Islam and its Role in Shaping Behavior and Resolving Behavioral Problems

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Abstract

Children suffer from many problems that affect their development and the formation of their social and psychological identities. The factors influencing children's behavior vary, ranging from psychological and social factors to their surrounding environments. These problems include aggressive behavior, lying, and truancy. Therefore, this study attempts to identify the most prevalent behavioral problems faced by Jordanian students in the capital of Jordan. The study further demonstrates the educational impact of Islam in shaping individual's behavior, analyze behavioral problems (aggression, lying, truancy) from an Islamic perspective, and provide practical solutions derived from the Qur'an and Sunnah. The study consists of (20) teachers and (40) students in Jordanian government schools. These participants were selected using simple random method. Towards detecting the behavioral problems in Jordanian communities, a questionnaire was designed for both the teachers and students, and consequently, it was demonstrated in the questionnaire that the level of behavioral problems is substantially high among children when compared with adults. Behavioral problems in the Jordan urban areas are at the higher side in comparison with rural areas where the problem of distraction, hyperactivity, aggression and fear are minimal. Accordingly, distraction ranked first in behavioral problems, then followed by hyperactivity, aggression and fear respectively. This illustrates and demonstrates the need for Islamic solutions to overcome behavioral problems in Jordan society, particularly, aggressive, lying and truancy.

Keywords: Children, Psychological Identities, Behavioral Problems, Islamic Solutions

Introduction

Behavior is considered one of the fundamental aspects that influence children's development and the formation of their social and psychological identity. The factors influencing children's behavior are diverse, ranging from psychological and social factors to the surrounding environment. Understanding these aspects is essential to improving their development.

Islam plays a pivotal role in shaping and resolving children's behavioral problems. While the primary focus of schools has been on imparting academic knowledge and professional skills

on children, Islam has uniquely and comprehensively step further to build and produce an ideal individual to the society. This building-process has been is in line with the evolving understanding of behaviour as a means of cleaning the society against bad behaviors.

Islam, as a way of life, in its comprehensive sense, is, or should be, a template for actions and model for children behaviors. For instance, Islamic guidelines, principles and teachings instill positive attitudes in children. It prepares children to be a productive and good ambassador, not otherwise to the community. However, there have been concerns as to why the society keep witnessing bad behaviors on daily basis. The concerns have been on the increasing rate of behavioral problems, such as aggression, lying, and truancy, among children today. In that regard, this study borders on the fact that there is a need to revisit Jordanian educational curriculum and include Islamic ingredients in the structure since Islamic teachings are primary source for behavioral control, providing a comprehensive value system that promotes good morals and limits deviations (Al-Ghaniman, 2019). This study aims to analyze how Islam contributes to the prevention of these problems, focusing on religious texts and practical applications.

Significance of the Study

The study draws its significance in proposing an ethical curriculum filled with Islamic values and standard. The essence of conducting this study is to inform the drafters of Jordanian educational syllabus of the existence of Islamic education toward resolving behavioral problems for children and minimizing if not eradicating unethical behaviors in the society. The genesis for the proposal and awareness of Islamic education competency in addressing behavioral problems is as a result of the increasing behavioral problems. This awareness would serve as wake up call to the necessity of adopting Islamic methods of resolving behavioral problems among Jordanian children.

Providing a new vision for overcoming behavioral problems within the context of Islamic teachings is not only necessary, but urgently needed following the rising behavioral challenges the society face daily. Hence, the importance of this study stems from the role Islam plays in shaping behavior through its focus on ethical principles, Islamic education, moral values, and methods for promoting positive behavior. Islam plays a fundamental role in shaping and guiding human behavior, offering a comprehensive value system that encourages virtues and forbids vices. Islam is not limited to worship alone, but encompasses all aspects of life, exerting a profound influence on regulating children's behavioral problems.

Study Objectives

The current study aims to:

1. Analyze behavioral problems such as aggression, lying and truancy.
2. Address aggression, lying and truancy from Islamic perspective, and
3. Provide practical solutions from the Qur'an and Sunnah on these behavioral problems.

Study Problem

People with behavioral problems pollute individuals and societies with their actions and reactions. These behavioral problems greatly affect their daily interactions, growth, social life, academic performance, and general well-being. Despite several educational efforts in schools and communities on one hand, and governmental policies on the other hand in addressing

children's behavioral problems, behavioral problems keep worsening, raising questions about the causes and way-out to these problems (Al-Badri, 2018).

Islam is capable of addressing behavioral problems. It is a way of life that had solved dissimilar issues from different aspects, of which behavioral problems would not be an exception. Hitherto, Islam is increasingly making progress progressively, as it has been impacting lives in many dimensions and changing societies into a modern and positive view. It has been a functional capacity at achieving a balanced society. Hence, the research problem is then defined as focusing on the application gap between these behavioral problems and Islamic teachings.

Literature Review
Previous studies represent the cornerstone of understanding the development of scientific research related to the role of Islam in solving behavioral problems. For example, Novia, Ermita and Norol (2022) confirmed that Islam offers a comprehensive conception of aggressive behavior, prohibiting it in contexts of injustice and aggression, but permitting the use of force as a last resort to deter injustice. It also highlighted the role of "the objectives of Sharia" in preserving life and human society, but discouraging aggression.

Nasser (2025): revealed that Islam prohibits lying in all its forms, considering it a characteristic of hypocrites and infidels. The study discussed how lying weakens faith and destroys social trust. The study demonstrated how lying is used in modern media (such as fake news) and linked it to the hadith of the Prophet (peace and blessings be upon him): "Liars will come, so beware of them". Towards correcting this bad attitude, the study proposed Sharia guidelines for dealing with information, such as verifying information, as Almighty Allah says: "O you who have believed, if there comes to you a disobedient one with information, verify it" (Al-Hujurat: 6).

Ayat, et al. (2021) also demonstrated that school absenteeism leads to poor academic achievement and causes students to lose a sense of the importance of commitment, which negatively impacts their career prospects. The study also indicated that Islam encourages regular learning and recommended the need for family and school cooperation in instilling the values of responsibility and discipline, with a focus on religious awareness of the importance of knowledge.
From the review of literature, it is deducible that Islam encourages good behavior, and discourages bad behavior in all forms.

The Concept of Behavior in Islam
Behavior in Islam is defined as the actions resulting from the values of faith. Islam links faith with morals (Ibn Uthaymeen, 2017). Almighty Allah says, "Indeed, prayer prohibits immorality and wrongdoing" (Al-Ankabut: 45). This confirms that acts of worship modify behavior. Behavior in Islam is the practical translation of faith and moral valuesthat a Muslim adopts in his daily life. It is not merely outward actions, but rather includes the intentions and purposes upon which actions are based, in accordance with the guidance of the Holy Qur'an and the Sunnah of the Prophet.

Islam promotes the value of good behavior and urges the avoidance of negative behaviors. Islam also demonstrates the importance of behavior through the teachings of Prophet Muhammad (peace and blessings be upon him), who was known for his great moral character. Almighty Allah says in the Holy Quran: "And indeed, you are of a great moral character" (Al-Qalam: 4). Al-Lahwani (2024) pointed out that Islamic education emphasizes the importance of behavior (moral values) such as honesty, trustworthiness, and altruism, which contribute to the formation of positive behavior in individuals. Yusuf (2024) in his study on the formation of extremist personalities highlights that the lack of good behavior and moral valueslead to extremist behavior in the society.

Behavior could easily be promoted through worship in Islam. For example, prayer is considered an act of worship that promotes discipline and self-control, as Almighty Allah says: "Indeed, prayer prohibits immorality and wrongdoing" (Al-Ankabut: 45). This act of worship promotes good behavior and helps children avoid negative behaviors. Similarly, fasting and alms-giving (Zakat) are acts of worship that promote human values such as giving and compassion for others. Through these acts of worship, individuals can strengthen their social bonds and improve their behaviors.

Islam does not ignore the existence of negative behaviors; rather, it provides methods for correcting them. Individuals are often encouraged to repent and seek forgiveness as a means of eliminating mistakes. Almighty Allah says: "Turn to Allah in repentance all together, O believers, so that you may be successful" (An-Nur: 31). Al-Lahwani (2024) pointed out that guidance and counseling play a significant role in correcting behavior, as individuals should offer advice in a gentle and non-violent manner. Hence, good behavior is considered a sign of faith which Islam encourages as it enhances individual's reputation in society. By adhering to Islamic values, children can achieve significant improvements in their behavior, contributing to the building of a healthy and cohesive society.

Behavioral Problems and their Treatment in Islam
There are many behavioral problems that Islam has addressed, the most important of which are:
The Problem of Aggressive Behavior: Aggressive behavior is a serious behavioral problem that threatens societal cohesion. Aggression arises as a result of weak religious restraint or violent upbringing (Al-Ghamdi, 2020). Islam has provided comprehensive solutions to address this phenomenon through an integrated educational approach that addresses psychological and social causes and builds a balanced personality. For instance, Islam believes that weak faith is one of the root causes of aggression. Therefore, it is keen to promote piety and self-control by reminding people of the importance of controlling anger. Almighty Allah says, "They areʾ those who donate in prosperity and adversity, control their anger, and pardon others. And Allah loves the good-doers" [Surah Al-Imran: 134]. In other words, Islamic education is strongly against aggressive outbursts. As a matter of fact, Islam calls for psychological alternatives to aggression. For example, Islam preaches tolerance as established in the Holy Qur'an where Almighty Allah says, "But if you pardon, it is closer to righteousness". [Surah Al-Baqarah: 237]. This is in line with the outcome of the research which indicates that teaching people forgiveness reduces aggression by 40%. Meanwhile, the Prophet (SAW) was observed practicing the controlling of anger as it is a practical method for calming emotions as recommended by the Prophet that "If one of you becomes angry, let him perform

ablution". That is to say there is possibility of overcoming aggressive behavior (Al-Fasfos, 2006).

The Problem of Lying: Lying is a serious social ill that corrupts human relationships and undermines trust between individuals. Islam came with a set of principles and guidelines that combat lying and instill the values of honesty and trustworthiness, both at the individual and societal levels. In confronting this problem, Islam warns against lying and explains its seriousness. Islam categorically forbids lying, whether in serious matters or as a joke, and considers it a characteristic of hypocrites. The Messenger of Allah (peace and blessings be upon him) said: "Beware of lying, for lying leads to immorality, and immorality leads to Hellfire" (Sahih al-Bukhari, Hadith No. 6094). For the sake of commitment, Islam prescribed specific punishments for lying in certain situations by prohibiting false testimony.

The Problem of Truancy: In Islam, being absent from school without a legitimate excuse is considered a neglect of duty and a squandering of the right to education, which is encouraged by the Sharia in the words of Almighty Allah: "Say, ˹O Prophet,˺ "Are those who know equal to those who do not know?" None will be mindful ˹of this˺ except people of reason.'" (Az-Zumar: 9). Islam has obligated parents to educate their children, as stated in a hadith "Command your children to pray at seven" (Abu Dawud), which includes enjoining them to do what is good and condemning them of what is bad.

Towards achieving this, Islam recommends raising religious awareness about the virtues of knowledge and learning, as stated in an agreed upon hadith: "Each of you is a shepherd and is responsible for his flock". Equally, Islam recommends monitoring children and reminding them of the words of the Prophet (peace and blessings be upon him). Similarly, school and family are urged to control attendance, in accordance with the principle: "Cooperate in righteousness and piety" (Al-Ma'idah: 2). The combination of the above treatments emphasizes the role being played by Islam in addressing these behavioral problems.

Concluding Thoughts
In spite of the fact that social environment is one of the main factors influencing individual's behavior, Islam however, emphasizes the importance of social relationships and solidarity among children, with teamwork and cooperation being fundamental principles. Prophet Muhammad (peace be upon him) while highlighting the importance of social ties in shaping children's behavior, said, "The believers are like one body in their mutual love and compassion" (Narrated by Muslim). Children's behavior is greatly influenced by their social environment, and societies that promote Islamic values shall shape positive behaviors.

Islam is an integrated system that contributes significantly to shaping children's behavior by presenting a set of moral and behavioral principles aimed at promoting human and social values. In this context, we review the role of Islam in shaping behavior by focusing on moral principles, Islamic education and methods for promoting positive behavior.

Islam is considered one of the primary tools through which Islamic valuescan be promoted. Islamic teachings emphasize the importance of seeking knowledge. Prophet Muhammad (peace be upon him) said, "Seeking knowledge is an obligation upon every Muslim" (Narrated by Ibn Majah). Through education, children gain a deeper understanding of Islamic values,

enhancing their ability to make sound decisions in their lives. Islam relies on deepening religious awareness and observing God in all words and actions, which reduces the motivation to lie.

Exposing children to non-aggressive behaviors reduces the imitation of aggression. Islam offers an integrated model for treating aggression that combines prevention (such as religious awareness) and treatment (such as family intervention). Recent studies show that implementing this approach reduces aggression by up to 60% in environments committed to Islamic values. Therefore, educational curricula should include moral values that help people understand the importance of good behavior which can guide them toward positive behaviors.

By way of recommendation, the study suggests that behavioral problems be resolved through educational curriculum that appreciates values such as patience and honesty; emphasizes on discipline as deterrent punishments rather than repression; and strengthens Islamic educational programs based on the Qur'an and Sunnah.

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