

## Teaching Islamic and Quranic lifestyle in schools

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### Abstract :

With the addition of new communication technologies to people's lives, the lifestyle of people also underwent extensive changes and turned people into consumer-oriented beings and slaves of goods. But the religion of Islam has considered another lifestyle for humans, a lifestyle that leads to excellence and discovery of the true purpose of human creation. The Islamic way of life leads a person to the closeness of God and a happy life. Meanwhile, education and above all schools play an essential role alongside the family. In schools, students get to know the Quranic lifestyle and practice it in order to apply it in their real and social life. However, there are still defects and shortcomings in education, especially in the field of textbooks' contents, which are not fully coherent, and the contents are scattered in the books, and it seems that there is no seriousness in this field. Now, in this research, we are looking to analyze the factors involved in teaching Islamic lifestyle in schools by reviewing various books and articles, and we are using the library method and reviewing various sources to compile this research.

**Keywords :** lifestyle, Islam, Quran, schools, textbook

### Introduction :

In the past, shape and appearance did not play a pivotal role in human life. But with new and modern technologies, formalism and extreme appearance spread in the society and took people away from their main and ultimate goal. Now, in this apparent and shallow world, lifestyle is

important and in the last two centuries, the word lifestyle has been raised at the micro and macro levels of societies and has involved politicians and planners of different countries.

The lifestyle in western societies is often based on consumerism and fashionism and follows the consumption of goods and current fashions; But the Islamic way of life originates from traditions, definitions, cultures and deep human concepts, and it marks the ultimate goal of human creation. (Yousefzadeh Arbat, 2019) The Islamic lifestyle is based on human nature and divine nature, and on the other hand, it corresponds to the lifestyle of us Iranians, and these two do not contradict each other and can play a complementary role for each other.

Although lifestyle is considered a cross-sectoral issue at the national level, the most important sector and institution that can play a concrete and important role is the education system, and the country's schools are at the top of it. Certainly, teaching the Koranic and Iranian lifestyle to children from a young age will ensure the prosperity and pride of the society in the future and prevent many anomalies and social problems. According to theologians and religious scholars, the next lifestyle is beyond worldly life and is also related to life after death. In fact, they consider the lifestyle of man in this world as a prelude and baggage for the hereafter. They believe that the desirable lifestyle emphasized by the Quran depends on the proper relationship of man with the four spheres (self, God, creation and creation). (Samadi, 1400) Religious scholars and religious experts consider the Qur'an as the most important and most suitable program and guide for regulating the human lifestyle and emphasize teaching the concepts and lifestyle of the Qur'an in schools.

Just as schools play an essential role in promoting the Quranic and Islamic lifestyle among children, the role of the family is also very important. The family is the main center of child education and the school completes this education and provides a link to the society. The family and the type of religious upbringing of the parents as well as the lifestyle of the family are very effective on the child's approach in the future. (Kandani Arani and Sadeghi Arani, 2014)

Since God, by sending the Prophet of Islam (PBUH) and the Holy Qur'an as His word to His servants, has completed the proof for the people and has introduced the way and customs of a happy and faithful life to everyone, this Quranic lifestyle should also be taught in schools. and promote it based on the teachings of Islam and the Quran, and the education system has an irreplaceable role in this way. The existence of planning, facilities, expert and trained teachers and appropriate and attractive content is very important and vital. Now, according to these cases, we will examine the role of education in promoting the Quranic lifestyle among children.

#### **research method :**

In this research, with the library and documentation method and conceptual analysis, we are looking to analyze and examine the role of education in embedding the Islamic and Quranic lifestyle desired by the society and the government among the new generation, and in this way, from numerous articles and researches in We have used this field so that we can have a better analysis of the actions and role of the education system in this important field by collecting different opinions.

#### **Background of the research:**

Zanganeh and Faghan Nomli (2023) in a research entitled "The role of education in the development and growth of the Islamic-Iranian lifestyle and the modification of the consumption pattern" have investigated that the Islamic and Iranian lifestyle is the life of Muslim Iranians and it is of two types. They follow Iranian and Islamic culture. In the Iranian lifestyle, faith, religion, family, pride in Iranian culture and civilization, and adherence to authentic traditions are emphasized. The cultural invasions and huge propaganda of the enemies of Islam through various satellite networks and virtual space in the Islamic society and the neglect of the Islamic Ummah from reasonable and life-giving religious and cultural teachings and unique human sufferings have caused a large number of Muslims to quickly They are influenced by the degenerate culture of foreigners and distance themselves from their own rich culture and traditions. The role of teachers and parents, mobilization bases, morning programs and

teaching materials can play an important role in conveying lifestyle concepts to students.

Mokhtari Ardestani (2022) in an article titled "Individual components of Islamic lifestyle" stated that lifestyle from the point of view of Islam refers to a set of issues accepted by Islam in the field of individual and social life. Therefore, the life of Muslims in this world should be based on religious teachings until the human being adopts and acts on it based on the guidelines of the Qur'an and the sayings of the innocents (peace be upon them) from these two valuable sources (Book and Sunnah). A good life will be achieved.

Karmi (2021) in a research on the topic of "Islamic lifestyle in the curriculum of the elementary school" investigated the main and sub-components of the model of integrating the Islamic lifestyle in the elementary textbooks, which has nine main components (devotional and religious, moral, educational, social, political, economic, managerial, legal and health) and eighty sub-authors. Knowledge of God, knowledge of religious issues, simplicity of life, serving people, acquiring knowledge, acquiring practical knowledge, proper behavior with people, political education of people, paying attention to clean and halal business, encouraging people to work and produce, responsibility, observing social rights And avoiding forbidden food are among the sub-components that can be achieved according to the subject, through the curriculum of the Qur'an, the gifts of the sky, social studies, thinking and research, work and technology, mathematics and experimental sciences. Adjusting the elements of the curriculum, revising the current content and adjusting the content in different formats, and implementing and evaluating the curriculum in accordance with the Islamic lifestyle are the final steps in the model of integrating the Islamic lifestyle in the elementary school curriculum.

Sharfi and Motaharnejad (2014) in a research entitled "Evaluation of the role of education in the realization of Iranian and Islamic lifestyle" stated that due to the economic, social, and cultural disturbances and on the other hand the problem of low growth in religious identity and A nation that exists in different areas of society; Defining, promoting and implementing the Islamic lifestyle

in the society has become a necessity. Providing a comprehensive definition of Iranian Islamic lifestyle will be possible only with national cooperation. Promoting such a style is the key to the success and security of the country and will lead to the satisfaction of families and society. Considering the serious task of education in the matter of education, these fields should be addressed seriously.

Shahbazi (2014) in an article entitled "Participation of schools and students in the Islamic lifestyle" has stated that what is mentioned in the fundamental transformation of education as a road map is the promotion of the Islamic lifestyle in schools in order to achieve The basics of life are stable and based on this document, teachers and trainers play a central role in explaining the lifestyle. Education in the books of social studies and thinking and research of the sixth grade of elementary school has raised valuable issues, especially in the topic of lifestyle, such as respect for elders, discussion of friendship and making friends, observance of ethics among students, common-mindedness, etc. Is . But this issue should be seen from the first grade of elementary school, even from pre-primary school to the end of secondary school, and not limited to a specific course. In general, the school is one of the most important educational pillars of the society and one of the most effective platforms for changing and reforming the Islamic lifestyle. Officials, managers and teachers of education should be role models who show students the way to know bigger patterns and actually be a mediator for students to pass and reach the Islamic lifestyle. This is formed only when the officials and teachers firstly know the religious patterns and secondly, their behavior is formed based on them. Dehghanian (2012) in a research titled "Iranian Islamic Lifestyle" has addressed this issue that lifestyle is greatly influenced by cultural, economic and political developments. In the ideas of Islamic thinkers of old and contemporary times, social structures have always been very important as a container for the realization of human perfection in the intellectual and spiritual development of humans.

Now, considering this sample of articles and researches related to the subject, we will examine

the quality and method of teaching the Quranic lifestyle in the country's schools and then provide solutions and suggestions to increase and improve the quality of lifestyle education to give.

### **The concept of lifestyle from different perspectives:**

The term lifestyle is composed of two words life and style, the meaning of the word life is somewhat clear; But the concept of style needs to be explained. The meaning of style is to shape or design something so that it looks interesting and attractive in this way. In other words, superior quality in appearance, design or behavior. In this case, the combination of these two words (lifestyle) is used to mean a specific way of life of a person or group that distinguishes them from others; But overall, the concept of lifestyle is more general and includes a wide range of objective and mental matters; Therefore, this concept is so broad and wide that it is quite difficult to determine the framework and precise definition of it.

In the 154th sermon of Nahj al-Balagha, Imam Ali (AS) considers lifestyle as a way of living a human life based on beliefs and values.

Imam Sadiq (a.s.) in his conversation with Sufyan Thauri and his companions, they consider the Islamic way of life to be the way of life based on the philosophy and thought of Islam, the Qur'an and the life of the Prophet.

Alfred Adler, the Austrian psychologist, first expressed the term lifestyle as the interests, behaviors and behavioral orientation of a person, group or culture.

Oxford culture also considers lifestyle as different ways of life of individuals or groups.

In Langman culture, lifestyle is expressed as a way or a style to live.

### **Lifestyle education in schools:**

He considers lifestyle as a part of culture that plays an important role in people's lives in today's societies. The most visible layer of a society's identity is its lifestyle. Any society can show the fruits and products of its worldview and ideology to others when its lifestyle is formed according to its beliefs and values. (Sharifi et al., 2013) In general, lifestyle is a relatively stable pattern of individual behavior in daily life in the framework of life situation, which is the art of man in

discovering and choosing the most appropriate and wise behavior; Therefore, a Muslim person should try to achieve a desirable lifestyle that fits with the culture and religious values and based on rationality, and achieve more perfection. (Shadfar et al., 2016)

According to various developments to promote a healthy lifestyle, in order to provide personal and social security in the physical and mental areas, it is necessary to teach a healthy lifestyle, which is the most important educational responsibility of the Ministry of Education.

The lifestyle is considered as the basis of understanding the existing cultural conditions and upcoming developments in this area and shows what is happening in the heart of the values in the cultural sub-system. In fact, by applying the concept of lifestyle and meditating on it, it is possible to find out the hidden norms in the minds, beliefs and behaviors of the people of a society and provide a realistic interpretation of existing or emerging trends and patterns. Criticizing Western and Islamic lifestyles can play a significant role in explaining a healthy lifestyle. (Evan, 2022)

Every religious school offers a lifestyle for humanity and claims that a desirable society and a healthy life are the result of following the way of life they offer. Islamic lifestyle means that in the life of every person, whether personal, family or social, Islamic rules and patterns and standards play an important role; It means to apply the methods based on what Islam has said and demanded. (Shahbazi, 2014)

In the new era, due to the growth of technology and new technologies, societies are facing cultural invasion and consumerist and expensive lifestyle. In a way, the purpose of this attack is to distance a person from the real goal of creation and knowing real life. The world of creation is a manifestation of God's mercy and is the path through which every creature reaches its perfection, which is to reach the position of God's caliph and nearness to God. The life that God guides man to in this context is the good life, which is a manifestation of God's true life. In the good life, the provision of human desires is in line with divine nearness, and the goal of humans is not only to achieve the well-being of life; Rather, organizing the worldly life is for God's nearness,

and this idea not only does not distance mankind from the world stage, but also leads the society to develop and enrich life in the shadow of faith, righteous deeds and closeness to God. Therefore, the duty of families and the education system is to promote a lifestyle based on the teachings of the Qur'an and the biography of the Prophet of Islam. It is very important to know the sublime Islamic and Quranic lifestyle in this period of time and considering the invasion of the western and consumerist lifestyle in the Islamic society; For this reason, education and, in continuation, the school front, play a fundamental and main role in educating the future and religious generation.

Considering the importance of lifestyle and its essential role in creating cultural independence and identity for the country, education has a vital and unique role in creating this independence for the Iranian society. In recent years, with the influx of satellites, virtual space and the Internet towards children and teenagers and the lack of familiarity and ability of families with the ways of controlling and monitoring children and teenagers in the cyberspace, the role of the education system in dealing with these emerging and pervasive phenomena It has become very popular in society. In the last two decades, education is trying to coordinate its programs with the changes of the world by updating and changing the curriculum in schools, and at the same time, it seeks to preserve the transcendental and Quranic lifestyle.

According to the national curriculum of education, in the books of religion and life, social studies, Quran and thinking and research, it is possible to understand the components of the Iranian-Islamic lifestyle, which includes knowledge of God, justice, simplicity of life, respecting the rights of others, effort and Earning a halal livelihood, confronting oppression, being responsible and helping one's fellows; By presenting these components to the students, the curriculum aims to guide and direct them towards the desirable and sublime lifestyle emphasized by the Quran and Sharia. (Karami, 2021)

The study of Quranic and Islamic lifestyle education in schools can be examined from different angles such as planning, content,



extracurricular and cultural activities, and teacher training.

### **1- Planning:**

One of the most basic and important goals of educational systems around the world, especially those countries that pursue issues with a religious approach, is to equip students and the future generation with moral, value and spiritual traits and virtues. These educational systems are trying to provide the fields of education for children and students for a favorable and prosperous life; By implementing these programs in schools, the educational system reaches its goals and policies in moral, spiritual and religious fields and implements them. Therefore, in the education system of the Islamic Republic of Iran, religious and divine life has a special place. (Najafi and Maliki, 2015)

In middle and high school, there is no place for lessons that deal directly with this topic in social science and social studies books; But there is hope that in accordance with the Supreme Leader's list and with the implementation of the fundamental transformation document that was compiled based on the holy verses of the Quran, the life of the Holy Prophet (PBUH) and the Imams of the Infallible Imams (PBUH), as soon as possible by changing and revising the contents of the books. The lesson of this topic should also be given more attention. (Haqit Gou, 2012) In this regard, we see that the five titles of faith, thinking, science, action and ethics are the circle of life skill manners that are mentioned in new books written by elementary students.

The lifestyle is very diverse and different. A part of people's lifestyle is religious patterns; It means the religious behaviors that people do; Such as praying, fasting, reciting Quran and supplications, visiting religious places and mosques, etc. The main goal in our society is the Islamic education of people in order to raise people with spiritual and moral virtues. Raising a generation that believes in the foundations of religion and obeys divine rules and customs and has moral virtues. After the family, the school is the most important institution and center that plays a major role in the education of children and teenagers. School is the first place where, after the family, a child feels a kind of authority and power; But an official and regular authority that

is under this authority and power that is forced to learn and perform certain actions during the day. Religious education in schools is done in three ways: religious courses and programs prepared in educational programs such as religious education courses; The teacher's communication and interaction with the students and the school environment and the organizations and groups in the school. (Demirchi, 2012) This type of planning makes the student deal with religious and Quranic topics not only at school, but also at home and in the community, or in some way his lifestyle is mixed with the Quran and Islamic principles. will be Planning at the macro level of education and for implementation in schools is very vital and important, because the road map for the implementation of Islamic lifestyle in schools and society is drawn in these macro and infrastructure decisions; A program suitable to the conditions of the society and the way of thinking of the new generation and in accordance with the thoughts of today's modern world.

In spite of all the efforts in recent years, there has not been a formal and accurate planning in this field, and on the other hand, the document on the fundamental transformation of education as a road map of this system has not been implemented accurately and completely, and in some parts needs to be fundamentally revised and revised. It is also better to look at more realistic issues based on the needs of the society.

### **2- Content:**

Content is one of the elements of the curriculum. The curriculum content includes knowledge, skills, processes and values. Textbook is one of the most widely used content and tools for knowledge transfer, which is considered the main focus of the teaching-learning process in the education system. The content of textbooks is revised or extensively changed during different eras in order to implement the general goals and policies of the education system in schools and classes.

The educational system of the Islamic Republic of Iran is based on the Islamic worldview, and the qualities of a desirable and sublime human being are extracted from a source called the Holy Qur'an and the biography of the Holy Prophet (PBUH). (Najafi et al., 2014) In the education system of Iran, the Islamic and Iranian lifestyle

can be seen in all layers, including textbooks, educational materials, teacher training and school architecture, as well as the contents provided to students based on Religious instructions and the explicit text of the Quran are provided to the students.

For example, in many textbooks, especially the religion and life books of the middle school period, many important concepts and principles of lifestyle have been extracted from Surah Al-Hujrat, which is referred to as Surah Adaab and Hakam, and it has been made available to students. . Allameh Tabatabaei says about this surah: "This surah contains issues of the rules of religion, rules with which the happiness of a person's individual life is completed and the righteous and good system is established in his (society). Some of those issues are beautiful manners that must be observed between a servant and God, and some of them are manners that God's servants must observe regarding the Messenger of God (PBUH), which are mentioned in the first five verses of the Surah. Some other provisions are related to issues that people should observe in dealing with each other. At the end of this sura, God blesses humanity by referring to the truth of faith and Islam, that He has given them the light of faith. (Tabatabaei, 1985, Vol. 18: 455)

In the collection of religious books (Gifts of Heaven, Messages of Heaven and Religion and Life) which have been taught to students continuously for twelve years in the school, more attention has been paid to the religious and spiritual aspect of lifestyle and at the same time the social dimension. And the practicality of the religious lifestyle has also been emphasized; In the way that he deals with the individual and personal religious issues of a Muslim person in

elementary school, in the first secondary school he emphasizes the five principles of religion (monotheism, resurrection, prophethood, imamate and justice) and tries to teach the teenager briefly and The elementary school introduces these principles, and in the second high school, it brings out the social issues and the learnings of the previous courses and applies them in the society so that the student can use his past learnings and change his lifestyle. To put the basis of religion and God.

By examining the textbooks, we realize that the authors can present richer and more attractive content to the students by using the text of the Quran as well as the different interpretations of the Quran by religious scholars. According to the studies carried out in the textbooks, especially in the elementary level, the content of promoting the Islamic and Quranic lifestyle is very little and indirectly and scattered in the books and does not follow a certain line of thought.

### **3- Extracurricular and cultural activities in schools:**

Undoubtedly, religious beliefs have been one of the basic aspects in different societies throughout history. It may not be possible to find a society in which religion is not present in some way, and the people of that society choose their lifestyle based on these religious beliefs. Religion is one of the natural needs of human beings. Usually, in most societies, religious beliefs are considered as an absolute value and other human values are influenced by religious beliefs, the school as one of the important parts of the society is influenced by religious beliefs and the religious lifestyle itself is passed on to generations. It educates the future of that society and prepares them to participate in a dynamic and prosperous society. (Abbasian, 2014)

**Table number 1**

<b>The goals of extracurricular, cultural and religious programs in schools</b>
1- Students get to know more about religion.
2- To show interest in faith issues and religious beliefs.
3- Their attitude towards religion and religious issues should be strengthened.
4- To learn the correct rules of religion and apply them practically in the direction of their religious education.
5- Students apply religious and Quranic teachings in their social and personal life.

**Table number 2**

<b>Extracurricular, cultural and religious programs in schools</b>		
Quranic and religious competitions	Familiarization sessions with imitation authorities	Celebrating homework
Hymns and hymns	praise and mourning	Decorating the school with Quranic verses and hadiths
Pilgrimage camps and visits	Introducing religious books and websites	Giving offerings and feeding
Setting up the exhibition	Show and praise	Meetings to answer doubts

By participating in this program and activities in the school, the students practice the Iranian and Islamic lifestyle in a smaller community called the school, so that they can implement the same method in their social and personal life. But the important point is that these programs were attractive and not boring for the new generation; Because this program may show the opposite result.

#### **4- Teachers:**

The teacher is responsible for all the people who are trained under him. In fact, the behavior of the teacher will have a significant impact on the behavior and mood of the students. As you know, there are many people working in educational systems whose activities directly and indirectly affect the education of students, but in the meantime, the teacher has a more prominent role. The relationship that a student has with a teacher is an inner and spiritual relationship. (Esadi Koh Bad and Mousavi, 2022) Every student has learned behaviors in the family environment and his personality has been formed to some extent, but it still does not have a fixed shape and is flexible and changeable. After the family, the student enters the new school community. In this community, he will revise his behavior and habits and complete and stabilize his personality.

The fact is that children are influenced by the behavior of elders and do not pay much attention to their speech, although beautiful and seductive. Especially in today's time when due to the spread of information in various media, the level of their knowledge and knowledge in moral and religious issues has increased. For example, sometimes by watching a religious movie, they are better and more knowledgeable about the subject than their teacher who is trying to tell the story, and they are

more or less reminded of their teacher's possible mistakes. The ultimate goal of Islam is to complete moral duties. The importance of this issue is strongly felt in today's unbridled world where corruption and crime rains from its doors and walls. The relationship between the student and the teacher is an inner and spiritual relationship. The student considers the teacher as a respectable and privileged person who helps him grow up and achieve independence and freedom and become an official member of the society. The teacher deals with the spirit and soul of the student and for this reason he is accepted as a popular role model. (Leon, 2011)

The importance of a teacher in Islam reflects his role and use in society. If the teacher's role was not vital, Islam would not value him so much. In Islam, the teacher has such a value and position that God introduces himself as a teacher in the first verses revealed to the Prophet (PBUH): "Sing in the name of your Lord who created the worlds. Read the human from the blood of your nature! And your Lord is the most generous, the one who taught with the pen, taught man what he did not know. »

An important feature that is mentioned in religion for teachers and trainers is the beginning of education from the teacher and trainer themselves. Knowledge of educational issues is the basis of choosing a person for the teaching profession. Through observing and imitating, the student goes inside the teacher and sets his speech and behavior as a model. Therefore, in order to succeed in the religious education of students, a teacher must start the education from himself. First, he should get enough knowledge about Islam, and then he should gain interest, then he should strengthen his faith and spirit of

submission and complete his beliefs. It is certain that when knowledge is accompanied by interest, motivation is provided to repel vices and acquire moral virtues. This is where his morals become good and he is bound to fulfill divine orders. (Khani, 2019)

The teacher should try to express the religious teachings in a simple, expressive and attractive way for the students so that they first understand what the teacher is saying and secondly they don't feel tired of hearing it. For example, if the teacher in theology only talks about the philosophical reasons for proving the existence of God and attributes such as monotheism and God's power, it will certainly be boring and the students may keep these reasons in their minds to get a grade, but these deposits will never become Faith and belief cannot be obtained from the heart, because they are not acquired by desire. The teacher should express philosophical arguments in the form of a simple example that everyone can understand so that the learner not only fully understands, but also forms the basis of his beliefs about that subject. Also, the teacher should avoid raising complex topics far from the student's understanding. In this case, studying the lives of prophets and infallibles can be helpful for teachers.

### **Discussion :**

Considering the unstable economic, cultural and social situation of the Iranian society and the low growth of the national and religious identity of the new generation, the education system should design programs such as teaching the principles of the Iranian-Islamic lifestyle, programs and activities for the development and upbringing of children and adolescents. Acquainting students with the ways of educating innocents and reviewing the lifestyles of different regions of the world and their predecessors will help to promote a lifestyle suitable and appropriate to the culture of our country and based on the teachings of the Qur'an and the biography of the Prophet of Islam (PBUH).

In recent years, education has made a lot of efforts to institutionalize the Islamic and Quranic lifestyle based on Iranian culture; But on the other hand, we are faced with an unprecedented and comprehensive invasion of western media and

western culture. Schools and the education system are somehow at the forefront of the Western cultural invasion and are responsible for religious education and introducing the religious and Quranic lifestyle to the future generation. By familiarizing students with the Iranian-Islamic lifestyle, the education system can guarantee the health and progress of the society and deliver an honorable generation that believes in religious principles and the Quran.

According to the investigations carried out in this research, along with the activities and good works that have been done, shortcomings and problems can be seen especially in the discussion of the content presented to the students. As the main focus of the teacher's work in the classroom, the textbooks have incoherent contents of the Islamic and Quranic lifestyles, and are content only with scattered contents in some books such as religion and life and social studies. It seems that the place of an independent Iranian-Islamic lifestyle book is empty in the books of twelve years of education of students. Especially in the sensitive and important elementary period, the materials related to the Islamic and Quranic lifestyle are rarely seen and scattered, while in the elementary period, the student learns the basic principles of the lifestyle and it is institutionalized for him, and in the secondary period, this should be Strengthened training.

Considering all these positive and negative points in the performance of education in religious education and Islamic lifestyle education, we need a codified and solid program and the training of teachers who are proficient in religious and Quranic principles so that we can provide students with important and transcendental concepts. Let's introduce the Qur'an and guide them to the good life that is intended by the document of the fundamental transformation of education.

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