

The Understanding of Terengganu Muslim Community Concerning Health Care Practice of Prophet Muhammad SAW

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Abstract

This article is based on a survey on Muslim patients in Terengganu in relation to their understanding and acceptance towards health practice by the Prophet Muhammad. There are many peoples of Terengganu contracting diabetes, high blood pressure and heart problem due to a weak knowledge of health care practices according to Islam. A study on 210 respondents has revealed that only 13.8% know about the health care practices as recommended by the Prophet. Only 1% done it before falling ill, 6.1% of them occasionally practice it, 30% practice it rarely and 62.8% of the respondents never performed it. Diet practices also act as health indicator where 98.6% of the respondents consume food without control. Meanwhile, only 1% of the patients always take health supplementary food and 1.4% often takes it, while the rest simply ignore it. As a conclusion, the cause of illness begins with a failure to perform a good and complete health care practices.

Keywords: Understanding, Muslim community, Health practices.

Introduction

Most of the Muslim community who suffer from chronic diseases triggered by uncontrolled diet, inappropriate ways of taking meals and improper meal time. Muslim community does not follow the Sunnah of the Prophet Muhammad and does not have clear guidelines and specific studies to follow. They have a very poor knowledge about healthy lifestyle of the Prophet as a primary model for a healthy life. Hence, they should be given an exposure and understanding of a health care practices according to the practice of the Prophet.

Study Objective

Studies of understanding Muslim community of Terengganu emphasizes on the following objectives:

1. Evaluate knowledge of the Muslim community in relation to health care practices in accordance with the practice of the Prophet.
2. Clarifying the Muslim patients who are knowledgeable and performing health care practice.
3. Distinguishing between the healthy with the unhealthy, from the aspect of appreciating healthcare practice in line with the way of the Prophet.

The Important of Unstanding the HealThcare Practice

Everybody is hoping to always be healthy. They should be responsible on looking after their health by constantly applying a good health care practice. Healthy is a physical and spiritual fitness attained by a person, as a result from constantly applying and appreciating a good health care practice. Health is always associated with safety accompanied with an upright moral (Uddin, 1992). Concepts and practices of health in Islam are normally associated with health care practices of the Prophet. He taught and trained Muslims to adapt a good practice and should not bring any harm (Abid, 1989). A Muslim will be assured and confident when they have knowledge about as stated by the Quran and the Sunnah. Then, it should be associated to the study of health care from the perspective of modern science (al-Basit, 2004).

Muhammad al-Mukhtar Ahmad Muhammad al-Islamiy Kan'an (2000), explains the importance of knowledge about health problems and explain how to practice proper health care. Ibn Qayyim (1996), explains the importance of knowledge about health problems and the correct practice of health care. He outlined several guidelines of treatments, treatment system, daily healthcare and prayer recital with verses from the Quran.

Methodology

This study is a field study by taking into account a collected data from primary and secondary sources in the form of documentation from the previous study. Survey or questionnaire approach is conducted on a group of respondents that has been identified as people with ailments related to diabetes, hypertension and heart problem. One set of questionnaire was use to collect data administered by paper and pencil test. The same questionnaire also used as an interview schedule. This study took a sample of 210 unhealthy respondents and 70 healthy respondents from the Muslim community in Terengganu. Data analysis was conducted separately for the healthy and unhealthy group. The selection of the state of Terengganu is made due to 96% of its population is Muslim.

Analysis on Health Care Level of Uunderstanding

This study will analyze in detail the knowledge of health care practices of Islam as taught by the Prophet. This analysis involves five questions regarding the knowledge of the respondents. The first question is, whether or not they have heard of the health care practice as done and taught by the Prophet. Referring to Table 1, this study found that 83.3% of the respondent has heard of the practice of health care by the Prophet. Out of this 83.3%, or equivalent to 172 people, 116 respondents or 55.2% rarely heard about it. This implies that the lack of knowledge has caused the patient to have no guidance about the right methods for such care. Perhaps, only 10.5% is capable of applying such approach because only these fractions fall into the category of knowledgeable and very knowledgeable about the practice.

Table 1:
Hearing on Personal Health Care Practice The Messenger

	Frequency	Percent	Valid Percent	Cumulative Percent
Never	35	16.7	16.7	16.7
Rarely	116	55.2	55.2	71.9
Less Knowledgeable	37	17.6	17.6	89.5
Knowledgeable	15	7.1	7.1	96.6
Very Knowledgeable	7	3.4	3.4	100.0
Total	210	100.0	100.0	

Table 2 shows the number of patients who know about the health care practices of the Prophet. The study revealed that only 13.8% of the respondents clearly know the practice of the Prophet.

Table 2:
Knowing How to Practice Self Care

	Frequency	Percent	Valid Percent	Cumulative Percent
Never	111	52.9	52.9	52.9
Rarely	37	17.6	17.6	70.5
Less Knowledgeable	33	15.7	15.7	86.2
Knowledgeable	18	8.6	8.6	94.8
Very Knowledgeable	11	5.2	5.2	100.0
Total	210	100.0	100.0	

Not all of the respondents who know how to practice healthcare in line with Islam (13.8% - Table 2), are practicing it. Table 3 shows that only 1% of the respondents frequently practice health care the way suggest by Islam prior to their illness and 6.2% of them practice it occasionally. It demonstrates that the Muslim community fails to perform the practice of health care according to Sunnah. They rely on hospital or modern treatment.

Table 3:
Number of Respondents Who Practice Prior to Illness

	Frequency	Percent	Valid Percent	Cumulative Percent
Never	132	62.8	62.8	62.8
Rarely	63	30.0	30.0	92.8
Less Knowledgeable	13	6.2	6.2	99.0
Knowledgeable	2	1.0	1.0	100.0
Very Knowledgeable	0	0	0	
Total	210	100.0	100.0	

The practices of health care consistent with the Islamic approach become frequent when people discover about their illness and know the advantageous of the Islamic method. Table 4 shows that 165 peoples (78.6%) practice it very often, where 96 respondents (45.7%) do it

often and most of the time while 69 respondents (32.9%) performs it periodically (mark as 'sometimes' in table 4).

Table 4:
Applying After Discovering Illness

	Frequency	Percent	Valid Percent	Cumulative Percent
Never	32	15.2	15.2	15.2
Rarely	13	6.2	6.2	21.4
Less Knowledgeable	69	32.9	32.9	54.3
Knowledgeable	57	27.1	27.1	81.4
Very Knowledgeable	39	18.6	18.6	100.0
Total	210	100.0	100.0	

Based on Table 5, the study established that the practice of the Sunnah as shown by the Prophet is easy to perform. A total of 136 respondents (64.8%) acknowledge it, where 30% of whom are consistently performing it while 34.8% do it at a less frequent rate.

Table 5:
Feel Easy Practicing the Sunnah of the Prophet

	Frequency	Percent	Valid Percent	Cumulative Percent
Never	32	15.2	15.2	15.2
Rarely	42	20.0	20.0	35.2
Less Knowledgeable	73	34.8	34.8	70.0
Knowledgeable	45	21.4	21.4	91.4
Very Knowledgeable	18	8.6	8.6	
Total	210	100.0	100.0	

Figure from Table 4 and Table 5 express that the Muslim community shall not ignore the responsibility to look after their health in the means shown by the Prophet. Due to the nature of this practice is very simple, the Muslim community should not delay until contracting ailment to perform it. Care and control will bring joy and prosperity while treatment and healing will takes time and requires a high commitment.

ANALYSIS OF A HEALTHY COMMUNITY PRACTICES

A study on 70 healthy respondents shows that there is a significant difference between a healthy and an unhealthy people. Healthy group shown a higher appreciation of a religious practice and perform health care practices as projected by Islam. Healthy group has a high understanding from the aspect of getting a lesson and attending a learning session about the healthcare practice of the Prophet. Out of 70 respondents, 57 respondents (81.4%), are always attending religious learning session and know about health care (Table 6). They are also regularly performed their religion dues at a mosque.

As many as 55 respondents (78.6%, Table 7) know how to practice it. A total of 61 respondents (87.1%, Table 8) practice health care as a Sunnah of the Prophet before contracting any illness, meanwhile nine people (12.9%) practice it after they learned about their ailment.

Table 6:

Listening to personal health practices Messenger

	Frequency	Percent	Valid Percent	Cumulative Percent
Never	0	0	0	0
Rarely	3	4.3	4.3	4.3
Less Knowledgeable	10	14.3	14.3	18.6
Knowledgeable	50	71.4	71.4	90.0
Very Knowledgeable	7	10.0	10.0	100.0
Total	70	100.0	100.0	

Table 7:

Know How to Practice

	Frequency	Percent	Valid Percent	Cumulative Percent
Never	0	0	0	0
Rarely	2	2.9	2.9	2.9
Less Knowledgeable	13	18.6	18.6	21.5
Knowledgeable	50	71.4	71.4	92.9
Very Knowledgeable	5	7.1	7.1	100.0
Total	70	100.0	100.0	

Table 8:

Practice before Contracting Illness

	Frequency	Percent	Valid Percent	Cumulative Percent
Never	0	0	0	0
Rarely	2	2.9	2.9	2.9
Less Knowledgeable	7	10.0	10.0	12.9
Knowledgeable	55	78.5	78.5	91.4
Very Knowledgeable	6	8.6	8.6	100.0
Total	70	100.0	100.0	

Suggestion /General Issue

Attempts and efforts towards instilling and enhancing the health care practice as shown by the Prophet Muhammad should be carried out. Among the early step that should be undertaken by the religious authorities is to increase knowledge of the Muslim community about the important of health care practices in Islam. An extensive and open campaign throughout hospitals, schools, mosques and prayer shall be exercised. Meanwhile, treatment activities should be arranged in an orderly manner. Reading Islamic literature on health care should commence at the school level.

Conclusion

This study should create awareness for the whole Muslim community that most of them do not know and do not care about health care practices as performed by the Prophet Muhammad. This finding should be taken as a lesson to each of them to look after their health by way of enriching their knowledge of a good health care practice as acted upon by the Prophet Muhammad. It is essential for Muslim community to look after and control their

health while they are healthy. Although treatment is available and recovery is possible, normally it will be hard to return to the original state of health.

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