

# THE GREEN CULTURE OF ISLAM

MAZLINA MANSOR  
ISMAWI HJ. ZEN  
JAMILAH OTHMAN  
NOR ZALINA HARUN  
NURHAYATI ABDUL MALEK



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# ISLAMIC ENVIRONMENTAL PERSPECTIVES OF LEISURE AND RECREATION

Nurhayati Abdul Malek

Department of Landscape Architecture, Kulliyah of Architecture and Environmental Design,  
International Islamic University Malaysia

## ABSTRACT

Living a healthy lifestyle is an obligation upon every Muslim. Thus, leisure and recreation can regenerate a joyous and happiness in people to their daily lives. This chapter explores the fundamental of leisure and recreation in the perspective of Islam, the games and leisure activities, planning and design concept, and the Islamic law pertaining to sports and entertainment. Physical activity and sport has a place in Islam and that study shows that some Muslims found a non-secular relationship between sport and religion. This shows that people participate in physical activities and sport to get closer to our Creator, and the teachings of our beloved Prophet Muhammad (pbuh).

**Keywords:** Leisure, Recreation, Outdoor, Islamic Perspective, Muslim.

## INTRODUCTION

Innocent leisure and recreation are permitted and in some certain cases even encouraged in Islam. However, the best leisure and recreation is of course the time spend with family members (Omer, 2010). In Islam, a house has been the sole venues for family recreational activities, however, Islam also encourage outdoor leisure and recreation when spacious and comfortable houses is not affordable to some this days.

Outdoor green open spaces in most part of Malaysia today have been designed to fulfill the basic human recreational needs. Situated in most part of our housing neighbourhood areas as well as designated lands that were gazette for recreational purposes, outdoor recreational venues have now been seen as one of the most important spaces in any developments. Hence, innocent leisure and recreational activities can still be held with the reminder of our initial *niat* and the *adab* in securing one *aurat* to be firstly considered in the outdoor venues.

The Prophet Muhammad (pbuh) has instructed that children to be taught swimming, archery and horse-riding for general health and well-being. It is clear that physical fitness and strength are highly valued in Islam. All of these activities can now be easily found in any outdoor recreational and leisure venues available today. The Prophet Muhammad (pbuh) on the authority of Abu Hurayrah is reported to have said:

*“The believer who is strong in his belief, body, and actions is better than the weak believer, the one who has weak belief, or a weak body or weak actions. That is because the strong believer is productive and accomplishes things for the Muslims, and thus they benefit from his physical strength, actions, and his strong belief.”*