

Recreation Position in Islamic Lifestyle

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Abstract

Islam is a comprehensive, dynamic, lively and harmonious religion with human nature. In the heavenly teaching of Islam and its life-giving teachings, all natural and innate human needs has been regarded, and paths of perfection, happiness and worldly and otherworldly success. One of the Islamic teachings and commands which, of course, is related to human psychology is healthy recreations and positive, constructive, lively and purposeful happiness. Recreation and enjoyable and healthy entertainment, helps human life and human with the help of that will be success better to doing in their world and the hereafter affairs. Recreation and entertainment release the human of routine and boredom life. For a short time, it removes the burden of responsibility and opens the chains of daily tasks temporarily of his arms and legs, recreation for body and compensate the exhaustions caused by work, which is a basic and unavoidable need. Therefore, this study aims to determine what is the position of Islamic Recreation lifestyle. How much importance should be given to recreations and which of them are acceptable? The results of the research show that Islam considers necessary criteria for good recreations that if these conditions and criteria are met those recreations are good and favorable that on those can be referred to: should be observed moderation in the recreation, recreation with neglect of God is not good, do not with guilt and persecution, that others that must be followed.

Key words: Recreation, Happiness, Joyful, Leisure, Lifestyle, Islamic lifestyle

INTRODUCTION

Human being naturally seeks diversity and is modern, disdusts uniformity and constantly strives to reflect his thinking, feeling and wishes in diverse forms and with the emerging ways. One of the most important factors creating diversity and novelty in life is fun. Human spirit like its body is dismal and tired and needs to fun, to restore its power and recuperate. In the rich culture of Islam, as for dandyism, education and the evolution of the soul, there are the great mystic bases, such as praying, fasting and secretions, for refreshing and rehabilitating of the soul, also has been suggested a variety of recreational activities to show that Islam is a comprehensive cult and has plans in all aspects of life. Recreation provides the human being for work with happiness and joy, and prepares him with more power on the way of the economic and social activities. Islam encourages him to

do healthy recreation on the one hand and also knows the indulgence in work and the elimination of leisure is harmful and believes that the permitted leisure in Islam, provides the background to do the job properly and beautiful and perfect.

Recreation is considered of the stages and completing evolution and the development of individual and social character of the human in the rich culture of Islam. According to Islam, everybody who does not use of this part, fails in a dimension of his personality evolutionary dimensions. This failure causes to slow the development evolution of other aspects of his personality. All people are not equal in spending their leisure time.

Unfortunately, some people have no plans to do so. For this reason, the worst moments of their lives, are leisure time away from work. Leisure does not have any meaning except the spare time for such people. Wandering in the streets, standing on the alley and street, or causing trouble for others is product of such a look at leisure. Some others may spend their leisure time in a way, with watching TV and listening to radio, and such these. Such people are often unplanned. We should not entertain themselves because of the disorganization and the impatience with various television and radio and satellite

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channels and such these. Such condition may cause the moral and social abnormality. By noticing to the deep and purposeful attitude of Islam towards the recreation as an essential part in the proper style of life, we try to explain this attitude based on the verses and hadiths and sirah of Imams.

Recreation can be one of the most important and most urgent task at leisure time.

Every human being needs times to do fun so. Of course, people and different social classes and different age's recreations are different, but no human being is not independent of the recreation. Recreation is necessary for refreshing in the main part of the life and removing the uniformity of life. This research seeks to determine that where the place of recreation is in the Islamic lifestyle. How much importance should be recreation and what recreations are acceptable to Islam? Islam, not only confirmed the recreation but also, recommend it.

Islam as has plans for the main sections of human life, has defined another part as the recreation and happiness for the human life that if it be done with its conditions and principles, not only is not reprehensible but also, is recommended and stressed. Evaluating the aspects of this issue is a subject that this research is undertaken. The main objective of the present research includes:

1. Explaining the comprehensive theory of Islam about recreations;
2. taking steps to promote Islam theory among Muslims in all aspects through the presentation of research as a paper and book;
3. Providing realistic solutions about the healthy recreations for cultural and broadcasting planners to explain the healthy recreational programs;
4. Prevention of extremes on the issue of recreation;

According to the research objectives, it seems that leisure and healthy recreation has value as a part of life and human age and recreations in Islam with special conditions is legitimated and even is necessary and its territory is to the extent that does not harm the other essential parts of human life and it causes to help the quantity and quality of other sections of the human life. It also seems the Islamic recreation criteria are as follows in an overview:

- Free from guilt and sin
- No harassment
- Free of games and toys
- Cooperation with moderation
- In line with the original part of human purpose

MATERIALS AND METHODS

The present research is as the inspirational traditional way. Today, the only way of our reference to the Prophet and Imams is referencing to the Holy Quran and Sharif's hadiths, it means the inspirational resources and texts for receiving the messages that they have received by inspiration. And the analytical data processing is descriptive method and data collection method is by means of written documents and computer systems and scientific software.

LITERATURE OF THE RESEARCH

Some people introduced as an Achill's heel, the fun, joyfulness in life and such things for a Muslim. In recent years research and publications about the recreation in between the Islamic and Islamic life style is expressed; Management but directly to the place and time recreation in Islamic texts and Islamic life style is not observed, Although amidst the moral books in the form of a peripheral has been mentioned to the issue.

THEORETICAL FOUNDATIONS OF THE RESEARCH

Overview of Concepts of Research Vocabulary

Farah: Some scholars believe the word of "farah" to be handled by three different means: joy/Happiness, pleasure/indulge in joy.¹ From the research that is in the word of (Farah) has been used if this term to be used without context means reviled². Means joy that comes from vicious and cruel and moderation and comes to aim of duplicity and glaring.³ Farah in verse 58 of Yunus Surah has been positive and has been used in the sense of happiness and joy and even God orders to jot to servants: " Say: In the bounty of Allah and in His mercy: therein let them rejoice. It is better than what they hoard. »Farah is a kind of spiritual delight and heart relaxation is a source of joy and happiness in human.

Recreation

Recreation means to make happy, joy, and fun outing and watching and surfing and recreation has been means to make fun and happiness. In our religious literature (verses and hadiths) terms like "farah" and "soroor" have the most meaning to convey happiness and joy⁴. In contrast of those

1. Qummi, Ahmad bin Mohammad, Mesbah Almonir, vol. 1, p. 466.
2. Askari, Abohalal, Alforoq Allghaih, vol. 1, p. 277.
3. Mostafavi, Hassan, Al-Tahghigh words of the Quran, vol. 9, p. 288.
4. Dehkhoda, Ali Akbar, Dictionary of Dehkhoda, under article of joy, published in 1994.

words can be named from “desperation” and “sadness” in the Holy Quran has explicitly placed against “Farah”. In addition to the above words, in the Quran we meet a word that has many meanings but somehow is related by “farah” and it is “Marh”. “Marh” means to happiness and joy in dictionaries and Arab say “Maruh” to everything with refreshing and making cheerful.⁵

Leisure

Leisure is root of “Farea” and “Farea” means to empty and separation from something⁶. In the the Quran we read, “heart of mother of Moses was free from everything except remembering his son “.⁷ In the tradition of the Prophet (PBUH)) we read: The most virtuous person is one who loves worship, and embrace it with a heart full of love and do it with all his members and to be free for it. ⁴⁸

Lifestyle

Lifestyle is a set of systematic patterns of behavior that its origin are formed the beliefs, values and norms formed in a culture or subculture. Because the culture of human societies, influenced by many factors from the religion, it is natural that religious teachings to be effective in shaping the lifestyle⁹. Islam also regards its teachings to all aspects and dimensions of human life and has led him to achieve eternal bliss, has also provided the patterns that on the basis of it can be established the Islamic lifestyle in different human cultures.

Objectives and Criteria of Recreation from the Islam

To respond to this question what is the recreational purposes in view of Islam? Should be referred to religious sources, means the Qur’an and religious leaders spoke and based on them can be analyzed of this issue in theoretical. Islam is a religion in accordance with nature and in ambient look considers all natural human needs and appropriate responses to them based on the profit and loss of human. Islam has deep look into all aspects of human life, and proportionate to the actual needs for excellence him more and more has offered programs for him. Bracing recreations is needed for a successful life and is recommended to the human being. In the divine instructions of Islam, the religion of Islam there is valuable points regarding the bracing recreations now we refer to some of these goals:

5. Of Dehkoda, Ali Akbar, Dictionary of Dehkoda, under article vitality, published in 1994.
6. Matuf Lewis, Almonjed dictionary, vol. 2, p. 1319.
7. Boqvi, Hossein ibn Mas’ud, Boqvi interpretation, the issue of the sixth, Page 194.
8. Kelini, Mohammad ibn Ya’qub, al-Kafi: 2/83/2, Hadith 3.
9. Kaviani, Mohammed, Islamic lifestyle and its measurement instruments, Article lifestyle.

Achieving Vitality and Strength and Energy to the Tasks Major Part of Life

The main function of recreation is contributed to the reproduction of life in the main parts of it. In other words, if the social groups or people of recreation and to be banned of what is called in general, This is certainly causes to damaging, means patient kind to them in the short term and long term, So recreation should be existed in human life to provide vitality and energy for the main part of life. in narrations has been also recommended to the healthy recreation and has been ordered that should be dedicated hours of life to the lawful pleasures and recreation, Imam Ali (AS) said.

Attract Others to enter the Circle of Islam

Holy Quran, to make others happy knows of good deeds and those who are trying to upset others is considered as the worst people: “Anyone who tries to disruptive or grieve the believers, in fact strives for evil purposes and should refuge in the Lord such a thing.”¹⁰ Hence, Islam recommends removing the sadness of the heart of believers. So that in the books of hadith, has been opened a door for this purpose [door of happiness for believers], that includes the contribution of Islam to real pleasure, happiness for the individual and others to enter the circle of Islam. Imam Sadiq (AS) says: “When you make a believer happy, he is not happy only, but also makes us happy.”¹¹

Spiritual Transformation

recreation is desirable when that to be made change in the human and a man with happiness which is gained of joy desirable recreation of Islam and to be able to thinking and by joyful obtained from fun takes step on the spiritual path. Recreations is approved and confirmed by Islam that is effective in human life and make a difference in people’s life. Recreations lead to the joy and happiness and refreshing and development of talent and creativity of people. The spiritual is transformation of this feedback. People who do not deal to recreations in their leisure time and are sad people cannot take enough interest in their latent talents. in religious doctrines and psychological has been paid special attention to recreations and its consequences in people’s lives and its effects Islam that is natural religion as well as invites his disciples to positive and creative happiness. When humans through healthy and constructive recreation was suffered from calm the find opportunity to thinking in past and done actions and thinking is attained that is the first step in the evolution. And many traditions which refer

10. دق على اي فتا اذ افتن ل ازشن جو (the evil of those who blow on knots and their deceit and trickery, determination, faith and ideas, affection, and links are weak and corruption) “Falaq, verse 4”.
11. Mohammadi Rey Shahri, Mohammed, the al-Hikmah, vol. 4, p. 439, 1379, published by Dar al-Hadith.

to the importance of thinking and say An hour thought is better than 70 years of worship. And when the thinking was occurred the context of spiritual transformation is also occurred. He reviews the past mistakes and tries to meet them. And also reviews the good and useful work in the past and tries to do things in a better way. These are all derived from healthy recreations that is approved and emphasized by Islam.

Readiness to Deal with the Problems and Hardships

It seems to have some recreation in Islam, That enhance human physical strength and enables the Problems emphasis such as horse racing and shooting and. One of the issues further confirmed by Islam is body strength. That's kind of fun that can be achieved through the exercise; strengthen the body purposes. One of which is the capability to cope with difficulties. When a person deals to good fun approved by Islam, the body becomes comfortable and relieved, and the body gets a chance to relax and regroup. Spirit has a direct relationship with the object. When the object is garnering positive energy with rest and recreation of the human spirit and analytical thinking and vision will gain. God says in the Quran: "Everyone looks insight get interest and everyone do not look insight is blind and evil." One of the difficulties obstructing their enemies and stones on the path of progress and success and are intent on destroying human beings, Therefore, one must have a strong spirit and to the trouble and one of the examples of these problems, is the enemy of the aspirations of the right to stand up and defend for Islam.¹²

preventing Social Damage

If people, especially young people enter the conventional activities and recreation in turn prevent social damage and there is less likely to do about them delinquent behavior. Psychologists believe that involvement in school activities, family activities, entertainment and recreation will protect youth from delinquent behavior. Islam prefers entertainment in addition to being entertaining, constructive behavioral and social utility and social damage and prevent crime.

Recreation Criteria from the Islam

Man is variety-seeking and modern in nature and seeks an abomination uniformity and constantly trying to think, feel and demands in a wide range of formats and emerging practices, reflect, The soul of man because his body is dismal and boredom susceptibility, to leisure, recreation and rest needs to regain its strength and its recuperation. After a recreation and happiness is the natural and human alter ego. Islam is recreation manners and conditions described in the following cases. According to Islam recreation criteria include:

1. Free from sin
2. Free from harassment
3. Amusement and is not with neglect of God.
4. Along with temperance and moderation

People to continue to live and have a strong spirit, and leisure are demanding diversity and monotonous of life, The more usual physical activities and even in their spiritual life will be interfered and damage. However, if Islam is opposed to any recreation and arises to fight? Research in Islamic sources, we conclude that if the entertainment is not only prohibited by Islamic standards, it was not there, but what is taken from the Quran and hadith, Is that such entertainment has been fully approved and its role in the continuation of a healthy lifestyle is undeniable.

Recreations in Verses and Lifestyle of Muslim Scholars

The Prophet (peace be upon him) said: As much as you can, free yourself from the sorrow of the world. "Aba al-Hasan (peace be upon him), (Imam Reza (PBUH)) said: Of worldly pleasures lawful be assign to his inheritance; Pleasures that does not damage your chivalry and honor;¹³ Not wasteful; And help you in your world affairs. Not one of us who own world for the sake of their religion and the religion leave for his world. Imam Sadiq (as) in the hadith of host of reason and ignorance, happiness and wisdom has considered and mutually illness and grief of the soldiers from the armies of ignorance (or foolishness).¹⁴

As Abu Abdullah (AS), "Imam Sadiq (AS) was asked:¹⁵ Which action after the knowledge of God is considered the most popular action on god? He said the believers happy.¹⁶

Imam Baqir (AS): " God in agree with true joke and does not it as punishment. "

Evidence and Sanction Deter

in religious texts, there are other proofs which were expressed by different and more language entertainment noted the need to avoid and some great caution due to their taste, their basic logic and perspective have been central to Islam. Religious propaganda in history, This kind of evidence to show more effort and conduct theoretical and practical dogmatists and more coordinated.

Holy Quran in verse 23 have been warned world of joy for the blessings and findings: "(recording of it is accurate) do not grieve over what has been lost to you because of

13 Ibid., Vol. 75, p. 346.

14 Abu Ja'far Muhammad ibn Ya'qub Chiellini, al-Kafi, vol. 1, p. 26..

15 Mirza Hossein Nouri-Tabarsi, Mustadrakat Alvsayl, vol 12, p 400.

16 Mohammed Baqir Majlisi, Bihar al-Anwar, vol. 71, p. 288.

12 Anam, verse 104.

what you have, do not rejoice; and God does not like your friendly boastful." The indifference of the faithful to generously applaud the work is in vain. These include "and those who, because the lifts pass, pass with dignity." Disclaimer thankless work, a sign of salvation "and believers of the battalion have been in vain." But the Quran in circulation and recreation is due to two things human.

1) recreation, just turn without thinking, and without Lesson people who circulate in the desert, and seaside or traveled in cities and ancient monuments, with thoughts turning to look at the sites, and from the greatness of the Creator and the Creator of their way to brandAs well as from the last remaining kings and tyrants and palaces learn a lesson from the them.

2) recreation, to be no other sins infect humans, The enemies are trying to sports fields and recreation, a place to infecting people, especially young people, and to some extent it has been successful,

CONCLUSION

Islam is a comprehensive, dynamic, lively and harmonious religion with human nature. In the heavenly teaching of Islam and its life-giving teachings, all natural and innate human needshas been regarded, and paths of perfection, happiness and worldly and otherworldly success. One of the Islamic teachings and commands that of course is related to human psychology is advised to healthy recreations and positive, constructive, lively and purposeful happiness. Recreation and enjoyable and healthy entertainment, helps human life and human with the help of that will be succeed better in doing their world and the hereafter affairs. Recreation and entertainment rid the human of routine and boring and boredom life. For a short time, removes the burden of responsibility of shower and opens the chains of daily tasks temporarily of his arms and legs, recreation for body and compensate the exhaustions caused by work, is a basic and unavoidable need. Therefore, this study is to determine what is the position of Islamic Recreation lifestyle. How much should be given importance to recreations and what are them is acceptable? The results of the research show that Islam considers necessary criteria for good recreations that if these conditions and criteria are met those recreations are good and favorable that on those can be referred to: should be observed moderation in the recreation, recreation with neglect of God is not good, do not with guilt and persecution, that others that must be followed. In a happy society production, employment will be better and economy will be healthier. No doubt in such an environment, social and personal security can be achieved more easily. In a happy environment, the human

mind is dynamic, expressive language and his talent will flourish.

Suggestions

1. One of the tasks of the media and groups influential is modifying lifestyle. In our country, the lives of people should be changed in issues such as: education, marriage, employment, relaxation, fun, happiness. Represented patterns happiness in Islam and explain the joy of the Innocents (PBUH) by the media this change will help.
2. Objectively, targeting is one of the essential steps in the success of individuals and society. Determining goals in each field and do the stages of life, including leisure activities in schools and universities responsible officials and executives of these devices. Training confidence and ability and skill along with setting goals is essential, as this may result in consent with excitement and motivates and passion for the goals bigger. Research in this area is done will reflect positively.
3. It is time that the issue of recreation to Islam and the subject of happiness new generation and organizing events, happy in the society, seriously think about.
4. About the recreation impact of community mental health and prevent mental illness, a research should be done in the a comprehensive research community.
5. It should be noted that recreation and happiness are considered positive and desirable to see that "the world is farm of the world to come" to be thought of not as is customary in the West. Must point out that though the appearance of our religious bereavements sad, tear and is black but with the addition of spirituality, leads to mental freshness, reduce injuries and abnormalities more coherent national and community. It is a good research on the influence of mourning on the human psyche and whether it can be a source of recreation and relaxation as one of the factors in humans or not done and creating healthy recreation solutions be examined in the community.
6. Research on "the role of television recreation program" be done that what entertainment is appropriate to training in social media.

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