

## Vector Analysis of the Prayer Movement on Health Using Visual Media Multimedia Application Development Life Cycle

Indah Purnama Sari<sup>1\*</sup>, Aulia Jannah<sup>1</sup>, Abdillah Syahputra<sup>1</sup>, Rivaldi Tanjung<sup>1</sup>

Department of Information Technology, Universitas Muhammadiyah Sumatera Utara, Indonesia

### ABSTRACT

This study aims to determine the vector analysis in the prayer movement and to find out the benefits of the prayer movement on health using the visual media Multimedia Development Life Cycle (MDLC). The data collection technique uses the documentation method and data sources are obtained from primary data sources and secondary data (Qur'anic interpretation books, references related to vectors, prayer movements, health, previous research, articles, journals, and websites. Internet). The analysis technique used is deductive thinking techniques and maudhu'iy interpretation techniques. The results showed that: (1) According to a scientific perspective, vectors with the prayer movement can be added to a vector called the resultant vector obtained by several methods, namely the triangle method as well as bowing movements, the parallelogram method such as movement during prostration, the polygon method. the same is the case with bowing movements and movements towards i'tidal, and analytical calculations using the 2-way resultant formula. (2) According to the perspective of Al-Qur'an, when looking for the resultant force on a vector, it must be known the value and direction, namely the movement of one rakat prayer is equal to one 360 ° rotation. (3) The benefits of the prayer movement for health are that every movement that is correct and perfect and carried out continuously has many benefits that can be felt by the body.

**Keyword: Vector; Prayer; Health; Al-Qur'an; science;**

### Corresponding Author:

Indah Purnama Sari,  
Universitas Muhammadiyah Sumatera Utara, Indonesia,  
Jl. Kapten Mukhtar Basri No 3 Medan 20238 Indonesia  
Email: [indahpurnama@umsu.ac.id](mailto:indahpurnama@umsu.ac.id)



## 1. INTRODUCTION

The Al-Qur'an has shown a new dimension to the study of natural phenomena and knowledge that exists in nature. In the Qur'an it is stated that Science or Science and the Qur'an are two aspects of the same truth and there is no contradiction between the two. The first revelation of the Al-Qur'an that was revealed to the Prophet Muhammad SAW also ordered Muslims to study knowledge. Natural science itself is generally defined as the study of the arrangement of objects and their development, while natural science (physics) investigates related phenomena, especially those observed from inanimate objects. In line with the times, it cannot be denied that all aspects of life, one of which is science and technology, have progressed and developed so rapidly. Initially, it was only based on one basic science, namely philosophy, along with the development of the times and due to the fruit of human thought which continuously sparked new ideas, science was expanding and having various variations following the times. The development of modern science that is known today stems from the development of the empirical method by Muslim scientists when Europe was being hit by the darkness of medieval civilization. Of course Muslim scientists base every activity on the Al-Qur'an.

In Islamic science, physics is part of the principles of natural philosophy which is widely discussed by the sixth Muslim scientists, under the title "natural philosophy". Ibn Sina, the originator of medical science and philosophy in Europe, replaced by the title Avicenna, has discussed this science at length in his work of syifa (healing) and fann (scientific technique). Related to science, science (Physics) is also a natural science which in a study is closely related to a vector concept. The concept of vector is a

concept that is important to be mastered by students, because there are so many vector concepts applied in everyday life. For example, motorbike driving speed and many more vector concepts are used in daily activities. A vector quantity is a quantity that has a value (magnitude) and direction, examples of vector quantities include displacement, velocity, acceleration, momentum, and force.

After learning various concepts about vectors, it can be contemplated that a vector is something that has an orientation, and something that has an orientation is human. In fact, man is like a vector that has a beginning and an end. Like when praying, there is a movement from the beginning to the end. In every correct prayer movement, an angle will be formed which is formed by the prayer movement (for example when bowing) an angle of  $90^\circ$  is formed, if in one prayer movement it is added, then the total number of angles is  $360^\circ$ . Likewise, when we want to determine the direction of the resultant vector, we will get the angle value that is enclosed by 2 vectors.

For every Muslim prayer is an obligation that must be performed according to the instructions of the Al-Qur'an and Sunnah. In this worship, there is spiritual communication between Muslims and His creator without any veil, a form of dialogue between the soul who occupies the body and the Supreme Being. Almost every Muslim can feel that prayers that are performed carelessly, just as an obligation, will never be able to form an identity that is orderly, balanced, and has a harmonious relationship with himself, his environment, and his Divine.

The prayer service has a special position in Islam. Allah SWT praises His faithful servants who always keep their prayer times. Individuals often begin to feel aware of the meaning of their health when they are experiencing illness (health problems), including those who enter adulthood. Health is expensive, how much it costs a person for treatment when he has to deal with a type of disease, such as cancer. It's no secret that medicines are very expensive. In fact, even though it has received subsidies from the government. A person's health status is closely related to how far the person's behavior habits are. Healthy behavioral habits will have a positive effect on his health, on the other hand, wrong habits tend to have a negative impact. As a result, individuals are susceptible to disease. So that, a person's health condition is closely related to some of the behavior habits of the individual concerned. To achieve a healthy life, healthy habits of behavior are also needed. In the 7th congress, the Al-Ijuz Al-Ilmi organization, an institution that specializes in researching the secrets and wonders of science contained in the Koran and Hadith, in Dubai Qatar in the congress contains the reasons for the obligation to pray in Islam, its impact on health, and the benefits of prayer for health. For some Muslims there are still those who have not received the health benefits of praying. For them, prayer is defined as an attempt to abort the obligation to command prayers. But that is not the case, because in every movement and every pronunciation that is said in prayer has great benefits for physical and spiritual health.

Based on the above background, it is necessary to conduct research with the title Vector Analysis in Prayer Movement Against Health Using Visual Media Multimedia Application Development Life Cycle at Muhammadiyah University of North Sumatra. By reviewing this material, it is hoped that it can add insight to the writer in particular, and readers in general, increase devotion to Allah SWT, increase solemnity and pay more attention to prayer movements so that prayers are carried out in accordance with the terms and conditions that should be, and more than that all health. will be more awake.

## 2. RESEARCH METHOD

This type of research is qualitative research using the literature method. This method is used to obtain theoretical data. In simple terms, library research is a type of research that seeks to collect research data from the literature and make the "world of texts" the main object of its analysis. The purpose of this method is to gain new knowledge as well as new interpretations of existing knowledge. Sources of data in this study come from books, journals and other scientific works that are relevant to the discussion which are the basic components of this study, making it possible to simplify the research process. Based on the source, data can be divided into two, namely primary data and secondary data. Primary data sources, namely data obtained from original sources containing the information or data. In this case, the primary data source is material related to vector material, prayer and health, namely the book Vector Analysis of Theory Studies with the Qur'anic Approach and supported by books that are still relevant and have something to do with the current material. researched. Meanwhile, to analyze vectors, the

prayer and health movements according to the verses in the Al-quran used several interpretations, including the Al-Misbah interpretation by M. Quraisy Syihab, the Al-Maraghi interpretation by Ahmad Mustafa Al-Maraghi.

Secondary data sources, namely data obtained from non-original sources, which contain such information or data, secondary data sources are used to support and complement the primary data that has been found. To expand the study and deepen the discussion, apart from using several commentary books that have relevance to the object of study under study, the author also uses several other papers that have relevance to the object. Includes scientific publications in the form of books, articles and research results related to the concept of the field being studied, namely vector analysis with prayer movements on health from the perspective of Al-Qur'an and Science.

The data collection technique used is library research, which is library research by examining and analyzing books related directly or indirectly, namely by collecting and reviewing various libraries, namely the Al-Qur'an, relevant books and other related scientific writings. with research purposes. The analysis techniques used in this research are inductive thinking techniques, deductive thinking techniques, and Al-Qur'an interpretation techniques using the tafsirmaudhu "iy method.

### 3. RESULTS AND DISCUSSION

#### A. Vector Analysis in Prayer Movement

A vector quantity is a quantity that has a value and direction, written in bold type and italics is used to express the scalar value (the size of the vector). Some of the prayer movements that can be analyzed in vector are as follows:

1. Rukuk movement



Figure 1. Rukuk movement

Rukuk movement The meeting of two perfectly perpendicular lines, a perfect  $90^\circ$  angle to the bow 'is shown that the Prophet when prayed his back was flat. If you put a glass of water on it, it won't spill. This straight back is likened to an X direction vector and the leg that is perpendicular to the top of the thigh is likened to Y, while the butt is the meeting between the straight line of the thigh and the straight line of the back which forms an angle of  $90^\circ$ . This perfect meeting of two lines makes for a strong position, so that many architects and builders build a space angle with an angle of  $90^\circ$ . This angle will also often be found in most corners of doors and windows, this is a sturdy and strong position.

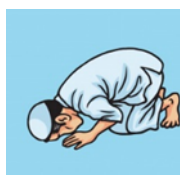


Figure 2. Prostration Movement

Prostration movement with an angle of  $45^\circ$ . There are seven limbs used by Nabidalam prostrate, namely two palms, two knees, two feet, forehead and nose. Besides that, in prostration, he raised his arms from the ground and kept them away from his stomach until the white color of his armpits was visible to those behind him. Even if a small goat passed between his armpits, he would be able to pass.

The back straight down is compared to the X direction vector and the straight knee to the thigh is represented as Y, while the buttocks are the meeting between the back straight down and the upright knees forming an acute angle of  $45^\circ$ .

## B. Vector Analysis with Prayer Movement in Al-Quran Perspective

### 1. Vector Direction with the direction of the Qibla Prayer

If a Muslim is in a region or part of the world where it is not possible for him to see the Ka'bah then he should know exactly the direction of the Qibla where he must direct his prayer towards that Qibla, as in the QS. Al Baqarah (2) verse 115. Meaning: "And belongs to God east and west, so wherever you face there will be the face of Allah. Verily Allah is Vast (His mercy), All-Knowing."

This verse was interpreted by Imam Mujahid Rahimahullah, he said, "Wherever you are, face your face at the Qibla of AllahSWT, because you have the Qibla that you are oriented to, namely the Ka'bah." (Tafsir Imam Ibn Kathir Volume I page 391). However, if a Muslim is in front of the Ka'bah, then he is obliged to face his body and face towards the Ka'bah.

Likewise Allah SWT provides relief, when a person performs the Sunnah prayer on a vehicle, it is not obligatory for him to face the Qibla. However, if he performs the obligatory prayer, then he must still face the Qibla direction. As the Prophet taught to his friends.

A vector quantity is a quantity that has a value and a direction. When you want to find the resultant force in a vector, you must know its value and direction. As with prayer, when we want our prayers to be valid and accepted, it must be in accordance with the terms and conditions, including one of the pillars, namely facing the Qibla.

### 2. Representation of Vector Fields in the Thawaf Movement

Broadly speaking, if at points  $(x, y, z)$  of an area in space  $R$  is associated with a vector  $V(x, y, z)$ , then  $V$  is called the vector function of the position or vector point function, and we state that the vector field  $V$  has been defined in space  $R$ .

The scalar field with the pilgrimage and the universe, which is expected to create positive energy or spirit to understand that Divine greatness can be seen in the universe.

If it is connected with this universe, it can be analogous to a negative electric charge ( $q$ ) where  $q$  is the center or qibla. In this case, the field direction is as shown in the following figure.

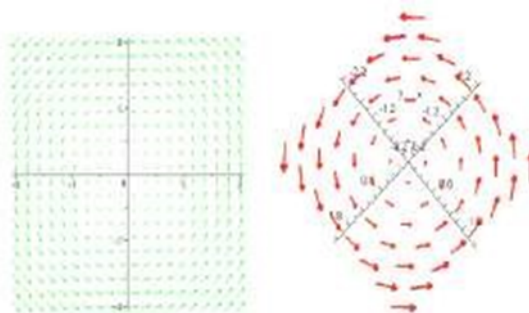


Figure 3. Representation of the vector field in the thawaf movement

All human beings on the surface of this earth perform prayers five times a day facing the Qibla direction to worship Allah SWT. The Qibla is a means of unifying the Muslim ummah in carrying out rituals of

worship to worship the God of Muslims, namely Allah SWT. Where the Qibla is also used as a complement to the faith of Muslims who are able to carry out the Hajj. If you look at the vector field image, it is clear that the second image shows an image like a person performing the tawaf worship. As the Prophet said: "Thawaf is prayer, it's just that Allah allows to speak in tawaf, whoever speaks should speak well." An interesting phenomenon can also be shown in prayer meetings, since takbiratul ikhram to salam is a complete rotation with an angle of  $360^\circ$ . One cycles of prayer (standing upright will form an angle of  $0^\circ$ , when bowing with your back and legs perpendicular it will form an angle of  $90^\circ$ , and when prostration is formed an angle of  $45^\circ$ , because in one prostration prayer movement is performed 2 times, then 2 times prostration forming a  $90^\circ$  sujud, if the total is added up in one prayer movement, then the number of angles is equal to  $360^\circ$ . One rekaat is equal to one tawaf movement, which is one  $360^\circ$  rotation. The difference is that when praying, a person is prohibited from speaking because it can interrupt the prayer, which is different. with tawaf, when doing tawaf a person is allowed to speak. Hajj as stated in the Al-Qur'an surah Ali Imran: 97. This means: "Whoever enters it (Baitullah) is safe; doing Hajj is a human obligation to God, namely (for) people who are able to travel to Baitulla. Whoever denies (the obligation of hajj), then Allah is rich (does not need a something) from the universe. "

From the above verse it is clear that the words man istatho 'a = people who are capable, describe something that surrounds the center must have the ability (energy) while ilaihi sabilan is the line of rotation. If you look at the universe, this universe, especially the solar system, follows what is described by QS. Ali Imran verse 97. The planets in the solar system surround the sun, in circling the sun the planets must have energy (gravitational energy / istatho'a) to keep going around the sun, if that energy is weak the planets will be attracted to and burned by the sun so the planets around the sun have trajectory lines (sabilan).

The events that occur during the Hajj and the phenomenon of the solar system illustrate that there is only one (One) God, namely Allah, who is worthy of worship. It cannot be denied that in this universe all prostrate to Allah SWT.

### C. Benefits of the Prayer Movement on Health

From Abu Hurairah, the Prophet SAW has said: "If you (will) stand up to prayer, then complete your wudlu ', then face the Qibla, then takbir, then read what is easy for you from the Qur'an, then chant until you stay in in a bow, then get up until you stand straight, then bow down until you are still in prostration, then get up until you are still sitting, then prostrate until you are still in prostration, then do this in all your prayers. " prayer and its benefits:

#### 1. Takbiratul Ihram Movement

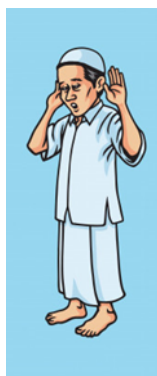


Figure 4. Takbiratul Ihram Movement

When takbiratul ihram, the Prophet raised his hands parallel to both shoulders or with the ears. This is also done when bowing and tidal, while reading sami'allâhu liman hamidahu (Allah hears the servant who praises Him). (HR. Bukhari and Ahmad).

The takbiratul Ihram movement is carried out in a perfectly perpendicular position, just as in a 2-way vector that will form an angle or  $0^\circ$  direction, there will be benefits, including:

- a. Provides health benefits to the lungs, chest cavity and lymph nodes. Because when the hand is raised, the ribs will also be lifted, widening the chest cavity. At that time, the breath air should enter. But at the same time, the person who was about to start the prayer had to say "Allâhu Akbar", forcing the air to flow out. This causes the divider of the chest cavity (diaphragm) to become trained.
- b. When the hand is raised, the armpit opens. The armpit is the main or station for the circulation of lymph nodes (lymph) throughout the body. By repetitive takbir movements in prayer, indirectly active pumping of lymph nodes throughout the body (dr. Sagiran M.Kes., Sp.B: 43-44).
- c. This movement will help improve lymph blood flow and arm muscle strength. The position of the heart, which is below the brain, allows blood to flow smoothly throughout the body.

## 2. Put Both Hands On The Chest



Figure 5. Placing both hands on the chest

After Rasulullah performed takbiratul ihram, he put his right hand on the back of his left palm, wrist and / or arm (Narrated by Abu Dawuddan Nasâ'i). He sometimes held his right wrist with his left hand and put both hands on his chest. (Narrated by Abu Dawud). Benefits:

- a. Anatomically, the arms are the best way to balance the arms. This method is useful for exercising some of the muscles around the shoulders, armpits, and arms of the hands to strengthen and maintain shoulder alignment. In addition, the arms will strengthen the position of the soles of the feet because they are both standing at the same angle to the terrain.
- b. Putting your palms on your chest, not on your stomach, will automatically lift your right-left shoulders and keep your armpits open as the lymph circulation station.
- c. Putting your hands on your chest stimulates the work of the hypothalamic hormones which have a calming effect on us. Like someone who is upset, or sad, or happy, reflexively our hands are stroking the chest. Sedekap in the correct prayer is to place both hands exactly in front of the chest, not on the stomach.
- d. In addition, this movement is believed to be able to prevent various joint disorders, especially in the upper body.

## 3. Rukuk and Tumakninah



Figure 6. Position of the bow

After finishing reading the verses of the Al-Qur'an in prayer, the Messenger of Allah then paused for a while (Narrated by Abu

Dawud and al-Hâkim). Then he raised his hands (HR. Bukhari and Muslim) parallel with his face while saying takbir, then bow.

In every correct prayer movement, an angle will be formed which is formed by the movement prayer (for example, when bowing) an angle of  $90^\circ$  is formed, this has something to do with vector material, namely vectors

two-way, the benefits:

- a. The position of the bow is in a  $90^\circ$  bend, the spine remains straight, not curved. This position makes all the tendons in our feet become attracted (stretching occurs in the leg muscles). Very good for those who have problems with spinal joints, rheumatism, stomach, and other diseases related to vital organs.
- b. In this position, the weight shifts forward, causing relaxation or stretching of the vertebrae. This relaxation is very useful for maintaining a compressed spine. This benefit will be felt if done properly and tumakninah, without haste.
- c. The bow movement is useful for maintaining the perfect position and function of the spine (corpus vertebrae) as a support for the body and nerve center. The position of the heart is parallel to the brain, so that blood flow is maximized to the middle of the body. The hands resting on the knees function as relaxation of the shoulder muscles downward. Rukuk is also a urinary exercise to prevent prostate disorders.
- d. In addition, the bow can treat the flexibility of the spine which contains the spinal cord (as the human central nerve) and its blood flow, maintaining the flexibility of the sweat-system segments found in the back, waist, thighs and hind calves. Likewise, the neck bones, nape, and memory nerve channels can be maintained with a bow. Memory nerve flexibility can be maintained by lifting the head to the maximum, with the eyes facing the place of prostration.
- e. In the bow and prostration position, the pushing process occurs. In medical studies, position this increases parasympathetic tone (which counteracts the effect of sympathetic tone). With bowing, the body produces NO (Nitric oxide = a substance found in the inner cells of blood vessels that are able to expand or dilate blood vessels) to fight the increase in adrenaline levels above which have the effect of constricting blood vessels and making our blood platelet cells run wild.
- f. In addition, it should be noted that bowing movements are also believed to help the health and work of the cerebellum and train the limbic system to keep emotions stable. (Mustamir Pedak: 180).

#### 4. I'tidal Serta Tumakninah

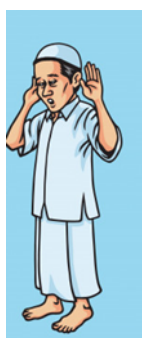


Figure 7. I'tidal movement

The i'tidal movement is getting up from the bow before prostration. In tidal, Rasulullah ordered to do it with tumakninah. He said, which means, "Then go up head until you stand straight [so that each vertebra of your spine returns to the place]." In another narration it is stated, "If you stand to tidal, then straighten it back and straighten your head until your backbone is firmly in place." (HR.

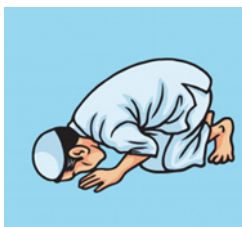


Bukhari, Muslim, and Ahmad).

In another hadith, the Prophet said, which means, "Allah does not pay attention to someone's prayer who does not straighten his back when standing between his two bow and prostration." (HR. Ahmad and ath-Thabarâni). Benefits:

- a. I "tidal is a variation of posture after bowing and before prostration. Standing hunched over, standing prostrate, is a good digestive exercise. The digestive organs in the stomach alternately undergo massage and loosening. In effect, digestion becomes smoother.
- b. When standing from the bow by raising your hand, blood from the head will drop down, so that the base of the brain that regulates the balance decreases blood pressure. This can keep the body's nervous balance and is useful for preventing sudden fainting.
- c. In addition, it does not improve blood circulation and helps to take a deep breath and then exhale it from the opposite direction strongly. The diaphragm (the divider of the body cavity between the chest and abdomen) returns to a higher position. The abdominal cavity is pressed to a lower place. The chest is higher than the air pressure, thereby reducing the emission of blood to the chest. The blood flow in both legs has a free opportunity to walk quickly to the abdominal cavity, where the soft veins receive blood flow from both legs (Hilmi alKhuli: 121-122).

#### 5. Prostration and Tumakninah



Gambar 8. Gerakan sujud serta tumakninah

There are seven limbs used by Nabidalam prostrate, namely two palms, two knees, two feet, forehead and nose (Narrated by Bukhari Muslim). Besides that, in prostration, he raised his arms from the ground and kept them away from his stomach until the white color of his armpits was visible to those behind him (Narrated by Bukhari Muslim). HR. Muslim) When a person performs a proper prostration movement between his knees straight and his back pointing to the ground, it will form an angle (direction) of 450, it will provide several benefits in the body, including:

- a. Prostration position is useful for pumping lymph into the neck and armpits. The position of the heart above the brain allows oxygen-rich areas to flow optimally to the brain. This flow effect on a person's thinking. Therefore, it is better to do prostration with tumakninah, not hastily so that there is enough blood in the brain.
- b. According to Prof. research. Dr. Wan Azman Wan Ahmad, consultant cardiologist at UM Medical Center, said the heart rate can decrease its rate up to 10 times a minute in the prostration position, where the forehead, nose, hands and knees of the feet touch the ground. This certainly provides a sense of relaxation and comfort. This is due to the flow of blood that carries oxygen automatically into the blood vessels of our brain, then the drainage occurs to the ends of the capillaries (this event we will only find when we prostrate).
- c. With prostration movements, it will increase the endurance of blood vessels in the brain. Because, the position of the head is lower than the heart, causing blood to collect in the blood vessels of the brain. This indirectly trains the brain blood vessels of a Muslim so they are not prone to stroke.
- d. In addition, in the prostration position, the blood vessels in the brain are trained to receive an ample supply of oxygen. At the time of prostration, the position of the heart is above the head which allows the blood to flow optimally to the brain. This means that the brain gets a supply of oxygen-rich blood, which stimulates the work of its cells. In other words, prostration that is tumakninah and continuous can trigger an increase in one's intelligence.
- e. According to research Doctor of Neurology in America, Dr. Fidelma, who had embraced Islam, there are several nerves in the human brain that are not penetrated by blood. These veins require blood



- for only a few moments. Yet every inch of the human brain requires sufficient blood to function normally. Blood will not enter the nerves in the brain except when the person is prostrated. This means that blood will enter the part of the vein following the five daily prayers required by Islam.
- f. Especially for women, when the hips and waist lift over the head and chest, the abdominal muscles (rectus abdominis and obliquus abdominis externus) are fully contracted. This condition trains the organs around the stomach to push deeper and longer. This benefits the woman, because in labor it is necessary to have good breathing and sufficient ability to push. When the abdominal muscles have grown bigger and stronger, they are naturally more elastic. The habit of prostration causes the body to restore and maintain the abdominal organs in their place (fixation).
  - g. When prostrating, the weight of the upper body is heaped on the arms to the palms of the hands. This is when the chest muscles contract, the body part of which women are proud. Breasts not only become more beautiful in shape but also improve the function of the mammary glands in them.
  - h. This position prevents a person from hemorrhoids. Especially for women, both bowing and prostration have tremendous benefits for fertility and the health of female organs.
  - i. Prostration position is also very good for those with intestinal and vital organ disorders because this position will automatically reduce the occurrence of unnatural accumulation of feces in the intestine. If an unnatural build-up of feces occurs in the upper part of the large intestine (prolapse) it will cause pressure to the vital organs which will automatically cause disturbance. In women, for example, in the form of severe pain during menstruation or symptoms of premature menopause, while in men, for example, it can cause premature ejaculation. If an unnatural buildup of feces occurs on the side or bottom of the large intestine (ballooned sigmoid) it will compress the kidneys and cause various kidney disorders.
  - j. In addition, the prostration position is also very good for sufferers of ulcers and other diseases related to the stomach and intestines, rheumatism, kidney, spinal problems and even almost all diseases can be cured with prolonged prostration therapy.
  - k. It is also believed that the prostration movement nourishes the digestive system. Because when prostrating, there is a massage process of the stomach and digestive device. Besides being able to prevent fat and obesity and strengthen the abdominal muscles, it also improves blood vessels work, and also improves blood circulation in the brain.

#### 6. Sitting between the Two Prostrations and the Early Tasyahud



Figure 9. The initial Tasyahud movement

Rasulullah when he got up from his prostration said takbir (Narrated by Bukhari Muslim). Then sitting iftirasy, namely by straightening the sole of the right foot and occupying the sole of the left foot with tumakninah (HR. Bukhari).

Benefits:

- (1) avoiding pain in the groin that often causes the sufferer to be unable to walk;
- (2) Balancing the electrical and nervous systems of our bodies. Besides being able to maintain the flexibility of nerves in the inner thighs, knees, calf basins, and toes;
- (3) strengthen the heart following the blood circulation system in all parts of the body. "Like tap water flowing through a hose, when the hose is repeatedly squeezed;

#### 7. Sitting Final Tasyahud

(Aulia Jannah)



Figure 10. The Final Tasyahud Movement

Basically, the way to sit at the end of the tasyahud is the same as the way to sit in the initial tasyahud.

The difference is in position soles of the feet. At the end of the tasyahud, the Prophet's sitting position was with a bidruk, that is, the position of the buttocks the left side is attached to the ground, the left foot and the right foot are on one side, namely the right side (Narrated by Abu Dawu'ddan alBaihaqi) and put his left foot under the thigh and calf of the right leg as well straightening the sole of the right foot. But sometimes he spread it (HR. Muslim and Abu'Awânah).

Benefits:

- 1) improve reproductive organs in the perineal area;
- 2) Sitting raisin is very good for men because the heel presses the flow of the bladder (urethra), male genital glands (prostate) and the vas deferens duct. If done correctly, this posture can prevent impotence. Variation in the position of the soles of the feet during iftirasy and Betruk causes all leg muscles to also stretch and then relax again. It is this harmonious motion and pressure that maintains the flexibility and strength of our organs of motion.

#### 8. Greetings to the right and left

When the Messenger of Allah said his greetings to mark the completion of the prayer, the Messenger of Allah turned to his right,

while saying: Assalâmu

„Alaikum wa rahmatullâh (salvation and Allah's grace may be abundant to you), to the cheeks

visible right, then turned to the left, saying: Assalâmu „alaikum

wa rahmatullâh (salvation and Allah's mercy may be abundant for you), until he saw his left cheek the white one (HR. Muslim).

Benefits:

- 1) relaxes the muscles around the neck and head, and improves blood flow in the head so as to prevent headaches and keep facial skin firm;
- 2) Provides relaxation to the muscles and neck bones. In the neck, there are many tissues of the nervous system and blood vessels that connect the head and body parts. This movement will indirectly prevent a person from nervous disorders.

#### 4. CONCLUSION

Based on the discussion that has been described in previous chapters, it can be concluded that the concept of vectors in the prayer movement is reflected in prayer movements such as bowing, prostration, takbiratul ikhram, and others. One cycles of prayer (standing upright will form an angle of  $0^\circ$ , when bowing with the back and legs perpendicular it will form an angle of  $90^\circ$ , and when prostration forms an angle of  $135^\circ$ , because in one prostration prayer movement is performed 2 times, then 2 times prostration forming a sujud  $270^\circ$ , if the total is added up in one prayer movement, then the number of angles is the same as the thawaf movement which is  $360^\circ$ , the benefits of the prayer movement for health are every correct and perfect movement such as standing with your back straight, legs straight, bowing with straightening back ribs, prostration with 7 attached members, then if it is done correctly and istiqomah, there will be benefits that can be felt by the body.

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