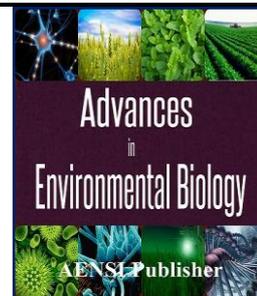




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### Review on Sunnah Activities

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#### ABSTRACT

Since ancient times, humans have created many kinds of physical training and create a variety of sports to make their bodies strong, with every kind have the means and specific goals. There are a variety of sports and physical activities that can be done during leisure time. Sometimes we overlooked some holdover by our beloved Prophet Muhammad (P.B.U.H) which is the activities that encouraged by Him through His *Sunnah*. *Sunnah* activities such as archery, swimming and horse riding are among the activities that always associated with the concept of *jihad*. Besides that, the *sunnah* activities itself have other advantages. The aim of this paper is to exploring the other benefit of *sunnah* activities. This study utilized a content analysis to identify the benefit. The outcomes of this study will enhance the understanding toward *Sunnah* activities advantages in order to suggest activities that is appropriate to applied in Islamic concept of park.

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### INTRODUCTION

Islam encourages a healthy life. A believer should not be a weak person. Men or women must be strong physically and spiritually. When a Muslim is healthy and has the strength and ability to perform whatever task entrusted to him by Allah SWT, and other responsibilities entrusted by human beings, whether in an organization, association, club, family, community or government [13/14]. Every individual is endowed by God with the potential and the talent of our own. We need to develop the potential and talents bestowed by God in a way that is permitted by Islamic law rather than in a way that conflicts with it [16]. Make use of this potential and talent to bring people back to the Islamic way of life. This is includes the potential and talent in sports and recreational activities [12].

Thus Islam see the physical development of the whole process for a Muslim it as an obligation that must be addressed. God wants His servants have a healthy body so that it can carry out its duties as representative of Allah on earth and obey His commandments [15]. As mentioned in islam, four kind of sports that encouraged by Prophet Muhammad (PBUH) like archery, horse-riding, and swimming. Islam has highlighted a number of incredibly clear purposes to perform sports and physical activities [10]. But some of us overlooked at the activities that encouraged by our beloved prophet Muhammad (PBUH). The objective of this study is to explore the advantages of *sunnah* activities by Muhammad (PBUH).

#### 2.0 Literature Review:

Sports and recreational activities are an ordinary to the health-conscious. By doing sports our physical strength can be improved. Islam encourages sports and recreation by the following arguments:

1. Islam encourages its followers to be healthy and strong. In fact, the Koran tells Muslims to prepare to face the enemy forces. Allah says in Surah al-Anfal verse 60 which says:

"And make ready against them (armed) every kind of power that you can provide ..."

Al-Quran praised the heroic stature and regard it as an advantage. Allah says in Surah al-Baqarah verse 247, which means: "And Allah has added strength to the body of knowledge and self-soul"

2. A strong body weight is preferred by Allah SWT. Messenger of Allah said which means:

"The strong believer is better and more beloved to Allah than a weak believer. Both are good" [5]. (Reported by Muslim)

3. Prophet Muhammad joined the game and the sport played by his companions. The Messenger through a bunch of friends who are archery. He said which means:

"O Bani Ismail archery, indeed, your grandfather Ishmael was an archer. Archery and I was with the children of so and so (one group of archers). Then another group stopped shooting. Prophet ask. Why did you stop shooting? How do we want to shoot while you are with them? Prophet Muhammad replied, archery! I am with you all [4]. (Reported by Al-Buhari)

4. The Prophet was sporting with his wife Aisha. Aisha has narrated the following meaning:

"One time she shared the Prophet Muhammad in travel. She said: 'I race run with him and I can beat him, after which I gained some weight, I'm doing a run again and he can beat me. Prophet said; The victory avenged a loss this time of year. "[1] (Reported by Abu Daud)

5. The Prophet encouraged his companions to play and watch their games with Aisha. This is clear from the hadith narrated by Aisha says:

"I have seen the Prophet Muhammad with a cloak covering me and I am seeing people habsyah who played in the mosque until I make it boring." [4] (Reported by Al-Bukhari) Based on the arguments above show us that the importance of sport and leisure in build health. It can be associated with Arabian proverb which says: "A healthy mind is a healthy body"[2].

A health body can be achieved through sports and recreation. Not only that, sport and recreation that performed according to the Shari'a also seeks to bring peace emotions and thoughts (mind). That is why Islam has given clear guidelines in every human activity, such as not overlook special prayer, no elements of idolatry, no elements of fights, no wastage in terms of time, energy, money (property) does not exist elements of gambling and others [9].

### 3.0 Methodology:

Content analysis is adopted to identify the advantages of *sunnah* activities. The selecting content are from case studies. The case studies chosen based on their study about *sunnah* activities, Islamic sport and activities that suggested by Prophet Muhammad (p.b.u.h) in His Hadith.

## RESULTS AND DISCUSSION

There are a variety of sports sanctioned by Prophet Muhammad to Muslims because it can bring joy and fun. In addition to sports is to prepare for worship and perform other duties. Sport is also a training and preparation for jihad fi sabilillah. Among the activities are:

### 4.1 Archery:

Among the entertainment is permitted by Islamic law is playing a javelin or archery. Mentioned at the time of the Prophet was walking across a group of friends who were holding an archery contest, then the time of the Prophet Muhammad gave a boost to them by saying:

"Throw your bow, I am with you" [4].

Rasulullah (PBUH) allows people of Habsyah play a spear in the Prophet's Mosque. A'isha the wife of the Prophet was also given permission to watch it. He said to them, "Please, Bani Arfidah, which was the title used by the Prophet Muhammad to call the children of the Habsyah Arabic." [11]

Imam Bukhari and Imam Muslim recorded from Abu Hurairah RA, he said, when the people of Habsyah play a spear on the side of the Prophet Muhammad, Umar came in and bowed to collect pebbles to throw to the Habsyah. Prophet Muhammad said, "Let them 'Umar." [5]

This hadith proves that the Prophet Muhammad was a man of calm and optimistic as to allow the sport was played at the Prophet's Mosque. It thus shows that the purpose of the Prophet who want to make the mosque a center that combines religion and the world, and made the mosque as a place of gathering, whether serious or fun. He did not see it as a game people of Habsyah mere entertainment, but it is seen as a form of sport and exercise. Based on this hadith, the scholars said, "The mosque was built to take care of the affairs of the Islamic congregation. Consequently, any practice that creates and incorporates the benefits of religious and pilgrims, then it is required. " [11]

Among the advantages is, archery can train emotionally and physically to put an arrow on target. Archery is very focused on balancing body. So if the Archers are emotion depressed, then very easily missed dart. Indirectly this sport is to train people calm and stabilize emotions. Individuals who are not calm, quick tempered, impatient or less healthy mind will not become a good archer. Curved arrows in their bows act, when release it, it need one physical strength, this sport is an exercise to a person physically and mentally [2].

Word of the Prophet Muhammad:

"You have to learn archery because it includes the best of the game." [5]

#### 4.2 *Swimming:*

Prophet Muhammad said, "Teach your children horse riding, swimming and archery" [8]

Prophet said: "Everything if it is not zikrullah it is means game and negligence, except four things: A man walks between two targets (for archery), a man who educates his horse; Playing a game with his wife; Learn to swim." [5]

In some Hadith praised and urged Muslims to study and teach. Furthermore, swimming can save others life. Abu Rafi'- May Allah be pleased of him-said, "O Messenger of Allah, do we owe any rights to our children because they owe us. He said," Yes, the rights of children is to teach them to write, swimming and javelin throwing (shooting) "[3]. The Caliph Abdul Malik bin Marwan had once told his children's teacher to taught my children to swim as they can find other people who can write for them, but they cannot find people who swim for them if they drowned " [6].

During the swim, mental, physical, all the muscles and skeleton is driven to make a movement to coordinate between the two legs and two arms, in addition to stimulating stamina (cardiovascular system). Swimming also provides an opportunity for people to take control of the water and be brave.

#### 4.3 *Horse riding:*

This is a honorable sport. It teaches leadership as it marks the brave individuals who have poise and determination. Allah says in Surah al-Nahl verse 8 which says:

"And He created horses and donkeys, for you to ride and making jewelry."

Prophet once said:

"Goodness is tied to horse hair." (Reported by Muslim)

Al-Munawi mentioned in the Book Fayd al-Qadir with the pronouncement, Umar sent a letter to the people of Syria, "Teach your children swimming, archery and horse riding." [6]

Ibn Umar narrated, "The Prophet Muhammad once organized horse racing and give prizes to the winners." Out of these can be understood that the Prophet was a morale booster for his followers to participate in equestrian events [11].

Someone asked Anas RA. "Do you bet on the time of the Prophet? Did the Prophet also bet? "Anas replied,"Yes. By Allah, the Prophet risking a horse named "Sabhah". He won the race, and he enjoyed and felt amazed. "[11].

Betting is allowed provided the grant or gift from an individual who was not involved in the race or one rider only. If the grant is awarded by the two players with the aim of who wins will receive both, then that betting is prohibited. Prophet named bet horses serving as a "horse of the devil" and everything that is associated with the horse is a sin. For example, feeding horses and riding are also judged guilty [11].

Horseback riding is good for human health. All parts of the body from head to foot, from the physical to the mental will benefit. The body curves at the back of a horse (ride place) it is good to treat all problems of the human spine. During the movement of horses galloping rhythm which is how the horses jump and run, causing vertebrae human bones rub against each other in harmony and stimulate the nerves of the spine, as being massage all the body parts: skeleton, muscles, visceral organs, including the digestive system, nervous system, voluntary or involuntary, excretory organs to be healthy. Besides horseback riding are also brighten the eyes because there is stimulation of the cranial nerves during movement of 'galloping' horses [2]

#### *Conclusion:*

Study of the literature reveals that there are close propinquity among Islamic teachings, encourages of health and the nature of participation in recreational activities. There are evident from the references (Quraanic verses & Hadith) quoted in the text that Islam favors all those actions and deeds which are pro-health and advantageous for the human beings. The benefits gained through this course activities necessarily have other advantages in many aspects. This is because, "Whatever the order brought by the Messenger assigns to you, then accept and practice it" (Al-Hasyr, 7). By the understanding toward *Sunnah* activities advantages, the objective of this study is achieved. These advantages will be a stepping stone in order to suggest activities that is appropriate to applied in Islamic concept of park

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