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Teras Philosophy: The Concept of Stoicism in Guiding Modern Life and Islamic Education

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ABSTRACT

Teras philosophy, known as Stoicism, is one of the ancient Greek philosophical schools that emphasizes wisdom, self-control, and acceptance of the reality of life. In modern life full of challenges and uncertainties, the principles of Stoicism offer practical guidance to achieve inner peace and mental resilience. This article aims to examine the basic concepts of Stoicism and their relevance in dealing with the dynamics of life today, and relate them to Islamic education. Stoicism teaches the importance of distinguishing between things we can control and those we cannot, and focuses on developing virtues as the core of a meaningful life. In the context of Islamic education, Stoicism's values of wisdom, patience, and self-control can be integrated to strengthen students' character, morals, and spiritual resilience. This research uses a descriptive-analytical qualitative approach by reviewing literature from various sources, including Stoic texts and Islamic literature, to analyze the similarity of their basic principles. Thus, this article not only provides insights into the application of Stoicism in daily life, but also proposes the potential integration of Stoic values in Islamic education to form individuals who are wiser and more resilient to the pressures of life.
Keywords: Terrace Philosophy; Stoicism; Islamic Education;

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I. INTRODUCTION

Stoicism, or Terrace Philosophy, is a school of philosophy born during the Hellenistic period in ancient Greece. It was introduced by Zeno of Citium around the 3rd century BC in Athens (Sellars, 2018). The name "Stoicism" comes from the word stoa poikile, meaning "pillared terrace," where Zeno and his followers gathered for discussions. Stoicism has a primary focus on how humans can live well and happily despite the challenges of life. Stoicism's background as a philosophy that emphasizes self-control, wisdom, and

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mental resilience makes it relevant in modern life filled with pressure and uncertainty (Juniartha & Anjani, 2024).

Stoicism teaches that people should distinguish between things they can control, such as thoughts, attitudes, and actions, and things that are beyond their control, such as other people's opinions, unexpected events, or external conditions (Mastory & Syukur, 2025). By understanding these limits of control, one can focus more on virtue, inner peace, and thoughtful responses to various situations (Razali, 2023). This principle is particularly relevant in modern life, where people often feel a loss of control over their lives.

As Ryan Holiday, a modern writer who adopted Stoicism, notes, “Stoicism is a practical philosophy that offers solutions to the anxiety and complexity of everyday life” (Holiday & Hanselman, 2016). The urgency of this research in the context of Islamic education lies in the relevance of Stoicism values to the concept of character building, morals, and patience in Islam. Islamic education does not only focus on the transfer of knowledge but also on the formation of a personality based on Islamic values. Thus, the integration of Stoicism in Islamic education can provide a new perspective in strengthening the mental and spiritual resilience of students.

Based on this background, this research will discuss the history and main principles of Stoicism and its relevance in modern life. In addition, this research also examines how the concept of Islamic education shapes character, morals and patience, and explores the potential integration of Stoicism values in Islamic education.

The purpose of this study is to identify the main principles of Stoicism, analyze their relevance in modern life, and explore the alignment and potential application of Stoicism values in Islamic education. The results of this research are expected to enrich insights into how Stoic philosophy can contribute to the formation of individuals who have mental and moral resilience in the perspective of Islamic education. By understanding this concept, this research can serve as a basis for the development of character building-oriented learning methods.

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This article will discuss several main aspects, namely the history, main principles, and relevance of Stoicism in modern life, the challenges of life today and how Stoicism can be a guide, the concept of Islamic education related to character building, morals, and patience, as well as a comparative analysis and potential integration of Stoicism values in Islamic education. Thus, this research is expected to provide a deeper understanding of how Stoicism can contribute to forming individuals who are wiser, patient, and have resilience in facing life, especially in the context of Islamic education.

II. METHOD

This research uses a qualitative approach with a descriptive-analytical method to explore the concept of Stoicism in modern life and its relevance to Islamic education. This approach was chosen because it allows an in-depth exploration of Stoicism and its relationship with the principles of Islamic education.

Data were collected through library research (Mahanum, 2021), which included various sources, such as philosophy books, academic journals, scientific articles, and classical literature on Stoicism and Islamic education. This research also analyzed texts by Stoic philosophers, such as Marcus Aurelius, Epictetus, and Seneca, as well as Islamic references that discuss education and the value of resilience.

Data analysis was conducted using content analysis method to identify and understand the main principles of Stoicism as well as its suitability with Islamic educational values. Data from the literature was categorized based on the main themes, such as virtue, self-control, and acceptance of fate. These themes were then analyzed in the context of modern life and Islamic education.

In the interpretation process, this study used the philosophical hermeneutic method to interpret the meaning of the text in a broader context. This approach helps to find the connection between the teachings of Stoicism and Islamic values, as well as how they can be applied in facing the challenges of modern life and forming a more meaningful education system.

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III. RESULTS AND DISCUSSION

Key Principles of Stoicism

Stoicism centers on four main virtues: wisdom, courage, self-control, and justice. These virtues are considered the core of the good life. As Marcus Aurelius, one of the leaders of Stoicism, explained, "Virtue is the only thing that really matters" (Aurelius, 2006).

Terrace Philosophy, also called Stoicism in English, is a philosophical tradition that developed in ancient Greece around the third century BC. Zeno of Citium founded this tradition, which continues to have great influence to this day (Wibowo, 2019). Although life is full of challenges and uncertainties, this philosophy emphasizes wisdom, self-control, and accepting reality with a calm heart. As a practice-oriented philosophy, Stoicism offers principles that can help individuals deal with various situations in life (Neisha et al., 2024). In this article, we will discuss the foundation of the core philosophy, its key principles, and how its teachings can be applied in daily life.

Moreover, the concept of control dichotomy is one of the main cores in Stoicism, which emphasizes the importance of distinguishing between things that we can control and those that are beyond our control (Dike, 2024). Epictetus, a Stoic philosopher, stated that "There are things that are within our control, such as thoughts, actions, and decisions; and there are things that are beyond our control, such as the opinions of others, the weather, or death" (Epictetus, 2008). By understanding this distinction, humans can focus on what they can change and calmly accept the things they cannot control.

Stoicism has three main pillars on which its philosophy is based, namely:

a. Self-Control: Stoicism teaches that humans can only control their own thoughts, emotions, and actions. Anything beyond that, such as the opinions of others, external events, or the results of effort, are beyond human control (Epictetus, 1995).
b. Virtue as the Goal of Life: Virtues, such as wisdom, courage, justice, and self-control, are considered the highest goals in life. These virtues do not depend on wealth, status, or external circumstances (Seneca, 2007).

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c. Amor Fati: This concept means "love of destiny." Stoicism encourages full acceptance of all that happens in life, be it pleasant or unpleasant, as it is all part of the flow of the universe.

Relevance of Stoicism in Modern Life

In the stressful modern world, Stoicism offers practical tools for managing stress and emotions. For example, the practice of daily reflection, which involves self-evaluation at the end of the day, helps the individual to understand his or her actions and learn from the experience. Ryan Holiday asserts that "This practice can help us identify what is important and discard what is irrelevant" (Holiday & Hanselman, 2016). In addition, the concept of amor fati or "loving destiny" teaches humans to accept life as it is, including challenges and difficulties. In a modern context, this can be applied to deal with failure and uncertainty with a positive attitude (Prasetiyo, 2024).

Stoicism is a school of philosophy that developed in the 3rd century BC in ancient Greece and was later expanded in Rome by philosophers such as Seneca, Epictetus, and Marcus Aurelius (Septiani & Syihabuddin, 2023). This philosophy emphasizes that true happiness is not determined by external factors, but comes from how one responds to events in his or her life. With the main principles of self-control, wisdom, courage, and justice, Stoicism teaches a calmer and more rational way of living amidst the challenges of life. Stoicism is based on four main virtues that guide individuals in living life (Wibawa, 2024):

1. Wisdom Wisdom in Stoicism refers to the ability to distinguish between things that we can and cannot control. In modern life, many things are beyond our control, such as the opinions of others, global economic conditions, or unexpected events. By understanding that we can only control our own actions and attitudes, we can reduce excessive stress and anxiety.
2. Courage is the power to face life's challenges with grit and determination. In a world full of uncertainties, courage is essential, whether in making big decisions, facing failure, or in defending the values one believes in. A Stoic is

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not afraid to face suffering because he realizes that suffering is a part of life that must be accepted and faced with his head held high.

3. Justice in Stoicism refers to acting justly and wisely in social relationships. This means acting with integrity, helping others, and contributing to society in a good way. In a modern era filled with social injustice and economic disparity, the Stoic principle of justice can serve as a guideline in striving for the common good without being swayed by self-interest or social pressure.
4. Temperance is the ability to resist temptation and maintain balance in all things. In modern life full of distractions, such as social media and over-consumption, temperance helps us stay focused on things that are truly important and meaningful. A Stoic will not get caught up in hedonism or excessive desires because he understands that true happiness does not come from material pleasures alone.

In modern life, the concept of Stoicism can help individuals deal with challenges such as stress, economic uncertainty, and interpersonal relationships (Adams, 2022). Here are some applications of Stoicism in the current context:

1. Stress Management: By realizing that many things are out of control, one can focus on his/her response to the situation. For example, instead of worrying about a global pandemic, one can focus on maintaining personal health and hygiene.
2. Decision Making: The Stoic virtue principle can guide one in making ethical and wise decisions, regardless of external pressures or the temptation to take shortcuts.
3. Building Resilience: By accepting reality and loving destiny (amor fati), individuals can be more resilient in the face of failure and loss. This perspective encourages acceptance without succumbing to despair.

Stoicism is a philosophy that remains relevant in modern life, especially in facing increasingly complex challenges (Amin, 2024). By applying the four cardinal virtues of wisdom, courage, justice, and constancy one can live life more calmly, rationally, and meaningfully (Januardi & Jumadi, 2024). In a

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world full of distraction, uncertainty, and social pressure, Stoicism provides a powerful guide to achieving inner calm and true happiness (Kasma et al., 2023). By understanding and applying the principles of Stoicism, we can be better prepared to face life's challenges without being affected by external factors beyond our control.

Important Figures in Terrace Philosophy

1. Zeno of Citium: The founder of Stoicism, Zeno stated that living in accordance with nature and virtue is the key to true happiness.
2. Epictetus: A great philosopher turned former slave, Epictetus taught that it is our ability to control our thoughts and actions, not external situations, that is the key to true freedom.
3. Seneca: Seneca, a statesman and writer, provided many lessons on managing emotions and overcoming grief. Marcus Aurelius: Roman emperor and Stoic philosopher who wrote “Meditations”, which contains deep Stoic thoughts on wisdom, power, and life (Simbolon & Syihabuddin, 2024).

Relevance of Stoicism Values to Islamic Education Principles

In Islam, education is not only oriented towards academic achievement but also towards the formation of morals and character (Achmad, 2024). Some of the principles of Stoicism are in harmony with Islamic teachings (Rahman et al., 2022), among others:

1. Wisdom: the concept of wisdom also has a deep meaning. Knowledge and wisdom are highly valued, as mentioned in the Qur'an which encourages humans to seek knowledge as a path to a better understanding of life and divinity. In both Stoicism and Islam, wisdom plays an important role in guiding humans to act justly, patiently, and mindfully in dealing with various aspects of life (Aziza, 2024).
2. Courage: Islam emphasizes the importance of courage in facing the trials of life. As stated in the Qur'an, “Surely with difficulty there is ease” (QS. Al-Insyirah: 6) (Jayanto et al., 2024).
3. Justice: Islam strongly emphasizes justice in all aspects of life, whether in the family, society, or

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in government (Silvi Vadila Putri et al., 2024).

4. Resilience: The concept of patience (sabr) in Islam has similarities with constancy in Stoicism. A Muslim is taught to be patient in the face of trials and remain grateful in all circumstances (Aziza, 2024).

Implications of Stoicism in Islamic Education

In the world of Islamic education, Stoicism can play a role in character building and student resilience (Dwi Septiwiharti, 2024). Some of the implications that can be found in Islamic education include:

a. Forming Students' Mental Resilience

The principle of Stoicism teaches students not to give up easily in facing academic challenges and daily life. By understanding that they cannot control everything around them, students can focus more on effort and the learning process.

b. Encouraging Independence and Responsibility

Islamic education emphasizes the importance of responsibility towards oneself and the environment. This is in line with the teachings of Stoicism which emphasizes that individuals should be responsible for their own actions and thoughts.

c. Improving Self-Control and Emotions

In Islam, emotional control is part of good manners. As the Prophet's hadith states, “The strong man is not the one who wins in a struggle, but the one who is able to control himself when angry.” (HR. Bukhari and Muslim). The principle of Stoicism helps students to deal with the stress and pressure of life more wisely.

Examples of Implementation of Stoicism in Islamic Life and Learning

a. Facing Difficulties with Patience and Gratitude

A student who faces difficulties in learning can apply the principle of Stoicism by not complaining, but looking for solutions and remaining grateful for the opportunities given. In Islam, patience and gratitude are the keys to facing life's trials.

b. Instilling the Value of Discipline in Worship

As in Stoicism which emphasizes the importance of routine and discipline, Islam also teaches constancy in performing worship, such as the five daily prayers which are performed regularly.

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c. Educating a Brave and Responsible Generation

In facing the tests of life, both in academic and social aspects, Stoicism teaches to remain strong and responsible for the choices made. This is in line with the teachings of Islam, which teaches its followers to be individuals who are firm in their principles and responsibilities.

By understanding and applying the principles of Stoicism that are in line with Islamic teachings, Islamic education can further strengthen the character of students in facing the challenges of modern life.

Application of Stoicism Philosophy in Daily Life

Adopting Stoicism in daily life can provide many benefits, especially in the face of adversity and stress that often comes without our planning. One of the most helpful Stoic principles is the practice of acceptance. In a life full of uncertainty, we will always be faced with situations that we cannot control, and in such situations, it is important that we take the time to reflect on everything that is happening around us. By accepting what we cannot change, we can avoid feelings of excessive frustration and remain calm in the face of reality.

In addition, Stoicism teaches us to focus on the good in ourselves (Kodoati, 2023). This means we should place more emphasis on improving personal qualities such as wisdom, patience and self-control. Instead of worrying too much about what others think or getting carried away by feelings that come and go, Stoicism teaches us to remain calm, rational, and focus on what we can control, namely our own actions and attitudes (Mulyana et al., 2024). It encourages us to strive to be the best version of ourselves, by adhering to virtuous values and trying to live according to the moral principles we believe in. It helps us to stay focused on the things that really matter, that are within our control, and that can lead us to a more meaningful life.

One important aspect of Stoicism is the reduction of dependence on material things. It encourages us not to get caught up in the pursuit of material possessions or external achievements that often do not provide true happiness. Instead, Stoicism invites us to appreciate the simple things in life and find happiness in the quieter,

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more meaningful experiences of everyday life (Adams, 2022). It teaches us to see happiness in ourselves and how we interact with the world, not in what we have or achieve (Edmawati et al., 2024).

According to the philosophy of Stoicism, every difficulty we face is an opportunity to learn and grow (Seneca, 2023). In facing life's challenges, we are taught to stay strong, think clearly, and accept reality with a positive attitude. By doing this, we can learn a lot about ourselves and the world around us, and achieve a higher level of wisdom. Therefore, facing adversity the Stoic way is not just about surviving, but also about growing wiser and stronger.

Criticisms of Stoicism

Although Stoicism offers various benefits, some criticisms have been directed at this teaching. One of the main criticisms is the strong emphasis on self-control, which is sometimes considered too idealistic and difficult to apply consistently in real life (Razali, 2023). The self-control taught by Stoicism requires individuals to keep a distance from emotions and not be affected by external circumstances. However, in reality, complex and stressful life situations often make the self-control taught difficult to practice consistently.

Some people feel that this teaching is unrealistic and does not consider human nature which often engages in spontaneous emotional reactions. Sellars notes that the application of Stoicism principles that focus on self-control can be challenging in everyday life, especially in the face of strong feelings or circumstances that demand an emotional response (Sellars, 2018).

In addition, other criticisms target Stoicism's individualistic approach, which is perceived to lack attention to the collective and social dimensions. Stoicism, with its focus on personal development and self-control, often overlooks the importance of social relationships and shared struggles in society. In a broader social context, this critique argues that the pursuit of personal well-being that is too isolated from collective needs can lead to indifference to larger social problems.

Stoicism teaches us to maintain inner peace by avoiding dependence on external things, but in some views, this is seen as

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reducing attention to social solidarity and empathy for others who are also struggling. As such, while Stoicism provides a strong guide to life for individuals, its more self-control and personal achievement-oriented approach is often seen as lacking the social aspects that are also crucial in building a better society and caring more about the common good.

IV. CONCLUSION

In conclusion, the Terrace Philosophy or Stoicism remains relevant in modern life, emphasizing wisdom, self-control, and acceptance of things beyond our control. The principles of Stoicism help us manage our emotions, face challenges with poise, and find true happiness. Despite criticisms regarding the difficulty in applying self-control consistently and the tendency towards individualism, Stoicism remains a source of inspiration for those seeking inner peace. By prioritizing introspection and self-control, Stoicism teaches us to appreciate the simple values in life and achieve deeper happiness. In the midst of an uncertain world, Stoicism provides useful insights to become a wise, strong, and empathetic individual, ready to face the increasingly complex global challenges.

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