

ISLAMIC EDUCATION IN HEALTH

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ABSTRACT

Islam is a religion that has perfect guidelines for regulating aspects of life, both related to worship, muamalah and patterns of maintaining health in everyday life. Islam views health as one of the greatest blessings from Allah SWT that must be maintained and grateful for. Health in the Islamic view is not just physical health, but also includes spiritual, mental and social health. Therefore, discussing health in an Islamic context is very important, especially with regard to Islamic education for health. In this discussion we will use qualitative methods, this article discusses various relevant sources and analyzes the literature so as to obtain good article review results. With the results of this discussion, it will be known that Islam is a religion that provides education and guidance regarding awareness of maintaining cleanliness, healthy lifestyles, preventive and medical measures, physical and spiritual balance.

Keywords: Islamic education; health

1. INTRODUCTION

Islam as a comprehensive guide to life gives great attention to health. In the Islamic view, health is one of Allah's most valuable blessings, and maintaining health is a human obligation as a form of gratitude to Allah. Islam not only views health as a physical need, but also as a spiritual, social and moral responsibility (Kaelany, 2005).

Respecting Islam for health is part of an infinite blessing that must be maintained and cared for properly by humanity, especially Muslims, as the Prophet Muhammad SAW said: narrated by Ibn Abbas RA (Fathul Bari; 5933);

يُغْنِيَانِ مَغْنُونٍ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ الصَّبْحَةُ وَالْفَرَاغُ

"This means; There are two pleasures that are often forgotten by many people: health and free time". (HR. Bukhari).

The hadith in question reminds people of the importance of health as one of God's blessings which is often not realized or appreciated before someone experiences illness.

Contains in-depth lessons about the importance of maintaining health as a gift that must be grateful for. Health allows a person to live their daily life well, carry out worship, work and interact with other people. When sick, activities become limited, and only then does a person realize how valuable a healthy body is. Islam teaches that the blessings of health must be grateful for by: Keeping the body healthy through diet, exercise and adequate rest and using the body for useful things, such as worship and helping others. Health is a great blessing from Allah that must be grateful for and guarded. In Islam, health is not only considered a good physical condition, but also as a means to lead a productive and devout life. Health is an asset that allows a Muslim to live a life full of benefits and blessings. By maintaining our health, we are not only grateful for God's blessings, but also carrying out His commands to maintain the trust we have given our body. A healthy body allows a person to worship fervently, work optimally, and contribute to family and society. This gift of God must be guarded and utilized as well as possible. With a healthy body, a Muslim can live his life to the fullest, carry out his worship solemnly, and make positive contributions to his family and society. Maintaining health is a real form of a servant's gratitude and responsibility to the Creator.

Encourage Muslims to be proactive in maintaining their health before illness occurs, including through preventive measures such as maintaining cleanliness, avoiding dangerous foods, and adopting a healthy lifestyle (Moh. Mashadi, 2020). A healthy body is the main means for carrying out various acts of worship optimally, such as prayer, fasting and Hajj. Maintaining health means preparing oneself to carry out obligations to Allah SWT. Apart from health, free time is also mentioned in this hadith as a blessing that is often overlooked. Health and free time should be used for positive things, such as increasing knowledge, worshiping and doing good deeds.

Health is an invaluable treasure, which is often only appreciated when it is lost. Therefore, maintaining health is part of a form of gratitude to Allah and a Muslim's responsibility in living his life.

2. METHODS

The qualitative approach in this discussion aims to understand in depth aspects related to the topic, with a focus on collecting and analyzing non-numerical data such as texts, documents and literature. A qualitative approach is very important to discuss topics comprehensively, especially those involving conceptual and interpretive aspects. By utilizing data from multiple sources, this approach produces rich and relevant analysis, supporting a better understanding of the themes under study. Through this method, the article attempts to produce a comprehensive and relevant review, based on data interpretation and relationships between concepts. This requires collecting relevant data from primary literature: books, scientific journals and articles related to the theme, secondary literature: reviews or interpretations that support the research context and other documents that are relevant to the discussion. The approach described seeks to provide a comprehensive and in-depth review through qualitative analysis based on relevant data. The main focus is on the relationship between concepts and interpretation of data, with reference to various types of literature to strengthen the context of discussion. This approach, articles can provide in-depth insights, based on relevant data and comprehensive analysis. The

use of primary, secondary literature, and relevant documents guarantees the quality of the review, ensures the accuracy of the information, and supports the relevance of the discussion to the themes raised.

The sources that ensure the data obtained are rich in perspective and context require data analysis. The analysis described emphasizes the importance of a systematic approach in data collection and processing, with the main goal of ensuring the quality, relevance and meaningfulness of the results. This approach aims to produce in-depth and reliable understanding. Thematic analysis: identifying the main themes that appear in the literature, Information synthesis: connecting data from various sources to produce a comprehensive understanding, critical interpretation: Assessing validity and the relevance of each piece of information, as well as constructing logical and well-founded arguments. Data Validation: comparing various sources to ensure consistency of information, using triangulation, which is a different approach to looking at the same issue. Presentation of Results: identification of relevant matters, in-depth discussion, conclusions and implications (Arikunto, S, 2014). This process produces a review that is not only comprehensive but also perspective-rich, relevant, and applicable. With these steps, the results of the discussion will be structured, in-depth, and provide added value in both academic and practical contexts. Validation and critical interpretation ensure that the resulting data is of high quality and supports logical arguments.

With this qualitative approach, the article is expected to produce a review that is not only good from an academic perspective but also relevant to practice and understanding in the context discussed. It is hoped that the article will be able to bridge the gap between theory and practice, producing reviews that are both academically rich and relevant in the context discussed. Thus, articles not only contribute to the development of knowledge, but are also directly beneficial for readers or users of the research results. Creating a work that has high academic value as well as practical relevance. This approach seeks to answer the need for in-depth analysis that not only develops theory, but also provides real benefits in a broader context.

3. RESULTS AND DISCUSSION

Islam has a significant and active role in providing health-related education. Islamic teachings not only provide guidance regarding physical health, such as maintaining cleanliness, eating halal and good food, and exercising, but also emphasize the importance of mental and spiritual health. Islam encourages its followers to maintain a balance between body, mind and soul, and apply the principles of healthy living in everyday life. By following these teachings, Muslims are taught to maintain overall health, which can improve the quality of life and draw closer to Allah. Health education in Islam not only aims to protect the body from disease, but also to create a harmonious balance of life between the physical and spiritual (Asy'arie, 2012). Health education in Islam creates a holistic and integrated approach, where physical, mental and spiritual health are considered as parts from God's trust that must be maintained. The main goal is not only to protect the body from disease, but also to create a harmonious life balance, where the physical and spiritual support each other. In Islam, health is a blessing that must be grateful

for and well maintained, and is an integral part of achieving happiness in this world and the hereafter. This is reflected in several discussions as follows:

A. Awareness of maintaining cleanliness

Islam places great emphasis on cleanliness as part of the faith. This is reflected in various recommendations, such as: Wudu and Ghusl: Cleanse the body before performing worship. Environmental cleanliness: Keeping the environment clean, free from dirt and pollution. Food and drink hygiene: Avoid food and drinks that are not halal or dangerous. Rasulullah SAW said (Abdul Rosyad Siddiq, 2008):

Meaning: *"Cleanliness is part of faith"*. (HR. Muslim).

The expression cleanliness is part of the faith is a statement that emphasizes the importance of cleanliness in Islamic teachings. Physical cleanliness is important in creating a clean and comfortable personality in interacting with the community and the surrounding environment.

Cleanliness is part of faith, which is reflected in various teachings and practices of daily life. Cleanliness is not only considered a physical aspect, but is also closely related to the spiritual aspect, as part of the people's awareness of the greatness and commands of Allah. The following is an explanation of several aspects of cleanliness taught in Islam:

1) Ablution and Bathing: Ablution as Preparation for Worship: One of the main ways to maintain cleanliness in Islam is through ablution, which is the process of cleansing parts of the body with water (washing hands, face, mouth, nose, arms, head and feet). Ablution is performed before performing prayers, which shows that body cleanliness is the main requirement for praying well and solemnly. Wudhu teaches Muslims to maintain physical and spiritual purity before facing Allah in prayer.

2) Ghusl after menstruation, postpartum or junub: Obligatory bathing (ghusl) is an obligation for someone under certain circumstances, such as after sexual intercourse, menstruation or postpartum. This bath aims to cleanse oneself of major hadas and purify the body so that one can carry out worship validly.

3) Environmental Cleanliness: first, Keeping the Surroundings Clean: Islam teaches its followers to keep the environment around them clean. Cleanliness is not only limited to individual bodies, but must also be applied to residential environments, mosques, markets, roads and other public places. Second, Avoid Dirt and Pollution: In Islam, throwing rubbish carelessly, polluting the environment, or destroying nature is considered inconsistent with religious teachings. Islam encourages people to keep nature clean and create a healthy and comfortable environment to live in. Third, Maintain Cleanliness in Worship: Islam also emphasizes cleanliness in every aspect of worship. For example, in mosques or other places of worship, Muslims are taught to maintain cleanliness, so that the place becomes a holy and comfortable place to worship.

B. Healthy Lifestyle in Islam

Islam provides clear guidelines for living a healthy lifestyle by emphasizing balance, caution and moderation in food and drink consumption. Living a healthy lifestyle, emphasizing

the importance of balance, caution and moderation in all aspects of life, including food and drink consumption. Islamic teachings invite its followers to consume food and drinks that are halal (permissible) and thayyib (good and clean), and recommend a diet that is not excessive or detrimental to the body. Apart from that, Islam also teaches us to maintain cleanliness of the body, environment and soul, all of which support the achievement of holistic health, both physical, mental and spiritual.

With this balanced approach, Islam encourages its followers to live healthily, protect themselves from habits that damage the body, and live a life full of awareness and responsibility towards themselves, each other and Allah. a balanced approach in teaching healthy living, emphasizing the importance of looking after the body, mind and spirit. Islam encourages its followers to maintain healthy habits, avoid behavior that damages the body, and behave with an awareness of responsibility towards themselves, others and Allah. In this case, health is not only seen from a physical perspective, but also involves mental and spiritual aspects. By maintaining a balance in food consumption, lifestyle, and practicing worship, Muslims are taught to live a life full of blessings, maintain a healthy body, and build a harmonious relationship with Allah and His creatures. The form of healthy living in Islam can be seen with several healthy behaviors as follows:

1) Consuming sufficient food is the attitude of the Prophet Muhammad and must be the main example in this matter (Andriyani Andriyani, 2019). Showing how a good diet can support physical and spiritual health and prioritizing caution in consumption, a good diet in Islam does not only support physical health but it also has a positive impact on spiritual health. Islam teaches its followers to consume halal and thayyib (good) food, and emphasizes the importance of moderation and caution in food and drink consumption. By avoiding foods that can damage the body, such as those containing dangerous or haram ingredients, Muslims are taught to take care of their bodies as a trust from Allah. A healthy diet also contributes to emotional and spiritual stability, because a healthy body supports devout worship and a clear mind. Apart from that, by prioritizing the principle of caution in consumption, Muslims are expected to be able to maintain balance in life, avoid excesses, and maintain good relationships with Allah, each other and the surrounding environment. As Rasulullah SAW gave an example by eating in moderation:

مَا مَلَأَ آدَمِيُّ وَغَاءَ شَرًّا مِنْ بَطْنٍ بِحُصْبٍ إِنَّ أَدَمَ أَكَلَاتِ يَقْنَنُ صَلْتَةً فَإِنْ كَانَ لَا مَخَالََةَ فَكُلْتَ إِنْطَعَابِهِ وَتَلَّتْ
إِنْزَابِهِ وَتَلَّتْ إِنْقَابِهِ

Meaning: There is no worse place for a human to fill than his stomach. A few bites were enough for the son of Adam to straighten his spine. (HR. Tirmidhi) (Jaami' Al-'Ulum wa Al-Hikam. Cet 10, Tahun 1432 H).

The meaning of "There is no worse place for a human to fill than his stomach. A few mouthfuls are enough for the son of Adam to straighten his spine" is a hadith narrated by Imam Tirmidhi and describes the importance of maintaining a wise diet in Islam. This hadith emphasizes that the stomach or desire to eat can be a source of big problems if not controlled properly.

2) Maintaining a healthy lifestyle emphasizes avoiding dangerous substances, substances that make people forget their memory and damage body organs such as: consumption of

alcohol, drugs and other substances that can damage the body. In Islam, avoiding harmful substances that can damage the body and mind is emphasized. Consumption of alcohol, drugs and other dangerous substances is prohibited because they can damage physical, mental and spiritual health. Maintaining the physical, mental and spiritual health of its people. One of the main ways to maintain health is to avoid dangerous substances that can damage the body and mind. Consumption of alcohol, drugs and other dangerous substances is strictly prohibited in Islam because of its very detrimental impact on overall health. Allah SWT says in the Koran regarding the prohibition of alcohol, Allah SWT says in QS. Al-Ma'idah: 90:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْمِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوا لَعَلَّكُمْ تَكْلِفُونَ

Meaning: "O you who believe, indeed khamr (alcohol), gambling, (sacrificing to) idols, and azlām (darts for betting) are dirty (unclean) from the actions of the devil. Therefore, stay away from these actions so that you will be lucky." (QS. AlMa'idah: 90).

This verse clearly prohibits Muslims from consuming alcohol and things that can lead to destructive behavior. Alcohol is called an act of the devil because it can damage human minds and behavior, thus disrupting their relationship with Allah and fellow humans and the environment (H. M. Hasballah Thaib dan H. Zamakhsyari Hasballah, 2007). this can be applied to other harmful substances that damage the body and mind, such as drugs. Rasulullah SAW said: "Every intoxicant is khamr, and every intoxicant is haram." (HR. Muslim). Drugs, such as alcohol, are included in the category of intoxicating things, which can damage the brain, body organs, and cause very detrimental dependence (Iman Jauhari, 2006). The following is a further explanation about this:

a) Alcohol and Drugs in Islam: Alcohol and drugs are two examples of substances that are clearly prohibited in Islam because of their very negative impact on the body and mind. Both of these substances can cause serious physical damage, such as liver damage, nervous system disorders, and decreased ability of other body organs. Additionally, alcohol and drugs can cause a person to lose control of their thoughts, leading to behavior that is detrimental to themselves and others. Drugs, like alcohol, are very damaging to the body physically, but they also have a huge impact on a person's mental and spiritual health. Drug use often leads to addiction, which makes a person lose the ability to think clearly, reduces the quality of worship, and distances the individual from a better life. In Islam, actions to protect oneself from these dangers are highly prioritized.

b) Adverse Impact on Physical, Mental, and Spiritual Health: Physical Health: Alcohol and drug use can damage many body organs, such as the liver, kidneys, heart and brain. Abuse of these substances also risks causing chronic diseases and serious body system disorders, even premature death. In addition, drug use can affect sleep quality, disrupt the body's metabolism, and weaken the body's resistance to disease. Mental Health: Alcohol and drugs can cause damage to brain function, reduce thinking capacity, alter perception, and damage emotional balance. This causes loss of selfawareness, depression, anxiety, and other mental disorders that can affect a person's ability to interact healthily with the social environment and family. Spiritual Health: In a spiritual context, the use of this dangerous substance can make a person far from Allah, reduce piety, and interfere with concentration in worship. Conditions resulting from

alcohol or drug consumption often reduce a person's awareness of religious values and cause behavior that is far from Islamic principles.

Avoiding dangerous substances such as alcohol, drugs and other substances that damage the body is highly emphasized as part of the responsibility towards the body's trust given by God. Physical, mental and spiritual health are a unity that must be well maintained. Islam encourages its followers to avoid all forms of habits that can damage themselves, whether in the form of consuming dangerous substances or other habits that can disturb the balance of life, in order to maintain a better and more useful quality of life.

3) Fasting in Islam is not only considered a spiritual worship, but also has many health benefits for the body and soul. Rasulullah SAW taught the importance of fasting, and apart from being a form of worship, fasting also has a positive impact on physical and mental health. Fasting in Islam is a worship that contains spiritual, physical and mental benefits. Rasulullah SAW taught the importance of fasting as a form of getting closer to Allah as well as practicing self-control. On the other hand, fasting provides scientifically proven health benefits, such as body detoxification, metabolism regulation, and improved mental health. Thus, fasting becomes a form of worship that reflects the perfection of Islamic teachings in maintaining a balance between physical and spiritual needs. Rasulullah SAW said from Abu Hurairah radhiallahu 'anhu:

اغْزُوا تَغْنَمُوا، وَصُومُوا تُصِحُّوا، وَسَافِرُوا تَسْتَغْنُوا

Meaning: "Fight and you will get booty, fast and you will be healthy, and travel and you will be rich."

This hadith shows that fasting has extraordinary benefits for the body's health. Here are some of the benefits of fasting in the world of health:

First, body detoxification. Fasting helps the body's detoxification process, namely the removal of toxins and dangerous substances that have accumulated in the body. When fasting, the body is not busy digesting food and can focus more on the process of eliminating toxins through organs such as the liver and kidneys.

Second, improve the function of the digestive system. Fasting gives the digestive system time to rest and repair damaged cells. This can prevent digestive disorders such as flatulence, constipation and gastric disorders.

Third, reduce the risk of disease. Several studies show that fasting can help reduce the risk of various diseases, such as diabetes, heart disease and obesity. Fasting can lower blood sugar, cholesterol and blood pressure levels, and improve heart health.

Fourth, maintain ideal body weight. Fasting helps regulate calorie intake and improves the body's metabolism. During fasting, the body tends to burn existing fat as an energy source, which can help in maintaining a healthy body weight

Fifth, improve mental and spiritual health. Apart from physical benefits, fasting also provides benefits for mental and spiritual health. Fasting teaches patience, self-control, and increases closeness to Allah. Fasting can also help reduce stress, anxiety, and increase mental calm.

Sixth, regulate your diet. Fasting teaches Muslims to be more disciplined in managing their diet and to appreciate food more. Fasting also reminds Muslims not to overdo it in eating and drinking, to follow the sunnah of the Prophet Muhammad to eat in moderation (Yohanes sunardi, 2020).

Fasting in Islam has a broad dimension, not only as a form of spiritual worship but also as a means to improve physical and mental health. Rasulullah SAW has given an example of the importance of fasting, both in obligations such as fasting in Ramadan and sunnah fasting such as Monday-Thursday. The following is an explanation of the benefits of fasting from various aspects: a) Spiritual Dimension: Closeness to Allah

- Fasting is a form of worship that trains a Muslim to restrain desires, including hunger, thirst and negative emotional impulses.

- Through fasting, a Muslim learns to be patient, disciplined, and draw closer to Allah. This strengthens the spiritual connection and awareness of the blessings that God has given.

- Rasulullah SAW said: "Fasting is a shield." (HR. Bukhari and Muslim). Fasting is a protection from sin and temptation, as well as a way to strengthen faith.

Physical Health Benefits

- Body Detoxification: When fasting, the body takes a break from the constant digestive process. This gives the body a chance to remove toxins and cleanse the body's system.

- Weight Management: Fasting helps in controlling calorie intake and can help maintain a healthy weight. It is also beneficial for preventing obesity and related diseases.

- Metabolic Balance: With a regular eating pattern during sahur and breaking the fast, fasting can help regulate blood sugar levels, increase insulin sensitivity, and reduce the risk of type 2 diabetes.

- Heart Health: Research shows that fasting can help lower bad cholesterol (LDL) levels and improve overall cardiovascular health.

Mental Health Benefits

- Reduces Stress and Anxiety: Fasting helps calm the mind and promotes inner calm. This is because fasting directs a person to focus on worship and distance themselves from things that trigger stress.

- Improved Concentration: When fasting, the body reduces heavy digestive activity, so that energy can be diverted to supporting brain function and improving concentration.

- Practice Self-Control: By curbing hunger and thirst, fasting teaches selfcontrol that can be applied in other aspects of life.

Fasting as a Multifunctional Worship

- Spiritual Worship: Apart from getting closer to Allah, fasting is also a means of introspection and improving the quality of other forms of worship, such as prayer, reading the Koran, and praying.

- Life Balance: Fasting teaches balance between physical and spiritual needs, so that a Muslim can live more consciously and regularly.

- Social and Caring: By feeling hungry while fasting, a person is more able to feel the suffering of less fortunate people, thereby increasing empathy and the urge to give charity.

C. Disease Prevention

Islamic Education in Health can also be seen from two interrelated things in developing individuals who are physically, spiritually and socially healthy. Islam not only provides spiritual guidance, but also provides principles that support physical and mental health through its comprehensive teachings. Preventive steps are an attitude recommended in Islam as a form of teaching the importance of preventing and transmitting disease as Rasulullah SAW said:

قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لَا يُورَثَنَّ مُعْرِضٌ عَلَى مُصْبِحٍ

Meaning: "Do not mix the sick with the healthy." (HR Bukhari and Muslim from Abu Hurairah)

Preventive or prevention steps are one of the principles that is highly recommended in Islam, especially in maintaining health and preventing the transmission of disease. This principle is in accordance with the concept of maqashid sharia, one of which is protecting the soul (hifz an-nafs) (Imam AlGhazali cet 1, 1996).

Islam in health offers a holistic approach that includes physical, spiritual and social aspects, with the aim of creating overall healthy individuals. Islamic teachings not only focus on humans' relationship with Allah, but also regulate a healthy lifestyle that supports physical, mental health and social interactions.

1) Physical Health:

- Healthy Living Guide: Islam teaches the importance of taking care of the body as a trust from Allah. This is reflected in various worship services that require physical cleanliness, such as ablution, mandatory bathing, and maintaining halal food and thayyib. "Eat and drink, but don't overdo it. Indeed, Allah does not like people who overdo it." (QS. Al-A'raf: 31). This verse teaches the importance of moderation in consumption to maintain a healthy body.

- Sports and Physical Activities: Rasulullah SAW also encouraged physical activities such as swimming, archery and horse riding, which shows the importance of maintaining physical fitness.

2) Spiritual Health

- Worship as Spiritual Therapy: Prayer, dhikr and prayer are ways to maintain spiritual health. Through worship, a Muslim can reduce stress, increase mental peace, and draw closer to Allah.

- Avoiding Heart Disease: Islam teaches to cleanse the heart of envy, envy and revenge, which can damage mental health. This cleansing of the heart is the basis for achieving inner peace.

3) Social Health

- Positive Interaction: Islam encourages friendly attitudes, helping each other, and maintaining friendship to build healthy social relationships. This is not only beneficial for strengthening relationships between individuals, but also contributes to the general well-being of society.

- Empathy and Solidarity: Fasting, zakat and alms are examples of Islamic teachings that foster a sense of empathy towards others. This supports social balance and creates harmony in society.

4) Islamic Principles that Support Health

- Cleanliness: Islam emphasizes cleanliness as part of the faith, both personal, environmental and food cleanliness.

- Healthy Lifestyle: Islam prohibits the consumption of dangerous substances, such as alcohol and drugs, which can damage physical and mental health.

- Moderation: In all aspects of life, Islam teaches not to overdo it, both in eating, drinking and daily behavior.

D. Physical and Spiritual Balance

Islam teaches that physical health must be balanced with spiritual health. This can be achieved through dhikr and prayer which can foster mental calm which has a positive impact on mental health. It is also part of a harmonious way of life. This principle is reflected in worship practices such as dhikr and prayer, which not only bring a person closer to Allah but also have a positive impact on mental and physical health. As Allah SWT says in QS. Ar Ra'd verse 28;

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Meaning: "(Namely) those who believe and their hearts become peaceful by remembering Allah. Remember, only by remembering Allah can the heart become peaceful."

With dhikr and prayer, Islam offers a holistic guide to maintaining mental and physical health. When a person makes it a part of his life routine, he not only improves his spirituality but also gets deep peace of mind. This forms a solid foundation for facing life's challenges with strength, wisdom and unwavering faith. Peace of mind is the essence of overall health, connecting the body, mind and spirit in perfect harmony, as taught in Islam. The lesson from it all is:

1) Do zikr to foster peace of mind

Zikr, which means remembering Allah, is one of the main ways to achieve peace of mind. In the Qur'an it is stated: Zikr helps reduce stress, anxiety and tension by bringing thoughts to positive things and increasing feelings of gratitude.

2) Prayer as Spiritual Therapy

- Effect on the Mental: Regular prayer movements, such as bowing and prostrating, have a calming effect on the nervous system. In addition, prayer also provides time for reflection and getting closer to Allah, which helps overcome anxiety and depression.

- Tranquility Through Prayer: In prayer, a Muslim surrenders all matters to Allah. This feeling of surrender provides calm and helps reduce the burden on the mind. Rasulullah SAW said: "Pray as you see me praying." (HR. Bukhari). By praying fervently, a person can feel a direct connection with the Creator.

3) Positive Impact on Mental Health

- Reduces Stress and Depression: Zikr and prayer involve full concentration, which can reduce stress activity in the brain and increase the feeling of peace.

- Increasing Gratitude: By reciting dhikr and prayer, a person is taught to always be grateful for the blessings given by Allah. This helps shift the focus from worldly problems to the positive aspects of life.

- Improving Emotional Balance: Regularity in worship helps a person regulate their emotions, so they are better able to face the stresses of life.

4) Balance Physical and Spiritual Health

- Physical Health: Islam teaches that the body is a trust that must be looked after properly. A halal and thayyib diet, exercise, and avoiding dangerous substances are part of this teaching.

- Spiritual Health: Spiritual health is obtained through regular worship, such as dhikr and prayer, which helps a person feel peace, control emotions, and keep the mind focused on goodness

5) Physical and Spiritual Harmony

Islam teaches that a healthy body influences the strength of worship, while a calm soul supports physical health. By taking care of both, a person can live a balanced and productive life.

Of course, this will also be able to reduce emotions and not let stress dominate your mind, thereby providing comfort and calm within you. When emotions can be managed well through Islamic teachings, a person not only gains peace of mind, but also improves the overall quality of life. This principle reflects the harmony between the physical, mental and spiritual dimensions taught in Islam (Afif Nur dan Bahary Ansor, 2020). With dhikr and prayer as the main means of cultivating mental peace, Islam provides a life guide that covers all aspects of life. This balance not only produces good physical health, but also creates mental strength and a peaceful spirit. Dhikr and prayer are the main means in Islamic teachings to foster peace of mind. This balance provides far-reaching benefits, both physically and mentally. By carrying out worship consistently, a Muslim not only draws himself closer to Allah, but also creates strong mental health, so that he can face life's challenges more calmly and confidently. Islam teaches that peace of mind is the key to maintaining overall health, connecting the body, mind and spirit in perfect harmony.

4. CONCLUSION

Islamic education in health is a holistic effort that integrates the principles of religious teachings with awareness to maintain physical, spiritual and mental wellbeing. Islam views health as a gift from Allah SWT that must be maintained, either through worship, healthy living habits, or disease prevention.

Through Islamic education, humans (Muslims) are taught: First, maintaining cleanliness as part of their faith, which includes personal, environmental and food cleanliness. Second, a healthy lifestyle, such as eating in moderation, avoiding food and drinks that are haram or dangerous, and carrying out balanced physical activity and worship. Third, Preventive and Treatment Steps, by supporting medical efforts such as vaccination, quarantine during an outbreak, and seeking appropriate treatment. Fourth, physical and spiritual balance, through worship such as prayer, fasting and dhikr which supports mental and spiritual health.

Thus, Islamic education in health not only forms physically healthy individuals, but also increases piety and moral responsibility to look after the body as a trust of Allah. These principles are an important foundation in creating a society that is healthy, civilized and oriented towards a harmonious balance of life.

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