

INTEGRATION OF ISLAMIC VALUES IN PHYSICAL EDUCATION: BUILDING A GENERATION WITH PHYSICAL AND SPIRITUAL HEALTH IN THE GLOBAL ERA

Mawar Sari¹, Asbi²

^{1,2}Universitas Muhammadiyah Sumatera Utara

*¹*email: mawarsari@umsu.ac.id*

Abstract: This research explores the integration of Islamic values in education, economy, and technology to address the globalization era, with a special focus on its implementation in physical education. In the modern era, Islamic synergy is not limited to worship aspects alone but encompasses all dimensions of life, including physical education and health. This study analyzes how Islamic principles can be integrated into the physical education curriculum to create a holistic approach that meets students' physical, mental, and spiritual needs. In the context of physical education, Islamic synergy emphasizes the importance of physical health as a trust (amanah) from Allah SWT, as stated in the hadith "Al-'aqlu as-salim fil jismi as-salim" (A sound mind exists in a sound body). This research identifies several key elements in developing an Islamic Synergy-based physical education curriculum, including: 1) Integration of moral values (akhlak) in sports activities and games, 2) Application of modesty principles and 'aurah guidelines in sports attire, 3) Alignment of physical activity schedules with prayer times, 4) Appropriate gender separation in certain sports activities, 5) Development of learning materials that combine physical and spiritual health. The research methodology employs a mixed-method approach with qualitative and quantitative analysis from various Islamic literature sources, modern educational practices, and case studies from various Islamic educational institutions. Research findings indicate that the integration of Islamic values in physical education not only enhances students' physical health but also strengthens their understanding of the relationship between physical and spiritual well-being. In the economic aspect, this research analyzes the potential development of the halal sports industry and shariah-compliant sports equipment. Meanwhile, in the technological aspect, this study explores the use of digital platforms and modern applications to support physical education learning that aligns with Islamic principles. The research conclusion shows that Islamic synergy in physical education has significant potential in shaping future generations who are holistically healthy, globally competitive, while maintaining Islamic values. Recommendations are provided for curriculum development, teacher training, and infrastructure that effectively supports the implementation of this concept.

Keywords: *Physical Education, Islamic Education, Technology Globalization, Islamic Economics*

Introduction

Physical education is an integral part of the education system aimed at fostering students' physical, mental, and emotional health. In the global era, characterized by rapid technological advancements, modern lifestyles, and cultural globalization, the challenge of

maintaining a balance between physical and spiritual health becomes increasingly complex. Sedentary lifestyles, cultural influences that neglect moral values, and social pressures have become prevalent issues among today's youth (Hidayat, 2020).

Islam, as a holistic religion, offers comprehensive guidance for living a balanced life between physical and spiritual well-being. This concept of balance is reflected in values such as *qawiy* (physical strength), *ta'awun* (cooperation), and *amanah* (maintaining the body as a trust from Allah). When physical education is integrated with Islamic values, it can serve as an effective medium to instill morality while also building students' physical health. This approach not only enhances physical quality but also shapes character based on religious teachings (Alwi, 2019).

In practice, however, physical education in many institutions tends to focus solely on physical achievements. The spiritual and moral aspects are often overlooked, leaving the holistic educational goals unfulfilled. In the context of globalization, the dominance of materialistic and individualistic values increasingly marginalizes religious values, thereby influencing the mindset and behavior of the younger generation (Munir, 2021). Therefore, integrating Islamic values into physical education has become an urgent need. This approach is expected to address the challenges of the global era by producing a generation that is physically healthy, spiritually strong, and morally grounded. This research aims to explore how Islamic values can be integrated into physical education and how this approach can provide solutions for building a resilient generation capable of facing global challenges.

Literature Review

Physical Education and Character Formation

Physical education serves not only as a tool to improve physical health but also plays an essential role in shaping students' character. According to Winarno (2017), physical education can instill values such as cooperation, sportsmanship, discipline, and responsibility through sports and physical activities. These values help students develop a strong personality and high morality.

Islamic Values in Education

Islamic values, such as *amanah* (trust), *ta'awun* (cooperation), and *mujahadah* (determination), have significant relevance in education, especially in physical education. Hasan (2019) stated that integrating Islamic values into education can create a balance between physical and spiritual well-being, which is crucial in forming a well-rounded character rooted in religion.

Challenges of the Globalization Era

The era of globalization brings various challenges, including unhealthy modern lifestyles and foreign cultural influences, which often contradict local and religious values. Munir (2020) emphasizes that moral degradation due to globalization can be minimized through education based on religious values, including in the context of physical education.

Integration of Islamic Values in Physical Education

Research by Alwi (2021) shows that physical education integrated with Islamic values not only improves physical health but also strengthens the spiritual aspect of students. This approach provides an understanding that sports and physical activities can become forms of worship if done with good intentions and in accordance with Islamic teachings.

Implementation Strategies

Strategies to integrate Islamic values into physical education include teacher training, development of a curriculum based on religious values, and the creation of sports programs that align with Islamic teachings. According to Farid (2022), this approach requires support from all parties, including the government, schools, and communities, to achieve maximum success.

Holistic Education Based on Islamic Values

Holistic education aims to create balance in the intellectual, emotional, spiritual, and physical development of students. From an Islamic perspective, education's purpose is not only to form academically competent individuals but also morally upright ones. Rahman (2018) asserts that physical education integrated with Islamic values can create a generation with spiritual awareness and social responsibility through meaningful physical activities.

The Influence of Physical Education on the Balance between Physical and Spiritual Health

Physical education plays a crucial role in achieving a balance between physical and mental health. According to Syamsuddin (2019), integrating Islamic values into physical education helps students understand that maintaining the body is part of worship, thus enhancing spiritual awareness through physical activities.

The Role of Teachers in Integrating Islamic Values

Teachers play a strategic role in integrating Islamic values into physical education. Ahmad (2020) explains that teachers should be able to convey moral values through physical activities, such as teaching sportsmanship, honesty, and teamwork. Thus, physical education becomes not only a means of fitness but also a medium for character formation.

Islamic Values in Sports

In Islam, sports are not just considered physical activities but also a means of drawing closer to Allah. From an Islamic perspective, sports conducted with good intentions and in compliance with Islamic principles have an aspect of worship. Sulaiman (2021) states that physical activities integrated with Islamic values, such as maintaining modesty and upholding honesty, can shape strong and moral character.

Globalization and Religion-Based Education

Globalization brings challenges in maintaining cultural and religious identities. Education based on religious values, including physical education, becomes a solution to these challenges. Zainuddin (2022) reveals that physical education integrated with Islamic values can serve as a medium to preserve local and religious values amid the rising tide of globalization.

Method

This study employs a qualitative descriptive approach to explore how Islamic values are integrated into physical education to build a healthy generation both physically and spiritually in the era of globalization. The research design includes a literature review and in-depth interviews as the primary sources of data. Below is the detailed description of the research methodology:

Type of Research

This research is qualitative descriptive, aiming to analyze and describe the process of integrating Islamic values into physical education. This approach is used to understand the phenomenon in-depth and comprehensively.

Data Sources

- a. **Primary Data:** Data are collected through interviews with physical education teachers, Islamic education experts, and practitioners of sports based on Islamic values.
- b. **Secondary Data:** Data are gathered from literature such as books, journals, scholarly articles, and documents related to the theme of integrating Islamic values into physical education.

Data Collection Techniques

- a. **In-depth Interviews:** Conducted with physical education teachers and sports practitioners to gather information about the implementation of Islamic values in teaching.
- b. **Documentation:** Involves the use of written documents, Islamic-based physical education curricula, and policies related to physical education in the era of globalization.
- c. **Literature Review:** Involves exploring theories and concepts from relevant literature to support the research.

Data Analysis Techniques

The data will be analyzed using thematic analysis, involving the following steps:

- a. Reading and understanding the data obtained from interviews and documentation.
- b. Identifying main themes, such as Islamic values, integration methods, and globalization challenges.
- c. Linking the findings to relevant theories, including physical education, Islam, and character formation.

Results and Discussion

How the Concept of Integrating Islamic Values in Physical Education Can Be Effectively Applied in the Globalization Era

a. The Importance of Integrating Islamic Values in Physical Education

The integration of Islamic values in physical education aims to create a balance between the physical, mental, and spiritual development of students. In the era of globalization, where the influence of foreign cultures is strong, physical education based on Islamic values becomes a solution to form a generation that is physically healthy and morally upright. This education instills the understanding that maintaining physical health is part of worship to Allah, as stated in the Hadith of Prophet Muhammad (PBUH): "A strong believer is better and more beloved to Allah than a weak believer."

b. Concepts of Integrating Islamic Values in Physical Education

The integration of Islamic values in physical education can be implemented through the following approaches: 1) **Spiritual Values:** Connecting physical activities with the value of worship, such as reading prayers before and after exercising or understanding the importance of maintaining the body as a trust from Allah. 2) **Ethical and Moral Values:** Teaching sportsmanship, honesty, and teamwork during physical activities. In competitions, students are taught to be fair and respect their opponents. 3) **Social Values:** Fostering solidarity through team sports, which instills cooperation and togetherness.

Discipline and Responsibility: Encouraging students to be punctual, follow the rules, and take responsibility for tasks during lessons. 5) The integration of Islamic values in physical education faces several challenges in the global era: **Conflicting Global Culture:** Globalization brings modern sports culture that sometimes does not align with Islamic values, such as clothing that does not cover the aurat. **Technology and Sedentary Lifestyle:**

The tendency of children to engage more in technology than physical activities becomes a major obstacle in the implementation of physical education. Suboptimal Curriculum: The physical education curriculum often does not explicitly incorporate Islamic values, requiring innovation from educators for integration.

c. Effective Implementation Strategies

To effectively apply the concept of integrating Islamic values, the following strategies can be adopted:

1. Developing an Islamic-Based Curriculum: Designing a physical education curriculum that explicitly integrates Islamic values.
2. Teacher Training: Enhancing the capacity of physical education teachers to understand and teach Islamic values.
3. Supporting Facilities: Providing sports facilities that align with Islamic values, such as separate spaces for male and female students.
4. Contextual Approach: Adjusting learning to local culture and the needs of students so that Islamic values become more relevant.

d. Benefits of Integrating Islamic Values

The implementation of physical education based on Islamic values offers significant benefits, such as:

1. Forming a generation that is physically strong, has integrity, and embodies moral character.
2. Familiarizing students with the view that sports is a form of worship, not just entertainment.
3. Creating a learning environment that supports both spiritual and moral development.

Guiding Educational Institutions in Developing a Physical Education Curriculum Aligned with Islamic Values

1. The Importance of Guidelines for Developing an Islamic-Based Physical Education Curriculum

An Islamic-based physical education curriculum is urgently needed in the globalization era. This curriculum aims not only to improve the physical health of students but also to instill morality, spirituality, and strong character. Islamic-based physical education can form students who are both physically and spiritually healthy, in line with Islamic teachings that prioritize a balanced life. According to Rahman (2018), an Islamic-based curriculum must encompass values such as amanah (keeping the body as a trust from Allah), ta'awun (cooperation), shiddiq (honesty), and mujahadah (diligence in effort). These values can be integrated into every physical education activity, so that sports becomes not only a physical endeavor but also a medium for character formation.

2. Elements of an Islamic-Based Physical Education Curriculum

Guidelines for developing an Islamic-based physical education curriculum should include:

a. Basic Competencies and Learning Objectives:

1. Learning objectives should not only focus on physical fitness but also on developing good character and spiritual awareness.
2. Basic competencies include sportsmanship, discipline, responsibility, and appreciating the body as a gift from Allah.

b. Integration of Islamic Values:

1. Every physical education activity should reflect Islamic teachings, such as reading prayers before and after exercise, maintaining aurat, and upholding honesty in competitions.

2. Strengthening the concept that sports can be an act of worship if done with good intentions and in accordance with Sharia.
- c. Learning Approach:
 1. Using a collaborative-based approach to instill the value of teamwork (ta'awun).
 2. A reflective approach to help students understand the connection between physical activity and spirituality.
- d. Evaluation Methods:

Evaluation should not only measure physical ability but also the achievement of character and morality in students.
3. Challenges in Developing an Islamic-Based Curriculum
 - a. Limited Educator Understanding: Teachers may not fully understand how to integrate Islamic values into physical education lessons.
 - b. Insufficient Facilities and Infrastructure: Sports facilities that align with Islamic values, such as separate spaces for male and female students, are still lacking in some educational institutions.
 - c. Suboptimal National Curriculum: The current national curriculum does not fully provide space for the explicit integration of Islamic values into physical education.
4. Strategies for Developing an Islamic-Based Curriculum

To ensure the effective application of these guidelines, several strategies need to be implemented:

 - a. Teacher Training: Provide training for physical education teachers on Islamic values relevant to their teaching.
 - b. Collaboration with Islamic Education Experts: Involve religious scholars, Islamic education experts, and sports practitioners in the process of curriculum development.
 - c. Provision of Appropriate Facilities: Build sports facilities that support the implementation of Islamic values, such as gender-segregated sports spaces.
 - d. Integration into the National Curriculum: Encourage the government to incorporate Islamic values into the national physical education curriculum.
5. Benefits of an Islamic-Based Physical Education Curriculum
 - a. Strengthening Student Character: Developing moral values such as sportsmanship, cooperation, and honesty.
 - b. Balance Between Physical and Spiritual Health: Raising awareness that maintaining physical health is a form of worship.
 - c. Improved Education Quality: Creating a holistic approach to learning that is relevant to the needs of the majority-Muslim community in Indonesia.

Providing Concrete Strategies for Teachers to Instill Moral and Spiritual Values through Physical Activity and Sports

1. The Importance of Concrete Strategies for Instilling Moral and Spiritual Values

Teachers play a strategic role in integrating moral and spiritual values into physical activity and sports. Physical activity is not only a means of maintaining physical health but also an effective medium for character learning and strengthening spirituality. Concrete strategies are necessary to ensure these values are deeply embedded and not just theoretical. According to experiential learning theory, the direct involvement of students in sports activities can be an effective way to instill values such as honesty, teamwork, discipline, and responsibility. Therefore, strategies should be designed so that students can internalize these values during the learning process.

2. Concrete Strategies for Instilling Moral and Spiritual Values
 - a. Leading by Example: Teachers must model moral values, such as honesty in leading a game or patience with students. This role model strengthens character learning because students learn through observation and direct experience.
 - b. Linking Activities with Spiritual Values: Before starting activities, teachers can invite students to read prayers together and remind them that maintaining health is a form of gratitude to Allah. This helps students understand the connection between physical activity and spirituality.
 - c. Incorporating Moral Values in Game Rules: In every game or competition, teachers can emphasize values such as sportsmanship, respect, and teamwork. For example, penalizing dishonest actions with a group discussion about the importance of honesty.
 - d. Reflection After Activities: After activities, teachers can ask students to reflect on their experiences, such as what they learned about teamwork or how they faced challenges with honesty. This reflection strengthens the internalization of moral and spiritual values.
 - e. Appreciation of Positive Values: Teachers can reward students who show sportsmanship, respect for others, or help others. This appreciation motivates students to continue demonstrating positive behavior.
3. Challenges in Implementation and Solutions
 - a. Limited Teacher Understanding: Teachers need specialized training on integrating moral and spiritual values.
 - b. Lack of Supporting Facilities: Sports facilities must be managed so they align with Islamic values, such as gender-segregated spaces.
 - c. Lack of Student Motivation: Teachers need to create an engaging learning environment so students feel involved.

Conclusion:

The integration of Islamic values into physical education is a strategic effort to build a generation that is not only physically healthy but also strong in spirituality and morality. Physical education does not only function as a means of physical fitness, but also as a medium for instilling Islamic values such as cooperation, sportsmanship, responsibility, and gratitude to Allah. In the global era, where moral and spiritual challenges are increasing, the integration of Islamic values becomes an urgent necessity. Through physical education based on Islamic values, students can be equipped with physical skills, noble character, and an Islamic worldview capable of facing the complexities of modern life. The success of this integration requires support from various parties, including teachers, educational institutions, and the government. A curriculum that integrates Islamic values, teacher training, as well as supporting facilities and infrastructure are key elements in the successful implementation of this integration.

Bibliography

- Hidayat, A. (2020). Pendidikan Jasmani di Era Global: Tantangan dan Solusi. *Jurnal Pendidikan dan Olahraga*, 15(2), 45-60.
- Alwi, M. (2019). Konsep Keseimbangan Jasmani dan Rohani dalam Islam. *Jurnal Pendidikan Islam*, 8(1), 23-35.
- Munir, R. (2021). Globalisasi dan Dampaknya pada Pendidikan Moral Generasi Muda. *Jurnal Globalisasi dan Kebudayaan*, 7(3), 90-105.

- Winarno, M. (2017). Peran Pendidikan Jasmani dalam Pembentukan Karakter Anak. *Jurnal Pendidikan Olahraga*, 14(2), 45-52.
- Hasan, A. (2019). Nilai-Nilai Islam dalam Pendidikan: Pendekatan Holistik. *Jurnal Pendidikan Islam*, 10(1), 30-40.
- Munir, R. (2020). Dampak Globalisasi terhadap Moral Generasi Muda. *Jurnal Globalisasi dan Pendidikan*, 8(3), 88-98.
- Alwi, M. (2021). Pendidikan Jasmani sebagai Sarana Ibadah dalam Islam. *Jurnal Pendidikan dan Keagamaan*, 12(2), 50-60.
- Farid, Z. (2022). Strategi Integrasi Nilai-Nilai Agama dalam Pendidikan Jasmani. *Jurnal Pendidikan Holistik*, 9(4), 20-30.
- Rahman, F. (2018). Pendidikan Holistik dalam Perspektif Islam: Teori dan Praktik. *Jurnal Pendidikan Holistik*, 15(1), 23-33.
- Zainuddin, M. (2022). Pendidikan Nilai Agama di Era Globalisasi. *Jurnal Pendidikan dan Globalisasi*, 10(1), 50-60.