

## **AL-QURAN TEACH THE IMPORTANCE OF TAKING CARE OF HEALTH PHYSICAL: Tafseer Surat Al-Baqarah**

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### **ABSTRACT**

This thesis research using qualitative research through searching library data or library research. The method used in the discussion of the verse is the method of interpretation, which is used by the commentators in explaining the content of the verses of the Qur'an from various aspects by paying attention to the verses of the Qur'an as stated in the manuscripts. Starting with mentioning the verses to be interpreted, explaining the meaning of the lafaz contained in them, and explaining the contents of the verses. While the discussion method uses descriptive methods by collecting data, analyzing data and then drawing conclusions. Based on the results of the study, it shows that in the Qur'an letter al-Baqarah there are values of physical education, including physical health education, environmental health education (hygiene), mental health education, and education on maintaining a diet.

**Keywords :** Al-Quran, Al-Baqarah, Education, Fisical Health

### **INTRODUCTION**

Islam wants its people to grow up to be strong figures, namely physically and mentally strong (Islamy, A., & Istiani, 2020). This power is very broad in scope. Namely in the field of health and physical fitness and cleanliness and chastity. Moreover, Allah SWT has reminded us not to become a generation of Muslims who are physically and spiritually weak, both individually and in social life. Physical education is essentially an educational process that utilizes physical activity to produce holistic changes in individual qualities, both physically, mentally, and emotionally.

Physical education treats the individual as a unified whole, not only as someone who is separated from his body and his spirit. In fact. Physical education is a broad field of study. The point of concern is the physiological aspects and various activities (Sholichah & Ayuningrum, 2020). More specifically, physical education is concerned with the relationship between human movement and other areas of education; relationship between the development of the physical body with the mind and soul. The

focus is on the influence of physical development on the area of growth and development of other aspects of the human being.

Regarding the body, Islam emphasizes the importance of sports to create a strong and healthy Rabbani generation. Therefore, Islam teaches every Muslim to teach his children how to do archery, swimming, horse riding, etc. types of sports that are beneficial for individual health. Sport is a necessity of human life, if someone does it regularly it will have a good influence on his physical development. Apart from being useful for growth for human physical development, it also has an influence on spiritual development, this influence can provide work efficiency for the organs of the body, so that blood circulation, respiration and digestion become regular (Hestina, 2020).

Health is also one of the rights for the human body, said the Prophet Muhammad SAW. Because health is a human right, something that is in accordance with human nature. Health in Islam is very important, the verses of the Qur'an and hadith show the importance of health issues. Such is the importance of the issue of maintaining health as the main subject of research, namely the theory of body exercise or what is known to be able to have a positive effect on significant changes, especially in removing bad toxins in the body released by sweat as well as urine, and human waste. There are many ways that humans take to maintain health and avoid disease in everyday life, including: maintaining a healthy diet is also good (Hakim & Herlina, 2018).

Another way to get to a healthy body is to eat and drink that is halal and nutritious, a balanced diet and drinking is not excessive, adequate rest, clean clothes, and healthy and clean behavior to avoid various diseases, both physical and mental diseases. Jumini, S., & Munawaroh, 2018).

The Messenger of Allah (SAW) said, "A strong believer is more beloved to Allah than a weak believer. However, both of them have advantages (Misbakhuddin & Arofah, 2018). Keep yourself in a state (situation) that is beneficial to yourself and always ask Allah for help and don't be bored. If you get a trial, don't say: "If (just now) I did this and that (of course it wouldn't be like this)." But say: "Allah Almighty does as He wills." Because the words "law" (if) provide opportunities for the devil (HR. Muslim in Muslim, 2020)

## THEORY BASIS

Values are a set of beliefs or feelings that are believed to be an identity that gives a special pattern to patterns of thought, feeling, connection and behavior. According to Hoffmeister, value is a relationship held by humans who are giving a value between an object of one size. Value is an abstract reality. Values we feel in each of us as driving forces or principles that become important in life, to a degree, where while people are more ready to sacrifice their lives than value sacrifices (Munawwaro, 2018).

Philosophically, values are closely related to ethical issues. Ethics is also often referred to as a philosophy of value which examines moral values as a benchmark for human actions and behavior in various aspects of life. Sources of ethics and morals can be the result of thought, customs or traditions, ideology and even religion. In the context of Islamic education ethics, the most authentic sources of ethics and values are the Qur'an and the Sunnah of the Prophet SAW which were later developed into the results of the *ijtihad* of the scholars. Values derived from customs or traditions and ideologies are very vulnerable and situational. Meanwhile, the Qur'anic values, namely the values derived from the Qur'an and Sunnah, are strong, because the teachings of the Qur'an are absolute and universal (Susanti, 2018).

Education comes from the word educate, then this word gets the prefix "men-" so that it becomes educational, meaning to maintain and provide training. In maintaining and providing training, it is necessary to have teachings, guidance and leadership regarding morals and intelligence of the mind. Education is a conscious effort made by humans to develop the potential of other humans or transfer the values and norms they have to others on the basis of society (Sunarko, 2018).

In a basic sense, education is a process of becoming, namely making a person into himself who grows in line with his talents, character, abilities and conscience as a whole (Al-Jamil, AH, & Sugihartono, 2018). Education is not intended to print the character and abilities of students as well as the teacher. The educational process is directed at the functioning of all potential learners humanely so that they become themselves who have superior abilities and personalities.

Therefore, education should not make a man a stranger to himself and a stranger to his conscience. Education should not give birth to false attitudes, thoughts and

behaviors. Education should not make humans outside of themselves. Education must be able to unite attitudes, thoughts, behavior, conscience, and faith into a unified whole.

Physical education is education that prioritizes our physical, physical strength and also our mental strength in facing the outside world. Physical education is an advanced level of education that cannot be done arbitrarily. This education aims to form physically and mentally strong so that we can become "resilient" humans and mentally strong humans. Physical education can be achieved by training body movements (sports, self-defense, etc.), regular and nutritious eating and drinking patterns and also getting enough rest to be healthy and develop physically. Physical education (physical) is interrelated with spiritual education (spiritual), because physical conditions are inseparable but even affect each other with the spiritual state of humans, and education is actually an overall education or personality education, so it is not surprising that physical education is also very useful for students. spiritual formation (Rokim, 2018).

The development of physical quality for the younger generation includes adequate intake of food and beverages that contain nutrition, active exercise and other related matters. In Islam all food and drink must be halal and good (halalan tayyiban). Food and drinks that enter the human body greatly affect their health and physical fitness, even in Islam halal food is food that is not haram, that is, what is not prohibited by religion from eating it. There are two kinds of haram food, namely: haram because of its substance, such as pork, carrion, blood, and haram because of something that is not in its substance, such as food that is not permitted by the owner to be eaten or used. Meanwhile what is meant by tayyiban according to Abdurrahman bin Nasir as-Sa'di is food that runs out, namely food that is not rotten, expired or contains bacteria that are harmful to health when consumed (Budiman & Suharto, 2021).

The Qur'an strongly emphasizes that the quality of food consumed by humans is the quality of halal and good food that can bring and guarantee health. However, according to M. Quraish Shihab, not all halal foods are automatically tayyib for everyone's health. So the quality of the halal tayyiban food ordered by the Qur'an requires Muslims to understand the science of nutrition and maintain the quality of tayyiban food in the right ways (Kahar, 2018).

The development of the spiritual quality of young people must always be improved, even this is the most important thing in the lives of young people. Someone whose faith

takes root from a young age will certainly find it easier to live a life full of challenges. Therefore, Islam is very concerned about spiritual education or religious education from an early age until reaching adulthood.

## RESEARCH METHOD

As for the focus of the research, the authors focus on the values of physical education contained in the letter al-Baqarah verse 247. This type of qualitative research is research in which researchers in conducting their research use observation, interview or interview techniques, content analysis, and other data collection methods to present the responses and behavior of the subject, by tracing library data or library research.

The data source that the author uses in this study is a written data source using informational data that is literature literature, because the research method chosen is library research whose data source comes from interpretation books such as al-Misbah interpretation, Tafsir al-Qurthubi, Tafsir Ath-Tabari, Tafsir al-Qur'an al-Aisar, Tafsir Sya'rawi and educational books, especially those related to the discussion.

This technique includes library research or library research. Therefore, the technique used in data collection is a literature study (book survey), namely library materials that are coherent with the object of the discussion in question, namely collecting commentary books whose discussion is related to the problem to be studied, then collecting materials that related to the problem of physical education values.

## RESEARCH RESULTS

The Prophet Muhammad himself was a person who liked to exercise. He advised his companions to practice archery, and he himself was a master archer. He advised them to practice horseback riding, and he himself was a skilled horseman. He advised them to swim, and he was a proficient swimmer. There are several types of sports favored by the Prophet Muhammad as mentioned below:

1. Archery. Archery or archery is an activity using a bow to shoot arrows. Evidence suggests that the history of archery dates back 5,000 years, initially being used for hunting, then developing as a weapon in combat and later as a sport of precision. Someone who likes or is an expert in archery is also called an archer.

2. Riding. Horse riding is an equestrian sport that has been around for centuries. Horses are trained to race towards the finish line against other competitors. An example is chariot racing which was popular in ancient Rome. The Prophet SAW strongly emphasized the Muslims to pursue equestrian sport as a symbol of the power of Islam. Uqbah Ibn Amir ra said, I heard the Messenger of Allah on the pulpit reading the verse, "And prepare your strength and horsemen to face them as hard as you can, remember that strength is archery, remember that strength is archery." (HR. Muslim).

3. Swimming.

Swimming is movement while moving in water, and usually without artificial equipment. This activity can be used for recreation and sport. Swimming is used when moving from one place to another in the water, fishing, bathing, or doing water sports. Swimming is also very useful for recreational and competitive purposes. Humans also swim in rivers, in lakes, and in the sea as a form of recreation. Swimming makes the body healthy because almost all the muscles of the body are used when swimming. In history it is stated that humans have been able to swim since prehistoric times, the oldest evidence of swimming is that paintings of swimmers from the stone age have been found in "swimmers' caves" adjacent to Wadi Sora on Gili kebir, southwest Egypt. Prophet Muhammad SAW emphasized to Muslims to pursue swimming and taught it to all their sons and daughters in order to train body endurance. The Prophet SAW said, "Teach your sons to swim and archery." (HR. Ath-Tahawi)

Al-Ghazali views cleanliness as a factor in health, even modern health sciences still maintain that cleanliness is the basis of health. Cleanliness is the main requirement that must be fulfilled in every form of worship in Islamic law. Like the obligation of children to perform ablution before praying. Also the command to wear clean clothes and also a place of prayer that is holy from unclean and dirt that can invalidate the validity of prayer. Cleanliness is a human effort to protect themselves and their environment from all that is dirty and vile in order to realize and preserve a healthy and comfortable life Cleanliness is a condition for the realization of health, and health is one of the factors that can provide happiness. On the other hand, dirty not only spoils beauty

but can also cause various diseases, and illness is one of the factors that causes suffering.

Maintaining health requires knowledge of the nature of healthy living and inculcating healthy habits and forming the psychological foundations and enthusiasm for healthy living. Education is required to grow humans on the principle of physical cleanliness and work in a clean environment. Broadly speaking, Islam divides cleanliness into three types, namely physical cleanliness, cleanliness of clothes and cleanliness of the environment.

## CONCLUSION

Physical education is an activity to train one's body to stay fit and healthy. Sport in Islam is highly recommended. Prophet Muhammad SAW ordered Muslims not to neglect sports activities. There are several types of sports that were favored by the Prophet Muhammad SAW as mentioned including Archery, Horse Racing, and Swimming.

Hygiene education is a human effort to protect themselves and their environment from all that is dirty and vile in the context of realizing and preserving a healthy and comfortable life. Cleanliness is a condition for the realization of health, and health is one of the factors that can provide happiness. On the other hand, dirty not only spoils beauty but can also cause various diseases, and illness is one of the factors that causes suffering. Broadly speaking, Islam divides cleanliness into three types, namely physical cleanliness, cleanliness of clothes and cleanliness of the environment.

Health Education, Islamic teachings are very concerned about health. Many of the Prophet's guidance and instructions related to health are explanations and at the same time the practice of the main teachings contained in the Qur'an and reflected in life in relation to family, friends, educational and teaching practices, personal and group life that the Prophet did. .

Philosophically "health is life and life is healthy" (Health is life and life is health). That's why health is the desire of all human beings. Pain is an unwanted occurrence in human life. Treatment so that people become cured and to avoid death as the last consequence of disease is an effort that has always been and will continue to be carried out by humans. Scientifically, disease can be interpreted as a disturbance in the

physiological function of an organism due to infection or pressure from the environment. In other words, disease is objective. Sickness is an individual's assessment of the experience of suffering from a disease and is subjective. Subjective symptoms are characterized by an unpleasant feeling. The concept of "Health for All" can be interpreted as health is the need of every individual, whether sick or healthy or the needs of every human being regardless of status and position. Sick people need healing (curative) and healthy people need promotive, preventive, rehabilitative and conservative efforts. All human activities from waking up in the morning, doing activities, sleeping, until waking up the next time are related and affect health.

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