

## Religion as a Social Phenomenon: A Study of the Influence of Islamic Religious Practices in Social Life

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**Abstract:** This study aims to examine religion as a social phenomenon, focusing on the influence of Islamic religious practices on social life. Religion functions not only as a belief system but also as a guideline that shapes behavior, values, and social interactions in society. Through a qualitative approach, this study explores how religious practices such as prayer, fasting, zakat, moral development, and mosque- or school-based activities influence social relationship patterns, moral attitudes, and the dynamics of daily life. Research data were obtained from interviews, observations, and documentation within the SMP IT Al Farabi Bilingual School environment, resulting in a deeper understanding of the role of Islam in shaping individual social character. The results show that Islamic religious practices have a significant influence in increasing moral awareness, strengthening solidarity, building positive habits, and creating a harmonious social environment. Religious practices have proven to be an important factor in shaping identity, social ethics, and social behavior in society. In conclusion, Islam not only functions in the spiritual realm but also makes a real contribution to the formation of a better and more civilized social order.

**Keywords:** Religion, Social Phenomena, Islamic Religious Practices, Social Life

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### INTRODUCTION

Religion has always been an integral part of human social life, including in Indonesia, where the majority of the population is Muslim. Religious practices, both in personal life and in social interactions, influence various social aspects such as norms, values, interpersonal relationships, and even social structures.

Social phenomena indicate that religion is not only a system of belief or worship, but also a social phenomenon that can be analyzed from a sociological perspective. **The influence of religious practices** shows that the application of Islamic teachings in daily life can influence social aspects.

Islam, as a religion of mercy for all the worlds, guides the lives of its followers and has rules and principles that influence social behavior. Given the significant influence of religion on life, this research hopes that religion can actively contribute to all aspects of society and create a harmonious social life in society.

This research, entitled "Religion as a Social Research Symptom: A Study of the Influence of Islamic Religious Practices in Social Life," describes an in-depth study of the role of religion, particularly Islamic religious practices, in shaping and influencing social life in society, both in its positive aspects and its challenges. Based on the background of the problem above, the problem formulation in this study is how does the practice of Islamic religion influence social life? The purpose of this research is to examine how Islamic religious practices, such as worship, moral teachings, and religious values, influence social interactions in society. Contribute to the formation of social norms that regulate individual behavior in society, such as norms regarding work ethics, social solidarity, interpersonal relationships, and social responsibility. To understand how Islam is applied and practiced in various different social contexts. The benefits of this research are to provide an in-depth understanding of the role of religion in social life. Increase social awareness of the role of religion in shaping communal life. Provide information for social policies that are sensitive to religious values and serve as a reference for further research.

Religion is a teaching derived from God or the result of human reflection, expressed in holy scriptures as a guide to life, enabling humans to achieve happiness in this world and the hereafter. It encompasses belief in supernatural powers that evoke emotional responses and the need to maintain a good relationship with Him. In Islam, religion originates from God and was conveyed through the prophets from Adam to Muhammad. Islam encompasses creed, religious laws, morals, and social interactions, and is believed to be the true religion, as affirmed in Surah Ali Imran, verse 85.

Religion serves important functions for humans, such as providing meaning in life, serving as a source of morality, maintaining mental health, strengthening social bonds, encouraging piety, preventing negative behavior, and establishing identity. In general, religion serves as a guide to life, a source of inner peace, and a means of building harmonious relationships between people and with God.

Social norms are rules or guidelines that govern societal behavior to maintain order and harmony. Meanwhile, social phenomena are phenomena or changes that arise from social, economic, political, or cultural dynamics within a society. Norms serve to maintain order, while social phenomena reflect actual conditions occurring within a society.

Islamic religious practices influence a Muslim's attitudes, behavior, and lifestyle. This encompasses both ritual worship and moral values. In Surah Al-Ankabut, verse 45, it is explained that prayer can prevent indecency and wrongdoing, because the essence of prayer is remembrance of God. Key practices in Islam include: prayer as a connection with God, fasting as an exercise in discipline and empathy, zakat as a form of social solidarity, and the

pilgrimage, which teaches equality and brotherhood. Islam also emphasizes noble morals such as honesty, patience, and generosity, and prohibits actions that harm others. Reading and reflecting on the Quran serve as primary guidelines for developing spiritual and moral awareness.

Overall, Islamic teachings and practices have a positive impact on individuals and society, guiding people toward a responsible, harmonious, and pious life. Three previous studies, published in several journals, are related to the author's research. These three studies have different focuses, providing an overview of the dynamics of education, social, and scientific approaches in the context of Indonesian society. The first study by Anisa Miftahul Janah highlighted the influence of understanding religious moderation on the formation of attitudes of tolerance in students at Walisongo Vocational High School in Semarang. The results of her study indicate that strengthening religious moderation learning comprehensively in schools is crucial for fostering attitudes of tolerance. Furthermore, family and community involvement are also significant supporting factors. This research opens up opportunities for further study on the role of social media in shaping attitudes of tolerance in adolescents and strategies for preventing intolerance and radicalization.

Yosi Nova's second study, titled *The Impact of Transmigration on Community Social Life: A Historical Study of the Timpeh Dharmastraya Community*, reveals that the transmigration program brought about significant changes in the community's social life. Transmigration not only created new patterns of economic development but also shaped social and cultural identities distinct from those previously established. This transformation demonstrates how population movement can impact broader social structures.

Meanwhile, a third study by M. Dimyati Huda on the *Anthropological Approach to Islamic Studies* emphasizes the importance of developing students to become responsible, faithful individuals. Through an anthropological approach, students are guided to utilize knowledge to prosper their lives, manage nature wisely, and pursue a life purpose blessed by Allah SWT. This approach emphasizes a balance between spiritual, intellectual, and social aspects in the formation of the Muslim personality.

## **METHODS**

This research design uses a qualitative approach with a descriptive research method. The data sources used are data from Primary data obtained directly from the field; namely the Director of Education of SMP IT Al Farabi Bilingual School, the Principal of SMP IT Al Farabi Bilingual School, the Vice Principal for Curriculum, the Vice Principal for Student Affairs, Character Building, and Cooperation, the Tahfizh teacher, and students of SMP IT Al Farabi who actively participate in worship and social activities. Secondary data taken from this study are the school's religious activity schedule, work programs in the field of student affairs, cooperation, and character building, reports on Islamic-based social activities (social services, zakat, student donations, etc.).

Photos, videos, or notes on activities carried out by SMP IT Al Farabi Bilingual School. The sampling method used in this study is purposive sampling, with data collection techniques and tools in the form of interviews, observation, and documentation. Instruments The instruments used were interview guidelines, a voice recorder, and a checklist. The researcher used a camera to record evidence as information that could explain the actual reality. The data analysis plan was carried out through the stages of data reduction, data display, and data verification. The research, entitled "Religion as a Social Science Symptom: A Study of the Influence of Islamic Religious Practices on Social Life," was conducted at SMP IT Al Farabi Bilingual School. The study was conducted in September, from March 10 to June 13, 2025.

## **RESULTS AND DISCUSSION**

The practice of Islam has a significant influence on the social life of Muslims. Islam, as a belief system and guide to life, not only regulates an individual's relationship with God (*habluminallah*), but also provides clear guidance on how its followers should interact with each other (*habluminannas*).

However, the fact is, not everyone is capable of good relationships with others. Some people intentionally misbehave towards their siblings, while others do so unintentionally. Nevertheless, misbehaving towards others will certainly lead to division, discomfort in life, and a decline in the quality of social relationships. This is influenced by factors such as the weakening of human reason, the temptations of Satan, and the overwhelming lust for power within one's soul.

An interview with Mr. Syakir Daulay, Director of Education at SMP IT Al Farabi Bilingual School, revealed that Islam provides a comprehensive guide to life through the Quran and Hadith. Every aspect of life, from personal matters to social affairs, is clearly regulated. The correlation and essence of the Quran and Hadith, which completely regulate human life, make Islam a solution-oriented religion. The concept of solutions in Islam is not only spiritual but also encompasses social, economic, political, and cultural aspects.

Islam also teaches tolerance for differences. In the face of religious, cultural, and ethnic diversity, Islam teaches peaceful coexistence and mutual respect. This is a solution to social conflict and intergroup interactions that can lead to peace and social harmony.

The principal, Siti Kembang Ati, S.Pd., Gr., added that "this is a concrete example of how Islam has a positive influence on social life. Islam is not only a religion that guides spiritual life, but also provides practical guidance for addressing various social problems in society."

Iffah Hurriyah, an exemplary student, shared her personal experience of how Islamic teachings helped her navigate various situations and social issues that arose in her life. She also mentioned how Islamic teachings helped her navigate differences in a pluralistic society, particularly in interacting with people of different faiths or cultural backgrounds. Islam teaches the principles of tolerance and mutual respect, enabling her to interact well and respectfully with others, despite differing views or beliefs. In this regard, the Islamic principles of *ukhuwah* (brotherhood) and *tasamuh* (tolerance) help maintain harmonious relationships between individuals in society, despite



differences in religion, race, or culture.

The author concludes that in facing various social problems, whether in the workplace, family, community, or economic sphere, Islamic teachings provide clear guidelines and solutions that guide him to act wisely, justly, and patiently. Islam teaches the importance of trust (relief), justice, good communication, and an attitude of sharing and maintaining social harmony. These principles not only help him overcome personal problems but also provide direction for interacting with others in a challenging society.

According to the Islamic perspective, humans are seen as social beings who cannot live alone and have close ties with others. This concept is reflected in many teachings of the Qur'an and Hadith which emphasize the importance of social relationships between individuals, families, communities, and humanity as a whole. Islam teaches that humans were created with the purpose of living together in society and interacting with each other in a way that is full of compassion, justice, and mutual assistance. The results of an interview with Ustadz Muhammad Fadhil Akbar, as a tahfiz teacher said that: "Islam plays a very important role in influencing relationships between humans. Islamic teachings provide moral, ethical, and spiritual guidance that shapes how to interact with others. Some of the main influences of Islam on my relationships with others include: prioritizing compassion and care, mutual respect and protecting the rights of fellow human beings."

God created humans in a state of mutual need, and the purpose of human life in this world cannot be separated from social relationships. God says:

يَا أَيُّهَا النَّاسُ إِنَّا خَلَقْنَاكُمْ مِنْ ذَكَرٍ وَأُنْثَىٰ وَجَعَلْنَاكُمْ شُعُوبًا وَقَبَائِلَ لِتَعَارَفُوا ۚ إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتْقَىٰكُمْ ۚ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ

Meaning: "O people, indeed We have created you from a man and a woman and made you into nations and tribes so that you may know each other. Indeed, the noblest among you in the sight of Allah is the one who is most pious. Indeed, Allah is All-Knowing, All-Compliant." (QS. Al-Hujurat: 13)

This verse demonstrates that differences in ethnicity, nation, and language are part of God's destiny, intended to promote mutual understanding and cooperation, not to divide or incite conflict. Therefore, humans were created with a social nature that requires relationships with others to support each other and build a better life.

Based on an interview with Ms. Fathina Zahra, the Vice President of Student Affairs for Curriculum, she stated that the most influential forms of Islamic religious practice in social interactions are zakat, sedekah, and infaq. This is because giving a portion of one's wealth to those in need not only helps others materially but also builds a sense of togetherness and solidarity within the community. Furthermore, the teaching of congregational prayer is also crucial in strengthening social bonds, as we meet and pray together in the mosque.

This aligns with the results of an interview with Mr. Syukri Hamdi, Vice Principal for Student Affairs, Character Development, and Cooperation. He stated that through zakat, Muslims are taught to care for the welfare of others, especially the less fortunate. This practice fosters social solidarity

and reduces economic disparities.

In addition, zakat serves to purify wealth and provide blessings, but also strengthens the relationship between rich and poor individuals. Furthermore, he also said that: "Islamic practices that have an impact on social life are congregational prayer and fasting during the month of Ramadan. Congregational prayer encourages communities to gather and interact socially. This strengthens the sense of unity within society, strengthens ties of friendship, and creates opportunities for mutual help and support among members of society. Likewise, fasting during the month of Ramadan also has a significant social impact, because during this month Muslims not only carry out personal worship, but also share food with others through the activity of breaking the fast together, which strengthens togetherness and social awareness."

Overall, Islamic teachings, which emphasize social justice, concern for others, and a sense of togetherness, significantly influence social interactions within society. These practices help create a more harmonious and caring society.

Ms. Siti Kembang Ati, S.Pd. explained that Islamic teachings on wealth redistribution, through zakat, sedekah, and infaq, are very effective in reducing social inequality. When the rich donate some of their wealth to help the poor, this can reduce the gap between the two. In addition, with Islamic teachings that encourage fair behavior, both in economic, legal, and social matters, existing inequality can be reduced. For example, in Islam, leaders must be just and must not abuse power for personal gain. This, if implemented properly, will help create a more transparent and just government.

Silaturahmi is an Arabic term meaning "to strengthen ties of brotherhood" or "to maintain kinship." In the Islamic context, silaturahmi has a broader meaning, namely maintaining and strengthening relationships between individuals with family, relatives, friends, and even all of humanity. Islamic teachings strongly emphasize the importance of silaturahmi, as one aspect that can improve social relations and strengthen bonds between individuals in society. Iffah Hurriyah: "Silaturahmi is one of the main keys in building harmonious relationships in society, especially within the family. Islam strongly emphasizes the importance of maintaining relationships with others, be they family, friends, or those around us. Silaturahmi is not only about meeting and conversing, but also about paying attention to each other, helping each other, and avoiding hostility. In the Qur'an and hadith, there are many instructions on how to maintain good relationships with others, including within the family."

Rasulullah SAW said, 'Whoever wants his fortune to be expanded and his life to be extended, let him continue to maintain relations.' (HR. Bukhari). By maintaining relationships, we gain many benefits, not only in the social aspect, but also in spiritual life.

The formation of Islamic values requires an integrated effort between family education, society, and formal institutions. Islamic values not only shape good individuals but also serve as the foundation for a just, harmonious, and peaceful social life. In social practice, Islamic values are reflected through justice, caring, mutual cooperation, brotherhood, and trustworthiness. By facing

challenges wisely and collaboratively, Islamic values can continue to guide modern life.

Muhammad Irfan, the Student Council (OSIS) chairman and daily prayer leader at SMP IT Al Farabi Bilingual School, said that there had been significant changes in communication after implementing Islamic teachings. Before truly practicing Islam, he tended to speak without much thought about how it would affect others. After delving deeper into Islam, Muhammad Irfan admitted he began to be more careful in his speech and tried to use polite and helpful words. Islamic teachings about guarding one's tongue significantly influence how one communicates.

Furthermore, Muhammad Irfan added that "I feel more patient and try to control my emotions when interacting with others. In the past, I might have been quicker to anger or take offense, but now I more often remember the importance of patience and forgiveness, as taught in Islam."

Qarisa, a junior high school student at Al Farabi Bilingual School, also said, "I've become more concerned about those around me. For example, I'm more likely to help friends and neighbors in need, both financially and non-financially. I feel this is part of my worship, because the Prophet Muhammad (peace be upon him) taught the importance of helping others."

Islam greatly influences my relationships with other people, both family and friends. One of the main teachings in Islam is the importance of ukhuwah or brotherhood, which teaches us to love each other and maintain good relationships with others. Rasulullah SAW said: "A Muslim is a brother to another Muslim, he must not wrong him and must not allow him to be wronged." (HR. Muslim). Muhammad Khalil Az-Zukhruf as one of the students said: "Respecting and doing good to parents is an obligation that is highly emphasized in Islam, and I try to make this happen by always listening to their advice, respecting their struggles, and maintaining good communication. Apart from that, Islam also teaches to maintain friendship with the extended family, whether with siblings, uncles, aunts, and so on, because close family relationships will create peace and happiness."

On the other hand, Islam also emphasizes the importance of tolerance and mutual respect in relationships. I try to always accept differences, whether in terms of religion, culture, or outlook on life, and see differences as a wealth in social life. Islam teaches us not to look down on others, but to respect each other and cooperate in goodness, as taught in the Qur'an: "O mankind, indeed We created you from male and female and made you into nations and tribes that you may know one another." (QS. Al-Hujurat: 13).

Overall, Islam is very helpful in maintaining good relationships with others, emphasizing principles such as compassion, honesty, patience, tolerance, and mutual respect. I feel that Islamic teachings encourage me to always think positively, be patient in the face of differences, and maintain good relationships in my daily life.

Practicing Islamic teachings in modern social life presents a number of complex challenges. According to Ustadz Muhammad Fadhil Akbar, "the first challenge faced in practicing Islamic teachings is the lack of in-depth religious understanding among some Muslims."

This often leads to misunderstandings about the correct practice of Islamic teachings, leading to practices that are inconsistent with true Islamic values. For example, many people rely solely on limited religious knowledge without delving into the context and purpose of those teachings, resulting in differences in their practices of worship and social etiquette.

He continued, explaining that the second challenge is the influence of modern culture and technology, which often contradict Islamic principles. In today's digital age, a wealth of information is readily accessible, but not all of it aligns with Islamic values. According to respondents, the abundance of negative content and the rapid growth of hedonistic lifestyles has trapped some people in a worldly life far from religious teachings. This creates a gap between religious teachings and everyday social practices.

According to him, another challenge is the changing patterns of social life that have occurred along with modernization and urbanization. The fast-paced and demanding lifestyle often makes it difficult for Muslims to perform religious duties devoutly, such as congregational prayer or consistent fasting. Many people feel stressed by busy work schedules, resulting in less time for community worship. This situation poses an obstacle to strengthening the bonds of brotherhood among Muslims.

There is a discrepancy between the traditional values held by some Muslims and the social values developing in modern society. For example, on the issue of women's rights, some interpretations of Islamic teachings may differ from the developments in feminism and gender equality that are emerging in many parts of the world. This difference sometimes creates tension between religious values and existing social norms, making it difficult for Muslims to adapt their teachings to modern society without feeling oppressed.

According to the author, uncertainty in public policy also poses an obstacle, particularly regarding religious freedom and diversity within society. When policies discourage religious practices or religious diversity, this can create social tension and make it difficult for Muslims to freely practice their religion in public spaces.

To overcome these challenges, Muslims need to continuously strive to improve their authentic understanding of religion, not only through deeper study of religious knowledge but also by wisely adapting to changing times without sacrificing the fundamental principles of Islamic teachings. Interreligious and intercultural dialogue is also crucial in building understanding and tolerance in an increasingly pluralistic and multicultural society.

## **CONCLUSION**

Based on the results of the study on "Religion as a Social Study Symptom: A Study of the Influence of Islamic Religious Practices in Social Life," it can be concluded that religion as a Social Factor Influencing Community Life: Islamic religious practices have a significant influence on the social structure of society. Islam is not only a spiritual guide but also shapes norms, values, and social behavior in everyday life, such as in the fields of economics, education, and interpersonal



relationships.

**Integration of Religion and Social Life:** In predominantly Muslim societies, religious practices such as prayer, zakat (almsgiving), and fasting not only have a religious dimension but also serve as a means of strengthening social solidarity. For example, zakat activities play a role in reducing social disparities and fostering empathy among citizens.

**The Role of Religion in the Formation of Social Identity:** The practice of Islam also plays a significant role in the formation of a group's social identity. Islam serves as a unifying factor for the community and fosters a sense of community and shared purpose within the community. In this context, religion helps strengthen social cohesion and provides a moral foundation for social interaction.

Based on the research findings, several recommendations are needed, including improving more comprehensive Islamic religious education programs, not only in schools but also in the community. More in-depth religious education can strengthen social solidarity and minimize the potential for social conflict that may arise from differences in religious understanding.

Islamic religious practices can influence gender roles in society. Therefore, it is recommended to provide more space for women in social and religious contexts, by prioritizing the values of equality inherent in Islamic teachings. Women's training, education, and empowerment programs within Islamic communities can strengthen their role in social development.

**Implementation of Islamic Values in Public Policy:** In the context of social justice and governance, research findings indicate that Islamic teachings have the potential to improve social conditions, particularly in terms of welfare distribution. Therefore, it is recommended that public policy integrate Islamic social justice values, such as fair distribution of wealth and concern for the welfare of the poor, into social and economic policymaking.

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