SPORT ANALYSIS IN ISLAMIC RELIGIOUS PERSPECTIVE

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ABSTRACT
Sport and Islam have important relationships in human life and culture that already exist in various parts of the world in the past Rasulullah Saw also encouraged his people to exercise. This study aims to analyze the hadith about sports in Islam and How Islam relates to the world of sports in the present. This type of research is descriptive through qualitative approach that is analyzing and presenting fact data systematically so it can be more easily understood and concluded. This research is categorized as a research library (library research) for using library materials as a source of data. The source of this research data is divided into two, namely primary sources and secondary sources. The primary data source in question is al-Kutub al-Tis’ah, which consists of Sahih al Bukhari, Sahih Muslim, Sunan al-Tirmidhi, Sunan al-Nisa’i, Sunan Abu Daud, SunanIbnMajah, Musnad Ahmad, Muwatta Imam Malik, and Sunan al-Darimi. Data analysis in this study was conducted using this research using thematic methods and methods of Hermeneutics. Result of analysis of research data obtained conclusion is Sport, in perspective of Islam religion and mentioned in hadist is archery, horse riding, wrestling, playing sword, run fast, and swimming. This is because what is mentioned in the hadith is only the response of the Prophet. Against the culture that existed at the time of his life at that time. If further traced it is actually the suggestion of exercise at that time related to the condition of Muslims who are struggling to maintain aqidah, so the recommended exercise is a sport that can help in war.

Keywords: Analysis, Sports, Islam
INTRODUCTION

Sports, and Islam have important and strategic relationships in the life of a global era of change, competition and complexity. It concerns the formation of character and personality of the nation as well as efforts to develop and improve the quality of human resources are sustainable. Sports can be done as an exercise, education, entertainment, recreation, achievement, profession, politics, business, industry and various other aspects of human culture. Sport is all systematic activities to encourage, nurture and develop physical, spiritual and social potential. Sport is not only good for the physical, but also good for spiritual and social relations. For example when the mind is stressed, exercise can be used as an alternative activity to restore the condition of the spiritual soul or mind) who is being upset. Further sports is not a simple activity, but exercise is a very complex activity.

Exercise is one of the important aspects in the life of nation and state. In the preamble of the 1945 Constitution of the State of the Republic of Indonesia mandates to protect the entire Indonesian nation and the whole of Indonesia's blood sphere and to promote the common prosperity, to educate the life of the nation, and to carry out the world order based on freedom, eternal peace, and social justice. To realize the mandate, the sport is then made as one of the national development instruments as an effort to improve the quality of human life in physically, spiritually, and socially in order to realize a society that is advanced, fair, prosperous, prosperous.

Sports, as one of the tools in national development in Indonesia, and divided into three parts: The first is the sport of education. Sports education is physical and sports education that is undertaken as part of an orderly and sustainable education process to acquire knowledge, personality, skills, health, and physical fitness. While the second type of sport is recreational sport is a sport that is done by the community with passion and ability that grow and develop in accordance with the condition and cultural values of the local community for health, fitness, and fun. The last sporting passion is a sport of achievement. Sports achievement is a sport that fosters and develops sportsmanship in a planned, tiered, and sustainable through the competition to achieve achievement with the support of science and technology sport.

Exercise is beneficial for the health of the body. The body's metabolism becomes smooth so that the distribution and absorption of
nutrients in the body becomes more effective and efficient. In modern life today many people forget the importance of sports. In this case the Messenger of Allah. Ever said:"His father from Ibn Abbas radhiallahu 'anhuma he said, the Prophet sallallaahu' alaihiwasallam said," The two pleasures that are often forgotten by most humans are health and leisure time. " 'Abbas al-'Anbari said, had told us Shufwan bin Isa from Abdullah bin Sa'id bin Abu Hind from his father I heard Ibn Abbas from the Prophet sallallaahu' alaihiwasallam.

According to Sayyid Muhammad Bin Alwi Al-Maliki sport is part of the means or intermediaries. Sport is not a goal, nor a goal to be achieved. Sport is done for noble purposes and lofty ideals. Therefore the means or intermediaries that can support the achievement of the noble goals and ideals of the sublime, is recommended by the Shari'a as long as the means or intermediaries are running within the scope of the syariat horizon. Sports other than as entertainment or means of relaxation can also be used as a livelihood or called With professional sports. This is for the writer a departure from the initial goal of the sport. Sports achievements and professional sports aim to earn income in the form of money or other forms based on the skills of exercise. Here the sport has been used as a profession to obtain worldly material, not anymore as a means or entertainment.

Exercise is a part that cannot be separated from human culture. Perhaps many people are surprised to say that the Prophet Muhammad is also an outstanding athlete. Once he was asked to challenge the defending champion in the traditional Arabian wrestling sport, named Rukanah bin Abdu Yazid. This mighty man who saw him could just drop the guts of his challengers. No wonder if he always spit pride everywhere as defending champion invincible. That was the Messenger of Allah. Called to meet the call of his companions to challenge Rukanah. Finally in a match attended by many visitors, Rasulullah Saw. Able to lock in the Rukanah in the third round. Since then Rukanah stopped mengumbarkan arrogance. Rasulullah Saw. Also master the various skills that later diperlombakan, such as the Prophet Muhammad. Love to ride horses, practice archery and play swords, and swim. Rasulullah Saw. Once said, "Teach your children horseback riding, archery, swimming, and in other narrations of climbing." Rasulullah Saw. Also widely known to be very skilled at playing swords and spears, especially inside the battlefield.Rasulullah Saw. Up and down the mountain from the height of the cave of Hira and the cave of Tsur. Many more
mention the Messenger of Allah. Regularly exercising, like walking a lot. Referring to the above problems the researcher wants to analyze the sport in the perspective of Islamic religion. This is because of the suggestion of the Prophet about his important sport. In accordance with the title, "Sports analysis in the perspective of Islamic religion?"

**METHOD**

**A. Types of Research**

This research is a qualitative research type. Qualitative research is a type of research that results in discoveries that cannot be achieved by using statistical procedures or other means of quantitative (measurement). Such research is usually descriptive or attempts to describe or explain a phenomenon. This qualitative research is expected to produce in-depth descriptions of speech, writing, and or behavior that can be observed. Objects observed from this study can be individuals, groups.

**B. Research design**

Then conducted a research to find the factors that cause through data collection. But previously had to be made the design or research design in order to facilitate the implementation of measurements implemented. Munurut Arikunto (1987: 41) that "The design of research or research design is a draft created by researchers, As square off activities to be implemented. The research design is as follow

C. Data Analysis Technique

Data and information will be analyzed and interpreted continuously from the beginning of the study until the end of the study. The data analysis procedure is performed on the basis of three phases as suggested by Furchan (2005: 513), stating that: analyzing the data that has been collected
is reviewing the research proposal in order to check the presentation plan of
the pre-determined data. The apparent pattern will be drawn as a conclusion
so that the data and information gathered will be meaningful, when,
drawing conclusions and verification of the data and information visible on
the display so that the results of the research are meaningful. With the
results of research that has been collected then the authors can analyze
again so that where the lack of authors attempt to re-do data reduction

A. Historical Method
This method is used to test the validity of the source of
documents as past relics that are used as a reference, namely to peel
the authenticity of the hadith texts from both sanad (external
criticism) and matan (internal critics) aspects. In this method there
are three steps: (1) collecting the hadith texts, (2) analysis of sanad
authenticity, and (3) analysis of matan authenticity.

B. The Hermeneutics Method
This method is used to explore the understanding of texts of hadith
that are believed to be original from the Prophet, taking into consideration
the texts of the hadith under study have a long enough timeframe between
the Prophet and the Muslims of all time. In this method there are four steps:
(1) understanding from the aspects of language, (2) understanding from
aspects of historical reality, (3) correlating thematically-comprehensively
and integral, and (4) interpreting the hadith text by extracting the basic idea.

DISCUSSION
Research data of sports analysis in Islamic religion perspective
obtained consisted of; (1) Hadith data about sports in Islam (2) Data on how
Islam relates to the sports world today.

From the results of the Hadith research on sports in Islamic sports,
there are several sports mentioned in the hadith such as archery, horse
riding, wrestling, playing sword, running fast, and swimming. However, it
is not appropriate to say that sport in Islam is only the sport mentioned in
the hadith. This is because what is mentioned in the hadith is only the
response of the Prophet. To the culture (especially the sporting culture) that
existed during his lifetime. If further traced it is actually the suggestion of
exercise at that time related to the condition of Muslims who are struggling
to maintain *aqidah*, so the recommended exercise is a sport that can help in war. Then if it is associated with the benefits of exercise alone that can be healthy and strengthen the body, it can be understood that the exercise suggestion was aimed to get a healthy body and strong. This is because both in war and.

From the results of research on how the relationship of Islam with the world of sports in the present is professional sports is a sport done to obtain income in the form of material or the other based on the skills of exercise. Athletes who pursue this type of sports can be said to have no longer exercising because he exercised to work instead of playing or as a means of relaxation from the grueling daily work. But on the other hand those who pursue professional sports are also still said to exercise because it still meets aspects of physical activity and sportmanship aspects as one of the characteristics of sports activities. Another case is with extreme sports. Extreme sports are sports that can accelerate adrenaline culprit faster than the other types of sports. This type of exercise is said to be extreme because the focus is to conquer fear to oneself and requires a high mental and skill to conquer the challenges of variable natural environment that is not fixed and always changing in extreme sports. Extreme sports are still allowed if they are in accordance with the rules and meet the safety aspects of the perpetrators. Exercise equally requires a healthy and strong body to achieve predetermined goals or targets.

**CONCLUSIONS AND RECOMMENDATIONS**

**A. Conclusion**

Based on the results of data analysis and discussion that has been done by the author about sports analysis in the perspective of Islamic religion it can be concluded that: There are several sports mentioned in the hadith such as archery, horse riding, wrestling, sword playing, sprinting, and swimming. However, it is not appropriate to say that sport in Islam is only the sport mentioned in the hadith. This is because what is mentioned in the hadith is only the response of the Prophet. To the culture (especially the sporting culture) that existed during his lifetime. If further traced it is actually the suggestion of exercise at that time related to the condition of Muslims who are struggling to maintain *aqidah*, so the recommended exercise is a sport that can help in war. Then if it is associated with the benefits of exercise alone that can be healthy and strengthen the body, it can
be understood that the exercise suggestion was aimed to get a healthy body and strong. This is because both in war and.

B. Recommendation

Based on the results of research and conclusions in this study, can be put forward suggestions as follows:

A must to examine the arguments, hadiths from various sources about sports periodically because sports is one aspect of human culture that will continue to evolve according to the times. Variable development of epoch only as material comparison not as benchmark in interpreting hadist about sport to fit the era.

Understanding religious texts, especially hadiths can be done textually or contextually, depending on the flexibility and scope of the matan extent. Both have disadvantages and advantages when linked to the present condition. However, in any Hadith study, it is necessary to use a new methodology of hadith criticism, so that the methodology of hadith criticism is not static, but capable of dialogue with the development of methodology in order to obtain a new methodology of hadith, furthermore the methodology can be problem solving against The problems of people in the contemporary era. Exercise is both needed a healthy body and strong to achieve goals or targets that have been predetermined. Sports professionals are sports that are conducted to earn income in the form of money or others based on the skills of exercise.

Athletes who pursue this type of sport can be said to have no longer exercising because he exercised to work instead of playing or as a means of relaxation from the grueling daily work. But on the other hand those who pursue professional sports are also still said to exercise because it still meets aspects of physical activity and sportsmanship aspects as one of the characteristics of sports activities. Another case with extreme sports. Extreme sports are sports that can accelerate adrenaline culprit faster than the other types of sports. This type of exercise is said to be extreme because the focus is to conquer fear to oneself and requires a high mental and skill to conquer the challenges of variable natural environment that is
not fixed and always changing in extreme sports. Extreme sports are still permissible if they are in accordance with the rules and meet the safety aspects of the perpetrators.

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