others and the lack of a sense of mutual commitment, trying to fulfill individual desires by ignoring the community. Increasing selfishness and narcissism, decreasing social belonging, and ultimately social isolation are among the functions of individualism in social relations, and with strategies such as lifestyle modification, balance in communication, increasing life satisfaction, and strengthening communication skills, individualism can be adjusted and its harms will be reduced.

### 4. Conclusion

Human nature and character need and desire collectivism. The Holy Quran also recommends collectivism, establishing contact with others, and benefiting from the benefits of society in normal circumstances. Individualism, even to acquire virtues and spiritual advancement, is rejected and forbidden from the perspective of the Quran. But it is not as if this issue is inevitable, constant, and permanent. The issue of individualism and withdrawal from the group has been included in the Holy Quran in a series of specific social conditions and

as an exception. One of the reasons for prohibiting crawling into an individual shell and turning to individualism from the perspective of the Holy Quran is the effects and functions that the prevalence of this state will entail. Among the functions of individualism in social relations are increased selfishness and narcissism, decreased social belonging, and ultimately, social isolation. All of these situations are rejected and forbidden from a religious perspective. To prevent and avert these consequences, the Holy Quran has presented strategies for reducing individualism, including lifestyle modification, creating balance in the communication dimension, increasing satisfaction with life, and strengthening social skills. Applying these strategies in life will lead to creating a balanced and desirable level of communication and maximum productivity from different dimensions of an individual's existence. In this case, the individual benefits from the extraordinary benefits of society and collective capabilities and when finding the movement and path of society in a direction contrary to his high human status, he will easily distance himself from the wrong path and wrong move and choose and follow a different path from others to achieve human perfection and his personal and social goals.

### Funding

There is no funding support.

### Authors' contribution

The article was written by Fatemeh Seifaliei and under the guidance of Dr. Sohrab Marvati. The responsibility for its writing lies with Fatemeh Seifaliei.

### Conflict of interest

The authors declared no conflict of interest.

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