

## **Healthy Lifestyle and Mental Health in Hadith Review: Implementing the Prophet Muhammad**

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**Abstract:** *Health is the main aspect that humans must take care of. The health crisis during the COVID-19 pandemic taught about the importance of maintaining health. Moreover, in Islam, health is part of the faith. This paper examines the implementation of Prophet Muhammad SAW in maintaining health. The purpose of this study is to explore the hadiths of the Prophet about healthy lifestyles and their impact on mental health. Researcher uses the library research method with a ma'anil hadith study approach. In data processing, researchers use the takhrij al-hadith bil maudhu'i method. Researchers use this method to explore hadith based on themes and topics of discussion in various aspects about health themes contained in the hadith. The result of this paper is the first thematic hadith related to health has been widely spread in the community. Secondly, during the time of Prophet SAW in maintaining the health of the Prophet was exemplified by maintaining physical fitness by riding. Third, positive thoughts predominantly affect health.*

**Keywords:** *Healthy Lifestyle; Mental Health; Thematic Hadith; Prophet Muhammad*

**Abstrak:** *Kesehatan menjadi aspek utama yang harus dijaga manusia. Krisis kesehatan pada masa pandemi COVID-19 mengajarkan tentang pentingnya menjaga kesehatan. Apalagi dalam Islam, kesehatan adalah sebagian dari iman. Tulisan ini mengkaji tentang implementasi Nabi Muhammad SAW dalam menjaga kesehatan. Tujuan penelitian ini mengeksplorasi hadis-hadis Nabi tentang pola hidup sehat dan dampaknya bagi kesehatan mental. Peneliti menggunakan metode library research dengan pendekatan studi ma'anil hadis. Dalam pengolahan data, peneliti menggunakan metode takhrij al-hadits bil maudhu'i. Peneliti menggunakan metode ini untuk menggali hadits berdasarkan tema dan topik pembahasan dalam berbagai aspek tentang tema kesehatan yang terdapat dalam hadits. Hasil dari tulisan ini adalah pertama secara tematik hadis terkait kesehatan sudah banyak tersebar di masyarakat. Kedua, pada masa Nabi SAW dalam menjaga kesehatan Nabi dicontohkan dengan menjaga kebugaran jasmani dengan berkuda. Ketiga, pikiran yang positif lebih dominan mempengaruhi kesehatan.*

**Kata Kunci:** *Hidup Sehat; Kesehatan Mental; Hadis Tematik; Nabi Muhammad*

## INTRODUCTION

The Qur'an as the greatest miracle of the Prophet Muhammad SAW descended in the 6<sup>th</sup> century AD tries to describe and formulate a healthy life pattern and its conception through the words of Allah SWT or the words of the Prophet SAW which gradually decreased over 23 years.<sup>1</sup> However, this time we will focus on the hadith studies of human life that need to be updated related to health studies. Hadith studies to know how to live a healthy lifestyle that is exemplified by Rasulullah SAW.

Healthy lifestyle is to maintain cleanliness, avoid all kinds of diseases, and be able to give strength to the body in order to have a very strong immune. Islam has regulated and formulated about life matters such as sleeping, eating, drinking, bathing and various other things in accordance with the guidance of the Prophet Muhammad SAW, indeed for maintaining cleanliness and health.<sup>2</sup> Some trivial cases sometimes ignore nature and the entire ecosystem which is the main support in life. The lack of awareness in humans causes errors in human behavior patterns, especially in relation to the environment.

Health is a very valuable and most expensive asset in life. Someone will get lost of many costs when a person gets a disease in his body or a disorder in his body. It is not only a matter of cost, but it is about missing positive things and vibes when getting sick.<sup>3</sup> People who are experiencing pain, they will not be able to feel the pleasures of life. In this connection, it is very ironic if the relationship between humans and their environment is not healthy, causing a worrying situation for the survival of humans and their environment. This situation is better

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<sup>1</sup>Yusron Masduki, "Sejarah Turunnya Al-Qur'an Penuh Fenomenal (Muatan Nilai-Nilai Psikologi Dalam Pendidikan)," *Medina-TE* 6, no. 1 (2017): 41–42; Irma Riyani, "Menelusuri Latar Historis Turunnya Al-Qur'an Dan Proses Pembentukan Tatanan Masyarakat Islam," *Al-Bayan: Jurnal Studi Al-Qur'an Dan Tafsir* 1, no. 1 (2016): 28.

<sup>2</sup>Ratna Julianti, M Nasirun, and Wembrayarli, "Pelaksanaan Perilaku Hidup Bersih Dan Sehat (PHBS) Di Lingkungan Sekolah," *Ilmiah Potensia* 3, no. 12 (2018).

<sup>3</sup>Dewi Hikmah Marisda, Rahmatiah Thahir, and Dewi Purnama Windasari, "Edukasi Perilaku Hidup Bersih Dan Sehat Dalam Mewujudkan Masyarakat Yang Produktif," *JMM (Jurnal Masyarakat Mandiri)* 5, no. 2 (2021): 362.

known as the “environmental crisis” which is now a global issue.<sup>4</sup> At this time, the discussion of healthy lifestyles will tend to use arguments or references that come from the words of the Prophet Muhammad SAW. The existence of the hadith itself is able to become the second authoritative source after the position of the Qur'an which is believed by all Muslims in the world, as a guide in determining or answering law and life issues.

The classification of the hadith transmission has a significant impact on law and the use of arguments or *dalil*.<sup>5</sup> In the discussion of *Rijalul Hadith*, someone who is going through the hadith learning stage, will be directed to investigate more deeply a narrator, sanad or even matan.<sup>6</sup> Every prohibition ordered by Allah SWT to Rasulullah SAW and his believer, is a form that can harm or cause disease, for those who do it.<sup>7</sup> Provide balance in determining activity levels and balance in providing ammunition to the body, being able to exercise and have adequate rest and not eat too much.

Based on the literature review, which is used as a basis for previous studies, the researcher found several journals that could represent. The first is a study conducted by Nuraini entitle Halalan Thayyiban Alternative Quraniy. Nuraini in her research confirmed that halalan thayyiban is the same as healthy food. The Qur'an gives the outlines that everything enters in the mouth called good when it can give the benefits for ourselves. Second, a study published in the National Health Research Repository written by Muhammad Kes by the title

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<sup>4</sup>Fitriah Hayati and Reti Fatmalia, “Analisis Perilaku Hidup Bersih Dan Sehat (PHBS) Di Lembaga PAUD Daerah Tertinggal, Terdepan, Terluar Aceh Besar (3T) Pada Masa New Normal,” *Bunayya (Jurnal Pendidikan Anak)* 4, no. 1 (2022): 9.

<sup>5</sup>Siti Syamsiyatul Ummah, “Digitalisasi Hadis (Studi Hadis Di Era Digital),” *Jurnal Ilmu Hadis* 4, no. 1 (2019): 2.

<sup>6</sup>Andi Rahman, “Pengenalan Atas Takhrij Hadis,” *Riwayah : Jurnal Studi Hadis* 2, no. 1 (2017): 156, <https://doi.org/10.21043/riwayah.v2i1.1617>.

<sup>7</sup>Umma Farida, “Kontribusi Nur Ad-Din Ar-Raniri Dan Abd Ar-Rauf as-Sinkili Dalam Pengembangan Kajian Hadis Di Indonesia,” *Riwayah : Jurnal Studi Hadis* 3, no. 1 (2017): 7.

Healthy Tips for the Messenger of Allah: Exemplifying a Healthy Life a la Rasulullah, the findings of that research was that what is said in the medical world is in line with what has been conveyed by the Prophet. The next research is a study written by Khairul Anam entitle Education on Clean and Healthy Living Behavior in an Islamic Perspective focused on how Islam also regulates the physical aspects of humans, and the concept that taking care of the body also includes as a worship. In more detail in sunnah literature, Muhammad Afif and Uswatun Hasanah emphasized that ablution has a positive impact on health which is claimed to be clinically tested. This finding was published by the title The Urgency of Ablution and Its Relevance to Health in Imam Musbikin Perspective. Ikhwan Fuad tried to do research about health from a mental health perspective. Fuad emphasized that the Qur'an itself actually has a concern for mental health. The concept of health in the Qur'an is manifested by verses that emphasize spiritual health by cleansing the heart and spirit.

Based on a review of several studies that have been mentioned, the researcher tried to map it out. Those are two outlines that can be mentioned: Research on the concept of health with an Islamic perspective in general, both in the perspective of fiqh, quran and hadith. This study tries to fill the research gap by analyzing the text of the hadith. The concept of healthy life as a guide to the Prophet is often found and is only found in the text of the hadith as the meaning of the hadith that records the life of the Prophet. Thus, this study aims to provide an overview of new knowledge for the occurrence of self urgency to the health. The researcher will try to find a new finding, regarding physical and spiritual health by referring to the hadith thematically as an effort to prevent the arrival of a disease. Based on its objectives, this research consists of several questions: how is a person who wallows in wealth is more susceptible to be affected the disease, even though cleanliness is a benchmark for a person to be able to move freely.

## METHOD

This study used the library research method. It aims to see and understand research in literature without having research in field activities.<sup>8</sup> The activities of this research were concerned with the methods of collecting library data, reading, and taking notes and processing research materials. Library research does not need to use research that tends to be field studies or observations. This is because the point of library research is to study as much literature as possible, to give strength to this study. Furthermore, in data processing, the researcher used *takhrij al-hadits bil maudhu'i* method.<sup>9</sup> The researcher used this method to explore the hadith based on the theme and topic of discussion in various aspects contained in the hadith.

## RESULT AND DISCUSSION

### General Insights on a Healthy Lifestyle

Health is a thing that has no limits and can not be given a percentage rate of how long and how great someone will get health in life. Every living things always expect one concept of life, it is health itself.<sup>10</sup> Based on the World Health Organization (WHO) statement, the definition of health is a state free from all diseases and the achievement of balance in physical, mental, and social.<sup>11</sup> It concluded that, health is an optimal state of body and spirit so that he can carry out activities regularly. In everyday life the concept of health goes hand in hand

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<sup>8</sup>Subandi, "Deskripsi Kualitatif Sebagai Satu Metode Dalam Penelitian Pertunjukan," *Harmonia: Journal of Arts Research and Education* 11, no. 2 (2011): 173–79, <https://doi.org/10.15294/harmonia.v11i2.2210>.

<sup>9</sup>Salamah Noorhidayati, *Takhrij Al-Hadis*, 1st ed. (Yogyakarta: Lingkar Media Yogyakarta, 2019), 111.

<sup>10</sup>Adisty Wismani Putri, Budhi Wibhawa, and Arie Surya Gutama, "Kesehatan Mental Masyarakat Indonesia (Pengetahuan, Dan Keterbukaan Masyarakat Terhadap Gangguan Kesehatan Mental)," *Prosiding KS: Riset Dan PKM* 2, no. 254 (2015).

<sup>11</sup>Delwien Esther Jacob and Sandjaya, "Faktor Faktor Yang Mempengaruhi Kualitas Hidup Masyarakat Karubaga District Sub Distric Tolikara Propinsi Papua," *JNIK* 1, no. 1 (2018): 1.

with the word of pattern which means method. This is because if someone wants to achieve a level of health, it must have a practical method of maintaining health.

This healthy lifestyle explicitly includes physical and spiritual health as stated in Kus Irianto's health theory. Overall, health is a balanced health between physical and spiritual. Thus, there are many kinds of healthy lifestyles such as, not smoking, eat regularly, sleep enough to align the body's cells for the better. There are those who live a healthy life by carrying out worship.<sup>12</sup> Such as obligatory fasting or sunnah; it is as a form of diet to maintain weight, praying on time to keep the mind and heart always relaxed and the best impact is for the body, because prayer has various kinds of movements that can improve joints so they are not stiff. Then, wudhu or ablution is a means for someone to always improve themselves and avoid minor hadats, because the essence of ablution itself is to maintain the purity of those who perform it.

The phrase improve a healthy lifestyle is the person has a desire to avoid all kinds of diseases. Preventing disease is an obligation for all humans so that they are able to carry out a better life. The system of preventing from disease is a better than we wait to cure. A healthy lifestyle is an effort to implement and improve the body's immunity for the better and strive to avoid bad habits that can interfere our health. This is in line with Kus Iriantoi said: however, a healthy state is the wants of every human, in this case it is not only done individually, but teaches and tells others. This is also a benchmark, that he really cares about a healthy lifestyle or a healthy environment.

However, at this time, the researcher tries to explain a form of healthy lifestyle carried out by the Prophet Muhammad SAW which has been explained in his words or commonly known as hadith. In this study, the researcher explains the ways improving a healthy lifestyle done by the Prophet Muhammad in a row life. Before entering into an in-depth discussion, there are 4 factors that can affect a person's health. According to Bloom (1974) the degree of health is influenced by 4 factors, namely, environmental factors, behavioral factors, heredity factors and

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<sup>12</sup>Deden Suparman, "Pembelajaran Ibadah Shalat Dalam Perpektif Psikis Dan Medis," *Ilmu Politik* 09, no. 02 (2015): 65–66.

health service factors. Based on the factors before, the second factor is the one that greatly affects a person's health. For example, if someone gets the influence of bad thoughts because of an incident, so person's immune system will decrease. This is because, the existence of an object that affects a person's mindset and results in person's health, the worst impact for someone who is always under stress is: that person is easily stressed and has a heart attack.

Therefore, there are some suggestions that we need to learn and follow, in accordance with the direction and advice of the Prophet to his believer, so that they are always in good health and well-being. Health is the main equity to carry out all daily activities against that has been determined by Allah SWT.<sup>13</sup> Humans will be very difficult to carry out activities, especially worship when the person's health is unstable, although in *fiqhada* studies there is some tolerance for sick people in carrying out worship. Maintaining a healthy lifestyle is indeed very important for all Muslims in the world, the existence of a healthy lifestyle in a Muslim will create a conducive and clean environment. This is explained in the Qur'an about the importance of improve a healthy lifestyle by maintaining cleanliness.

وَيَسْأَلُونَكَ عَنِ الْمَجِيزِ ۗ قُلْ هُوَ آدَىٰ فَاغْتزِلُوا الْبَسَاءَ فِي الْمَجِيزِ وَلَا تَقْرَبُوهُنَّ حَتَّىٰ يَطْهَرْنَ ۚ فَإِذَا تَطَهَّرْنَ فَأْتُوهُنَّ مِنْ حَيْثُ أَمَرَكُمُ اللَّهُ ۗ إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

From verse 22 of Surah Al-Baqarah, it is concluded an argument, that everything that is dirty or unhealthy is an item that must be avoided. Therefore, the researcher tries to explain it clearly using the legal basis of descriptive

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<sup>13</sup>Julianti, Nasirun, and Wembrayarli, "Pelaksanaan Perilaku Hidup Bersih Dan Sehat (PHBS) Di Lingkungan Sekolah."

qualitative research or literature study from various hadith study guidelines.<sup>14</sup> Health, of course, is not the only wisdom behind the behaviour to create a healthy and clean lifestyle, but this, as Sunandaji said in *Mawahib al-Badi' fi Hikmatus Tasyri*, there is another hidden wisdom behind the commands and prohibitions. At least the pattern of a healthy life in the style of Rasulullah, can be proven in various kinds of research on phenomena regarding the benefits of praying, ablution, fasting, patience, and so on which can be reviewed with various kinds of research with various approaches such as research, medicine, psychology, and others.

It is explained in the hadith that the most obedient person will also love cleanliness, he will always maintain cleanliness with a small example of sweeping the yard. Because people who love cleanliness have used their time well to maintain a healthy lifestyle. In other words, people who are obedient in carrying out all kinds of worship can be categorized as someone who maintains a healthy lifestyle.<sup>15</sup> Such those phenomena are not only about keeping the self physically fit, but also trying to maintain peace of mind so that the people have peace of mind. Cleanliness and increasing efforts to maintain a healthy lifestyle for Muslims are very important. To realize all activities, a clean environment and the beauty of life can be felt carefully.

A person who has good health will have more stamina and a strong immune system than someone who does not adopt a healthy lifestyle. Meanwhile, people who are strong and healthy are preferred by Allah than those who are weak, this is explained as the words of Rasulullah SAW.<sup>16</sup> It is very important for Muslims to place hygiene and health issues as part of Islamic teachings. Health and cleanliness are the main focus points in living life in the world, this is a benchmark for someone who has faith to be seen as smart as a person to create a healthy living paradigm within himself. If the person is able to create a clean

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<sup>14</sup>Zakiyah, Edriagus Saputra, and Rahma Ghania Alhafiza, "Rekontruksi Pemahaman Hadis Dan Sunnah Menurut Fazlur Rahman," *Mashdar: Jurnal Studi Al-Qur'an Dan Hadis* 1, no. 2 (2020): 26.

<sup>15</sup>Abu Isa Al-Tirmidzi, *Al-Jami' Al-Shahih Li Al-Tirmidzi* (Beirut: Dar Al-Fikr, 1963).

<sup>16</sup>Al-Imam Abi Al-Hasan Muslim Bin Al-Hajjaj Al-Qusyairiyyah An-Naisaburi, *Shahih Muslim*, Juz IV (Beirut: Dar Al-Kitab Al-Ilmiyah, 1992).

lifestyle, then what he does will have an impact on the surrounding environment. Many the works of *kitab kuning* (Islamic boarding schoolbook) and the classic books, which justify a healthy lifestyle and maintain cleanliness as the most important order to do. Like Ibn an-Nafis, who wrote the book *ash-Syamil* about the health; the focus of learning on nutrition for the treatment process.

### **Reviewing The Exemplary of the Prophet's Activities in Forming a Healthy Lifestyle**

The researcher divided the health activities of the Prophet into two patterns, namely physical and spiritual. First, physical health. The pattern of physical health is in the form of physical activity divided into two: 1) physical health in the form of physical fitness such as sports. Sports activities train a person to be physically active, whether starting with walking, running, riding, swimming, doing aerobics, or workout exercises. These are the benefits offered to maintain body stamina, improve memory, and as a preventive from various diseases.<sup>17</sup> This activities are based on a lot of research that proves and from a religious perspective strengthened by scholars and experts in fiqh. In addition to physical benefits, on the other hand exercising can also be categorized as a worship activity if it is accompanied by the intention to worship and does not exceed the applicable norms.

It was also said by Shaykh Al-Usaimin that the law of exercising is *mubah* (allowed) provided that he did not neglect other obligatory worship matters, which could take up time for a Muslim to carry out other matters such as seek out knowledge. Because if it happens then the law of *mubah* will turn into *makruh* up

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<sup>17</sup>Yazida Ichsan and Sumirah, "Urgensi Olahraga Dalam Perspektif Agama Dan Aktualisasi Di Masa Pandemi Covid 19," *Olahraga Indragiri* 7, no. 2 (2020): 212–215.

to haram (unlawful).<sup>18</sup> Therefore, improving the quality of exercise is indeed important, on the other hand it creates a healthier and fitter body resistance, at other times the exercise pattern must be able to be adapted to other activities. Thus, the compulsory worship that has been determined by Allah SWT, is still carried out carefully. One of the sports favored by the prophet is archery, this is as conveyed in his words.

Every human being is always preoccupied with various kinds of activities, those make a person able to feel tired, because those activities consume a lot of energy. Therefore, every living thing that is alive and is carrying out daily activities requires to rest. Usually every human being chooses to sleep to restore endurance or to increase stamina. The need for good sleep is actually not just time spent sleeping itself, but sleep that brings peace, rest, relaxation, and does not feel disturbed by any conditions. Get a good night's sleep is not based on long hours of sleep, but sleep that is able to restore fatigue, feel comfortable when waking up and restore spirit to back to activities. Therefore, the body needs to be rested, so that when you wake up the body feels refreshed.<sup>19</sup>

Physical Health in fulfilling body intake that supports the performance of the limbs to work optimally is like dietary habit. People will get nutrients from eating process. Everything that they eat, it will impact for their body. Nutrition or vitamins that they get depending on what they choose for eating. Talking about eating and drinking, applying a good dietary habit becomes an important activities that must be done by humans. Because if the person does not apply or intake it, they will be infected by disease. However, the Prophet Muhammad Saw taught a good dietary habit that can be imitated and practiced by Muslims.<sup>20</sup> Healthy dietary habit that are widely applied by humans in general, especially Muslims, are still relatively far from the instructions taught by Rasulullah SAW. Both in the habit before eating, during eating, and after eating.

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<sup>18</sup>Muhazir, "As-Sunnah Sebagai Sumber Hukum Islam:Refleksi Terhadap Hermeneutika Muhammad Syahrur," *At-Ta'fikir* 11, no. 2 (2018): 114–16.

<sup>19</sup>Muslim bin Al-Hajjaj, *Shahih Muslim* (Arab Saudi: Daar As Salam, n.d.).

<sup>20</sup>Rahayu, "Pola Makan Menurut Hadis Nabi SAW (Suatu Kajian Tahlili)."

Rasulullah did not eat with excessive levels. Rasulullah SAW gave an example to all the people regarding to excessive food. On the other hand, the amount of food that is too excessive becomes showing the nature of someone, such as the person has a greedy character and feels lacking (not grateful). However, excessive dietary habit can have a terrible impact in the form of diabetes, gout, heart attacks, and even death due to the sufferdisease. Therefore, maintaining the level of food and the amount of food need to be considered. The Messenger of Allah said, "*Stop eating before you are full.*"<sup>21</sup>

حَدَّثَنَا هِشَامُ بْنُ عَبْدِ الْمَلِكِ الْجَمَصِيُّ حَدَّثَنَا مُحَمَّدُ بْنُ حَرْبٍ حَدَّثَنِي أُمِّي عَنْ أُمِّهَا أَنَّهَا سَمِعَتْ الْمُفْدَامَ بْنَ مَعْدٍ  
يَكْرِبُ  
يَقُولُ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ لَمَّا مَلَأَ أَدَمِيؤُ عَاشِرًا امْتَبَطَّ حَسْبًا لَا دَمِيؤُ قِيمًا تَيَوْمَنَ صُلْبُهُ فَإِنْ عَلَبْنَا لَا دَمِيؤُ نَفْسُهُ فَنَأْتِي  
طَعَامًا وَنَلْتَلِسُ أَبْوَالَنَا لِنَفْسِ

In addition, Muslims are strongly encouraged to eat with the right hand.<sup>22</sup>

يَا غُلَامُ سَمِّ اللَّهَ وَكُنْ بِيَمِينِكَ وَكُلْ مِمَّا بِيَمِينِكَ

It suggested to not blowing food; when a person is dealing with hot food, it should not occasionally blow the food. This is conveyed in several hadith of the Prophet. Hadith of Abu Sa'id al-Khudri RA:

نَهَى عَنِ النَّفْخِ فِي الشُّرْبِ

There is also a hadith from Ibnu 'Abbas RA:<sup>23</sup>

نَهَى أَنْ يُنْفَخَ فِي الْإِنَاءِ أَوْ يُنْفَخَ فِيهِ

From the above fragment of the hadith narrated by several hadith narrators, it is strengthened by medical research, that the air that comes out of the

<sup>21</sup>Muhammad bin Ismail Al-Bukhari, *Shahih Al-Bukhari* (Bairut: Dar Ibn Katsir, Al-Yamamah, n.d.).

<sup>22</sup>Muhammad bin Ismail Al-Bukhari, "Shahih Al-Bukhari" (Bairut: Dar Ibn Katsir, Al-Yamamah, n.d.).

<sup>23</sup>Al-Bukhari.

mouth is carbon dioxide that is dirty or dregs, if this is done often then the impact is the entry of the virus into the body. There are various kinds of ethics by the Prophet in carrying out eating activities to maintain a healthy lifestyle. Such as: saying *tasmiyah* before starting to eat, using the right hand, not eating while leaning back, not letting food fall, not blowing food and washing hands before and after eating.

Nutritious food, looking at the food that will be eaten by someone, must go through in terms of sorting. This is because, choosing the ingredients that will be made into a food dish, must enter into matters of nutrition, vitamins, etc. Keeping the dietary habit of food ingredients that we have thought about is a worthy matter that we must pay attention to. Because of some food ingredients, each has its own elements. like honey and manisa.<sup>24</sup> There are several nutritional content such as protein, carbohydrates, fiber, calcium, phosphorus, iron etc.

حَدَّثَنَا عَلِيُّ بْنُ عَبْدِ اللَّهِ حَدَّثَنَا أَبُو أُسَامَةَ قَالَ أَخْبَرَنِي هِشَامٌ عَنْ أَبِيهِ عَنْ عَائِشَةَ رَضِيَ اللَّهُ عَنْهَا قَالَتْ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يُعْجِبُهُ الْحُلُوءُ وَالْعَسَلُ

Actually, the results of this study is to complete the findings of previous study regarding efforts to create a healthy lifestyle in the form a positive mindset and calm the heart so that they are able to synchronize with one another. There is one study from health experts, they stated that diseases that arise in our bodies are due to one cause, namely, people are not being smart to sort out which foodstuffs are suitable consume for us and even have high nutritional levels. This can be justified, that food is a benchmark for keeping the body healthy and able to promote a healthy lifestyle.

Second, spiritual health is in the form of mental health. This type of health cannot be predicted from physical fitness, but in terms of mental (mind and mood) using psychology. The strength of the mind and heart, able to control everything that must be faced by someone. When the mind and heart are in a fresh or relaxed

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<sup>24</sup>Syihabuddin Abul Fadhl Ahmad bin Ali bin Muhammad bin Muhammad bin Ali bin Mahmud bin Ahmad bin Hajar Al-Atsqalani, *Fath Al-Bari Bi Syarh Shahih Al-Bukhari* (al-Maktabah asy-Syamilah, n.d.).

state, everything faced by someone is not a form of obstacle.<sup>25</sup> If the levels of mind and heart are at 100% capacity (happy), doing activities is not an obstacle for him, even though it is heavy. A good attitude begins with positive thoughts, a positive role becomes an important role in creating excellent conditions.

و حَدَّثَنَا عَبْدُ اللَّهِ بْنُ مُعَاذٍ الْعَنْبَرِيُّ حَدَّثَنَا أَبِي حَدَّثَنَا شُعْبَةُ عَنْ الْحَكَمِ قَالَ غَلَبَ عَلَى الْكُوفَةِ رَجُلٌ قَدْ سَمَّاهُ زَمَنْ ابْنِ الْأَشْعَثِ فَأَمَرَ أَبَا عُبَيْدَةَ بْنَ عَبْدِ اللَّهِ أَنْ يُصَلِّيَ بِالنَّاسِ فَكَانَ يُصَلِّيَ فَإِذَا رَفَعَ رَأْسَهُ مِنَ الرُّكُوعِ قَامَ فَدَرَّ مَا أَقُولُ اللَّهُمَّ رَبَّنَا لَكَ الْحَمْدُ مِلءُ السَّمَاوَاتِ وَمِلءُ الْأَرْضِ وَمِلءُ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ أَهْلَ النَّبَاءِ وَالْمَجْدِ لَا مَانِعَ لِمَا أُعْطِيتَ وَلَا مُعْطِي لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجُدُّ قَالَ الْحَكَمُ فَذَكَرْتُ ذَلِكَ لِعَبْدِ الرَّحْمَنِ بْنِ أَبِي لَيْلَى فَقَالَ سَمِعْتُ الْبِرَاءَ بْنَ عَازِبٍ يَقُولُ لَا كَانَتْ صَلَاةُ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَرُكُوعُهُ وَإِذَا رَفَعَ رَأْسَهُ مِنَ الرُّكُوعِ وَسُجُودُهُ وَمَا بَيْنَ السَّجْدَتَيْنِ قَرِيبًا مِنَ السَّوَاءِ قَالَ شُعْبَةُ فَذَكَرْتُهُ لِعَمْرُو بْنِ مُرَّةٍ فَقَالَ قَدْ رَأَيْتُ ابْنَ أَبِي لَيْلَى فَلَمْ تَكُنْ صَلَاتُهُ هَكَذَا حَدَّثَنَا مُحَمَّدُ بْنُ الْمُثَنَّى وَابْنُ بَشَّارٍ قَالَا حَدَّثَنَا مُحَمَّدُ بْنُ جَعْفَرٍ حَدَّثَنَا شُعْبَةُ عَنْ الْحَكَمِ أَنَّ مَطَرَ بْنَ نَاجِيَةَ لَمَّا ظَهَرَ عَلَى الْكُوفَةِ أَمَرَ أَبَا عُبَيْدَةَ أَنْ يُصَلِّيَ بِالنَّاسِ وَسَاقَ الْحَدِيثَ

Mindset can affect a person's level of health. People who think positively are more likely to have better health, this is because they are able to deal with stress that has a negative impact for health and are more susceptible to disease.<sup>26</sup> Various kinds of humans problems, of course it is quite difficult for him to create a positive mindset. Sometimes excessive burden becomes a hindrance factor for someone who will think positively. Prophet Muhammad SAW, encouraged his followers to immediately take the opportunity to think positively. When something happens to our lives, never complain, do not say "if only I did that ..., if only I didn't do this ...", let's change those words using "all this is by Allah's will".

<sup>25</sup>Ilman Akhsanu Ridlo, "Pandemi Covid-19 Dan Tantangan Kebijakan Kesehatan Mental Di Indonesia," *Psikologi Dan Kesehatan Mental* 5, no. 2 (2020): 158.

<sup>26</sup>Bayu Yoni Setyo Nugroho, Muhammad Iqbal, and Haikal, "Gangguan Kesehatan Mental Pada Mahasiswa Selama Penerapan Pembatasan Kegiatan Masyarakat," *Ilmiah Kesehatan* 21, no. 1 (2022): 22.

This is not a form of surrender for ourselves, but we try to indoctrinate our minds, so that we can stabilize our mind. Described in the science of *tibunnabawi* or the science of therapy; there are 4 elements in humans, namely fire (heat), water (cool), wind (moist) and earth (dry). If these elements are unstable, some are dominant, some are low, then all of these will have an impact for the body.

### **The Urgency of a Positive Mindset in Maintaining Health**

Islam as one of the majority religions in Indonesia which offers rules that regulate to all aspects of life, including the ways to keep the environment clean and regulate a better lifestyle.<sup>27</sup> This shows that today's human problems including lifestyle and protecting the environment have long been highlighted by Islam, and many people are not aware of it. This proves that Islam is indeed present as a religion that is a blessing to all mankind and all of nature, because as a religion that is a blessing to all of nature, Islam will not allow humans to damage or pollute the surrounding environment. The cleanliness of the environment itself will greatly affect the safety of people around it, therefore keeping the environment clean is as important as maintaining personal hygiene.

The facts occur in society, such as do not maintaining a regular dietary habit, sleeping which is not on time or staying up late, attitudes and behavior in the community are not good, this actually does not describe an attitude of maintaining a good healthy lifestyle.<sup>28</sup> The problem is, if the person does not change the dietary habit then the impact is the person will be attacked by disease. Like people who do not maintain a good dietary habit, that person will experience health problems in the digestive tract or ulcers. As the followers of the Prophet who are obedient to Him, the fact that the immunity of the Prophet's body is rarely sick becomes a mirror to behave ourselves, changing our paradigms and

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<sup>27</sup>Usastiawaty Cik Ayu Saadiyah Isnainy et al., "Pendidikan Kesehatan Tentang Perilaku Hidup Bersih Dan Sehat (PHBS) Di SMA Negeri 13 Bandung Lampung," *Kreativitas Pengabdian Kepada Masyarakat (PKM)* 3, no. 30–31 (2020).

<sup>28</sup>Ridlo, "Pandemi Covid-19 Dan Tantangan Kebijakan Kesehatan Mental Di Indonesia."

perspectives to maintain a healthy lifestyle.<sup>29</sup> A small but useful thing in health life and impact on the environment is also to keep ourself from littering.

The pleasure of health according to Rasulullah is one of the blessings that are often forgotten, even ignored by the people. This is in accordance with the words of the Prophet narrated in the form of Hadith<sup>30</sup>, نَعْمَتَانِ مَعْبُودٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ, الصِّحَّةُ وَالْفَرَاغُ. This shows that health is an aspect of religious that must be maintained based on sincerity and responsibility. Prophet Muhammad SAW, instilled in him to always keep the body healthy and a healthy lifestyle, in order to be able to realize and create a healthy civilization order in the world.

Muslim should imitate the attitude of the Prophet about a healthy lifestyle. This does not need to be debated anymore, because the Rasul always took care of himself with clean and positive activities.<sup>31</sup> If a statement stated that the Messenger of Allah is the healthiest man in the earth, it can be accepted without any compline. Health is not only a matter of a strong immune system, an abundant immune system, but it is also about how regularly he maintains and presents a healthy lifestyle to create a healthy environment.

In the globalization era, giving attention to healthy lifestyle is very important in taking care of ourselves. If someone wants to have a positive lifestyle, they must be able to pay attention to everything starting from physical and spiritual health by reducing the negative thinking to control the balance of the body.<sup>32</sup> This is important because someone who is successful to do those suggestions, it will depend on the positive aspects of his behavior. For example,

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<sup>29</sup>Anita Agustina, "Perspektif Hadis Nabi SAW Mengenai Kebersihan Lingkungan," *Penelitian Ilmu Ushuluddin* 1, no. 2 (2021): 100.

<sup>30</sup>Al-Bukhari, "Shahih Al-Bukhari," n.d.

<sup>31</sup>Abu Maskur, "Kontekstualisasi Keteladanan Sosial Rasulullah Di Zaman Kiwari," *Kajian Islam, Tasawuf, Dan Psikoterapi* 2, no. 1 (2020): 14–49.

<sup>32</sup>Dumilah Ayuningtyas, "Analisis Situasi Kesehatan Mental Pada Masyarakat Di Indonesia Dan Strategi Penanggulangannya," *Ilmu Kesehatan Masyarakat* 9, no. 1 (2018): 7.

the positive character of the Prophet who was able to successfully subdue the infidels to become Muslims under his leadership, this was initiated by the honest nature of the Prophet, resulting in trustworthy, fair and wise behavior.<sup>33</sup> Consuming everything around us, both plant and animal.<sup>34</sup> Without realizing it, this has become a boomerang for humans, where it threatens human existence itself. Humans are increasingly greedy to exploit nature, hunting continuously, or confine animals in cages. It is very regrettable because few are aware of it. Religion which became the initial foundation, of course, it has its own rules to overcome these problems. In addition to exercise, washing hands, getting enough sleep and so on, which have been described above. The percentage shows 40% to maintain a healthy lifestyle, the remaining 60% is the mind and heart.

This can be analogized as, someone who is sitting in the dining room with delicious and nutritious food served, however, someone doesn't eat any food, because of a broken heart and a mind that always remembers with his ex-boyfriend or ex-girlfriend. Because of that, a person does not have appeal or appetite even when faced with delicious dishes. Therefore, a balanced health is the combining of physical and spiritual, because both have components that support each other. Although so far, the ordinary people view the health from the senses of sight so that conclusions only reach the physical stage.

The famous cleric, Salman Al-Ouda, said "Indeed, it will come true once we say it, believe it in our hearts, and free ourselves from our pessimistic thoughts" (About Islam, Jumat). "Positive people should focus and think on what they want and what they should want. It does not focus on the fear and hate."<sup>35</sup> Salman's words refer to Ibn al-Qoyyim: "If a servant relies on Allah in moving a mountain from its base, then if that person is asked to move a mountain, he will do it". This was once said by one of the kyai of Pondok-Pesantren Qomaruddin, Kyai Hasan said "if the mind and heart can be combined in life and begin with the name of

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<sup>33</sup>Maskur.

<sup>34</sup>Ria Puspitasari, "Pola Hidup Sehat Menurut Al-Qur'an: (Kajian Maudhu'i Terhadap Ayat-Ayat Kesehatan)," *Inovatif* 8, no. 1 (2022): 139–40.

<sup>35</sup>Muhammad Zaki Ulumillah, "Konsep Manusia Unggul Dalam Al-Qur'an" (Institut PTIQ Jakarta, 2020).

Allah, and we believe on it, then everything asked for will be there". Of course, something like calming the mind is a form of a healthy lifestyle for humans.

سَيِّدُ بِنِ حُضَيْرِ رَضِيَ اللهُ عَنْهُمْ أَنَّ رَجُلًا مِنَ الْأَنْصَارِ قَالَ يَا رَسُولَ اللهِ أَلَا تَسْتَعْمِلُنِي كَمَا اسْتَعْمَلْتَ فَلَانَا قَالَ  
سَتَلْقَوْنَ بَعْدِي أُثْرَةً فَاصْبِرُوا حَتَّى تَلْقَوْنِي عَلَى الْحَوْضِ

Patience is the earliest stage in determining a clear mind and heart because people who are patient, always feel succumb and do not want to extend the problems. A typical human who has a grumpy character, he will be susceptible to infect the disease. So, it is best to keep ourselves to be patient and sincere. Changing our paradigm which initially complained, changed to surrender and to the Almighty.

عَنْ أَبِي هُرَيْرَةَ أَنَّ رَسُولَ اللهِ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ قَالَ يَقُولُ اللهُ تَعَالَى مَا لِعِبْدِي الْمُؤْمِنِ عِنْدِي جَزَاءٌ إِذَا  
قَبَضْتُ صَفِيَّهُ مِنْ أَهْلِ الدُّنْيَا ثُمَّ احْتَسَبَهُ إِلَّا الْجَنَّةَ.

Having a patient character, on the other hand it will being a calm and accepting person and also we are able to prevent all kinds of evil that happen to ourselves. Everything that we know, the impossibility will come to a person. It is a danger that can harm someone. This is as stated by Bukhari (No. 4652 Fathul Bari) Shahih.<sup>36</sup>

رَضِيَ اللهُ عَنْهُمَا لَمَّا نَزَلَتْ إِنْ يَكُنْ مِنْكُمْ عَشْرُونَ صَابِرُونَ يَغْلِبُوا مَائَتِينَ وَإِنْ يَكُنْ مِنْكُمْ مِائَةٌ فَكُتِبَ عَلَيْهِمْ أَنْ  
لَا يَفِرَّ وَاحِدٌ مِنْ عَشْرَةٍ فَقَالَ سُفْيَانُ غَيْرَ مَرَّةٍ أَنْ لَا يَفِرَّ عَشْرُونَ مِنْ مَائَتِينَ ثُمَّ نَزَلَتْ الْآنَ خَفَّفَ اللهُ عَنْكُمْ الْآيَةَ  
فَكَتَبَ أَنْ لَا يَفِرَّ مِائَةٌ مِنْ مَائَتِينَ وَزَادَ سُفْيَانُ مَرَّةً نَزَلَتْ حَرَضَ الْمُؤْمِنِينَ عَلَى الْقِتَالِ إِنْ يَكُنْ مِنْكُمْ عَشْرُونَ  
صَابِرُونَ قَالَ سُفْيَانُ وَقَالَ ابْنُ شُبْرَمَةَ وَأَرَى الْأَمْرَ بِالْمَعْرُوفِ وَالنَّهْيِ عَنِ الْمُنْكَرِ مِثْلَ هَذَا

<sup>36</sup>Al-Bukhari, "Shahih Al-Bukhari," n.d.

## CONCLUSION

Rasulullah SAW, as a guideline, has taught and directed the importance of taking care and promoting a healthy lifestyle. Rasulullah always takes care of himself with a healthy lifestyle. Indeed, food and exercise are lower levels than the mind and heart for the occurrence of problems in the body. But about maintaining a dietary habit and exercise can not be underestimated. Physically, a good dietary habit, exercise and adequate rest have an impact on the body, and spiritually. Calming the mind and heart becomes a measuring so that physical problems can be carried out carefully. Someone who has faith and piety, is able to socialize with nature and the environment to make himself a healthy human being. The existence of hadiths that discuss about health and how the prophet tried to keep himself healthy. All activities muslims both related to *ubudiyah* and *muamalah* issues. The pleasure of health according to the Prophet is one of the blessings that are often forgotten, even ignored by the people.

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