

# The Role of Physical Education in Promoting Islamic Values

Jasim Abdulla Ramadan Mahmoud Al Ali and Diaya Ud Deen  
Deab Mahmoud Al Zitawi

Islamic Civilisation Academy, Faculty Social Science and Humanities, Universiti Teknologi  
Malaysia (UTM), Johor, Malaysia

Email: jasimsalali@gmail.com, diaya@utm.my

To Link this Article: <http://dx.doi.org/10.6007/IJARPED/v13-i3/22590> DOI:10.6007/IJARPED/v13-i3/22590

**Published Online:** 26 August 2024

## Abstract

Physical education is crucial in today's world because it fosters Islamic human values and has positive effects on an individual's and a community's economic, political, social, and cultural spheres. It also helps an individual discover who they are. The study used an analytical method and sought to determine how physical education may support Islamic beliefs. As a result, the study produced a number of findings, the most significant of which are: The research indicates that exercise contributes to improving mental and spiritual health, which Islam emphasizes as part of taking care of the body and soul through cooperation in sports teams and participation in group activities. The study also found that exercise enhances self-discipline and self-control, which are values associated with Islam as stated in the Holy Quran and the Prophet's Sunnah.

**Keywords:** Physical Education, Islamic Values, Sports, Values.

## Introduction

Praise be to God, Lord of the Worlds, and we seek His help and forgiveness, and we seek refuge in God from the evils of ourselves and from the evils of our deeds, whoever is guided by God is not misleading him, and whoever is misled is not guided by him, and I testify that there is no god but God alone who has no partner, and I testify that Muhammad is his servant and messenger. After:

Sport was almost one of the human activities that started since ancient times, some people are associated with strengthening the structure of the body, and others are linked to strengthening the structure of the body. Concerned with the daily training of martial arts and ancient war, some of them are for entertainment. However, converting sports into an institution, allocated a huge country with billions, and created private clubs and the federation of local and international competitions, building monopolistic channels to broadcast competitions the way in which sport moves from practice to earning money (Mahmoud, 2017).

A portion of it is for entertainment, as it is related to the daily practice of martial arts and historical warfare, but as sports have evolved into an institution and a massive state, billions have been allocated to them, private clubs and federations of national and international competitions have been established, and monopoly channels have been built to broadcast competitions. This is how sports go from practice to revenue generation.

Values are crucial for both the individual and society because they provide a framework for behavior that directs people's actions in life and helps them deal with crises. They also help individuals define and draw the components of their behavior and give it structure (Alsharif & Khraiwish, 2024; Alsharif et al., 2021a; 2021b; Alsharif et al., 2021c). Values permeate people's lives on an individual, group, and life-on-a-group basis .

Because it constitutes a significant portion of any society's culture—just as every society has its own unique culture and set of values that set it apart from other societies—it also maintains the cohesion of society and establishes its objectives and ideals for leading a healthy social life. Finally, it helps to form the privacy of society. The analytical method is used in the investigation (Al-Hamdoun, 2016).

### **The Concept of Sport**

In other words, sport is the process through which an individual tames his body and acquires new traits that enhance the body or the soul. Depending on the goal, there are several definitions of (sport). While some individuals or scholars associate it with the soul's purification and refinement, others associate it with the soul being committed to acts of worship (as do Muslim scholars). Still others generalize its meaning by associating it with all or most of the soul's physical and mental movements. (Dashri, 2021) One of the most important definitions of sport is the execution of specific motions that increase the body's flexibility and strength.

### **Sports' Significance for the Human Body**

Some people have the incorrect impression that engaging in sports and recreation is something a Muslim should give up because it prevents them from worshipping and remembering Allah, lowers their respect from others, or causes them to be critical of their actions, knowledge, and religiosity. Of course, this is an incorrect interpretation of the concept of the all-encompassing religion that emerged to organize All life, no matter how big or tiny, is in opposition to the principles of Islamic education, which aim to develop a Muslim's physical, mental, emotional, spiritual, social, and moral qualities. It is well known that Islam encourages taking up the causes of strength. (Al-Zyoud, 2017)

And that sport is a form of strengthening the body and its qualification. May God bless him and grant him peace: (Everything is not from the remembrance of God for fun and play except to be one of four: the man's manners, the man's discipline, his horse, the man walks between the two hypotheses, and learns to swim) (Al-Hadith) (Al-Nasa'i No. 1785, vol. 2, 193).

The sports that Muslims must participate in and the Prophet's (peace and blessings of Allah be upon him) mandated discipline include swimming and disciplining the mare. It was related by Ibn Al-Alia that the Prophet (peace and blessings of Allaah be upon him) passed by boys while they were throwing and he said: (Throw O sons of Ismail, for your father was an archer)

(Al-Hadith) (Bukhari No. 3373, vol. 1, p. 45). In addition, he narrated that he preceded his horse and his camel and struggled with epilepsy Rakana and was racing his wife Aisha and preceding him (Shammout, 2015).

Participation in sport necessitates awareness of relationships and how to engage with current events; this engagement develops a player's culture, social values, problem-solving skills, and management mindset in addition to helping him achieve other objectives like leisure, mental and physical well-being, and the development of creative and aesthetic tastes.

The idea of sport has evolved in our modern world because it was incorporated into youth education programs and later developed into a desired means of showing love for them. Psychologists discuss the advantages of sports in that they provide children and young people with a sense of fulfillment, psychological comfort, enjoyment, and recreation from the soul as well as the redemption of their bodies from muscles, joints, and other parts. Sport aids in the correct development of children and young people by providing them with a sense of taste, hearing, and sight as well as a sense of control over their body's movement and the skill they execute. In order to prevent friendly rivalry from degenerating into aggressive or self-serving behavior, it fosters the emotional development of self-control, self-control during victories, and the ability to be patient during defeats (Ali, 1980; Halsharif et al., 2021a; 2021b).

Through the addition of new knowledge and experiences that enhance problem-solving skills, foster bravery, encourage participation and social interaction, and instill values and social standards that aid in assimilating into society—such as cooperation, taking ownership of one's actions, obedience, respect for others, understanding one's own emotions, and agreement between interests—sports also help to develop mental capabilities in players. Through personal and material communication, which is a social communication tool between groups and peoples, Muslim youth can respond to the Islamic call by acting in a consistent, disciplined manner in accordance with Islamic norms. (Mahmoud, 2017)

Additionally, it erases from young people sentiments of shame, insecurity, and self-love. If sports are crucial for maintaining patient safety and health, then participating in sports is one of the best ways to boost a patient's strength and regularity. It is no secret that breathing is the balance that keeps the body's functions and devices in order, preserves the blood's composition, and replenishes its strength. Physical activity is the source of respiratory strengthening and its budget.

### **Sports in the Early Days of Islam**

Islam cared about strength, peace, and blessings be upon him because it is written, 'The strong believer is better and more beloved to God than the weak believer, and in all good' (Muslim Number 2664, Volume 7, Page 4338). Man has created a dense body and a transparent spirit, a body that pulls him to the ground and a soul looking forward to heaven, a body with his motives, desires, and needs, and a spirit with longings.

The matter also came in the Qur'an by taking the reasons for power in a verse other than a verse, with the place of boundaries and values to use it so that the Qur'an praised the power whenever it was used by the regulations of Sharia, and its owner and its face governed by reform. He has sent you a king of king. They said that the king would have for us, and we are

more right to the king than him, and I will not give up. He was simply in knowledge and body- And God will give his king to whom He wills, and God is the widest of knowledge. ' (Surat Al - Baqara, verse 247)

The Almighty stated: "And if you see them you like their bodies and if they say you hear to say as if they were wood propped up" (Mandour, 2012). The bodies did not have any value without directing them to the virtues of morality and the consolidation of high values. Peace and blessings be upon him says: "Not the severe Balsara, but the severe who owns himself when angry." The Qur'an also denigrated force whenever it was used in injustice and tyranny or failed to reach its owner to know and glorify God.

Islam also commanded the preparation of strength and the oath of the body in the same way that it commanded the oath of the soul. It also commanded the body's food and its oath of halal food and forbade food that is corrupt and harmful to the body. For this reason, it is advised that athletes pledge themselves to halal food and abstain from everything that God has forbidden and harms the body with drugs and stimulants.

One of the most significant forms of exercise that doctors advise for everyone is walking and running. It has also been employed in Islam as a form of treatment for those with toxins and heart disease. It was stated that the company came to the messenger, may God bless him and grant him peace, and complained about their exhaustion from walking, so he encouraged them to practice ladies (which is light running). Their health and competence improved, and they were able to walk long distances without tiring, and Abu Hurairah, may God be pleased with him, narrated that he said, "I did not see anyone faster in his walk than the Messenger of God, as if the earth folds him, we would strive for ourselves, and that he is not careful." (Muhammad, 2019).

### **Types of Sport in Islam**

#### *Wrestling sport*

One of the most important types of sport practiced during the era of the Messenger, may God bless him and grant him peace, is the sport of wrestling and weightlifting, and it is one of the beneficial sports for the body, as it trains and develops the muscles of the hands, legs, back and abdomen, and the endurance of endurance and patience is due, and one of the most beautiful things that is said in the prophetic biography is the story that tells that A man from the Quraysh whose name is a pillar is famous for his strength and ability to wrestling, so he wrestled with a young man but he raised him until he became the hero of his time, so he came to the Messenger, offered him his wrestler, provided that if the Prophet becomes the Prophet, he entered Islam, and before the messenger, the best of the prayer is the best of prayer and completed the delivery, the challenge, and he said to him: (The I struggled with you, God willing).

So Rakana arose and they struggled, and the Prophet (peace and blessings of Allaah be upon him) struck him, and Rakana exclaimed to him, "Rakana, you are astonished, O Muhammad, will you make me mad?" The Prophet (peace and blessings of Allaah be upon him) said to him: (If you want to return to you), and the Arabi said to him, "Come on," so they struggled again, and the Prophet (peace and blessings of Allaah be upon him) likewise overcame him, and the Arabi responded a third time, "Come on, O Muhammad." (Hamadoun, 2016).

### **Shooting Sport**

One of the most prominent sports in Islam predated the shooting. It was reported on the authority of Uqba bin Nafi, who stated, "I heard the Messenger of God, may God's prayers and peace be upon him, while he was on the pulpit." The throw, which he then left, is not ours. The throwing is a physical sport that contributes to the formation of the Mujahid youth, and it came within the message of the Caliph Al-Rashid Omar bin Al-Khattab, who sent him to Al-Amasar to implement it, and it was one of the most popular sports among Arabs, and Islam came and encouraged it, and the body benefits from shooting in several ways, including:

1. The muscle groups complement each other.
2. Adjust the central muscular system to balance movement and rest.
3. Adjust the higher nerve centers.
4. Adjust the nerve molecules that carry information across the body's organs.
5. Adjust the eye nerves based on the position and target, whether they are moving or motionless.
6. The ability to identify spatial, temporal, and distance relationships, particularly while the target is moving. (Abulrahman, 2014)

### **Swimming**

Swimming is one of the oldest sports practiced by peoples, and Islam came and approved it, called for practicing and learning it, and urged Muslim children to learn it, and the Prophet's biography tells that the Prophet, may God bless him and grant him peace, swam when he was young in the orchard of his uncles Bani Al-Najjar, and he ordered Muslims to learn it in the hadith: (Learn to swim and teach your children).

### **Equestrian and Fencing Sport**

Worldwide, equestrian sports are associated with bravery, self-assurance, nobility, and magnanimity. The essence of equestrian sports is the knight's ability to ride, tame, and control his horse's movements and speed, as long as there is an integrated homogeneity between the Persians and the knight in all of his movements, with the legacy that the knight and the horse are one thing during the movements, or the Persians hear his commands, signs, and movements.

The Prophet (peace and blessings of Allah be upon him) disapproved of a man disciplining his horse for fun, saying that "everything that is not from the remembrance of Allah is fun and played except to be one of four: A man petting his wife, a man disciplines his horse, a man walks between the two hypotheses and learns to swim." The Arabs were keenly interested in equestrian sports and had a wealth of historical records detailing their magnificent poetry, fierce battles, hunting expeditions, running competitions, etc.

### **Sport of Walking**

Walking is a sport that the Holy Prophet engaged in because it is very beneficial to people. The Companions related that the Messenger, may God bless him and grant him peace, was the force of possibility and that people were running to the imam with a quick step in his gait because Abu Hurairah said, "I have not seen Someone who is faster in his walk than the Messenger of God, as the earth was folded for him," and our master Ali, may God bless his

face, was the Messenger of God even though he walked like a fool, as if he were strolling in a pour (Al -Tirmidhi).

On the authority of Mrs. Aisha, may God be pleased with him, she said: (The Messenger of God, may God bless him and grant him peace, preceded me, and I preceded him, so we stayed even if the flesh was exhausted, and he preceded me, he said: This is with that). Given these honorable hadiths, we find that Islam has urged the Islamic and non -Islamic society to practice walking, but within the legal and purposeful controls in order to preserve it through its practice, where the Messenger of God said: 'Everything is not in the remembrance of God, it is linguistic, omission, and playing only four qualities: the play The man is his wife, disciplined the man his horse, walking between the two purposes, and teaching the man swimming '(Ibn al -Qayyim, 1941).

### **Controls for Practicing Sports**

Sports should not be distracted from a legitimate duty, such as holding it during prayer times, or approximately prayer times, because this is not permissible in any way, and it is one of the evils that must be denied because distracting from prayer is a great sin. The Almighty said: "Men who are not distracted by trade or sale from the remembrance of Allah" (Surah An-Nur: 37).

Considering the good intention behind participating in sports: Sports can either help someone become stronger to take on their adversaries, which is the pinnacle of sports and can also be used to propagate the gospel, or they can help reenergize and fortify the body and provide hourly opportunities for the recreation of what is morally acceptable—that is, the hearts, if you are blind.

To assist Muslims in fulfilling their responsibilities in life, it is important to consider the good outcome when participating in sports until one is rewarded. This is because jurists have determined that matters with their purposes, drawing conclusions from the words of the Prophet, peace and blessings be upon him, in the often-quoted hadith of the inclusive inhibitor: (but works with intentions), so what is the significance of this? Since time is the most valuable resource in human life, the heroine is preoccupied with various forms of amusement and ways to pass the time instead of using it for a worthwhile purpose.

To assist Muslims in fulfilling their responsibilities in life, it is important to consider the good outcome when participating in sports until one is rewarded. This is because jurists have determined that matters with their purposes, drawing conclusions from the words of the Prophet, peace and blessings be upon him, in the often quoted hadith of the inclusive inhibitor: (but works with intentions), so what is the significance of this? Since time is the most valuable resource in human life, the heroine is preoccupied with various forms of amusement and ways to pass the time instead of using it for a worthwhile purpose.

### **Avoid Prohibited Gains in Sports**

The majority of horse racing forms involve betting and gambling, both of which are prohibited. As a result, it is against the law to use sports as a means of gambling in any form.

The creation of sporting events does not lead to animosity or loyalty: believers typically follow believers, and polytheists and irreligious people do not depend on; rather, it is when a



person's loyalty shifts from religious loyalty to team loyalty and from being an unbeliever or polytheist to being an innocent football player, as if football had become a new religion.

### **Islamic Principles and Physical Education's Role in Spreading Them**

Sport must disappear in order for it to survive, as well as for sports society to survive, because it is still a curriculum of high morals and values that cannot be halted or seen from a worldly perspective. These days, we witness a lot of immoral behavior. Examples include the introduction of endowments and a lack of physical confidence, which are the main barriers to sports advancement and proper construction. However, these few must be rooted in the idea that sports must eventually fade away and return to their original purpose. Humanity and the term "physical spirit" frequently come into our ears, but we frequently do not qualify since we already have it, and in the present we witness horrible deeds, vile crimes, low moral standards, and irrational fanaticism that permeates every aspect of life.

The holistic development of individuals, which includes not only physical health but also moral and ethical ideals, is greatly influenced by physical education. The cultivation of skillful persons who exemplify Islamic ideals in all facets of their lives is greatly dependent on the integration of physical education with Islamic values in Muslim countries.

First of all, Islam places a high value on self-control and discipline, two traits that physical education helps to teach. Students get an understanding of the value of following rules and regulations, deferring to authority, and exercising self-control through organized physical exercises. These principles are in line with Islamic teachings, which place a strong emphasis on the necessity of discipline for achieving purity and spiritual progress.

Additionally, physical education fosters the growth of interpersonal empathy, cooperation, and teamwork. Students get the chance to work together, communicate clearly, and encourage one another through team sports and activities. These attributes are crucial in the Islamic setting for creating robust and peaceful communities founded on compassion and respect for one another.

Furthermore, one of the primary principles of Islamic teachings is moderation and balance, which is further enhanced by physical education. Promoting regular physical activity among students and stressing the need of maintaining a healthy lifestyle aligns with the Islamic belief that God has given us the ability to preserve our bodies. Physical education supports individuals' holistic development in accordance with Islamic principles by promoting both spiritual and physical well-being.

Additionally, physical education offers chances for moral education and character development. Students get important lessons in integrity, honesty, and humility—virtues that are highly valued in Islam—through sportsmanship, fair play, and respect for opponents. Through the assimilation of Islamic ethical concepts through their acts on the field or court, students apply these ideals to their daily lives.

Islamic civilization emphasizes that recreation comes as an auxiliary factor for man in the context of his integrative movement in the pursuit of life and building his personality, which in itself is a requirement in order to raise the psychological and physical pressures that a

person suffers from in his daily life, the Commander of the Faithful said on (pbuh) "It is not for the sane to be a person except in three: the fun of the cohabitant or a step in the enemy or pleasure in a non-mahram" (Nahj al-Balaghah).

Because it benefits society so much and is used within legal bounds, sports enjoyment is very important to Muslims. The Messenger acknowledged the meaningful sporting recreation that has served and continues to serve humanity, and may God bless him and grant him peace. The Messenger—may God bless and grant him peace—was told not to engage in athletic leisure because it is bad for both the body and the soul. Islam encouraged a wide variety of activities, such as jogging, wrestling, swimming, strolling, horseback riding, hunting, and fencing.

Participating in sports for relaxation served as a means to an end for all facets of life, including jihad, leisure, food, social standing, and fair competition. Some sports, such dice, pigeon play, boxing, mountaineering, car speed racing, car leaping, etc., are strictly forbidden in Islam. The pursuit of psychological comfort and pleasure through intentional sports activities increases a person's sense of life's worth, keeps them away from hopelessness, frustration, and boredom, and helps them tighten their buttons in order to develop the necessary balanced personality. It also gives a sense of happiness and reassurance, keeps anxiety and obsessions at bay, and provides personality balance.

### **Ethical Values Related to Sports**

Ethical values related to sports play a vital role in promoting sportsmanship, developing personalities, and building a healthy and fair sports community. Here are some basic ethical values to consider in sports:

#### **Integrity**

Openness and honesty: Practice sports honestly and adhere to the rules.

Completely avoid cheating: reject all forms of cheating, whether it is using stimulants or manipulating the results.

#### **Respect**

Self-Esteem: Maintaining proper sporting behavior on and off the field.

Respect for others: Treat teammates, opponents, referees, and fans in a respectful manner.

#### **Responsibility**

Taking personal responsibility: admitting mistakes and striving to improve performance.

Punctuality: Commitment to training, matches and sporting events.

#### **Sportsmanship**

Fair play: competing honorably and fairly without resorting to illegal methods.

Appreciation and Recognition of Efforts: Acknowledging and celebrating the accomplishments of others, whether they are teammates or opponents.



### **Teamwork**

Collaboration: Working with a team to achieve common goals.

Support and Aid: Support teammates through difficult times and celebrate successes together.

### **Discipline**

Train hard: Commit to training routine, diet and health practices.

Emotional control: The ability to control emotions and emotions, especially in stressful times.

### **Fairness**

Equality: Giving everyone an equal opportunity to participate and compete.

Treatment without bias: Do not discriminate against any individual based on gender, race, religion or background.

### **Empathy**

Understanding: The ability to understand the feelings of others and put yourself in their shoes.

Empathy with opponents: Empathy with opponents and respect for them, especially in the event of defeat.

### **Perseverance**

Overcoming difficulties: continuing to face challenges and difficulties.

Commitment to development: constantly striving to improve personal and professional performance.

### **Positivity**

Self-motivation: Maintaining a positive outlook toward training and competing.

Encouraging others: Providing support and encouragement to others to achieve the best possible performance.

These ethical values contribute to the development of a healthy sports environment and enhance human relations between sports participants. By embracing these values, athletes, coaches and fans can contribute to building a sports culture based on respect, integrity and teamwork.

### **Ethical Problems Related to Sports**

Ethical issues related to sports arise from various aspects and include many challenges that can affect the integrity and sportsmanship of the game. Below are some of the most prominent ethical issues facing sports:

#### **Cheating**

Doping: The use of banned substances to enhance performance, in violation of the rules of fair competition.

Match-fixing: Fixing the results of matches for financial or other purposes, undermining the integrity of the sport.

### **Violence**

Violence on the field: Unlawful use of physical force, such as hitting or rough play.

Off-field violence: clashes between fans, or violence that occurs due to sports competitions.

### **Bias and Discrimination**

Racial Discrimination: Unequal treatment of players or fans based on race.

Sex discrimination: Unfair treatment based on gender, such as discrimination against female players in media coverage or salaries.

### **Unsportsmanlike Conduct**

Sarcasm and ridicule: making fun of opponents, referees, or even colleagues.

Disrespect for the rules: failure to adhere to the rules and instructions of the game.

### **Bribery and Corruption**

Vote buying: bribes in sports elections or choosing host cities for major events.

Arbitration manipulation: offering bribes to referees to influence their decisions.

### **Excessive Pressure on Athletes**

Pressure from coaches or parents: placing unjustified psychological or physical pressure on athletes.

Demanding unrealistic performance: Expecting perfect performance without taking into account the athlete's health and psychological conditions.

### **Police College, Abu Dhabi**

The Ministry of Interior-managed college in Abu Dhabi is an educational institution specialized in training and qualifying security and police cadres, with 1200 students. The college's goal is to provide high-quality educational programs commensurate with the needs and requirements of work in the security sector, whether at the level of police, civil defense, or any other sector in which the Ministry of Interior operates. The college's programs include a variety of training materials covering various aspects of security and administrative work, such as public security, criminal investigations, public safety, crisis management, special tactics, and modern security technologies, as well as promoting Islamic values and principles that form the foundation and culture of the ministry's work.

The college's programs regarding sports topics also include six weekly morning classes, as well as six weekly classes on combat sports, in addition to swimming classes at a rate of three weekly classes. These classes and sports practice are guided by Islamic values and principles.

### **Findings**

The interview with an employee from the Police College in Abu Dhabi focused on the significance of physical education in teaching Islamic principles and community development. During the discussion, the importance of physical education in enhancing Islamic values such as patience, respect, and solidarity was emphasized. These values can contribute to building an interconnected and tolerant society. The college's strategies to enhance these values through educational and training programs were discussed.

During the interview, the role of physical education in promoting Islamic values was discussed, with the college employee emphasizing the importance of this role in developing an individual's personality and his contribution to encouraging young people to adopt Islamic values, as well as how to promote values such as patience, respect, and solidarity through sports practice, and how these values can positively impact society and promote positive social interaction.

The college's strategies for promoting these ideals were also examined, with a focus on providing educational programs that develop students' personalities while also promoting Islamic values. The emphasis was also on encouraging pupils to participate in various athletic activities that promote physical and mental health while also promoting Islamic principles. The following findings were drawn: In order to strengthen Islamic beliefs and develop personality, physical education is crucial in a number of ways:

1. Improving self-control and discipline: Islamic beliefs place a strong emphasis on developing self-control and discipline. During exercise, a person can develop self-control and adherence to laws and ethics, which has a favorable impact on his everyday life and application of Islamic principles like patience and endurance.
2. Strengthening the concept of cooperation and collective spirit: In sports, motivating a team to work together and accomplish shared objectives strengthens the notion of cooperation and collective spirit. This is consistent with Islamic principles, which place a strong emphasis on individual solidarity and cooperation.
3. Boosting mental and physical health: Sports are a major factor in boosting mental and physical health, which raises quality of life and makes it easier to carry out religious obligations.
4. The growth of the Islamic athletic spirit: The Islamic sporting spirit encompasses values like justice, respect, tolerance, humility, and mathematical ethics. We may aid in the consolidation of these ideals in society by promoting them in the context of sports.

### **Conclusion**

The importance of physical education in advancing Islamic ideals cannot be overstated. Teachers can support students' holistic development and provide care for those who exemplify Islamic values in their attitudes, deeds, and relationships by combining physical exercise with moral instruction. Thus, funding robust physical education initiatives consistent with Islamic principles is essential to producing a generation of morally upright and spiritual people who make valuable contributions to society.

The study concluded that exercising contributes to enhancing self-discipline and self-control, which are values related to Islam as stated in the Noble Qur'an and the Sunnah of the Prophet, and the research indicates that exercising contributes to improving mental and spiritual health, which is something that Islam emphasizes as part of the body and spirit care. Through cooperation in sports teams and participation in group activities, physical education can enhance the feeling of social responsibility and teamwork, which are important values in Islam, and exercise can contribute to the development of patience and endurance, which are values related to patience and strict integrity in Islam.

**References**

- Abd al-Rahman, A. (2014). Throwing in Islam in contemporary sport (Master's thesis). Omdurman Islamic University, Sudan.
- Ali, A.-S. A. (1980). Sports in Islam. Letter of Scientific Institutes, 16.
- Al-Hamdoun, M. (2016). Sports and physical health from the perspective of the Holy Qur'an and the Sunnah of the Prophet. Jordanian Journal of Islamic Studies, 12(3).
- Al-Zyoud, K. (2017). The importance of sports activities in improving social relations. Al-Yarmouk: Journal of Educational and Psychological Sciences, 18(4).
- Alsharif, A. H., & Khraiwish, A. (2024). Tools in Marketing Research: Exploring Emotional Responses to Stimuli. Scientific Annals of Economics and Business, 71(2), 173-192.
- Alsharif, A. H., Salleh, N. Z. M., & Baharun, R. (2021a). The neural correlates of emotion in decision-making. International journal of academic research in business and social sciences, 11(7), 64-77.
- Alsharif, A. H., Salleh, N. Z. M., & Baharun, R. (2021b). To better understand the role of emotional processes in decision-making. International Journal of Academic Research in Economics and Management Sciences, 10(2), 49-67.
- Alsharif, A. H., Salleh, N. Z. M., Baharun, R., & Effandi, Y. M. (2021c). Consumer behaviour through neuromarketing approach. Journal of Contemporary Issues in Business and Government, 27(3), 344-354.
- Dashri, H. (2021). Sports physical activity and social ills. Journal of Human and Society Sciences, 4.
- Habashi, A.-M. (2021). Sports in Islam. Islamic Awareness Magazine, 59, 678.
- Halsharif, A., Salleh, N. Z. M., & Baharun, R. (2021a). Neuromarketing: Marketing research in the new millennium. Neuroscience Research Notes, 4(3), 27-35.
- Halsharif, A., Salleh, N. Z. M., & Baharun, R. (2021b). Neuromarketing: The popularity of the brain-imaging and physiological tools. Neuroscience Research Notes, 3(5), 13-22.
- Ibn al-Qayyim, S. (1941). Equestrian. Anwar Press.
- Mahmoud, A. (2017). Sports in Islamic thought. Islamic Awareness, 45, 624.
- Mandour, M. (2012). Physical exercise in the balance of Islam. Hassad Al-Fikr, 244.
- Muhammad, A. S. (2019). Sports in Islam and its relationship to some religious worship. Bahri University Journal of Educational Sciences, 1, 1.
- Shamout, H. (2015). Sports in Islam. Kerala Magazine, 4(1).
- Shmeis, M. (2022). Sports in the Noble Prophet's Sunnah: Historical study. Journal of Theories and Applications of Physical Education and Sports Science, 37(2).