

Physical Education in the Perspective of Hadith

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Abstract: *Physical education from an Islamic perspective aims not only to develop physical fitness but also to shape character and balance between the physical and spiritual. This study aims to examine the concept of physical education according to Islamic teachings and its relevance to educational practice in schools. The method used is a literature review, examining the Quran, Hadith, and related educational literature. The results of the study indicate that Islam encourages physical activity, discipline, and health maintenance as part of the mandate to preserve the body. These values align with the goals of modern physical education, so the integration of Islamic values into physical education learning can strengthen the formation of healthy and moral students.*

Keywords: *Islam, pendidikan jasmani, kesehatan, karakter.*

Abstrak: *Pendidikan jasmani dalam perspektif Islam tidak hanya bertujuan mengembangkan kebugaran fisik, tetapi juga membentuk karakter dan keseimbangan antara jasmani dan rohani. Penelitian ini bertujuan untuk mengkaji konsep pendidikan jasmani menurut ajaran Islam serta relevansinya dalam praktik pendidikan di sekolah. Metode yang digunakan adalah studi kepustakaan dengan menelaah Al-Qur'an, Hadis, dan literatur pendidikan terkait. Hasil kajian menunjukkan bahwa Islam mendorong aktivitas fisik, kedisiplinan, dan pemeliharaan kesehatan sebagai bagian dari amanah menjaga tubuh. Nilai-nilai tersebut sejalan dengan tujuan pendidikan jasmani modern, sehingga integrasi nilai Islam dalam pembelajaran pendidikan jasmani dapat memperkuat pembentukan peserta didik yang sehat dan berakhlak.*

Kata Kunci : *Islam, physical education, health, character*

Introduction

Education is a comprehensive process of human development that encompasses intellectual, spiritual, emotional, and physical aspects. In the context of national education, physical education plays an important role in shaping healthy, fit, and characterful students. However, in practice, physical education is often narrowly understood as merely physical activity, without being linked to the moral and spiritual values that accompany it.

Islam views the body as a trust from Allah SWT that must be protected, maintained, and used for good. Islamic teachings emphasize the importance of maintaining physical health, cleanliness, discipline, and balance between the physical and spiritual. These values are reflected in various sources of Islamic teachings, such as the Qur'an and Hadith, which encourage believers to live healthy, strong, and productive lives. Therefore, physical education in the Islamic perspective has a broader dimension, namely as a means of shaping morals and character. In the context of

Islamic education, character formation is not only achieved through physical activities, but also through the process of internalizing values that involve meaningful learning experiences and the development of students' moral awareness (Nugraha et al., 2024).

As the concept of character education develops, the integration of Islamic values into physical education becomes increasingly relevant, especially in schools based on Islamic values. Physical education integrated with Islamic values is expected to not only improve students' physical fitness, but also instill discipline, sportsmanship, responsibility, and spiritual awareness. Based on this background, this study aims to examine the concept of physical education from an Islamic perspective and its relevance in educational practices in schools.

Education that utilizes physical activity to bring about holistic changes in the quality of individuals, both physically, mentally, and emotionally. Therefore, the Prophet Muhammad encouraged his followers to always maintain their physical health through hadiths, including hadiths about archery, horse riding, maintaining a healthy diet, and maintaining cleanliness.

Therefore, physical education is very important for humans, both from God's perspective in terms of humans obeying His commands and avoiding His prohibitions, so that their worship may be perfect, and also from the human perspective in terms of cooperation, so that the results of their cooperation may be more effective and efficient. There is a saying that explains that a healthy body houses a strong soul.

Among the benefits of sports are: First, Islam encourages its followers to be physically strong by participating in sports. Second, good sports are not only those that require physical strength, but also those that involve the brain and precision.

Islamic teachings are indeed comprehensive and perfect. Even sports are encouraged by the Prophet Muhammad, such as swimming, archery, running, horse riding, wrestling, and so on. Therefore, Muslims should not be lazy about exercising. Exercise aims to make people healthy and strong. In Islam, health is considered the second-best blessing after faith. Additionally, many acts of worship in Islam require a strong body, such as prayer, fasting, pilgrimage, and jihad. In fact, Allah actually favors strong believers.

Methods

This study uses a library research approach by examining various relevant scientific sources, including books, journals, and previous research results. The focus of the study is directed at the concept of physical education in the perspective of hadith. The analysis is descriptive, grouping the literature findings based on theme and their relevance to the research objectives.

Results and Discussion

Definition of Education

In Indonesian, the term Pendidikan comes from the word "didik" with the prefix "pe" and the suffix "an", meaning "action" (thing, way, etc.) (Poerwardaminta, 1976). The word

"education" comes from the Greek word *paedagogos*, which means "to walk with children." In *paedagogos*, there was a servant or young man in Ancient Greece whose job was to take children to and from school. *Paedagogos* comes from the words *paedos* (child) and *agoge* (I guide, I lead). The word, which originally meant "lowly" (servant, young man), is now used to refer to a noble profession. A *pedagogue* (educator or teacher) is someone whose job is to guide children (Purwanto, 1998).

Law No. 20 of 2003 explains that: Education is a conscious and planned effort to create a learning environment and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and the skills needed by themselves, the community, the nation, and the state. Education must cover three important aspects of human beings, namely spirituality, personality, and intelligence in general. All of these aspects must be realized in every student, which is why education requires good planning so that ultimately every student becomes an *al-Kamil* or a complete human being, both physically and spiritually.

Definition of Islamic Education

In the context of Islam, there are three words used to refer to education. These three words are (1) "*at-tarbiyah*," (2) "*al-ta'lim*," and (3) "*al-ta'dib*." These three words have meanings that are interrelated and compatible with the meaning of education in Islam. These three words have very deep meanings, relating to humans and society as well as the environment in their relationship with God, which are interrelated (Purwanto, 2011).

Hasan Lenggulung said that "Islamic education is a process of preparing the younger generation to fulfill their roles, transfer Islamic knowledge and values that are in line with the human function of doing good deeds in this world and reaping the rewards in the hereafter." Lenggulung emphasized that Islamic education focuses on preparing the younger generation with Islamic knowledge and values so that they are able to strive with all their abilities, based on their physical and spiritual strength in this world and reap the rewards in the hereafter. This process reflects an educational approach that goes beyond the mere transmission of knowledge, emphasizing the formation of moral awareness and values through experiences internalized in students' lives (Al-Muta'aliyah & Nugraha, 2025).

According to Ki Hadjar Dewantara, the essence of education is an effort by adults towards the younger generation with the aim of supporting their progress in life. This means that the function of education is to guide the growth and development of the spiritual and physical strengths inherent in every child so that they can be useful in their lives (Na'im & Tsauqi, 2011).

Ki Hajar Dewantara defined education as an effort to advance children's character, mind, and body, in order to advance the perfection of life, namely living and nurturing children in harmony with nature and society. In Ancient Greek history, there was a system known as *Paidea*, an educational system with a vision and mission to shape ideal human beings, namely people who have harmony between soul and body so that they are able to achieve happiness.

As stated by Ahmad D. Marimba, education is conscious and planned guidance and direction by educators towards the physical and spiritual development of students to form a strong personality (Mariba, 1996). Personality is formed from a combination of physical and spiritual aspects, so education must be carried out with the aim of balancing these aspects.

It is very clear that education cannot be separated from physical aspects. The essence of education is to guide children so that they can grow optimally, both physically and spiritually, developing their creativity, emotions, and willpower so that they can become pillars of society in the future..

The Purpose of Education and Islamic Education

The goal, according to Zakiah Daradjat (Mariba, 1996), is something that is expected to be achieved after an effort or activity is completed. Meanwhile, according to H.M. Arifin, That goal may point to a future that lies at a certain distance that cannot be reached except through effort via a specific process.

In Law No. 2 of 1989 concerning the National Education System, Chapter II Article 4, it is stated that the purpose of national education is to educate the nation and develop Indonesian citizens, namely, people who are faithful and devoted to God Almighty and have noble character, knowledge and skills, physical and spiritual health, a stable and independent personality, and a sense of social and national responsibility.

According to Law Number 20 of 2003 concerning the National Education System Article 3, the goal of national education is to develop the potential of students to become people who are faithful and devoted to God Almighty, have noble character, are healthy, knowledgeable, skilled, creative, independent, and become democratic and responsible citizens.

Meanwhile, according to Al-Abrasyi, in his study of Islamic education, he concluded that there are five general objectives for Islamic education (Al-Abrasyi, 1969):

To foster moral character. From the beginning until now, Muslims agree that moral education is the core of Islamic education, and perfect moral character is the true goal of education., Preparation for life in this world and the hereafter. Islamic education does not focus solely on religion or the world, but on both., Preparation for seeking livelihood and maintaining benefits, or what is better known today as vocational and professional goals., Fostering scientific enthusiasm in students and satisfying their curiosity, enabling them to study science for its own sake., Preparing students professionally, technically, and in terms of craftsmanship so that they can master a particular profession.

Physical education as a subject in school plays a major role in the development of students' behavior, particularly in terms of psychomotor skills, in addition to other aspects. Physical education can be defined as a conscious and planned effort to train the body so that each student grows and develops optimally. Physical education is categorized as a subject that must be taken by all students, providing them with basic knowledge and skills in sports and health, as well as opportunities for students to develop themselves in order to achieve excellence in various sports. Article 18 of Number 3 of 2005 concerning the National Sports System states that sports education is mandatory for children from an early age (Sartinah, 2011).

Through physical activities or sports, it is hoped that the nation's young generation will grow up with healthy bodies so that they can become the foundation of the nation's future. Not only does it provide physical guidance, physical education also plays a role in fostering cooperation, discipline, courage, and self-confidence in each student. Physical education is

essentially an educational process that utilizes physical activity and health to bring about positive changes in physical, mental, and emotional aspects (Bunayar, 2022).

The key to success in physical education is sincerity and perseverance, especially in developing the motor skills and social skills of each student (Sartinah, 2011). In addition, physical education is education that actualizes the potential of human activities in the form of attitudes, actions, and motor skills towards holistic personal development. Thus, in the physical education learning process, students are not only directed to move but also to live a healthy lifestyle. The motor activities referred to include sports skills. Therefore, physical education is essentially education that aims to achieve comprehensive individual development that is planned systematically and achieves national educational goals.

Physical Education in the Perspective of Hadith

As the second source of law in Islamic teachings, hadith plays a vital role. Considering that another function of hadith is to explain verses in the Qur'an, here are some hadith that contain explanations and recommendations for exercising.

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ، وَفِي كُلِّ خَيْرٍ، إِحْرَاصٌ عَلَى مَا يَنْفَعُكَ وَاسْتِعَانُ بِاللَّهِ وَلَا تَعْجِزْ، وَإِنْ أَصَابَكَ شَيْءٌ فَلَا تَقُلْ: لَوْ أَنِّي فَعَلْتُ كَانَ كَذَا وَكَذَا، وَلَكِنْ قُلْ: قَدَرَ اللَّهُ وَمَا شَاءَ فَعَلَ، فَإِنَّ لَوْ تَفْتَحُ عَمَلَ الشَّيْطَانِ

From Abu Hurairah, may Allah be pleased with him, he said, the Messenger of Allah, peace and blessings be upon him, said, "The strong believer is better and more beloved to Allah, the Exalted and Glorious, than the weak believer; and there is good in both of them." Strive to attain what is beneficial for you, seek Allah's help in all your affairs, and never feel weak. If you are afflicted with a calamity, do not say, "If only I had done such-and-such, this would not have happened," but say, "This has been decreed by Allah, and Allah does whatever He wills," for the saying "if only" opens the door to the deeds of Satan. (H.R. Muslim)

The above hadith explains that Allah loves believers who are strong. Therefore, exercise is necessary. The strength referred to in the hadith of the Prophet, peace be upon him, is strength of faith and physical strength (if it is beneficial to faith), as matters that are beneficial to us are matters that are beneficial to our worldly affairs and our hereafter. In addition to having strong faith, it is important for Muslims to have healthy and strong bodies so that they can always maintain the strength of Islam. Physical education is an integral part that seeks to achieve the goal of developing the physical, mental, social, and emotional fitness of students. This suggests that strength in Islam is not merely physical, but also encompasses spiritual quality and an awareness of the servant's relationship with God, which serves as the foundation for the formation of a Muslim's character (Nugraha, Roni; Hidayat, Arief; Kamilawatie, Ella; Kamil, Ihsan; Nurhakim, Ridwan, 2016).

Among the objectives of physical education is to maintain and preserve physical health, including the respiratory, circulatory, and digestive systems, as well as muscles and nerves, and to train agility and dexterity. Parents should choose sports that are appropriate for their children's physical condition, such as gymnastics, running, and games that sharpen concentration, such as archery or others. Sports for children should not be physically

demanding as this will cause them stress. Parents can choose sports that require basic movements and include games so that children can move optimally. In a hadith, the Prophet Muhammad SAW said (Asmar, 2020):

Meaning: Know that strength lies in archery, know that strength lies in archery, know that strength lies in archery. Shahabat Umar Ibn Khathab R.A. commanded his governor in a letter, writing: Teach your children archery, swimming, and horse riding.

Physical education is not only intended to increase the strength of students, but also to improve their concentration. Several physical activities described in the hadith have characteristics that increase physical strength or concentration, such as the following hadiths:

Exercise to train physical endurance

Running competition

In a narration, the Prophet Muhammad SAW said, which means: Abu Shalih al-Anthaqi Mabbub ibn Musa told us, Abu Ishaq al-Fazari told us, from Hisyam ibn 'Urwat, from his father, from Aisha RA, that she was once traveling with the Prophet SAW. I raced with him and managed to win. Later, when I had grown fat, I challenged him to a race, and he outpaced me, exclaiming, "This is for the race." (Reported by Abu Dawud).

Swimming

In a narration, the Prophet Muhammad SAW said: From Ibn Umar, who said: The Prophet SAW said: "Teach your sons to swim and shoot arrows, and teach your daughters to weave." (Narrated by Baihaqi from Umar ibn al-Khattab).

The two hadiths above form an important basis in Islamic education, namely that training children's physical strength is very important. Physical endurance is essential for every child in carrying out their activities. Running and swimming are types of exercise intended to hone the physical endurance of every child. Physical strength, especially breathing, is very important in these sports.

Exercise to train concentration

Archery

Uqbah bin Amir said, "I heard the Messenger of Allah (peace be upon him) say while he was on the pulpit, 'Prepare whatever strength you can against them. Know that indeed, strength is archery. Know that indeed, strength is archery. Know that indeed, strength is archery.'" (Narrated by Muslim)

Al-Bazzar and Thabrani narrated that the Prophet Muhammad SAW said, "You should shoot arrows because it is your best game." Similarly, al-Bukhari narrated that the Prophet Muhammad SAW once motivated his companions to be enthusiastic about archery. Archery is synonymous with target, steadiness of hand, strength in drawing the bow, and estimation of wind. Archery also requires concentration and continuous practice. The essence of the above hadith is that we learn to focus or concentrate, which means we focus our energy on a single point. To be able to concentrate, we must be sincere and enjoy practicing, so that we can synergize our thoughts and feelings. This concentration practice can also be applied to other things. The essence of the message conveyed by the Prophet is that every Muslim child

must learn or practice concentration so that we can focus on something. A focused mind on a target will be achieved if we can harmonize strength and body with mind and feelings.

Horseback riding

Meaning: From Uqbah bin Amir Al-Juhani, that the Messenger of Allah (peace be upon him) said, "Shoot arrows and ride horses. However, I prefer shooting arrows to riding horses. Indeed, every matter that causes one to be neglectful is invalid, except for archery with one's bow, training or exercising one's horse, and enjoying one's wife." (Reported by Ibn Majah)

From the above hadith, it is understood that horse riding and archery were sports that the Prophet Muhammad SAW enjoyed. Horse riding skills can be used to carry out life tasks, including trading and warfare. Physically, horses are certainly stronger than their riders, but the rider must still control the horse in order to reach their destination. Similarly, in human life, we often have to lead people who are smarter, stronger, and have more advantages than us. Horse riding in this case is a symbol of life and self-control, self-confidence, and courage. From the above hadiths, we can see several purposes of sports activities, but what is no less important is ensuring that every child has sufficient nutritional intake as a source of energy for their activities.

Good eating habits

A person's diet will affect their physical health. Therefore, in addition to food ingredients that meet the requirements, the diet must be good, which means not excessive.

As stated by the Prophet Muhammad SAW, narrated by Imam Bukhari:

Meaning: Ibn 'Umar narrated that the Messenger of Allah (peace be upon him) said: "The believer eats with one stomach, while the disbeliever eats with seven stomachs."

According to M. Syuhudi Ismail, the difference in the hadith shows a difference in attitude or perspective in facing Allah's blessings, including when eating. Believers view eating not as the purpose of life, while non-believers place eating as part of the purpose of their lives. Therefore, believers should not be overly demanding in terms of the deliciousness of food. This also means that believers must limit their food intake. Eating should be based on the body's needs, not merely on sensual desires.

Maintaining cleanliness

Cleanliness greatly affects a person's health and physical condition. Therefore, the Prophet Muhammad paid close attention to this issue. His concern can be seen in the following hadith: *Abu Malik Al-Ay'ari narrated that the Messenger of Allah (peace be upon him) said, "Cleanliness is part of faith." (Narrated by Muslim)*

From the above hadiths, it is clear that the Prophet Muhammad (peace be upon him) paid great attention to physical cleanliness and health. This means that he educated his followers by setting an example. The Prophet Muhammad (peace be upon him) loved order, cleanliness, beautiful scenery, and all that was good.

The Purpose of Physical Education from an Islamic Perspective

One of Islam's goals is to always maintain and preserve physical fitness and health. Therefore, the educational process includes the development of human potential and the maintenance of physical health and fitness.

The goal of physical education, according to Imam al-Ghazali, is for humans to achieve balance between the spirit and the body. This is because the most important part of the human body is the spirit, as it is the root of a person's life journey that enables them to become a person of good character. However, the human spirit cannot stand alone without being balanced by the body. Therefore, in order to achieve the goal of education by becoming a leader, one must be able to maintain both physical and spiritual health (Elihami & Syahid, 2018).

Another goal of physical education is to maintain physical health, which can be achieved through various sports activities. These sports have benefits for improving respiratory health, promoting blood circulation, and maintaining mental health. In addition, through exercise, it is hoped that individuals can develop values such as patience, courage, and honesty within themselves. Thus, through holistic physical education, efforts are made to ensure that both physical and spiritual aspects can develop in a balanced manner. Maintaining physical and spiritual health is expected to produce individuals who not only have healthy bodies but also strong souls (Purwanto, 2011).

In addition, the goal of physical education is to shape children's attitudes or values, intelligence, physical abilities, and skills (psychomotor skills) so that students will become mature and independent, which can later be applied in their daily lives (Suryobroto & Agus, 2004). The development of such attitudes constitutes an integral part of moral education, which is not solely conveyed normatively, but is also cultivated through practical engagement and social experiences in everyday life (Nugraha, 2024).

This objective is expected to continuously maintain and preserve physical fitness and health. Therefore, the educational process includes the development of human potential and the maintenance of physical health and fitness (Muhajir, 2004).

The Benefits of Physical Education from an Islamic Perspective

The body is a gift from Allah that must be cared for and maintained as best as possible. Therefore, education is a necessity in caring for this aspect. Education plays an important role in physical and spiritual development, helping both to grow well. God also emphasizes the importance of knowledge as a guide in all human activities. Surah Al-Isra [17]:36 explains that physical education is not only about the physical or the spiritual, but rather the synergy between the two, the body and the soul.

The benefits of physical education include:

Health

Increasing self-awareness of the types of food and beverages that are good to consume, by paying attention to the amount needed to meet the body's needs, known as balanced nutrition, which will result in a healthy body. This is also done to maintain physical health and avoid various diseases by always maintaining the body's immunity and consistently applying a healthy lifestyle by maintaining personal hygiene, such as exercising regularly,

getting enough sleep, and consuming nutritionally balanced foods, as well as maintaining the cleanliness of clothes and surroundings (Asmar, 2020).

Meeting children's need for movement

Effective exercise is important for children's muscle growth. Through play, children learn various skills. According to Adnan Hasan Shalih Baharits, games as mentioned in the hadith of the Prophet can develop and mobilize physical potential. Children's games will result in the ability to move, jump, run, climb, and other physical activities. In addition, eating also plays a role in increasing weight and helping to develop various organs of the body.

Al-Ghazali advised parents to give their children the opportunity to play. This is because play involves movement of all parts of the body, which aims to strengthen and develop muscles, bones, tendons, and other physical functions. The purpose of providing opportunities for play is to improve children's skills, strength, and physical health.

Cultivating intellectuals

Research shows that young children who have the opportunity to play experience faster and more developed intellectual growth than those who are not given such opportunities (Baharits & Hasan, 2001).

Cultivating social values and recognizing one's potential

Al-Ghazali emphasized that playing with peers is an important requirement for children's progress and has significant educational value. This involves training in interacting and adapting with peers, learning to respect the rights of others, the ability to work together to achieve common goals, and as a channel for expressing children's interests and talents (Baharits & Hasan, 2001).

The Value of Education

Through games and sports, children learn many things about various equipment. They also learn about different shapes and colors, as well as sizes and clothing. Through these activities, they often gain information that they cannot obtain through other means.

Moral values

Morals Through play, individuals can understand basic principles regarding right and wrong. In addition, through play, they can also learn moral values such as fairness, honesty, trustworthiness, self-control, and sportsmanship (Purwanto, 2011).

Creativity value

By engaging in play, a person can express their creative potential and test their ideas.

CONCLUSION

The essence of education is the efforts of adults towards the younger generation with the aim of supporting their lives. Meanwhile, physical education is a conscious and planned effort to train the body to develop to its full potential. Physical education is not intended to increase the strength of students; more than that, physical education can also improve students'

concentration. Sports that can be used as an effort to train physical endurance include running, swimming, etc. Meanwhile, sports that can be used to achieve concentration include archery and horse riding. However, it is also important to have sufficient nutritional intake, maintain a healthy diet, and maintain hygiene. The objectives of sports and health education in the Islamic perspective are as follows. First, to maintain and preserve physical health, such as the respiratory system, blood circulation, digestion, training muscles and nerves, training agility and dexterity, and so on. Second, to shape children's character, such as training children's patience, courage, and honesty. Sportsmanship (honesty), obedience to rules, enthusiasm and diligence in work, and so on. Third, to foster a sense of community, such as mutual assistance, cooperation, loyalty (solidarity), and so on, which can generally be achieved through group games and teamwork.

Physical education with Islamic educational objectives creates a holistic approach that combines physical activity with Islamic values. More than just developing physical skills, physical education becomes a tool for shaping Islamic character, teaching students about honesty, perseverance, and responsibility. With this holistic approach, Physical Education becomes an important vehicle in shaping individuals who are physically, morally, and spiritually healthy in accordance with Islamic principles.

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