

Applying moderation will help prevent extremism

By [Dr.Thameem Ushama](#) - January 18, 2023 @ 4:10pm



Photo taken on June 11, 2004 United Nations MONUC peacekeepers talk with children in Bukavu after the town's recapture by regular forces, following an occupation for several days by military dissidents under General Laurent Nkunda. - AFP Pic

THE Sustainable Development Goals of the United Nations aim to achieve comprehensive development, including peace, as indicated in SDG 16.

Consequently, establishing peace has emerged as one of humanity's top priorities as the world grapples with previously unheard-of issues.

Additionally, some extremist trends threaten attempts to advance world peace. Types of extremism include theological, ideological, historical, behavioural and political.

Hence, amid such unhealthy trends, we should preserve long-term sustainable peace and vigorously condemn and reject extremism, radicalism, and terrorism that jeopardise peace.

MOST POPULAR

LATEST

MOST READ

- 3m [#JOM! GO: World's best tourism villages](#)
- 17m ['Things aren't working': Milan's title defence crumbling as Napoli host rivals Roma](#)
- 21m [California massacres show limits of strict state gun laws](#)
- 44m [MH17 crash investigators to reveal new findings](#)
- 50m [Aurelius Technologies to see higher earnings in FY24 from new customers](#)
- 1h [Coffee, cake and cat cuddles at pet cafes](#)
- 1h [Hyatt poised for continued transformative growth in 2023, and beyond](#)

MORE NEWS

- Klang residents advised to be wary of extreme high tide phenomenon
- Sultan Nazrin: Immediate action needed to stop extreme religious, ethnic views

weather curbs output

- **YouTube, Meta will expand policies, research to fight online extremism**

We should develop a strategy prescribing a dynamic method for sustainable world peace.

In the current context, that strategy may be a "method of moderation". The method of moderation has vital features enabling humankind to see how it is applied to all aspects of life.

Excellence or righteousness, justice, easing and removing hardship, and wisdom are some of the features of moderation, among many.

We should remember that moderation is one of the keys to avoiding violence, extremism and terrorism.

The following are some of the significant features of moderation that will help avoid the growth of extremism in any society.

The first feature of moderation is excellence or goodness. It is the 'middle' way or path, referring to the 'best' and 'excellent' in everything.

From another perspective, the 'middle' also refers to 'justice' as 'the best', inferring those who maintain justice.

It also explains that excellence or goodness depends upon justice. Learned people integrate these terms, and that one autonomously complements the other.

The remarkable aspects of excellence or goodness are the commitment to propagating good and forbidding evil, self-recognition in providing benefits for humankind and considering their wellbeing.

The second feature of moderation is justice. It refers to straightforwardness, impartiality, fairness, equitableness, probity, honesty, uprightness and just composition.

It also indicates that good character is established. Thus, in friendship and enmity, there should be no deviation from laws; in deeds, there is no diversion, nor is there any reduction or addition when implementing or enforcing laws.

Hence, none should abandon justice, for it is considered obligatory in all circumstances.

The just person is straightforward, impartial, fair, equitable, honest, and upright. One who observes moderation is expected to have these attributes.

Justice is a fundamental right of every individual.

GET THE LATEST TOP NEWS DAILY

Sign up to receive NST daily newsletters!

SIGN UP NOW

ACROSS NEW STRAITS TIMES



CRIME & COURTS Jan 25, 2023 @ 10:55pm

[Police arrest man in Kepong road rage incident](#)



CRIME & COURTS Jan 25, 2023 @ 4:36pm

[Singaporean lawyer chides Shafee for incompetency](#)



NATION Jan 25, 2023 @ 3:53pm

[Police opens investigation against massive burning of firecrackers in Simpang Pulai](#)



NATION Jan 24, 2023 @ 7:59pm

['One-off withdrawals won't affect EPF funds'](#)



BUSINESS Jan 24, 2023 @ 12:55pm

[EPF's "loss" after four withdrawals of RM145bil](#)

WHAT TO READ NEXT



NATION Jan 25, 2023 @ 9:17pm

[Dengue cases down by 8 pct last week - Health DG](#)



WORLD Jan 25, 2023 @ 10:48pm

[German economy to avoid recession in 2023, says Berlin](#)



GOLF Jan 25, 2023 @ 10:40pm

[Bale is so good at golf it's not fair, says Rahm](#)



NATION Jan 25, 2023 @ 9:30pm

[Govt recommends TNG visa card's name change to avoid confusion](#)

people should be the frontline force in administering justice.

It is essential to uphold justice in the face of 'special interest' pressures and be carried out even if it involves kith and kin.

The third feature of moderation is ease and removal of hardship.

Life should be straightforward. People must be freed from unnatural restrictions imposed by inauthentic authorities. Therefore, remove hardship and do not impose burdens on others.

Make things easy for humans because it appears in the constitution for human life, which considers human nature, ability, and needs.

It taps human's constructive energy, protecting it against wasteful use.

None should charge others with unreasonable suppression or oppression.

Nurture consciousness to realise the consequences of extremism.

Whenever there is an option between two things, select the easier of the two as long as it is not burdensome; if it is burdensome or sinful, remain far from it.

Command people to adopt ease in human relations, dealings and approaches and emphasise the treatment in the friendliest way.

Facilitate things by treating the people most agreeably, not making things difficult for them, giving them glad tidings, and letting them not make the people hate good deeds, and work in cooperation and mutual understanding.

Subhadra, [18/1/2023 3:54 PM]

Aim to complement human nature by acknowledging abilities so that human nature is not suppressed.

Overall, there shall be no untoward impositions on humankind's ability or nature. None should impose hardship on others.

The fourth feature of moderation is 'wisdom'. Wisdom refers to obtaining the truth through knowledge and reason. It infers a prohibition of ignorance while forbidding any migration towards harshness and evil.

Knowledge is wisdom because it prohibits stupidity and idiotism in behaviour.

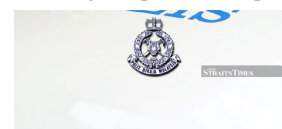
Thus, education prevents the impudence that spawns unhealthy cultures replete with destructive activities.

Wisdom refers to knowledge, helpful science, a creative intellect, and empathetic kindness that maintain objectivity in word and deed.

Things cannot be regarded as authentic except by wisdom, which refers to putting things in a proper perspective while keeping all affairs in accord with their respective positions.

Wisdom infers desirable activities that appropriately suit a moment of need.

Wisdom reveals the need for boundaries and implies moderation. Therefore, in essence, wisdom demands strict observance of moderation and is immune to excess or negligence.



[Manjung cops bust suspected illegal bitcoin mining operation](#)

STORIES FROM SAYS



an hour ago

[Son Calls Out Irresponsible Motorcyclists For Blocking Wheelchair-Friendly Walkways](#)



Jan 25, 2023 @ 5:40pm

[Mat Sabu Assures Bird Flu Outbreak In US & Europe Won't Affect Malaysia's Chicken Supply](#)



Jan 25, 2023 @ 5:38pm

[\[VIDEO\] Coffee Shop Supervisor Praised For Staying Calm While Customer Screams At Her](#)



Jan 25, 2023 @ 5:30pm

[9 Cleansing Oils, Balms & Liquids To Get In Malaysia That Actually Work](#)



Jan 25, 2023 @ 5:45pm

[MOE Responds After Parents Call Out Muslim-Only SPM Workshops At Convent School](#)

passivism and negativism, which are counterintuitive to wisdom's advantages.

The fifth feature of moderation is 'straightness'. Straightness is when a person is not living within a network of 'straightness', he/she will deviate from the truth according to the common understanding. Deviation manifests as either excessiveness or negligence and is contrary to moderation.

Straightness is the essence of moderation. It means sincerity, uprightness, rectitude, integrity, probity, honesty, rightness, soundness and correctness.

When someone is straight, they avoid compromises with misguided individuals based on the idea of "give and take" and do not accommodate their whims, prejudices, or ignorant behaviours.

Straightness is defined as following the straight path against tyranny, oppression and terror-inducing activities that transgress all bounds. It also means remaining steadfast in pursuing good declarations and discharging all duties.

The greatest of noble deeds is the application of straightness to all matters. Logically, this implies there can be no straightness without moderation and vice-versa.

The sixth feature of moderation is maintaining a balance 'between two limits'. It refers to placing a thing between two things to establish the balance that stands 'between two limits'.

It is not trivial but rather profound, wherein the term 'between two limits' is equivalent to balancing one's actions, judgments and thoughts far from extremism, laxity, immoderation and negligence. Hence, any positioning 'between two limits' is praiseworthy.

The 'best' is a middle ground between two things, matters or limits; this is the intermediate position.

Moderation is balance and justice, and moderation must be maintained, that is, to maintain balance in everything that a human does, whether zeal or vivacity.

As stated in SDG 16, sustainable peace will result from sincerely and enthusiastically implementing all these tenets or features of "moderation."

Islam, as a holistic way of life, encourages everyone to embrace the "method of moderation" to end extremism.

*** The writer is a professor at the Department of Usul al-Din and Comparative Religion, International Islamic University Malaysia**

RELATED VIDEOS



RELATED ARTICLES

WORLD Dec 28, 2022 @ 8:29am

[Weather extremes becoming 'new normal'](#)

NATION Nov 11, 2022 @ 10:43am

[GE15: Extreme campaigns will only drive away young voters](#)

CARS BIKES TRUCKS Oct 10, 2022 @ 5:26pm

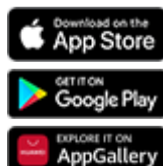
[Ducati gets extreme with the Monster SP](#)

COLUMNISTS Oct 16, 2022 @ 9:24pm

[Many in US say misinformation spurs extremism, hate](#)



GET MOBILE APP



NEWS
[Crime & Courts](#)
[Govt / Public Policy](#)
[Nation](#)
[Politics](#)

BUSINESS
[Business Times](#)
[Property](#)
[Cars Bikes Trucks](#)

LIFE & TIMES
[Sunday Vibes](#)
[Bots](#)
[Heal](#)
[Flair](#)
[Jom!](#)
[Groove](#)

SPORTS
[Football](#)
[Badminton](#)
[Tennis](#)
[Cycling](#)
[Golf](#)
[MMA](#)
[MotorSport](#)
[Cricket](#)
[Others](#)

WORLD
[World](#)
[Region](#)
RADIO
[Get Audio+](#)
[Hot FM](#)
[Buletin FM](#)
[Fly FM](#)
[8FM](#)

OPINION
[Columnists](#)
[Letters](#)
[Leader](#)

GALLERY
[Photos](#)
[Infographics](#)

NST PODCAST
NST TV
EDUCATION
VOUCHER

