



Mapping Trends In The Use Of The Theory Of Cognitive Dissonantion (Proposition of Alternative Approaches in the Study of Al-Qur'an Interpretation)

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Abstract

This study aims to map the main trends and themes in the study of cognitive dissonance based on the analysis of articles from various international journals. Mapping is done based on the year of publication and the thematic focus of studies that apply cognitive dissonance theory. The results of the study show that the use of this theory has increased significantly in the last three years, namely in 2022, 2023, 2024, and 2025. The trend of utilizing cognitive dissonance theory is mainly found in the fields of sociology, psychology, politics, and economics. However, no research has been found that applies this theory in religious studies, especially in the study of the interpretation of the Qur'an. Therefore, this study offers a new approach by integrating cognitive dissonance theory in discourse analysis and the dynamics of the interpretation of the Qur'an as a contribution to the development of methodology in Islamic studies.

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INTRODUCTION

The study of Qur'anic interpretation, especially in the contemporary academic tradition, has undergone significant methodological developments. If previously the approach to interpretation was more textual-traditional (tafsir bi al-ma'tsūr) and rational-normative (tafsir bi al-ra'yi), then in recent developments there is a tendency for increasing integration of interdisciplinary theoretical frameworks in interpreting the text of the Qur'an.

One of the main tendencies is the use of hermeneutic approaches and historical contextualization. Theories such as Hans-Georg Gadamer and Paul Ricoeur's Hermeneutics. Naskh Theory, Asbāb al-Nuzūl, and classical Qur'anic sciences, are used to read the Qur'an in a particular socio-cultural and historical context, so that the meaning of the verses is more relevant to the context of the times.

Many modern interpretation studies adopt theories from the social sciences and humanities. Some of them include, Sociology of Knowledge (Peter L. Berger),

Structuralism and Post-structuralism Theory (Michel Foucault, Derrida), Gender and Feminist Approaches, such as those done by Amina Wadud or Asma Barlas, which emphasize the importance of paying attention to power relations, gender, and politics in interpretation.

The use of structural linguistic theory and pragmatics has also begun to develop, such as Roland Barthes' Semiotics theory. Discourse Analysis, which is used to analyze the structure of meaning, symbolism, and rhetoric in the text of the Qur'an. Although many approaches from social and cultural sciences have been used, approaches from psychology, especially theories such as cognition, emotion, cognitive dissonance, or transpersonal psychology, are still relatively rare in interpretation studies. In fact, this approach has great potential to read the inner dynamics of the characters in the stories of the Qur'an, understand the conflict of values and morality in the text of revelation, and analyze the process of internalizing teachings in humans.

In general, there is a strong tendency in contemporary tafsir studies to use theories from social, cultural, and linguistic sciences. However, cognitive psychology-based approaches, including theories such as cognitive dissonance, are still not widely applied. This opens up new space for methodological innovation in the study of Qur'anic Tafsir that pays more attention to the psychological aspects and inner dynamics of the reader and the subject in the text.

METHODS

The topic of cognitive dissonance has been the center of attention for the past three years in psychology, then in its development it was used in various disciplines; social, political, and economic. The theory of cognitive dissonance was first put forward by Leon Festinger in 1957 through his work entitled "A Theory of Cognitive Dissonance." This theory was born from the study of social psychology and became one of the most influential concepts in the field.

Before this theory was formulated, the social psychology approach tended to emphasize the consistency between human attitudes, values, and behavior. However, Festinger introduced a revolutionary idea: that humans experience psychological discomfort (dissonance) when they realize there is a discrepancy (inconsistency) between two or more cognitions (beliefs, attitudes, or behaviors).

One of the early studies that supported this theory was the "peg-turning experiment" study (1959), conducted by Festinger and James Carlsmith. In the experiment, participants were asked to do a boring task, then asked to convince other participants that the task was fun. The results showed that participants who were paid less (\$1) found the task more enjoyable than those who were paid more (\$20), because they experienced greater dissonance and changed their beliefs to reduce psychological discomfort. The essence of this theory is that: First, humans have an urge to maintain consistency among their cognitions. Second, inconsistencies between cognitions create dissonance. Third, dissonance creates psychological stress that motivates individuals to reduce it, either by changing beliefs, attitudes, or behavior. This theory was then further developed by various researchers, and applied in many fields, such as: Social psychology (change in attitudes and behavior), Communication science (persuasion and rhetoric), Behavioral economics (decision justification), Political studies and morality. Thus, cognitive dissonance theory was born in response to the limitations of previous consistency theories and has become an important foundation in understanding the psychological dynamics behind attitude change, behavior justification, and decision making.

RESULT AND DISCUSSION

Cognitive Dissonance Study Connectedness Graph The graph below is a visual representation of a conceptual network or relational graph between words/terms, showing the relationships between three main terms. Cognitive dissonance is connected to Study, indicating that cognitive dissonance is a topic that is often studied.

This cognitive dissonance theory indicates that the concept of cognitive dissonance is part of from or directly related to the theory. Cognitive dissonance theory is also connected to This study shows that this theory is often used or tested in scientific studies. This graph shows that there is a close relationship between cognitive dissonance theory, the concept of cognitive dissonance itself, and the scientific studies that study it. This graph can be used for topic mapping in social psychology studies or behavioral theory.

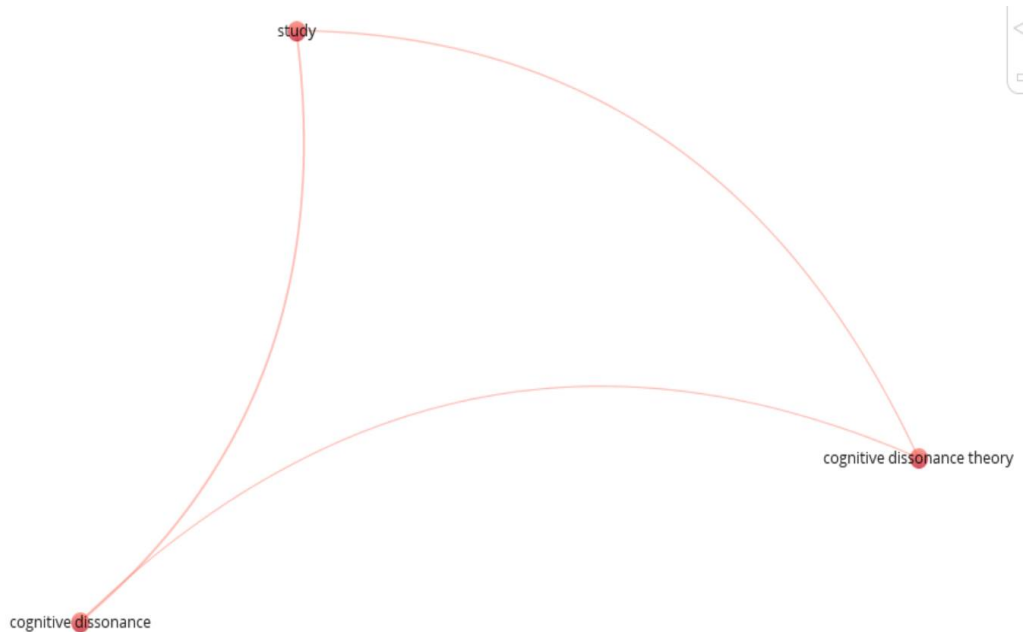


Table 1. Grouping Based on Year of Publication

The data collected includes the identity of the researcher, year of publication, institutional affiliation, research objectives, population or sample characteristics, methodology, and main findings of each article. This information is used as a basis for the initial discussion process before mapping is carried out. All data is tabulated systematically and visualized in the form of diagrams or tables to facilitate the analysis process. The grouping process is carried out through an in-depth review of each article based on predetermined categories. The grouping results are further analyzed, especially to identify potential overlapping research topics or implicit information that is not explicitly conveyed in the text. Articles that have been classified are then analyzed based on content, including research design and type, participant characteristics, sample size, data collection and analysis techniques, research topic focus, and keywords used. The analysis is carried out manually without the help of special software, prioritizing the review of the essential parts of each article, namely the abstract, methods, and conclusions. These three components are considered fundamental parts that represent all important information from a scientific publication. Furthermore, the findings are analyzed substantially to be organized into relevant research subtopics.

Num ber	Researcher Name	Research Title	Journal Name	Year
1	William Foley (Foley, 2024)	Can cognitive dissonance explain beliefs regarding meritocracy?	Social Science Research	2024
2	Eva Maria Jedicke, Christian Arnold J	The dynamics of consumer boycott intention: Examining the	Journal of Business Research	2025

	(Jedicke, Arnold and Lindenmeier, 2025)	roles of moral reasoning, cognitive dissonance, and self-congruence		
3	Chelsea A. Davies, Samantha K. Stanley (Davies and Stanley, 2024)	Untangling the dairy paradox: How vegetarians experience and navigate the cognitive dissonance aroused by their dairy consumption	Appetite	2024
4	Tanja Artiga González, Francesco Capozza b, Georg D. Granic (Artiga González, Capozza and Granic, 2024)	Cognitive dissonance, political participation, and changes in policy preferences	Journal of Economic Psychology	2024
6	Lucas Eduardo Araújo de Melo, Jorge Sinval, Cassiano Augusto Isler (Melo, Sinval and Isler, 2024)	Prospective avenues in travel behavior research supported by the cognitive dissonance theory: A scoping review	Transportation Research Part F: Psychology and Behaviour	2025
7	Nicole Paraskeva Paul White, Georgina Pegram, Phillippa C. Diedrichs, Radhika Goel (Paraskeva <i>et al.</i> , 2024)	A cognitive dissonance body image intervention 'Free Being Me' delivered by guide leaders to adolescent girl guides in India: A pilot and acceptability trial	Body Image	2024
8	Hafize Celik, Ahmet Ekici (Celik and Ekici, 2024)	"I Crossed My Own Line, But Here is What I do": The Moral Transgressions of Sustainable Fashion Consumers and Their Use of Alternating Moral Practices as a Cognitive-Dissonance-Reducing Strategy	Journal of Business Ethics	2025
9	David C. Vaidis1, Willem W. A. Sleegers, Florian van Leeuwen, Kenneth G. DeMarree, dkk (Vaidis <i>et al.</i> , 2024)	A Multilab Replication of the Induced-Compliance Paradigm of Cognitive Dissonance	Association For Psychological Science	2024
10	Jan M. A. de Vries, Carmel Downes, Danika Sharek, (de Vries <i>et al.</i> , 2023) Louise Doyle, Rebecca Murphy, Thelma Begley, Edward	An exploration of mental distress in transgender people in Ireland with reference to minority stress and dissonance theory	International Journal of Transgender Health	2022

	McCann, Fintan Sheerin, Siobhán Smyth & Agnes Higgins			
11	Ingeborg Flagstad, Åshild Lappegard Hauge, Svein Åge Kjøs Johnsen (Flagstad, Hauge and Kjøs Johnsen, 2022)	Certification dissonance: Contradictions between environmental values and certification scheme requirements in small- scale companies	Journal of Cleaner Production	2022
12	Katrin Firl (Firl, 2024)	Changing Attitudes? Investigating the Link between Couples' Pandemic Behavior, Cognitive Dissonance, and Gender Role Attitudes in Germany	Zeitschrift für Soziologie	2024
13	Sanja Vico (Vico, 2022)	Cognitive Dissonance in Social Media and Face- to-Face Interactions in Relation to the Legacy of War	International Journal of Communication	2022
14	Davit Marikyan 1 & Savvas Papagiannidis 1 & Eleftherios Alamanos (Marikyan, Papagiannidis and Alamanos, 2023)	Cognitive Dissonance in Technology Adoption: A Study of Smart Home Users	Information Systems Frontiers	2023
15	Tamás Köpeczi-Bócz (Köpeczi-Bócz, 2025)	Cognitive-Dissonance- Based Educational Methodological Innovation for a Conceptual Change to Increase Institutional Confidence and Learning Motivation	Education sciences	2025
16	Lucas Eduardo Araújo de Melo, Jorge Sinval, Cassiano Augusto Isler (Melo, Sinval and Isler, 2024)	Prospective avenues in travel behavior research supported by the cognitive dissonance theory: A scoping review	Transportation Research Part F: Psychology and Behaviour	2025
17	Rhana Hashemi and Erin A. Vogel (Hashemi and Vogel, 2024)	Adolescents' perceptions of substance use messaging in the age of social media: resolving cognitive dissonance	Health Education Research	2024
18	Eddie Harmon- Jones ¹ Cindy Harmon- Jones ³ Sophie Matis ¹ Douglas J. Angus	Effort increase or decrease reward valuation? Considerations from cognitive dissonance theory	Psychophysiology	2023

	(Harmon-Jones, Willardt and Harmon-Jones, 2025)			
19	Shiva Pauer ^{1,2} , Roman Linne ¹ , and Hans-Peter Erb (Pauer, Linne and Erb, 2024)	From the Illusion of Choice to Actual Control: Reconsidering the Induced Compliance Paradigm of Cognitive Dissonance	Association For Psychological Science	2024
20	Doris Yuet Lan Leung, Shoilee Khan ² , Hilary Hwu, Aaida Mamuji and Charlotte Lee (Leung <i>et al.</i> , 2024)	The Risk Perception of the Chinese Diaspora during the COVID-19 Pandemic: Targeting Cognitive Dissonance through Storytelling	Environmental Research and Public Health	2024
21	Michael Höfler and Alexander Giesche (Höfler and Giesche, 2024)	Avoidance of causality outside experiments: Hypotheses from cognitive dissonance reduction	Science Progress	2024
22	Mandy J. Hill (Hill, 2024)	Cognitive dissonance as a reason for low perceived HIV risk among Black women	Frontier in Sociology	2025
23	Eddie Harmon-Jones, Robin Willardt ¹ , and Cindy Harmon-Jones (Harmon-Jones, Willardt and Harmon-Jones, 2025)	Discrete Emotions of Dissonance	Motivation Science	2025

Table 2. Grouping Based on Trends in the Use of Cognitive Dissonance Theory

From the twenty-three articles that were successfully identified, it can be seen that the application of cognitive dissonance theory predominantly appears in studies in the fields of sociology, psychology, economics, and political science. However, no explicit application of this theory was found in Islamic studies, especially in interpretation studies. In fact, conceptually, cognitive dissonance theory has significant relevance to be analyzed in the context of interpreting the Qur'an, both in understanding the cognitive dynamics of the interpreters and in studying the resulting interpretative content.

Number	Researcher Name	Research Title	Journal Name
1	William Foley	Can cognitive dissonance explain beliefs regarding meritocracy?	Disonansi kognitif menjelaskan keyakinan mengenai meritokrasi (DK dan Meritokrasi)
2	Eva Maria Jedicke, Christian Arnold J	The dynamics of consumer boycott intention: Examining the roles of moral reasoning, cognitive dissonance, and self-congruence	Dinamika niat boikot konsumen: Meneliti peran penalaran moral, disonansi kognitif, dan keselarasan diri

3	Chelsea A. Davies, Samantha K. Stanley	Untangling the dairy paradox: How vegetarians experience and navigate the cognitive dissonance aroused by their dairy consumption	Mengurai paradoks susu: Bagaimana kaum vegetarian mengalami dan menavigasi disonansi kognitif yang ditimbulkan oleh konsumsi susu mereka
4	Tanja Artiga Gonz'alez, Francesco Capozza b, Georg D. Granic	Cognitive dissonance, political participation, and changes in policy preferences	Disonansi kognitif, partisipasi politik, dan perubahan preferensi kebijakan
6	Lucas Eduardo Araújo de Melo, Jorge Sinval, Cassiano Augusto Isler	Prospective avenues in travel behavior research supported by the cognitive dissonance theory: A scoping review	Peluang prospektif dalam penelitian perilaku perjalanan yang didukung oleh teori disonansi kognitif: Tinjauan cakupan
7	Nicole Paraskeva Paul White, Georgina Pegram, Phillippa C. Diedrichs, Radhika Goel	A cognitive dissonance body image intervention 'Free Being Me' delivered by guide leaders to adolescent girl guides in India: A pilot and acceptability trial	Intervensi citra tubuh disonansi kognitif 'Free Being Me' yang disampaikan oleh para pemimpin pemandu kepada para gadis remaja pemandu di India: Sebuah uji coba percontohan dan penerimaan
8	Hafize Celik, Ahmet Ekici	"I Crossed My Own Line, But Here is What I do": The Moral Transgressions of Sustainable Fashion Consumers and Their Use of Alternating Moral Practices as a Cognitive-Dissonance-Reducing Strategy	"Saya Melewati Batas Saya Sendiri, Tapi Inilah yang Saya Lakukan": Pelanggaran Moral Konsumen Mode Berkelanjutan dan Penggunaan Praktik Moral Bergantian sebagai Strategi Mengurangi Disonansi Kognitif."
9	David C. Vaidis1, Willem W. A. Sleegers, Florian van Leeuwen, Kenneth G. DeMarree, dkk	A Multilab Replication of the Induced-Compliance Paradigm of Cognitive Dissonance	Replikasi Multilab dari Paradigma Kepatuhan yang Diinduksi dari Disonansi Kognitif
10	Jan M. A. de Vries, Carmel Downes, Danika	An exploration of mental distress in transgender	Sebuah eksplorasi tentang tekanan mental pada orang

	Sharek, Louise Doyle, Rebecca Murphy, Thelma Begley, Edward McCann, Fintan Sheerin, Siobhán Smyth & Agnes Higgins	people in Ireland with reference to minority stress and dissonance theory	transgender di Irlandia dengan mengacu pada tekanan minoritas dan teori disonansi
11	Ingeborg Flagstad, Åshild Lappegard Hauge, Svein Åge Kjøs Johnsen	Certification dissonance: Contradictions between environmental values and certification scheme requirements in small-scale companies	Disonansi sertifikasi: Kontradiksi antara nilai lingkungan dan persyaratan skema sertifikasi di perusahaan skala kecil
12	Katrin Firl	Changing Attitudes? Investigating the Link between Couples' Pandemic Behavior, Cognitive Dissonance, and Gender Role Attitudes in Germany	Perubahan Sikap? Menyelidiki Hubungan antara Perilaku Pandemi Pasangan, Disonansi Kognitif, dan Sikap Peran Gender di Jerman
13	Sanja Vico	Cognitive Dissonance in Social Media and Face-to-Face Interactions in Relation to the Legacy of War	Disonansi Kognitif dalam Media Sosial dan Interaksi Tatap Muka dalam Kaitannya dengan Warisan Perang
14	Davit Marikyan 1 & Savvas Papagiannidis 1 & Eleftherios Alamanos	Cognitive Dissonance in Technology Adoption: A Study of Smart Home Users	Disonansi Kognitif dalam Adopsi Teknologi: Sebuah Studi tentang Pengguna Rumah Pintar
15	Tamás Köpeczi- Bócz	Cognitive-Dissonance-Based Educational Methodological Innovation for a Conceptual Change to Increase Institutional Confidence and Learning Motivation	Inovasi Metodologi Pendidikan Berbasis Disonansi Kognitif untuk Perubahan Konseptual guna Meningkatkan Kepercayaan Diri Institusional dan Motivasi Belajar
16	Lucas Eduardo Araújo de Melo, Jorge Sinval, Cassiano Augusto Isler	Prospective avenues in travel behavior research supported by the cognitive dissonance theory: A scoping review	Peluang prospektif dalam penelitian perilaku perjalanan yang didukung oleh teori disonansi kognitif: Tinjauan cakupan
17	Rhana Hashemi and Erin A. Vogel	Adolescents' perceptions of substance use messaging in the	Persepsi remaja terhadap pesan penggunaan zat

		age of social media: resolving cognitive dissonance	terlarang di era media sosial: menyelesaikan disonansi kognitif
18	Eddie Harmon-Jones ¹ Cindy Harmon-Jones ³ Sophie Matis ¹ Douglas J. Angus	Effort increase or decrease reward valuation? Considerations from cognitive dissonance theory	Peningkatan atau penurunan upaya penilaian imbalan? Pertimbangan dari teori disonansi kognitif
19	Shiva Pauer ^{1,2} , Roman Linne ¹ , and Hans-Peter Erb	From the Illusion of Choice to Actual Control: Reconsidering the Induced Compliance Paradigm of Cognitive Dissonance	Dari Ilusi Pilihan ke Kontrol Aktual: Mempertimbangkan Kembali Paradigma Kepatuhan yang Diinduksi oleh Disonansi Kognitif
20	Doris Yuet Lan Leung, Shoilee Khan ² , Hilary Hwu, Aaida Mamuji and Charlotte Lee	The Risk Perception of the Chinese Diaspora during the COVID-19 Pandemic: Targeting Cognitive Dissonance through Storytelling	Persepsi Risiko Diaspora Tiongkok Selama Pandemi COVID-19: Menargetkan Disonansi Kognitif Melalui Penceritaan
21	Michael Höfler and Alexander Giesche	Avoidance of causality outside experiments: Hypotheses from cognitive dissonance reduction	Penghindaran kausalitas di luar eksperimen: Hipotesis dari pengurangan disonansi kognitif
22	Mandy J. Hill	Cognitive dissonance as a reason for low perceived HIV risk among Black women	Disonansi kognitif sebagai alasan rendahnya persepsi risiko HIV di kalangan perempuan kulit hitam
23	Eddie Harmon-Jones, Robin Willardt ¹ , and Cindy Harmon-Jones	Discrete Emotions of Dissonance	Emosi Diskret yang Tidak Sesuai

CONCLUSION

The conclusion of this study is that cognitive dissonance has not been used as a theoretical framework in the study of Tafsir al-Qur'an in the last three years. In fact, the study of Tafsir al-Qur'an, especially in the contemporary academic tradition, has experienced significant methodological developments. If previously the interpretation approach was more textual-traditional (tafsir bi al-ma'tsūr) and rational-normative (tafsir bi al-ra'yī), then in recent developments there is a tendency for increasing integration of interdisciplinary theoretical frameworks in interpreting the text of the Qur'an. So this cognitive dissonance approach has great potential in the study of Tafsir al-Qur'an, because this theory can read the inner dynamics of the characters in the stories of the Qur'an, understand the conflict of values and morality in the text of revelation, and analyze the

process of internalization of teachings in humans.

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