

SCIENCE ON THE CONCEPT OF IBN SINA'S DUALISM OF TREATMENT TOWARDS GENERAL Z

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Received : 01 October 2025
Revised : 25 October 2025
Accepted : 20 November 2025

Published : 21 December 2025
DOI : <https://doi.org/10.54443/ijset.v4i12.1426>
Link Publish : <https://www.ijset.org/index.php/ijset/index>

Abstract

Ibn Sina is one of the figure big in history Islamic medicine that introduced draft treatment holistic based balance between body and soul . One of them his important thoughts is draft dualism treatment , namely combination between treatment physical and mental in the healing process . Research This aim For analyze draft dualism Ibn Sina's treatment and its relevance to condition health Generation Z in the modern era. The research methods used is studies literature with approach descriptive-qualitative through review to Ibn Sina's works , especially Al-Qanun fi al- Tibb , as well as various literature scientific contemporary and relevant research results show that draft dualism Ibn Sina's treatment emphasized importance balance between aspect physical and mental in guard health . Concept This own relevance strong with problem health Generation Z who doesn't only related with disease physical , but also with increasing disturbance mental health consequences pressure social , style digital life , and change pattern interaction social . With Thus , the concept dualism Ibn Sina's treatment can made into as runway development approach health holistic for Generation Z in the modern era.

Keywords : dualism treatment , Generation , Ibn Sina, holistic health .

INTRODUCTION

Health is very fundamental aspect in life man Because related direct with quality life , productivity , and welfare individual in undergo activity everyday . As it develops knowledge knowledge and technology , understanding about health experience significant shift . Health does not Again understood only as condition free physical from disease , but also includes mental, emotional , social , and even spiritual aspects . *The World Health Organization (WHO)* defines health as condition prosperous in a way physical , mental, and social , as well as No only absence disease or weakness . Definition This confirm that man is One complete unity between body and soul , so that effort maintain and restore health must done in a way comprehensive (Arroisi & Gontor, 2024) . In the context of modern life , approach health holistic become the more relevant Because man faced with various pressure complex life , good from aspect demands work , education , social , and development very rapid technology (Fitria et al., 2024)

Development digital technology brings impact big to pattern life society , especially Generation Z who grew up in the midst of progress technology information and social media . Generation Z is known as very familiar generation with gadgets , internet, and all-round digital communication fast . In one side , progress This give Lots convenience , but on the other hand it also creates various problem new in field health . In general physically , Generation Z tends to not enough do activity movement , experiencing disturbance pattern sleep , and own pattern eat something that is not regular . Mentally and emotionally , they prone to experience stress , anxiety , pressure social , crisis identity , as well as disturbance mental health consequences demands academic , comparative social media in digital media, and the lack of interaction social in a way directly . Condition the show that problem health in Generation Z is complex and not can completed only with approach medical that focuses on aspects physique solely (Rohmah, nd) . In the treasury Islamic science , concept health that is holistic Actually has long been developed by Muslim scientists , one of them is Ibn Sina. Ibn Sina is figure big in field medical science whose thinking was very influential in both the Eastern and Western worlds. Through work monumental Al-Qanun fi al- Thibb , Ibn Sina put forward that health Humans are greatly influenced by balance between body and soul . He introduce draft dualism

treatment, namely treatment that combines aspect physical and mental in the healing process. According to Ibn Sina, disease not only sourced from damage to body organs, but can also influenced by conditions mental health like stress, emotions negative, and disturbance psychological. Therefore that, the treatment process must covers therapy physique at a time therapy psychic for healing can ongoing optimally and comprehensively. The concept This show that Ibn Sina's thoughts are very harmonious with approach health holistic development in knowledge modern health (Philosophy, 2023). Problems main in study This is How draft dualism treatment according to Ibn Sina who combines aspect physical and mental in the healing process, as well How relevance draft the to problem health issues faced by Generation Z in this modern era full of with challenge physical, mental, and social. Research This aim For analyze and understand in a way deep draft dualism treatment according to Ibn Sina as stated in his works, especially *Al-Qanun fi al-Tibb*, as well as study relevance draft the in answer various problem health Generation Z in the modern era. In addition, research this also aims For show that Ibn Sina's thoughts are still own mark actual and can made into as references in development approach health that is holistic in today's world.

RESEARCH METHODS

Study This use approach qualitative with type studies library research. Data obtained from The primary source is the book *Al-Qanun fi al-Tibb* the works of Ibn Sina and source secondary in the form of books, journals scientific, and relevant articles with topic treatment holistic and health Generation Z. Data collection techniques carried out through studies documentation with examine various appropriate literature with focus research. Data analysis using method descriptive qualitative, namely with describe and interpret data systematic For get conclusion about draft dualism Ibn Sina's medicine and its relevance to health Generation Z.

RESULTS AND DISCUSSION

1. Biography of Ibn Sina

Ibn Sina's full name is Abu Ali Al-Husain bin Abdullah bin Sina. He Born in 370 H/980 AD in Afsyanah, an area near Bukhara (now Uzbekistan). Ibn Sina came from from a loving family knowledge knowledge. His father is a officials government during the Samaniyah Dynasty which also had attention big to education. Since small, Ibn Sina has show intelligence outside normal. At the age of ten year, he has memorizing the Qur'an and studying various branch religious knowledge, such as tafsir, fiqh, and Arabic (Yusuf, 2021). ADDIN CSL_CITATION {"citationItems":[{"id":"ITEM-1","itemData":{"author":[{"dropping-particle":"","family":"Yusuf","given":"Iskandar","non-dropping-particle":"","parse-names":false,"suffix":""}], "id":"ITEM-1","issue":"2","issued":{"date-parts":[["2021"]]},"page":["764-779"],"title":"PENDIDIKAN MENURUT FILSAFAT IBNU SINA (980 M-1037 M)","type":"article-journal","volume":"4"},"uris":["http://www.mendeley.com/documents/?uuid=ad6146bf-36d4-490e-84f7-f7e41f828e1c"}]},"mendeley":{"formattedCitation":"(Yusuf, 2021)","plainTextFormattedCitation":"(Yusuf, 2021)","previouslyFormattedCitation":"(Yusuf, 2021)"},"properties":{"noteIndex":0},"schema":"https://github.com/citation-style-language/schema/raw/master/csl-citation.json"}.

Development Ibn Sina's intellectual development progressed very rapidly. At the age of teenager, he has delve into knowledge logic, mathematics, astronomy, philosophy, and medicine. Ibn Sina studied knowledge medical in a way self-taught through books work Greek figures such as *Hippocrates* and *Galen*, as well as through practice direct in help patient. His perseverance in Study make it control knowledge medical in a way fast. At the age of around 16 years old, he has known as doctor capable young people handle various difficult disease treated by a doctor other (Islam et al., n.d.). Ibn Sina's intelligence and expertise grew known when He succeed healed Sultan Nuh bin Mansur, ruler of the Samaniyah dynasty. As form award, Ibn Sina was awarded access to library a very complete kingdom. Chance This the more expand outlook his knowledge, because He can learn various manuscript important from various field science. From here ability scientifically develop the more rapid and profound.

In his life, Ibn Sina did not only play a role as scientists, but also as officials government and advisor to the king in several regions. He Once take office as ministers and doctors palaces in various Persian kingdom. However, life politics that is not stable make it experienced several times exile and moving around place. Although Thus, the condition the No block it For Keep going writing and developing knowledge knowledge. Ibn Sina died in 428 H/1037 AD in Hamadan, Persia (now Iran), in 57 years old. Although died at the age of relatively young, legacy his knowledge is very great and influential to modern times. His thoughts in field medicine, especially about connection between body and soul in guard health, become

base important for development treatment holistic . Therefore that , Ibn Sina is known No only as doctor big in Islamic history , but also as one most influential figures in history knowledge world knowledge .

2. Major Works of Ibn Sina

Ibn Sina is one of the most productive Muslim scientists throughout history . Throughout his life , he estimated write more of 250 works scientific which includes various discipline science , such as medicine , philosophy , logic , physics , mathematics , pharmacy , music , psychology , and metaphysics . Of these Lots work mentioned , there are a number of work very influential main to modern times (Dacholfany, 2015) Ibn Sina's most monumental work is Al-Qanun fi al- Thibb (Canon of Medicine) . This book is encyclopedia structured medicine in five volumes and discusses theories base medicine , anatomy body , disease diagnosis , pharmacy , and method treatment . Al-Qanun fi al- Thibb used as book text major in various faculty medicine in the Islamic world and Europe during more from five centuries , even until 17th century . In this book , Ibn Sina emphasizes importance balance between condition physical and psychological man in guard health and healing disease .

Ibn Sina also wrote the Kitab al- Syifa , which is work big in field philosophy and science knowledge general . This book discuss logic , science nature , mathematics , and metaphysics in a way systematic . Although the title meaning “ healing ”, this book more containing about healing intellectual and thinking man through knowledge knowledge . This work show that Ibn Sina did not only focus on health physical , but also health mind and soul (Rusyd et al., nd) . Important works other is An-Najat, which is summary from the Book of al- Syifa ' and is intended For readers who want to understand Ibn Sina's philosophy in general more concise . Apart from that , there is also the work of Al- Isharat wa al- Tanbihat , which discusses philosophy in a way more deep and personal reflective , especially about soul , mind , and relationships man with God. In the works here it is seen with clear Ibn Sina's views on connection between body and soul as One mutual unity influence .

3. Draft Dualism Ibn Sina's Medicine

Draft dualism Ibn Sina's treatment departed from his views about essence man as creatures consisting of on body (physical) and soul (psychic) . According to Ibn Sina , health No can understood in a way partial only from aspect physique only , but also must notice condition a person's mental , emotional , and spiritual state . Body and soul own close and mutual relationship affect ; mental disorders can cause disease physical , and vice versa . In Al-Qanun fi al- Tibb , Ibn Sina explains that Lots disease caused No only by factors biological , but also by conditions psychological like stress , anxiety , sadness , and disturbance emotions . Therefore that , method the treatment offered No only in the form of treatment medical like use medicines and procedures physical , but also through approach psychological and spiritual. This is what then known as approach holistic in treatment .

Treatment physique according to Ibn Sina includes use herbal medicine , therapy food , setting pattern sleep , exercise , and action medical certain . He stressed it very much importance pattern life balanced , including guard intake halal and good food , regulate time rest , and guard cleanliness body . All This aim For guard balance elements in body human (four humor : blood , bile yellow , bile black , and slimy) . Treatment soul according to Ibn Sina it was done through approach Islamic psychotherapy , such as calm heart , repair pattern think , get closer self to God, and manage emotion with good . He believe that a calm soul will speed up the healing process body , while restless soul can make things worse disease . In some In this case , Ibn Sina also used dialogue method for cure patients who experience disturbance mental , which is deep modern context can equalized with counseling psychological (Graduate et al., 2025) . Draft dualism Ibn Sina's treatment is very relevant with developments in the modern medical world today leading to treatment holistic and bio- psycho - social , namely treatment that looks at man as whole being in a way physical , mental, social , and spiritual. With Thus , Ibn Sina's thinking is proven beyond of its time and remains relevant until the present era , including in face problem health Generation Z.

4. Contributions in Modern Times

Islamic thought , in particular in realm philosophy , medicine , and education , are results accumulation long from tradition intellectuals built by scientists large Muslim population throughout history . Development science today No can released from the foundations laid by the figures classic , which has donate framework conceptual , ethical science , as well as method scientific support progress Islamic civilization . Among figures big said , the name Abu 'Ali al-Husayn bin Abdullah bin Sina or Ibn Sina

occupies position important as scientists multidisciplinary whose legacy Keep going give influence to the modern era (Akbar et al., 2024) . Although Ibn Sina was more popular globally as successful doctors and scientists give birth to work phenomenal such as Al- Syifa ' and Al-Qanun fi al- Tibb , his contributions in field philosophy , logic , and education own huge impact to development thinking contemporary . His views about essence human , relationship soul and body , mechanism think , and importance discipline intellectual give base philosophical for development modern science , especially in field education , psychology , and science. Ibn Sina lived in a glorious era knowledge knowledge , when interaction between Islamic thought and Greek philosophy reached the peak . In the context said , he succeed synthesize rationality philosophical with values religious so that give birth to ideas new that is not only theoretical , but also applicable . The concept about development children , needs Study in accordance stages age , and importance morals as the core of education , shows that He own vision comprehensive about education in line with need man throughout the ages. Ibn Sina is also known as a figure who pays attention problem social . He No only focus on aspects medical and intellectual , but also thinking about method form a complete generation : intelligent in a way intellectual , strong in a way physical and mature spiritually . In his view , education No just activity transfer knowledge , but is a process of improvement man in a way comprehensive . This is what makes his thoughts still relevant today , especially in development education character and mental health of the modern generation (Indonesia et al., 2021) .

5. Ibn Sina's contribution in Medical

Ibn Sina is one of the most influential figures in history world medicine . Through his monumental work , Al-Qanun fi al- Tibb , he put knowledge medicine in a more advanced position scientific and systematic compared to its predecessors . The work No only containing theory medical , but also diagnostic methods , categories disease , to procedures healing in a way holistic approach comprehensive this is what makes Ibn Sina's thoughts were accepted widespread in the Islamic world and Europe during centuries . Contribution Ibn Sina's medical appearance clear in The method understand body man as interconnected systems related . He emphasize importance balance element body , pattern life healthy , and care preventive as base health . Concept thibb al- wiqāyī or treatment preventive that he idea now become an important pillar in modern medicine , especially in field health public . Ibn Sina also gave stress on the importance observation clinical , recording symptoms , as well as use experiment as method scientific in determine reason disease .

Ibn Sina developed understanding deep about anatomy and physiology body . He explain organ functions in detail, including brain , heart , nerves , and system digestion , which is in its time is very advanced knowledge . In the world of psychology medical , Ibn Sina is known as one of the pioneer Because confess relatedness between mental and physical condition . He look at that stress , anxiety , and experiences emotional can influence health body A current thinking become base knowledge psychosomatic . In treatment practically , Ibn Sina compiled various recipe drug herbal ingredients , techniques maintenance wounds , and procedure medical which is still relevant until now . Its influence can seen in development modern pharmacology , because He emphasize importance proper testing and dosage . Not excessive when Ibn Sina is mentioned as bridging figure between medical classics and medicine modern science , so that his thoughts still become references in education modern medicine (Adawia et al., nd) .

6. Ibn Sina's Thoughts According to the Quran and Sunnah

Ibn Sina's thoughts, although many influenced tradition Greek philosophy remains based on principles monotheism . It try coordinate reason and revelation with place both as two sources mutual truth complement . In the context of that , many Ibnu Sina's view is in line with the values of the Qur'an and Sunnah, especially deep thing search knowledge , orderliness nature , as well as concept human as creature rational and spiritual. Ibn Sina confirm that reason is grace Allah For reveal reality and prove existence God . His thoughts in line with the Qur'an that commands man For think and research phenomenon nature . It is known in QS Ar -rum verse 21:

And from His sign that create your from yourselves pairs So that you may dwell To her Qal And he made Between you love and mercy that in that No verse For a people They reflect
Meaning : " Indeed, in that That there is signs for thinking people " .

Based on paragraph this , Ibn Sina state that study scientific must viewed as part from worship and means For know the greatness of God through His creation . And the truth revelation can proven through reasoning logical and observational to laws nature . In other words, nature is an open book that must be researched so that humans come to knowledge about the greatness of God.

His thoughts about the soul also has relevance strong religious . He look at that soul man is noble and unholy substance perish , a concurring opinion with the Qur'an's description of sustainability soul after death . In case education morals , Ibn Sina emphasized that good character only can formed through spiritual practice and consistent behavior , as taught in the Sunnah of the Prophet SAW (Safar, nd) .

7. Draft Dualism Ibn Sina's Treatment for Gen Z Health

Generation Z is generation born in the span 1997–2012 and grew in environment that is greatly influenced by development digital technology . Progress technology give Lots convenience in life , but on the other hand it also gives rise to various challenge new in field health , good in a way physique and mental. Various study show that Generation Z is vulnerable experience disturbance health like fatigue physique consequence lack of activity , disturbance sleep , addiction gadgets , stress academics , anxiety , depression , to crisis identity and fatigue emotional . Condition This show that problem health Generation Z does not only nature biological , but also has a psychological and spiritual. In the context of here it is draft dualism Ibn Sina's treatment became very relevant For studied and implemented (Hidayatullah et al., 2025) .

Draft dualism Ibn Sina's medicine emphasized that health man is results balance between body (physical) and soul (psychic -spiritual). According to Ibn Sina, a healthy body No will capable function optimally if soul is at in condition No stable , such as filled anxiety , emotions negative , and pressure inner self . On the other hand , a calm soul also needs a healthy body to be able to operate its function with good . View This in line with condition Generation Z today this is a lot experience mental disorders even though in a way physique seen fine just . In practice life Generation Z, dependency towards social media and gadgets often cause pressure psychological like feeling No believe self , anxiety social , disturbance concentration , as well as disturbance sleep . If reviewed through Ibn Sina's perspective , conditions This show existence imbalance between aspect physical and spiritual . Body Possible fulfilled his needs in a way material , but soul experience fatigue consequence exposure information excessive , pressure social , and the lack of calm inner . Therefore that , the treatment that only focus on aspects physique without touch aspect soul assessed No will be optimal in cure problem health Generation Z .

Draft treatment Ibn Sina's physical characteristics include arrangement pattern eating , pattern sleep , cleanliness self , sport , and use drugs natural very relevant with style life Generation Z tends to No regular . Eating pattern instant , staying up late , and less movement is factor main trigger various disease modern physical such as obesity , disorders digestion , and decrease immunity . Ibn Sina is far previously has emphasize importance balance style life as key main health body . This is show that solution on the real problems of modern health has long been studied in treasury knowledge classical Islamic health . Besides treatment physical , Ibn Sina also emphasized importance treatment soul as the part that is not inseparable from health human . Treatment soul in Ibn Sina's concept was carried out through spiritual strengthening , control emotions , calmness inner self , as well as therapeutic dialogue . In context Vulnerable Generation Z experience stress , overthinking, and mental disorders , approaches this is very relevant as alternative companion treatment modern medical activities like reflection self , dhikr , Islamic meditation , as well as counseling based proven spiritual values in a way psychological capable lower level stress and increase mental well-being .

Relevance Ibn Sina's concept is also visible in approach modern medicine today leading to a bio-psycho - social -spiritual model. The world of health No Again look at disease as disturbance physique only , but also as results interaction between factor biological , psychological , social , and spiritual approaches This in fact is development from the concept that has been formulated by Ibn Sina since 10th century . With Thus , his thoughts own validity strong and consistent scientific relevant until the digital era This . For Generation Z, the implementation of draft dualism Ibn Sina's treatment can become solutions that are preventive at a time curative . In preventive , generation young can build style life balanced health between activity physical , mental health , and spiritual well-being . In general curative , concept This can used as approach companion in the process of treatment medical , in particular for sufferers mild mental disorders until currently like anxiety and stress . With thus , health Generation Z can handled in a way more comprehensive and sustainable . (Arroisi & Gontor, 2024) With integrate draft dualism Ibn Sina 's treatment in pattern modern life , Generation Z does not only directed For guard health body , but also for build mental and spiritual resilience . This in harmony with objective main research , namely For prove that draft treatment Ibn Sina's classics are still very relevant in answer health problems contemporary issues , especially those faced by Generation Z.

CONCLUSION

draft dualism Ibn Sina's view of treatment health as unity between aspect physical and mental , where the disease No only sourced from disturbance biological , but also influenced by environmental conditions psychological and spiritual, so it is very relevant with problem health Generation Z in the digital era that is not only face disturbance physique consequence pattern less life balanced , but also vulnerable experience stress , anxiety , and fatigue emotional ; implications from study This is the need implementation pattern life integrative health with notice balance between health body , mind, and spiritual as effort practical in guard quality health generation young ; as for limitation study This lies in the use method studies literature of a nature theoretical as well as Not yet supported by empirical data field and still limited to studies general without examine case health certain in a way specific ; therefore that , research furthermore recommended For do study field for testing in a way direct implementation draft dualism Ibn Sina's treatment for Generation Z as well develop it in context service health and education based Islamic values .

THANK-YOU NOTE

Writer say accept love to all over the party that has give support in compilation article this , okay in a way direct and No directly . Speech accept love in a way special delivered to lecturer the mentor who has give direction , guidance , and constructive feedback during the writing process . In addition , the author also expresses his gratitude accept love to party library and management source digital literature that has been provide various very helpful reference in data collection and preparation article This . The author also conveys appreciation to family and colleagues who have give motivation , moral support , and Spirit so that study This can completed with Good .

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