

ENHANCING SPIRITUAL & PHYSICAL DEVELOPMENT OF CHILDREN

About the Book:

The exchange of knowledge and cooperation among educational institutions is a prime goal of this project; thus several institutions mentioned in the following list have been contacted and approached by our team, including PI, Co-researchers and IIUM students, during the first semester of 2019-2020. This project is registered as one of the IIUM flagship programmes under 3E, empowering, Enabling and Enhancing the knowledge and skills of the youth, particularly in educational institutions. This project has now become a research-based project that would highlight the significance of TOT, training of trainees, and enabling the trainees' skills and knowledge, which they will teach in the mindset of school children. Most of the school's authorities further agreed to enhance a good relationship with the IIUM team as they realized the beneficial cooperation between their educational institutions and IIUM. The research topic "Enhancing spiritual and Physical development of school children between age 5 to 12 at the primary and secondary schools" is a crucial epistemology, a requirement for building a successful life of children. Educators know that spiritual aptness and physical fitness are the foundation for the development of children's lives from Islamic Perspectives. The research team plans to amalgamate the relevant values and different branches of skills under the primary three roots of the research, such as: Spiritual Development in Children, Humanistic Quality Development in Children and Physical Development in Children.

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Enhancing Spiritual & Physical
Development of Children



INTERNATIONAL
ISLAMIC UNIVERSITY
MALAYSIA

ENHANCING SPIRITUAL & PHYSICAL DEVELOPMENT OF CHILDREN



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

We have indeed created man in the best of moulds, (95:4)

Enhancing the Spiritual and Physical Development of Children

Enhancing the Spiritual and Physical Development of Children

EDITED BY:

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WITH

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ENHANCING SPIRITUAL & PHYSICAL DEVELOPMENT OF CHILDREN

AbdulHamid AbuSulayman Kulliyah of Islamic
Revealed Knowledge and Human Science,
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PREFACE

Since the decline of Islamic civilization and the emergence of secularism and liberalism in the west, the present-day world has been intricated with inconsiderate issues beyond one imagination shaping an atmosphere full of demoralization, indecency, and uncertainty. The influence of western philosophy, technology and public media gradually intensifies the conception of slavery towards western technology and ideology. Among all those severe problems, moral decadence has taken place profoundly in the heart of many Muslims. As a result, they have become scapegoats of western liberalism, corruption, crimes, domestic chaos, social conflicts, disputes, quarrel, an increase in divorce, inclination towards lesbianism, homosexuality, engagement in pornography and lack of religiosity. Besides, many of them have become less enthusiastic about religious activities (Solat, Ibadah, Study of Islam), and the worst is engaging in drugs and acts of prostitution.



All these problems result from ignorance and negligence in learning, teaching, and practising Islam and its priceless values. Although Islamic values are taught in many Islamic institutions in Malaysia, moral and ethical decadence is increasing. After the intensive finding of the increase of moral decadence, we agree it is because of the lack of true commitment and practical undertaking of Ibadah at the individual level as well as the lack of parenting skills in parents and teachers at primary schools. This indicates that parents and teachers do not get the chance to practice the particular skills and techniques when the children were under their care. It can also be highlighted as a lack of spiritual and parenting skills in implementing their assigned task as a teacher and parents. Undoubtedly, the teachers and the parents know very well about the concept of Islamic teachings, including Aqeedah, Ibadah, Akhlaq, Muamalat, and Muasharat. Also, many modules' books are available in our schools, but the real dilemma is the majority of them do not know how to instil the values in the children's mindset.

In these module books, modules on inculcating values are presented so that the teacher and parents can mobilise those skills in them while undertaking their tasks. The most powerful method is adopting spiritual values in trainees, practitioners, teachers and students.

These values' essence is dependent on the concept of “Amar bil maruf nahi anil munkar”, enjoining praiseworthy deeds and forbidding blameworthy actions. The trainees must personally and seriously act on these values while avoiding maksiah and sinful acts. It means they must remove mindfulness of corruption, bribery, anger, mischief, envy, backbiting, slander, hatred, and short temper while adopting tolerance, kindness, love, honesty, Amanah and steadfastness. Many of us excel in ritual and recital of religious activities, but we do not heed the importance of Akhlaq, morality which instinctively and unconsciously sneaks into our mind and heart, forming a pure soul, abiding by the command of Allah naturally. Therefore, only practising ritualistic religious activities is not enough, and we should make the trainees understand the significance of the practical application of Islamic values in them. In return, the teachers and the parents realize the real essence of teaching values and transferring them to children.

Similarly, a peaceful mind can only exist in a healthy body. Although we are spiritually very strong and excellent, we cannot build our peaceful lives if our health is not good. Thus, this module also provides the necessary knowledge on Child-Health Care, Child Nutrition, Physical Education, and Sports. In addition, it enables skills for teachers to adopt an active lifestyle and be good models for the children. Through the established friendly atmosphere between the trainers and the teachers, the module is expected to recommend practical approaches for instilling into the psyche of the children, teachers and communities the value of physical education and sports, particularly its covert function in peace-building, in the revival of traditional martial arts, in increasing national pride, in encouraging an active lifestyle among children and youth. To ensure the practicability of the module, recommendations and suggestions of the school authorities, teachers and trainers are welcomed to enhance and upgrade the knowledge, skills, attitudes, and behaviours of children and youth as they relate to healthy and active lifestyles.

When we discuss the role of spirituality that is touching the unending episode of happiness in this world and the next world, it represents the essence of nature. The word "spiritual" comes from the Latin word “spiritus,” meaning breath, an essential element of human life. Without breathing, there is no life; therefore, every matter belongs to an essence living is spiritual. Spirituality is a broad concept. It is about one's soul and inner self that includes faith, religion, rites and ritual, calmness through meditation and yoga, inspiration, aspiration, and intellectual

capacity where a man can attain a universal human experience. The word spirit is a component of human philosophy, psychology, art, and knowledge; it is a social construct representing the qualities of purpose and meaning which transcend the individual human. Although the perspectives of spirituality are quite complex, this paper will emphasize the aspects of Intellectual, cognitive, ethical, emotional, behavioural, and communication skills in human relationships.

Likewise, the foundation of physical fitness depends on maintaining body muscularity, a healthy nervous system, regular health care activities, and proper nutrition and dietary arrangement. Physical fitness is a well-rounded exercise programme that covers cardio-respiratory endurance, muscular strength, flexibility, and body composition.

Although spiritual and physical strength components are involved in their nature and deal with different activities and values, they still need to function simultaneously and appropriately. The standard characteristic of an able man has carefully orchestrated effort applied to physical and spiritual wellbeing since childhood. It means nurturing good children with the provision of all the above qualities can guarantee good citizens' production in the future. The task of instilling the said qualities and values in the children is a great challenge. However, there are still ways and means that can be applied by the respondents who are parents at home, teachers in the schools, trainers, counsellors, therapists, researchers, and professionals.

This research would produce a module book that discusses all emotional aspects assisting the development of their spiritual and physical wellbeing. The methodology of this research is qualitative and quantitative. The researchers will use both methods by conducting a critical analysis of data collected from relevant sources and related issues, and some interviews with targeted students at different schools in the Gombak area. The ultimate objective of this research is to publish a module book and the book's application on teachers, counsellors and the parents of the children in the region and the globe.

Project Team Leader

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PROFILE

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- Bachelor's in finance, National Institute of Finance

WORK EXPERIENCE

- Former Deputy Rector of Internationalization & Global Network, IIUM (2011-2018)
- Former Shiekh of the International Institute of Islamic Thought & Civilization (ISTAC)
- Member of the Board of Directors of the Centre for Higher Education and Scientific Research Ethics, FUTW, ISESCO. (2019-2023)
- Advisor to the Organization of Islamic Cooperation (OIC) on Cultural, Social and Family Matters (2020-2023)

AREA OF SPECIALIZATION

- Humanities ~ Humanities ~ Linguistics and Literature ~ Linguistic Structures (Including Grammatical Structures and Lexicology) - Education and Parenting
- Natural Science ~ Biological Sciences ~ Ecology ~ Marine Ecology - Quality Assurance
- Humanities ~ Humanities ~ Religious Studies ~ Islamic Studies - Islamic Civilization and Studies
- Social Science ~ Social Science ~ Education ~ Other Education n.e.c. - Education, Parenting, Worldview and Creative Thinking
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Islamic thinkers including Imam al-Shafi'i, Imam al-Ghazali, Shah Wali Allah al-Dihlawi, Jamal al-Din al-Afghani, Muhammad Iqbal, Sa'id Nursi, and figures- Malay intellectuals including Tok Wan Ali Kutan and Sheikh Muhammad Idris al-Marbawi, current Islamic issues related to usuluddin, da'wah in contemporary society, schools of thought such as feminism, religious tension, and comparative religion. It is in the form of articles in local magazines and newspapers such as Dakwah Magazine, Pengah, al-Islam and Berita Harian. He has also been a columnist for Harian Metro every Friday in the column "Q&A Religion" and "Fikrah Dr. Greetings" (2000-2015).

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As a lecturer at the Matriculation Centre, IIUM for sometimes, then in the dept. of Fundamental and Interdisciplinary Studies, IRKHS for 3 years I was involved in teaching various subjects and doing research as well as the writing articles and presenting papers in local, national as well as the international seminars.

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EDUCATION

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WORK EXPERIENCE

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- Appointed by members of the Editorial Team of *Studia Islamika* as a reviewer of the journal (to date).
- Vice President for International Affairs, RC-AI Khwarizmi International College Foundation Incorporated, Marawi City Philippines (2021-to date).
- Served as Matriculation lecturer at International Islamic University (2002-2014).
- Assisted in the development of the Research Methodology course at Matriculation Centre, IIUM.
- Advisor of Waqf and Zakat Management at RC-AI Khwarizmi International College Foundation Incorporated, Marawi City Philippines (2019-2021).
- Advisor of Karate Do Club, International Islamic University Malaysia, Centre for Foundation Studies (2010-2011).

AREA OF SPECIALIZATION

- Islam and Other Civilizations
- Social, Economic, and Religious Institutions in Southeast Asia
- Waqaf and Zakat Management
- Islamic Education
- Waste management, Environment and Sustainable Development
- Halal Industry and Ecotourism
- Minority studies in Southeast Asia
- Islamization of Knowledge
- Family Management and Parenting

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PROFILE

Dr Maulana Akbar Shah @ U Tun Aung, a national of Myanmar and an Assistant Professor teaching at the Department of Fundamental and Interdisciplinary Studies (FIDS), Islamic Revealed Knowledge and Human Sciences (IRKHS), International Islamic University, Malaysia (IIUM). He leads the organization Jamiyatul Ulama Islam Myanmar in Malaysia. Assisting the Myanmar community in Malaysia helps law and order of the Myanmar community living in Malaysia by providing Islamic education, Shariah law and Discipline. He is a supervisor for Post Graduate students and author of 20 books and more than 50 articles. He was awarded a Golden Researcher Award for Active Researcher. He is also a representative of the International Institute of Islamic Thought, IIT for Myanmar and provides sermons to Myanmar Muslims of southeast Asia every Saturday night. He can be reached at maulana@iium.edu.my

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**DR MAULANA AKBAR SHAH @
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ASST. PROFESSOR

EDUCATION

Received BSc. Degree in the study of Chemistry from Rangoon Arts and Science University in 1982, B.A. in Islamic Studies from Jamia Darul Uloom, Rangoon, 1998 and M.A. in Usuluddin and Comparative Religion from the Kulliyah of Islamic Revealed Knowledge and Human Science, KIRKHS, IIUM in 2010 and obtained his Ph.D from the same Kulliyah of IIUM in 2013.

WORK EXPERIENCE

He was a lecturer at the Center for Foundation Studies (CFS, IIUM) for about five years (2008-2013). He was a lecturer at Jamia Darul Uloom, Rangoon (1998-2007) and served as the Secretary General of the organization of Jamiyatul Ulama al Islam, Myanmar (2001-2007). He also served as a Professional Staff with the United Nations agencies (1989 to 1998). Apart from the above responsibilities, he volunteers as Advisor for Global Community Club IIUM, Advisor for Islamic-World.net, Da'wah Programme for Muslims in Southeast Asia and Advisor for Myanmar Muslim Community Schools in KL, Malaysia. He is now the president of the Myanmar Muslims Intellectual Forum in Malaysia. Dr Maulan is now the head of Research and Publication, FIDS, IIUM.

AREA OF SPECIALIZATION

History and Civilizational Studies – History and Islamic Civilizational Studies

Social Science ~ Social Science ~ Social Work ~ Volunteerism - Educational Support

Humanities ~ Community Service, Humanitarian Assistance, Repatriation and Rehabilitation

Islamic Studies ~ Syariah Law ~ Fiqh and Usulul Fiqh – Studies of Al Quran & Sunnah, Islamization of Human Knowledge

Kabuye Uthman Sulaiman, Ph D.
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PROFILE

Kabuye Uthman Sulaiman is an Associate Professor with over 15 years of research and teaching at the Department of Fundamental and Interdisciplinary Studies, Abdul Hamid AbuSulayman Kulliyah of Islamic Revealed Knowledge and Human Sciences, International Islamic University Malaysia (IIUM). He has held several positions at IIUM, such as academic advisor, deputy director of IIUM mosques, coordinator of knowledge and civilization in Islam, chairperson of both curriculum review and examinations and assessments at the department of fundamental and interdisciplinary studies, and editor-in-chief of Al-Risalah Journal of Islamic Revealed Knowledge and Human Sciences. In addition to his academic work, Dr. Kabuye is also active in public outreach.

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Dr Kabuye Uthman Sulaiman, Ph.D.

ASST. PROFESSOR

EDUCATION

- Doctor of Philosophy (Islamic Thought) - Doctor of Philosophy, International Institute of Islamic Thought & Civilization (IIUM ISTAC)
- Master of Islamic Revealed Knowledge and Heritage (Usul Al Din and Comparative Religion) - Master's Degree, International Islamic University Malaysia
- Bachelor of Islamic Revealed Knowledge and Heritage - Bachelor's degree, International Islamic University Malaysia

WORK EXPERIENCE

Before joining IIUM as an academic staff, Dr. Kabuye served as a part-time translator at Institut Terjemahan Malaysia (National Institute of Translation Malaysia) for ten years. In recognition of his services as one of the translators at the Organization of Islamic Conference (OIC) 2003 Summit, Kuala Lumpur, Dr. Kabuye was awarded a certificate of appreciation by Prime Minister Datuk Seri Dr Mahadhir Mohamad.

AREA OF SPECIALIZATION

- Humanities ~ Humanities ~ Religious Studies ~ Quranic and Hadith Studies - Islamic Thought & Western Thought.
- Social Science ~ Social Science ~ Political Sciences and Public Policy ~ Islamic Political System – Humanities.

Mohd Abbas Abdul Razal, Ph. D.
Department of Fundamental and Interdisciplinary Studies (FIDS)
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PROFILE

Mohd Abbas Abdul Razak completed his B.A. (Hons) in Islamic Studies from Universitas Ar-Raniry, Aceh, Indonesia. In 1993 he did his Advanced Diploma in Education and later completed his Master's in Educational Psychology at IIUM. In 2011, he completed his Ph.D. by conducting research on the personality theories of Iqbal and Freud. This research was later published in a book format under the title 'Iqbal's Theory of Personality: A Contrastive Analysis with Freud' in Germany. As staff at IIUM, he has taught subjects like Philosophy of Islamic Education, Ethics, Sociology, Islamic Worldview, Islamic Civilization and Creative Thinking. At times, he also teaches Psychology and Family Management. As an academic Abbas actively participates in research on psychology, spirituality, globalization and Iqbaliyat. His research works have found publication locally and internationally.

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EDUCATION

- B.A (Hons) in Islamic Education, Universitas Ar-Raniry, Aceh, Indonesia.
- Advance Diploma in Education, IIUM.
- Master of Education (Islamic Studies), IIUM.
- PhD in Educational Psychology, IIUM.

WORK EXPERIENCE

- Tendering Clerk at Penang Development Corporation
- Teacher at Madrasah Nurul Islam, Penang
- Teacher at Ma'arifil Wataniyyah, Kepala Batas, Penang.
- Teacher at Arab Community School, Kuala Lumpur.
- Teacher at Ibn Kathir, Gombak, Selangor.
- Teacher at Mutiara International Grammar School, Ampang, Selangor.
- Teacher at KL International School, Ampang, Selangor.
- Asst. Professor at International Islamic University Malaysia.

AREA OF SPECIALIZATION

- Islamic and Western Theories of Education
- Islamic and Western Psychologies
- Counseling

ENHANCING SPIRITUAL & PHYSICAL DEVELOPMENT OF CHILDREN

About the Book:

The exchange of knowledge and cooperation among educational institutions is a prime goal of this project; thus, several institutions mentioned in the following list have been contacted and approached by our team, including PI, Co-researchers and IIUM students, during the first semesters of 2019-2020. This project is registered as one of the IIUM flagship programmes under 3E, empowering, Enabling and Enhancing the knowledge and skills of the youth, particularly in educational institutions. This Project has now become a research-based project that would highlight the significance of TOT, training of trainees, and enabling the trainees' skills and knowledge, which they will teach in the mindset of school children. Most of the school's authorities further agreed to enhance a good relationship with the IIUM team as they realized the beneficial cooperation between their educational institutions and IIUM. The research topic "Enhancing spiritual and Physical development of school children between age 5 to 12 at the primary and secondary schools" is a crucial epistemology, a requirement for building a successful life of children. Educators know that spiritual aptness and physical fitness are the foundation for the development of children's lives from Islamic Perspectives. The research team plans to amalgamate the relevant values and different branches of skills under the primary three roots of the research, such as: Spiritual Development in Children, Humanistic Quality Development in Children and Physical Development in Children.

PROJECT TEAM

Project Leader: Maulana Akbar Shah @ U Tun Aung, Ph D.

Team Members:

Abdelaziz Berghout, Ph D.

Dawood Abdulmalek Yahya Al-Hidabi, Ph D.

Abdul Latif Abd. Razak, Ph D.

Abdul Salam Mohd Shukri, Ph D.

Jamal Ahmed Bashier Badi, Ph D.

Alizaman D. Gamon, Ph D.

Zubaidi Wahyono, Ph D.

Ungaran Rashid, Ph D.

Norbani Ismail, Ph D.

Kabuye Uthman Sulaiman, Ph D.

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MODULE BOOK