

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:

MAULANA AKBAR SHAH @ U TUN AUN

WITH

KABUYE UTHMAN SULAIMAN



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ENHANCING SPIRITUAL & PHYSICAL DEVELOPMENT OF CHILDREN

AbdulHamid AbuSulayman Kulliyah of Islamic
Revealed Knowledge and Human Science,
International Islamic University Malaysia (IIUM)

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FOREWORD

In a world marked by rapid technological advancements and an increasing emphasis on material success, we must never lose sight of our children's spiritual and physical well-being. As adults, we nurture and assist the next generation toward a more balanced and harmonious way of life. In this effort, the book "Spiritual and Physical Development of Children" stands out as a source of wisdom and inspiration.



This extraordinary book is a priceless resource that reveals the critical parts of nourishing the whole child—mind, body, and soul. It reminds us that a child's development is more than just academic achievement or physical ability; it also includes a deep examination of their inner self, connection to others, and place in the world.

The writers dive into the value of spiritual growth and its natural link to children's physical well-being in these chapters. They emphasize the necessity of instilling in young children a sense of purpose, compassion, and gratitude, helping them to build deep self-awareness and empathy. We encourage children to navigate life's challenges with perseverance, elegance, and an unbreakable moral compass by developing their spirituality.

This book embraces the profound wisdom found within the Quranic principles and the Sunnah of the Prophet Muhammad (peace be upon him), drawing on the rich tradition of Islamic teachings. It emphasizes the need of instilling Islamic spirituality in children by highlighting the Quranic qualities of faith, humility, compassion, and moral conduct as shown by the Prophet's life. By incorporating Islamic ideas and practices into children's spiritual and physical development, this book provides a comprehensive approach that nurtures their hearts, brains, and souls, preparing them to face life's challenges while embodying Islam's eternal ideals.

Moreover, this book takes a holistic approach, recognizing the intricate interplay between the spiritual and physical dimensions of a child's life. It explores the essential role of nutrition, exercise, and self-care in promoting overall health and vitality. By advocating for a balanced

lifestyle, the authors remind us that the physical well-being of our children is inseparable from their spiritual growth.

What sets this book apart is its practicality and accessibility. The authors offer a wealth of actionable strategies and exercises that parents, educators, and caregivers can readily incorporate into their daily routines. From mindful breathing exercises and gratitude practices to nutritional guidelines and tips for fostering emotional intelligence, the authors equip us with a comprehensive toolkit to facilitate children's spiritual and physical development.

I am honoured to present this book to you, knowing that it can potentially transform the lives of children and those who care for them. May it serve as a guiding light, reminding us of the immense responsibility we hold and inspiring us to foster the spiritual and physical development of our precious young ones.

May the journey ahead be one of discovery, growth, and love.

DZULKIFLI BIN ABDUL RAZAK
(Prof. Emeritus Tan Sri Dato')
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PROLOGUE

As mooted by many philosophers and experts in the field of education, an ideal system of education is one that caters for the total development of an individual. As such, the intellectual, psychological, social, emotional, spiritual and physical developments in an individual form an integral part of producing an integrated personality. Undermining any one of the developments will most likely result in an imbalance in the personal growth and personality of an individual.



In today's world, as a result of globalization, many of the essential developments that should come through education have been largely neglected. Much of the emphasis in modern-day education is centred around the intellectual development of an individual, taking the other pertinent aspects of development for granted.

As a response to the need for a holistic approach in education, a edited book entitled “Enhancing Spiritual and Physical Developments of Children”, is published by a team of academics from the Department of Fundamental and Inter-Disciplinary Studies of AHAS KIRKHS, IIUM. In explaining the physical and spiritual domains of human development, the authors have endeavoured to encapsulate all other developments within the eleven chapters of the book. In a way, the book also reiterates the importance of instilling values in children. The authors vehemently emphasized the role of ethical and spiritual values in moulding the character of today's young people. Such values also form the cornerstone of the educational system in many parts of the world.

The spiritual well-being highlighted in the book is mainly focused on the close relationship one should have with Allah (SWT), adhering to Islamic teaching, guidelines and precepts of Islam, and a deep sense of inner peace, surrender to the will of the Creator, and staying connected with the rest of humanity. In addition, Islamic spiritual well-being also refers to a sense of inner peace, connectedness, and purpose in one's life. Whether done through personal reflection,

religious devotion, or philosophy, it includes discovering and nurturing one's beliefs, values, purpose, and connection to something more than oneself. Spiritual well-being entails a thorough understanding of oneself, a sense of direction, and a sense of serenity, fulfilment, and calmness. It can improve a person's psychological, emotional, and physical health by giving them an idea of purpose, resilience, and inner strength.

The physical well-being of children in the book refers to the state of optimal physical health and vitality, encompassing factors such as fitness, strength, energy levels, and overall functional abilities. Equally important is nutrition which plays a vital role in physical well-being, providing the necessary nutrients for the body's growth, development, and maintenance.

In realizing the importance of spiritual and physical growth in children, both parents and teachers should play a vital role in fostering an educational system that pays equal emphasis to both developments.

Finally, I would like to congratulate the editors and authors who contributed chapters towards making this research project a successful one. May your best reward come from Allah SWT. Ameen.

SHUKRAN ABD RAHMAN

Dean,
Abdul Hamid Abu Sulayman Kulliyyah of Islamic Revealed
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PRELUDE

We extend our sincere gratitude to Allah for facilitating the task of our esteemed academic staff at the International Islamic University Malaysia (IIUM) in their endeavor to articulate the subject matter pertaining to children from an Islamic perspective. As guardians of the Muslim community's educational domain, it is incumbent upon us to shed light on the nurturing and cultivation of future generations. Bestowing attention and care upon our children reverberate throughout subsequent generations, as today's children will become tomorrow's parents who, in turn, will attend to the growth and well-being of their progeny.



Undoubtedly, the accentuation of the spiritual dimension within children's personalities assumes paramount importance, as it serves as the core foundation influencing other facets of their development. Furthermore, the notion of holistic well-being encompasses an inclusive framework tailored to the integrated and comprehensive formation of our Muslim children's characters. It necessitates the nurturing of their spiritual, ethical, intellectual, social, and moral elements, ensuring that they make informed decisions and undertake righteous actions, thus contributing to the future populace of Muslim societies.

Research has evidenced that approximately 80% of an individual's personality is shaped by the age of eight. Quranic teachings and prophetic traditions highlight the responsibility and accountability that each of us bears before Allah regarding the upbringing (tarbiyah) of our children. The Quran articulates the supplication, "Our Lord, grant us from among our spouses and offspring comfort to our eyes and make us a leader for the righteous" (25:74). This emphasis on the role of the family, the enduring influence of children across generations, and the pursuit of righteousness underscores the paramount significance accorded to the spiritual dimension and divine guidance.

Contemporary educational systems often lack a soulful and spiritual emphasis. In the prevailing educational landscape, it is imperative that our children receive a comprehensive, balanced, and

integrated education that encompasses both the spiritual and physical realms, enabling them to lead successful and fulfilling lives in this world and the Hereafter.

With gratitude to Allah, this significant reference book has been enriched by the valuable contributions of distinguished academic staff members. It is expected to yield considerable benefits for diverse stakeholders, particularly Muslim families and concerned entities within societies, including educational institutions, schools, and media organizations.

International Institute for Muslim Unity (IIMU) takes immense pride in its partnership in publishing this book, aligning with its mission to serve the Ummah. We are confident that individuals and institutions, spanning the globe, who are devoted to the cause of Islam, will eagerly seek and derive substantial benefit from this publication. Its contents will aid our children in fortifying their Islamic identity and enable them to fulfill their societal roles as they mature and progress through life.

DAWOOD ABDULMALEK YAHYA AL-HIDABI

Director

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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

Dr Maulana Akbar Shah