

“The Applications of life Skills in Sunnah of the Prophet Muhammad (saw)”: A descriptive study based on the life skills recommended by the World Health Organization (WHO)

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Abstract

It is concerned that today's 21st century has become to face variety of challenges and changes in human life. In this situation it is essential to strengthen the inherent abilities of the individual. particularly, the strengthening of life, support to improve physical, mental, social, cultural and spiritual health of an individual. According to the definition of the World Health Organization, life skills refer to adaptive and positive behaviors that help people effectively cope with their needs and challenges of daily life. On that basis, the knowledge and awareness of life skills in the Muslim community is essential in a time when the need for life skills is highly observed in various fields. strengthening the psychological abilities to effectively enhance human daily life will bring about a welcome change among the Muslim community. Especially awareness about the life skills can be expected as constructive developed life skill activities through pointing the Sunnah of Prophet (pub) based on culture and social. While looking at the psychological life skills through the events happened in our prophet's life which includes various guidelines will become conducive to the psychological development of our Muslim community. According to that in this study, some events from prophet's Sunnah have been recorded. Specialty of this study is, skills which are suggested by world Health Organization like problem solving skills decision taking skills, constructive thinking skills, critical thinking skills, communicating skills, interpersonal skills are based from Sunnah. In this characteristic analysis the data and information are explored by descriptive narrative method in which the source texts Hadiths are used as the first level data while the secondary texts related dimensions are the dimensions of the studies already published in magazines, journals and website. The study also analyses verbal, action and recognition of our Prophet (pbuh). As a result of this analysis, the concept of life skills recommended by the World Health Organization are contemporary contexts which has been given to that period. Knowledge about the life skills used in this study is to create awareness about life skills development activities among the Muslim community.

Keywords: physical, social, Sunnah