

THE CONCEPT OF BALANCED HUMAN BEINGS

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ABSTRACT

The education system in Malaysia is based on a philosophy that emphasizes to produce balance and harmony human being. This idea should be the main agenda in all levels of education. However, as time goes by, the idea becomes vague and poorly understood especially by the younger generation of educators. Therefore, this study aims to regain explanation from experts in education about the concept of balanced human beings. The design of this study is a qualitative study. Nine experts in education have been selected using purposive and snowball sampling technique. The information obtained from the interviews has been analyzed using coding system to create themes for each research question. Results of the study found that the experts' define the concept of balance human being as a person with strong belief and faith to God, good relationship with others and develop well in all human potentials in an integrated manner and knowledgeable. Thus, the real purpose of education is to inculcate the value of belief and faith to God throughout all intellectual subjects and this method is known as integrated approach in education. Therefore integrated approach in education is the answer to produce integrated thinker and balanced human beings through education system.

Field of Research: *Balanced and harmony, education, teachers and students*

1. Introduction

Every year on May 16, all educators or teachers in Malaysia will celebrate Teacher's Day. Based on the theme of the day in 2016, 'Guru: Membina Ilmu Menyempurnakan Akhlak', describes how important teachers role in education process. Their job is not only to spread knowledge, but the knowledge delivered should be able to produce students who are virtuous. However, we are often overwhelmed with a variety of social problems that occur among adolescents today. The problems that arose are not just normal problems such as bullying and threatening but more serious cases such as drug trafficking as reported in Utusan online, May 10, 2014).

Teachers are individuals who are responsible to develop and produce high quality of human resources as national asset for this country. However, to what extent teachers are able to assume this responsibility. Nowadays, we can read report on attitude problems among teachers in mainstream media. There are teachers who are willing to violate their own students. According to press reports,

Utusan Malaysia 6 January, 2010, the need for high quality teachers is very crucial. Furthermore, our society today facing critical problem on decreases of intellectual crisis and the value of behavior. These problems have a strong relationship with our cultural of knowledge that is education process (Mohd Sani and Hartini, 2016),

The question is whether teachers today can really understand the goals of the educational process in Malaysia as outlined in the National Education Philosophy which is to produce a balanced and harmonious generation? Therefore, there is a need to discover the real concept of balanced human being so that this knowledge will inspire younger generation of educators as well as develop high quality educators for our nation. Meanwhile, long-term impact to be expected from this study is to produce better generation through our education system as well as reduce social problems among them.

2. Methodology

This study use qualitative research design to investigate the perception of education experts on the concept of balanced human being. In order to fulfil the purpose of this study, the researchers used descriptive research method to analyze the data since this research aims to explain and describe experts' perception (Mohd Majid, 1998). It is relevant to interview experts in the field of education since they have more experience in the field of education which will allow them to share their ideas about the concept of balanced human being. The researcher has conducted interview sessions with the respondents using structured questionnaire until the collected data reach saturated level. Therefore, there are nine experts involved in this study and they have been identified using purposive and snow ball sampling technique. The questions have been validated by two experts in the field of education to ensure that every question is appropriate to examine the matter under review.

3. Finding

This section describes the findings of a study by coding the content and theme of each research question.

Table1 : Respondents' perception about the concept of balanced human beings.

Code	R1	R2	R3	R4	R5	R6	R7	R8	R9	f	%
- All potential such as physical, emotion, spiritual, intellect and social have been developed as a whole and in integrated manner.	/		/	/	/					4	44.4
-											
- Strong faith to God (spiritual) as axis	/		/	/	/	/	/	/		7	77.8
- Civilized/ Good attitude / obeying God command	/	/		/	/	/	/	/		7	77.8

- Good social relation; helping and loving the other	/	/	/		/	/				5	55.6
- Sharing knowledge		/								1	11.1
Academic excellence			/							1	11.1
- Having values and norms of society			/							1	11.1
- Knowledgeable					/			/	/	3	33.3
-							/			1	11.1
- Balance in fulfil his physical and material needs										1	11.1
Clear vision and mission of life									/	1	11.1

As shown in Table 1, seven respondents (77.8%) stated that balance human being should have very strong faith to God and good attitude; defined as attitude that obeying God's command or civilized individual. Furthermore, five respondents (55.6%) describe that balanced human being should have good social relation with others. They are also helpful and loving toward others. Meanwhile, four respondents (44.4%) believe that balanced human beings should be well developed in all potential such as physical, intellectual, emotion, spiritual and social as a whole and in integrated manner. Another important element of balanced human being as described by the respondents is knowledgeable with score 3 (33.3%). Meanwhile, other elements such as clear vision and mission of life, academic excellence, balanced in fulfil his physical and material needs, sharing their knowledge and having values and norms of society only get one score (11.1%) and can be classified as additional elements to define balanced human being.

4. Discussion

According to the respondents' definition, the most important element in describing the concept of balanced human being is strong faith to God and good attitude which is defined as obeying God's command. This finding supported by Ghazali Darussalam (2001) as he defines education process should be developed based on foundation of unity which is belief and faith in the oneness of God as well as the trust of the six pillars of faith. If knowledge of faith has been inculcated well in the mind and heart of a person, the other knowledge will be easier to learn since it is the result of the development of unity concept of God creation. In other words, the knowledge of tawhid will be the foundation or axis or reference to different types of intellectual knowledge. Therefore, in order to develop balanced human being the process of knowledge development should geared towards the goal of inculcation principle of life on the axis of belief and faith to God as unified element in developing other potentials such as emotion, intellectual, physical and social.

According to Ghazali Darussalam (2001) in his book Pedagogy of Islam which explains the relationship between the value of belief and faith in education and the process in producing a balance human being:

- a. To teach people the true meaning of freedom and free people from slavery to other than Allah S.W.T. Slavery to humans or other beings will trap people in ignorance and injustice. Instead the concept of true freedom is to enslave ourselves to Creator of all creation. This principle of

life will produce courage, wisdom and free mankind from corruption or injustice. This is related to the Word of God, which means:

And [mention, O Muhammad], when Luqman said to his son while he was instructing him, "O my son, do not associate [anything] with Allah. Indeed, association [with him] is great injustice.

(Surah Luqman : verse 13)

- b. Purify our heart from worship other than Allah SWT develops internal control that could produce greater internal energy and stimulate someone to turn towards goodness. This is the greater internal motivation as compare to changes caused by external control such as traffic regulation, authorities, physical punishment and etc. Tawhid teaches man to recognize the Creator to whom end all truths and God' power is not bounded by the boundaries of time and space. This awareness will lead to the creation of personalities who are always well behaved in life, whether they are in a crowd or even when alone. Parallelism between spiritual purity and practice is the foundation for peace within ourselves and create balance in human life as word from God, which means:

“They who believe and do not mix their belief with injustice - those will have security, and they are [rightly] guided.”

(Surah al-An'am :verse 82)

- c. To place human beings at moderate point and having ability to purify his soul from following desires alone and forget God. Failure to control the passions of human nature will produce excessive or extreme in thinking, judgment and decision making as well as their action. The Holy Qur'an says:

“But if they do not respond to you - then know that they only follow their [own] desires. And who is more astray than one who follows his desire without guidance from Allah ? Indeed, Allah does not guide the wrong doing people.”

(Surah al-Qasas :verse 50)

- d. To develop strong internal control (the soul) to keep away from all vices and evils for fear of Allah SWT and follow Sunnah of the Prophet Muhammad saw. It shows the nature of one's piousness.
- e. To build a steadfast and unwavering stance towards the commandments of God with confidence and patience.

So remain on a right course as you have been commanded, [you] and those who have turned back with you [to Allah], and do not transgress. Indeed, He is seeing of what you do.

(Surah Hud : verse 112)

Furthermore, balanced human beings also defined by respondents as a person with helping hand, loving and good social relationship with others. According to Wan Mohd Nor (2005) the purpose of education is to instill the value of justice. The value of justice means the recognition of proper place for everything as ordered by Creator and acknowledgement the existence of God as the only Creator of this universe. Deep self-understanding on the meaning of justice will develop inner peace and

harmony, as a result transform into good social interaction with others. In other words, balanced human being is a person who has strong faith to God and also has a good relationship with others because the recognition of himself and others as a slave only to Creator in vertical relation and everyone is khalifah in social relation. Therefore, there is no differences among mankind just because of the physical appearance but the differences among us only determine by non physical values which is taqwa as mention in al-hadiths narated by Abu Daud and At-Tirmidzi;

“The heaviest weight on the scales on the Day of Judgment is obedience to Allah and good manners”

Next, the important element of balanced human beings is the development of all human potentials such as spiritual, physical, intellectual, emotion and social as a whole in integrated manner. Therefore, integrated approach in education is very important. According to Tajul Ariffin and Nor Aini (2002), integrated approach in education is defined as;

“ Education based on Al-Quran and Qs-Sunnah, in addition to the integration of other diciplines of knowledge to develop a community based on belief and faith to God”.

(Forum Pendidikan Sepadu, UKM, 1984)

This idea is also supported by Wan Mohd Nor Wan Daud (2005), when he defines integrated approach in education as an approach in developing intellectual knowledge; which has a role as a platform to validate the truth of faith or tawhid to Allah SWT. Moreover, integrated approach in education means an approach that unites the development of intellectual and spiritual potential which then lead men to be aware of their purpose in life. Hence one can develop good relationship with others and other creations which finally develops positive emotion towards his life because the impact of faith or internal control within themselves. That means balanced human beings are able to run their life in this world with a full sense of responsibility and integrate well in all aspects of life better.

Finally, the important element of balanced human being is knowledgeable and this fact is undeniable. In human development process knowledge plays a very significant role. However, the concept of knowledge as defined by western worldview is different. They defined the development of knowledge without value of belief and faith to God (spiritual element) (Syed Naquib Al-Attas, 2001; Wan Mohd Nor Wan Daud, 2005). As a result, education process will never develop internal control within mankind and this defination of knowledge has caused much injustice to human life and nature. Islamic scholars have define knowledge differently since the acknowledge God as the real source of knowledge (Noor Hisham, 2011). Therefore, the value of belief and faith to God should be inculcated in education process because the purpose of education is not only to produce good citizens or good workers but the real aim is to create good human beings (Wan Mohd Nor Wan Daud, 2005).

5. Conclusion

In conclusion, the elements of balanced human being as defined by expert in education are belief and faith to God, good social relationship with others, develop well of all his potentials in an integrated manner and also being knowledgeable. Therefore, integrated approaches in education is very crucial to be used in order to produce balance human being because the approach will develop integrated thinker who possess strong value for internal control and then lead their life based on the principle of justice and responsibility.

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