

# 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**

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**ENHANCING SPIRITUAL & PHYSICAL DEVELOPMENT OF CHILDREN**

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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')  
International Islamic University Malaysia

## 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 Kulliyah 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**

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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



## **Chapter 11**

# **Physical Growth and the Need for PE in Schools**

**Mohd Abbas Abdul Razak & Salah Machouche**

### **I. Introduction**

The world we live in has gone through rapid changes in many aspects of life. Rural areas in many parts of the globe have now transformed into great cities full of industrial parks. There has been a mass migration of people from the country to major cities. This situation has given rise to the high density of people living in the urban. The problem of urbanization and the issues surrounding it is the same in many countries. When compared with the rest of the world, Malaysia is not an exceptional case. At the moment, Malaysia, with its high pace life, is facing many health issues. In Malaysia, among its 33 million people, only a fraction of its population is aware of the importance of doing physical exercise in one form or another in order to stay healthy and fit. In observing this reality, this chapter of the book is dedicated to highlighting the importance that people and government should give to physical growth, sports, games and physical exercise to ward off disease and poor health conditions.<sup>[3]</sup> A country cannot be a great nation by just focusing on infrastructure and economic development without having a strong, healthy and vibrant society free from disease and poor health conditions. In paying too much emphasis on intellectual development, particularly on human intelligence, schools and parents have sometimes overlooked the role and importance of physical development and physical exercise. In order to prevent chronic disease and poor health conditions in Malaysia, the government and schools need to create awareness at all levels of society. The best place and means through which we can create awareness of the importance of exercise and good health maintenance should start from the school and its educational system. This chapter, among others, focuses on the need and important role played by physical education in schools, the importance of sports, games, and physical exercise to stay healthy at all stages of life, even after school.

#### LEARNING OBJECTIVES

1. To make the students aware of the importance of bodily exercise.
2. School education is not all about intellectual development, but also other developments as well, including physical development.
3. Inculcating the philosophy of 'Healthy Body, Healthy Mind.
4. Learning institutions should facilitate a holistic concept of education.

#### LEARNING OUTCOMES

1. Students learn the importance of keeping their bodies healthy.
2. Physical exercise also provides a platform for students' cohesiveness.
3. Through sports and games, students can learn patience and perseverance.
4. Students learn the importance of teamwork in order to achieve success.

## II. Malaysia and its New Generation of People

Malaysia which started as an agrarian nation in 1957 has now moved on to be an industrialized nation by using more science and technology in catching up with the rest of the world. As more people migrated from the villages to work and live in cities, their lifestyles too went through some dramatic changes. The cost of living and work pressure has caused them a great deal. Feeling tired after work and finding no time to cook made many to buy outside food which in many ways compromised the healthy ingredients and cleanliness. In addition to that, their hectic workload and being caught up in many hours of traffic jams to work and back home to have deprived many of regular exercise which is important for maintaining good health and bringing down all forms of stress. With the passing of time, this trend of lifestyle which started many decades ago has now started to cause a large section of the population to experience many health issues. It has been for many years, Malaysian has recorded an upsurge in its statistics on people who suffer from diabetes, high-blood pressure, chronic cardiovascular diseases, etc. These life-threatening conditions on the citizens have caused a great deal of money for the government to spend on its ailing citizens.<sup>[4]</sup> Besides, building more hospitals and providing the best healthcare services, the government has

been making a great effort in educating its people on balanced diet and healthy lifestyles. Many campaigns are conducted through mainstream media on the dangers of drug-abuse, smoking, excessive consumption of sugar, etc. In addition, there are advertisements aired during prime-time TV on the need for regular bodily exercise, sports and games that bring a lot of benefits to the people. All this and more are done in order to have people who are healthy and productive in tandem with the physical development of the country.<sup>[5]</sup>

### III. Misconception on Physical Education

A fraction of the society in many parts of the world feels that sports, games, and bodily exercises are activities that do not generate income and do not promise a better future for their families, particularly the ones that are struggling to make ends meet. Moreover, sports and games are looked down upon as activities of ‘waste time’. There are others who misunderstood to think that the sole purpose of education is to make a student intelligent and of high IQ. Such a group of people forces their children to stay focused on academic subjects only. Children or students who are misled with such a misconception of education are bound to realize later in life that they have failed to maintain good body shape and weight. In addition, they too will feel that they have missed all the joy, fun and healthy socialization with friends during their childhood and teenage period of their life by not participating in sports and games.<sup>[6]</sup>



### IV. Holistic Approach to Education

A holistic education is one that focuses on the intellectual, social, psychological, emotional, physical and spiritual developments. A glance at the national philosophy of education of most countries, one would realize that as though it is a standard practice schools cater education for the total development of an individual. It should be mentioned here that in some secular and communist countries, the spiritual development is left for the family to take care of it. An overemphasis on any one aspect of the developments in a child’s education is bound to create an imbalance in his/her personality. The imbalance will be obvious if any one of the developments is

totally neglected. Experts in education believe that every development contributes in a particular way for the overall development of the child. Intellectual development makes a child wise and competent in facing life during his/her adulthood. Psychological and emotional development prepare the child to enjoy a good state of mental health. While social development helps the child to interact and get along with other members of the society. Spiritual development inculcates the meaning of life, the role of God in one's life and the co-existence with nature in the life of a child. The physical education which is the main focus of this write-up will be discussed thoroughly in the following sub-heading.<sup>[7]</sup>

## V. Physical Growth (PG)



Physical growth refers to the growing up of the body parts of an individual and his/her ability to use body muscles and bones to perform certain skills; mainly that relate to psychomotor skills. Besides that, PG also refers to the development that is taking place within the human body that involves the brain and sensory organs. Physical growth in human beings starts from infancy and continues on into late adolescence. The most crucial period in physical growth is during childhood as that is the time for neurological brain development and different parts of the body begin to synchronize to create activities like grasping, crawling, walking, writing etc. Under normal circumstances, human physical growth reaches its peak around 18, while the brain goes on to maturity at the age of 25.

## VI. What is Physical Education?

The history of physical education goes a long way back to ancient times. An avid reader of history will find out that all civilizations have encouraged physical sports to make their soldiers and citizens strong in defense of their nations. Physical Education which goes with its famous acronym PE is also named in some countries as gym class or physical training. In modern times, in almost all countries regardless in the East or West, schools provide PE lesson at the primary and secondary levels of education. Since cognitive and affective aspects of learning are done within the confines of the classroom, PE lessons which are directed towards the students' body development and psycho-motor skills are either conducted in an open-field, arena or gymnasium. The aim of the

teacher/instructor conducting PE is to boost the students' motivation, confidence level, competence, skills, etc. through games and activities. Some of the games that PE includes will be volleyball, softball, badminton, football, netball, rugby, cricket and athletics. As PE became a popular subject in schools, newer games like bowling, hiking, rock-climbing were introduced. There are countries that introduced Yoga within its PE lessons as a stress-reducer for students, while others introduced Tai Chi in teaching students on the importance of deep-breathing.<sup>[8]</sup>

## **VII. The Difference between Games and Sports**

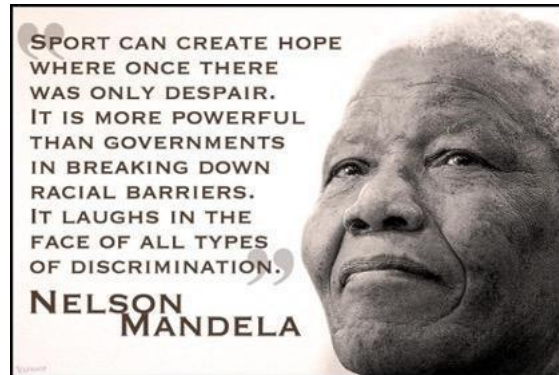
Generally, a game is an activity that involves more than one individual, while a sport is more individualized. Both have the aim of keeping the human body fit and healthy. The other thing that differentiates the two is, a sport is played under a set of agreed rules and regulations, while a game is played for recreational and fun purposes. Sport requires the individual to be skillful, having good strategy and performance to win a competition. A game normally refers to a group activity that involves teamwork, coordination, cooperation and performance by every member of the team to win a game. An individual who participates in a sport is known as a sportsman/sportswoman, while the one involved in a game is called as a player. In short, sport refers to an individual's talent, participation, skills, mental endurance and strategy, while game is a team effort that requires teamwork, strategy and collective performance in winning a game.<sup>[9]</sup>

## **VIII. Positive Impacts of Sports/Games/Bodily Exercise**

From the ancient to modern times, religious personalities in all communities of the world have recommended sports and physical exercise as a means to detoxify the human body. Perspiration that happens during physical workouts helps the body to release urea and other waste substances. In the medical field, doctors believe that physical exercise, sports and games can do great wonders in improving and sustaining the human cardiovascular system in the body. Doctors recommend that the least one could do to stay healthy free from any form of heart disease is by going for 20 minutes of brisk walk on a daily basis. The great Imam al-Ghazali (1058-111) recommends sports and exercise after a hard day of learning, thinking and writing. He believes that through sports and exercise will help the body to reenergize itself. Hindu Gurus encourages Yoga exercises for better body metabolism, breathing and clearing the mind from all forms of stress, anxiety and negative



thoughts. Moreover, they believe that Yoga helps the practitioner in concentration and mind-focus. On the other hand, the Chinese spiritual master's believe the ancient art of meditation which is popularly known as Tai Chi allows positive energy to flow smoothly and powerfully all throughout the body. In addition, Tai Chi creates a harmonious relationship between the



inner and outer dimensions of man. Simply put, it creates a harmony in the human mind and body. For students and office workers who are physically and mentally drained, physical exercise in the evening will be a good platform to release the pent-up stress in them.<sup>[10]</sup>

## **IX. The Benefits of Physical Education**

Physical education or bodily exercise is pretty much emphasized in almost all communities of the world. In all countries regardless secular, communist or democratic there is a great deal of emphasis is given to physical education at all levels of schooling. Moreover, physical education is also campaigned and promoted at the national level in order to produce citizen who are healthy and productive. Such campaigns are also launched using mainstream media to call for adults as well as senior citizens to stay healthy. Generally, most countries believe in the age-old maxim that calls for “healthy body, healthy mind”. It is believed that one cannot be strong, energetic, critical, creative and analytical in his/her way of bodily performance and thinking when one is sick. When talking about games, there is a wide array of games that go with their own rules and regulations. There are many benefits that an individual can achieve through sports and games besides building a strong and healthy body with good bone and muscle developments. Through sports and games one can learn how to control one’s emotion, particularly on how to cope with the glory of victory and the agony of defeat. Any game or tournament can teach the team members to face ‘win or lose situation’. The winning team should not tease at the team that has been defeated. The team that has lost the game should accept the fact it has lost the game and not to get angry and carried away with the emotion of defeat to created unwanted scene at the sports arena. What learned in sports and games can be applied in the lives of the students during adulthood. The principles learned in sports and games can be applied in their professional lives and there will be a lot of ups and downs/

success and failure. Besides that, sports and games also teach an individual on the importance of the cohesiveness of the individual with others. It is a fact proven beyond doubt that the team which has to face defeat is one in which the members have failed to cooperate and support one another. A team with better teamwork and strategy is most likely to win a game. Again, qualities like being a team player, endurance, patience, focus, good strategy and tactics can be used by an individual during his/her adult life when faced with challenges at home or workplace.<sup>[11]</sup>



## X. Sports and Games at the School Level

In Malaysia, the Ministry of Education has made it compulsory for all national schools to allocate time within the class timetable for lessons on PE to be conducted. In addition to that, schools in the country organize inter-tournaments in school and with other schools at the state and inter-state levels. “Sports Day” in the school calendar marks a significant event for students and their parents. During tournaments and Sports Day, parents come in great number to watch on how well their children perform in the individual and group events. They are there to encourage and to lend the moral support to their children who are competing. In any event, be it an individual or team event though winning is the motivation, but what counts more are the participation and team spirit. For those who are exceptional in their talent and performance, the school and their parents should encourage such students to enhance their talent by putting them in special coaching clinics. This effort on the part of the school and parents can one day turn students who are talented in sports to represent their school, state or country internationally.<sup>[12]</sup>

## XI. Ujian SEGAK (Fitness Test)

SEGAK that stands for Standard Kecergasan Fizikal Kebangsaan (National Physical Fitness Standard for Malaysian School Children) was a conception mooted by the then Minister of Education in Malaysia in the year 2006, which later came into practice in 2008. The test was introduced nationwide to students from Standard 4 (Year 4) right up to Form 5 (Year 11). SEGAK is a battery of test to assess students’ fitness, endurance and agility. The four components of the

test will be step-up test, push-up test, partial curl-up test and sit and reach test. Besides assessing students of 10-17 year old of their psychomotor skills, their height and BMI (Body Mass Index) will also be monitored during those 8 years.



## **XII. Awareness Campaign at All Levels**

In spite of encouraging the students and citizens to be actively involved in sports, parents, teachers, and government needs to put in more rigorous effort in promoting the importance of sports and games in the lives of the Malaysians. The government needs to provide better sports facilities and equipment at schools and recreational parks. Students who shy away from sports with the feeling they are not talented or find sports as something that it not important in life should be motivated by the teachers in school. Students should be explained on the health and social benefits of doing sports and games. The government needs to increase its effort in promoting sports, games and bodily exercises through TV, radio, government news portals, etc. <sup>[13]</sup>

## **XIII. As a Shield against Social Ills**

It has been highlighted by many psychologists and academicians that sports and games have the tendency to shield students and youngsters from social illss such as drug abuse, alcoholism, rape, teenage pregnancy, vandalism, gangsterism, etc. Sports and games provide the avenue for students and youths to channel their excessive energy and negative impulses in a productive manner. Being occupied with games and tournaments enable students to stay away from all sorts of social illss that can bring down the reputation of the students, their families and the country. The youth population of a country that is involved in sports, games and volunteerism will be able to increase the nation's productivity. Besides that, in the long run, with students and youths who are focused and motivated as a result of their involvement in sports, games, charity and volunteerism can be a great help in bringing down crime rate in the country. It is expected that with the lowering of the crime rate in the country, this can lower the number of people detained at the correction centers. <sup>[14]</sup>

#### **XIV. Qualified Trainers**

In order to get young people interested in sports and games, the government should employ/recruit qualified trainers to teach at all levels of schooling. Not only that, such trainers should be able to motivate and speak in clear terms on the benefit of participating in sports and games. These trainers should be able to teach students on the rules and regulations, as well as the theoretical and practical aspects on each and every game introduced in the school system. In getting the school team ready for friendly matches and competitions, the PE teacher should coach the students on the strategy, discipline and ethics as players. The teacher should be able to inculcate the values of why competitions are held to the students. Though winning is the natural feel and goal in participating in sports and games, good behaviour, control of the emotion, respect and friendly gestures toward the opponents, should not be comprised at all times. Students should be made to understand the basic philosophy involved in tournaments that they are expected to win some and lose some when it comes to competitions. Ethics and good behaviour are more important in winning a good name for themselves and for their schools. Apart from the proper training given to the students, from time to time, the school principal/headmaster should send the PE teachers for specialized training. By doing this, they will be able to improve their coaching skills. This in turn will bring greater benefits to the student's development and progress in the games of their choice.

#### **XV. Sports Arena and Facilities**

In order to promote young people in doing sports, games and bodily exercise, the government needs to invest a considerable sum of money from its national budget to provide proper and adequate equipment at the school and communal levels. Schools should have a field for outdoor activities, a gymnasium and hall for indoor games that also include board games. For the community, the government should have recreational parks equipped with tracks for brisk walking, jogging and bicycling. Building recreational parks for the urban population of a country is a thing that should not be overlooked by any government. Urban population that resides in flats, apartments and condominiums which are confined to a small space within their houses bound to go through stress. With the availability of recreational parks, people can go an exercise and release their pent up stress with they have been harboring.

## **XVI. Sports and Games as Future Careers**

Students who are poor academically, but more inclined towards sports and games should not be left behind in developing a future career for themselves. The school should identify such students and give them specialized training so that they can be professional athletes and players one day. It has been admitted by many contemporary professional players, athletes, boxers, cricketers and others that they were not performing well academically during the time they were in school. Later on, through hard-work, training and determination they became professional players and sportsmen in their field of choice. As professional players they not only have a lucrative income but also enjoy fame and glory for representing famous clubs, teams or their country. Those who represent their country and earn medals and trophies are looked upon as ‘National Heroes’ by their people. There are many among famous athletes, sportsmen and players who are affluent and rich who establish charities to give away huge some donations for cancer research, refugees, old folk homes, endangered species, victims of natural calamities, etc. The philosophy of such players and sportsmen is none other than to share their God-given wealth with those who are poor and less fortunate. [\[15\]](#)



## **XVII. Sports and Games from the Islamic Perspective**

Islam is not only a religion that emphasizes on rituals but also encourages moderation on eating and drinking. It emphasizes striking a balance on everything done by its adherents. Moderation is one of the teachings of the Qur’an in dealing with all matters be they mundane or spiritual. When it comes to bodily exercise, Prophet Muhammad (PBUH) encouraged the Muslims of his time to participate in swimming, horse-riding and archery. These three types of exercises not only keep the body fit but also provide psychological and emotional benefits. [\[16\]](#) As a commentary to the Hadith, many have stated the following benefits when one is involved in one of the three sports:

a) Swimming: The one who is swimming has to be calm and in control while in the water and at the same time, the individual has to learn how to float without drowning. The more one struggle and panic, the more he/she is likely to be drowned in the water. Lessons learnt in swimming can be applied in one's other real-life situations and challenges. When problems try to drown an individual and



sap away the enjoy of living, at that moment he/she has to rise above the problems and not only tries to survival but also able to take control of his/her life. Such individuals with patience and perseverance will be able to ward off all negativity, despair and suicidal thoughts when all sorts of pressure mount on him/her.

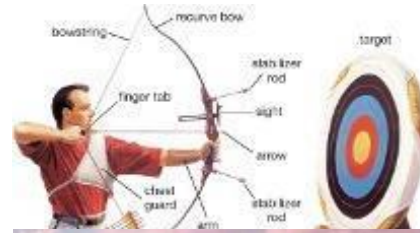
b) Horse-Riding: This sport explains the situation that an individual has to take charge of a sensitive and majestic animal that has a will of its own. He must learn the psychology (horsology) of the horse, which is giving him/her a ride on its back. Without understanding the behaviour of the horse, he/she would not be able to get the best cooperation and performance from the horse. By merely whipping the horse he/she would not be able to direct the horse to do what he/she wants. By understanding the nature and capacity of the horse



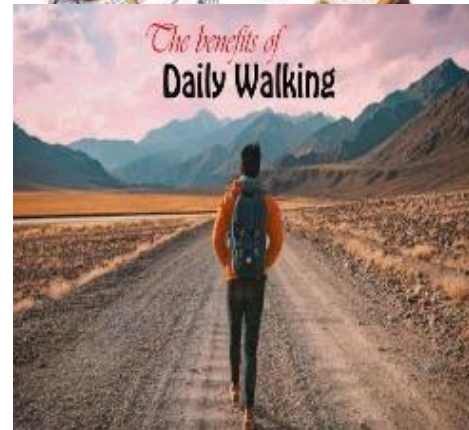
or its needs for food, water and rest, the owner or rider will be able to bind a good relationship with the creature and at the end, it will be a win-win situation for both parties. Lessons learnt in horse-riding can be a great help in managing people, be it in an organization, at work place or of a country if one is a king, president, prime minister, minister or just an executive in a company.

c) Archery: This is a sport that trains one to be focused on the target, making the right judgment, proper timing, etc. Moreover, one should be able to read the wind direction and resistance before

releasing the arrow from the bow. Lessons learnt from this sport will enable an individual to be focused in life, goal setting, getting a job done efficiently, etc.



Besides that, it is the habit of the Prophet (PBUH) to go for a frequent brisk walk. During modern times, medical doctors have recommended walking as an exercise that can improve breathing, blood circulation, digestion, strengthens bones, boosts muscle power and endurance, burns excessive body fats that cause obesity, prevents constipation, activates the lymphatic system to produce lymph, a fluid essential for draining of excessive fluid, removal of toxic from the body, etc. Ever since the



medical field has revealed the benefits of walking, there has been a greater consciousness among people of the world to go for a walk at least 30 minutes on a daily basis or three times a week. The other revelation made by medical doctors is that walking has an impact on the human mind. Many authors mentioned that they got creative inspiration when they go for a walk. This fact found to true when viewed from the medical perspective. It is believed that there is a sort of coordination that happens between the foot and mind. When someone goes for a walk, his/her action stimulates the human mind and as a result of this, more connectivity happens among the neurons of the human brain to produce new and innovative ideas. Going for a walk also brings down the stress level and improves one mental health.<sup>[17]</sup>

With all the above and many more benefits of walking, now we have new vocabularies added to our daily use that refers to walking as an exercise. To promote walking for good health, governments and private organizations around the globe have introduced terms like “ Walk for Life”, “Nature Walk”, “Walking Therapy”, “Jungle Walk”, “Walk to Work”, Walk for your Heart”, “Walk for Health”, etc.

## **XVIII. Lack of Enthusiasm for Sports/Games/Exercise**

There is an emerging new trend among young ones in Malaysia that keeps them indoors most of the time. This new trend is not only happening in Malaysia but also elsewhere in the world. For this group of the population, their lives revolve around computers, internet, online gaming, Facebook, Instagram, YouTube, Twitter, Chatrooms and all



other forms of social media. Preoccupied with the Cyber world, they deprive themselves from experiential learning. Even learning for this group means only through electronic gadgets. When it comes to playing games, their preference will be online football, basketball, racing, snooker, etc. than the real physical game played outdoor on the field with friends. As a consequence, they deprive their bodies from real exercise that not only keep them fit and healthy but also in binding a new friendship and improving their social and communication skills. Moreover, this group also misses the opportunity to learn from nature which is a source of knowledge other than printed materials like books, magazines, laboratory experiments and test, etc. The natural world with the flora and fauna, have a lot to offer in terms of education and learning for mankind, but if we choose to confine our learning just through computers and gadgets, then we will be missing a lot. In God's creations, man would be able to learn from the oceans, mountains, rivers, galaxy, plants and the animal kingdom, if he opens up himself/herself and venture through the physical world that surrounds him/her.<sup>[18]</sup>

## **XIX. Obesity and Overweight in Malaysia**

For many years Malaysia has the highest rate of obesity and overweight people among all its neighbors. Field survey says that 64% male and 65% female in Malaysia are either obese or overweight. Among all countries of the world, Malaysia stands at the 125<sup>th</sup> position when it comes to obesity. The world survey on obesity also indicated that 15.6% of the total Malaysian total population is either obese or overweight.<sup>[19]</sup> Obesity and overweight happen as a result of not taking care of one's diet and lack of exercise. Due to the high obesity rate in country, the number of people who suffer from chronic heart diseases, diabetes, and other sugar related illness are very



high. The government on its effort to campaign against the overconsumption of sugar which started a long time ago, has yet to produce any satisfactory results. In realizing the treatment for obesity related illness is high, a small portion of the population are in regular exercises in their effort to avoid hospitalization, while others are still in a state of denial or ignorance.<sup>[20]</sup>

## **XX. Conclusion**

Through this chapter, we have come to know the importance of sports, games and exercise for the proper physical growth of the human body. It has also highlighted some of the benefits of sports, games and activities. As such, it is highly recommended that Malaysian parents and students at all levels must understand and embark on a holistic approach towards education that takes care not only on the intellectual development, but also focuses on the social, emotional, psychological, spiritual and physical developments of the students. By doing so, we can produce citizens who are strong physically and mentally, of high moral values and as responsible individuals toward themselves, family, country and humanity at large. Moreover, with such individuals we can create a great nation and a better world.

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# 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.

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**MODULE BOOK**