

# Healthy Living Behavior Models in Islam and Covid-19 Pandemic using AHP

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**Abstract.** The COVID-19 pandemic has swept the globe. Understanding the model of healthy living behavior is critical for virus prevention. The purpose of this research is to develop a model of healthy living behavior based on Islamic teachings and to organize priority levels based on Islamic healthy living behavior. The Analytical Hierarchy Process (AHP) method is used in this study to determine the ranking or priority of the model by comparing the objectives based on the collective opinion of health experts. Data are gathered through literature reviews, interviews, and questionnaires. The ranking of lifestyle models is based on four specialist doctors' opinions, and the respondents who live healthy lifestyles are 34 administrators of the Bandung campus mosque. According to the study's findings, a healthy life model based on Islamic teachings includes a healthy body, a healthy soul, and guaranteed sustenance. The order of Islamic healthy behavior and values based on AHP is as follows: No Overeating for 68.18%; Reading the Qur'an for 8.15%; Giving alms for 6.98%; Repent and purify oneself for 5.61%; Fasting for 4.99%; Tahajjud Prayer for 4.49%; Friendship for 0.83%; Drinking honey for 0.44%; and Duha prayer for 0.33%.

*Keywords:* covid-19, the islamic healthy lifestyle model, analytical hierarchy process method

## Introduction

The Covid-19 outbreak (Coronavirus disease 19) has an impact on the emergence of awareness to pay attention to the healthy living protocol called the 5M, which is a new lifestyle behavior consisting of washing hands, maintaining distance, wearing masks, avoiding crowds, and reducing mobility (Atmaja et al., 2021). The purpose of 5M is to prevent the Covid-19 transmission which can infect the lungs because this virus serves as a catalyst, a very quick intermediary on death. Therefore, various ways and drugs are sought to ward off so that we can avoid this Covid-19 attack. The exchange of information through experiences written on social media, print media, scientific journals, or other information media is an interesting recipe to read in order to ward off this disease.

Likewise, every article or writing that is related to health and healthy living behavior, whether in textbooks, social media, or print media, is selling well for consumption.

The global pandemic COVID-19—has influenced religious practices (Piwko A. M., 2021). The health protocol that requires maintaining distance between individuals causes the rows of congregational prayers, especially in mosques, to be tenuous (Hassan et al., 2021), whereas the perfect congregational prayer is tight and straight rows. As a result of that, Islamic leaders in the prosperous mosques who feel responsible for preaching the true Islam according to the Shari'a think and look for solutions on how the real model of healthy living behavior is based on Islamic teachings (Hassan et al., 2021). The Islamic teachings in this article are referred to the teachings of

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Islam which are based on sunatullah, both written sunatullah (Qur'an Hadith) and were not written as shown in Arts, Science, and Technology.

This study aims to find a model of healthy living behavior based on Islamic teachings; what models of healthy living behavior can represent so that our lives are always in a healthy state; and ranking of lifestyle models based on the opinions of four specialist doctors in healthy living based on the AHP method. It is hoped that by living a healthy life like the Prophet Muhammad SAW, our lives will always be in good health.

This research is expected to provide various benefits for those in need through various media, including the internet (Irwansyah et al., 2016) as a guide for those who want to live a healthy life based on Islamic teachings by carrying out certain human behaviors. Human behavior comes from various kinds of experiences as a result of interactions between humans and the environment, both from inside and outside the environment. Environmental influences that come from within are generally influenced by genes or heredity called genotype (Baye et al., 2011). While the influence of the external environment is called the phenotype. Environmental influences that can be internal (genotype) are a person's behavior, actions, and health, including hereditary diseases. Thus, human behavior is manifested in the form of actions taken due to environmental influences, both genotype, and phenotype.

Healthy living occurs when we are physically, socially, and mentally well and disease-free. The benefit of healthy life includes the decrease in infant mortality rate (Hajarisman & Karyana, 2016). Healthy living behavior in an Islamic perspective is explained in the following hadith of the Prophet: "Whoever wakes up in the morning with a healthy body and a healthy soul and guaranteed sustenance, then he is like a person who owns the whole world." (HR. At Tirmidhi).

Based on the results of a literature study (Rahman & Tariqur, 2007) on the development of immunology and insight into healthy living in the 7th century according to Islamic guidance on cleanliness (bathing, ablution), living a healthy life means getting used to eating and drinking healthy (e.g. prioritizing honey and olive oil, anti-alcohol), avoiding overeating, improving the lifestyle

(e.g. managing stress, controlling sex habits), breastfeeding, and increasing the excretion of body waste in public places.

It shows a new perspective on a healthy lifestyle and directs one's life to be healthier, such as by reading and practicing the contents of the Qur'an; performing tahajjud prayer; performing the dhuha prayer, including the correct procedure for ablution by praying for Allah's help; giving alms; fasting; to be patient and grateful; drinking honey and other herbal remedies.

## Research Methodology

The research methodology is described in the form of a flowchart in Figure 1. The research method here uses a literature study and Saaty's Analytical Hierarchy Process (AHP) method. This method is used to determine the best decision based on its priorities. Literature study is used to find or explore basic concepts or theories related to the model of healthy living behavior based on Islamic teachings. While the literature is extracted from the Qur'an and Al-Hadith which is explained by observers and practitioners about the basic concepts or theories they understand. Meanwhile, the AHP method is used to determine the ranking/priority of the model of healthy living behavior according to Islam by comparing these goals based on the combined opinions of health experts.

Observational data sought in the literature study is information about existing behaviors by living a healthy life according to Islamic teachings. The data were collected to obtain healthy living models. Furthermore, it is confirmed that the model of healthy living is according to Islam. After the data on the model of healthy living behavior according to Islam is collected, then a ranking of the model of healthy living behavior based on the AHP method is made by combining the opinions of four health specialists. The results of this interview were obtained from the priority of Islamic healthy living behavior.

The following are the steps for interviewing the experts to rank healthy living behaviors based on Islamic teachings: 1). Collecting data on healthy living behavior based on the study of the Qur'an and the Sunnah of the Prophet; 2). Determine the model of healthy living behavior based on Islamic teachings; 3). Determine the assessor and method of healthy lifestyle assessment. In this step, it is determined

who will conduct the assessment. The assessors are people who are considered experts and understand the behavior of healthy living in Islam; 4). Determine the model of healthy living behavior; 5). Distribution and Collection of Questionnaires. The questionnaire containing the weighting was distributed to the experts as determined and then collected again for processing; 6). Determine the weight of the criteria for healthy living behavior, which is performed to produce the weight of each criterion of healthy living behavior; 7). Processing data with AHP (Analytical Hierarchy Process); 8). Test for consistency. The test is carried out by looking for the value of the inconsistency ratio. If the value of the inconsistency ratio is less than or equal to 0.1, it means that the assessment can be justified.

The following are the steps for interviewing mosque administrators: 1). Collect data on healthy living behavior according to Islam from literature studies (Al Qur'an and Sunnah of the Prophet SAW) obtained 9 Islamic healthy living behaviors; 2). Make a healthy living behavior questionnaire according to Islam; 3). Distribute questionnaires on healthy living behavior according to Islam to the administrators of campus mosques in Bandung; 4). The results of the questionnaire on healthy living behavior according to Islam are processed and the results are obtained.

## Results and Discussions

Based on the results of a literature study, especially the Qur'an and Al-Hadith, it was concluded nine Islamic healthy living behaviors will be explained in the next section. The data from the opinions of experts are combined using the AHP (analytical hierarchical process) method described in Table 1. It is a combination of expert opinions (Table 2) of healthy living behaviors priorities that can lead us to live healthily. The results are summarized as follows: Non-excessive/moderate eating and drinking of 68.18%; Reading Qur'an of 8.15%; Giving charity of 6.98%; Repent and purify of 5.61%; Sunnah fasting of 4.99%; Performing tahajjud prayer of 4.49%; Keep in touch (socialize) of 0.83%; Drink honey and herbs of 0.44%; Duha prayer of 0.33%.

The following will explain each model of Islamic healthy living behavior based on a literature study, especially the Qur'an and Al-Hadith.

### Moderate/Non-excessive Eating and Drinking

Excessive consumption of food and drink causes obesity due to more food intake compared to calories burned. The effects of food components (excess fat, carbohydrates, or protein) can pose health risks. For instance, excess fatty acids, saturated acids, and Trans fatty acids will turn into high glycemic foods due to excess carbohydrates. This will contribute to various diseases including diabetes (Kusbiantari et al., 2020; Gordon et al., n.d.) In the Al-Qur'an chapter 7, al-A'raf verse 31: excessive eating and drinking can be the cause of disease. Allah does not like extravagant people, that is, those who spend more than they earn because extravagance will bring disaster to himself and his household (Ahmed et al., 2017). In Islam, the best food and medicine is everything that Allah has said in the Qur'an and the Sunnah of His Messenger. Food and medicine must be consumed according to Allah's rules (Aqwam, 2020).

Perhaps the consequences of overeating may be harmful, The Prophet said: "No human being fills a container more dangerous than his stomach. It's enough to eat a few mouthfuls of food that can straighten his spine. But if there is no other choice, then divide the contents of the stomach into three, one-third of the stomach is filled for food, the other third for drinks, and the last third for air (breath) (HR. Ibn Majah).

Eating and drinking moderately get the highest priority for healthy living behavior with a value of 68.18%. It is because indeed eating and drinking is the main cause of disease. Generally, people know those who like to eat a lot of sweet foods will get diabetes. Those who like to eat a lot of salty foods and unhealthy drinks will generally have a stroke. Those who like to eat a lot of spicy food and unhealthy drinks will get gastritis. Those who like to eat too many nuts will generally suffer from gout.

### Reading and Studying Al-Qur'an

The Qur'an as medicine is stated in Surah Al Isra verse 82 and several hadiths of the Prophet Muhammad SAW. Allah says "And We send down from the Qur'an something that is an antidote and a mercy for those who believe and the Qur'an does not add to the wrongdoers other than loss." (Surah 17 Al Isra: 82). Rasulullah SAW said, "You should

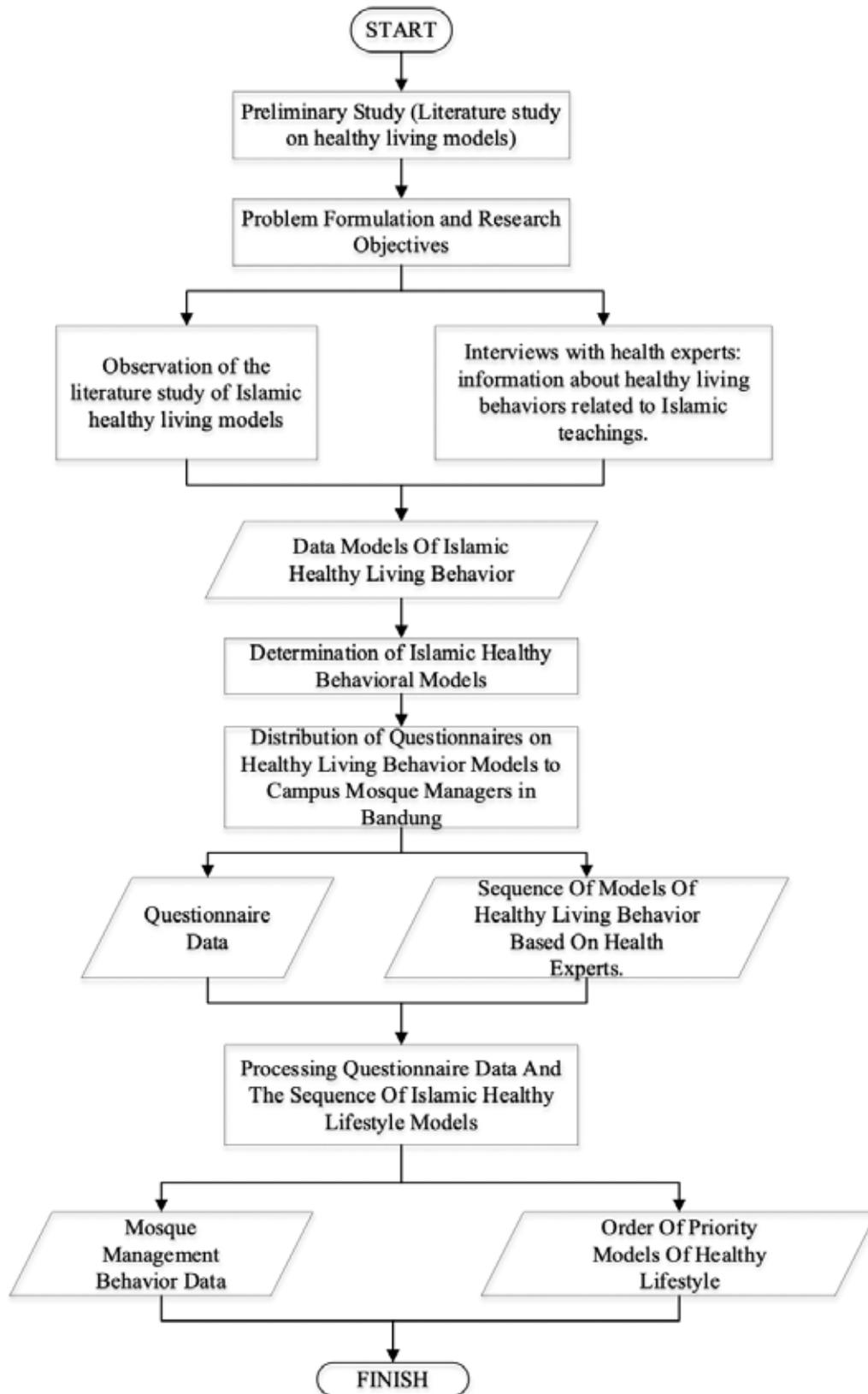


Figure 1. The Research Flowchart

use two medicines, namely honey and the Qur'an." (Narrated by Ibn Majah).

According to Qadri (Qadri, 2003), the Qur'an is a guide and a solution to all kinds of problems. Al-Qur'an can treat all sources of disease. It was narrated by Ibn Majah from Ali Ra, "The best medicine is the Qur'an". According to Najati (Muhammad Ustman Najati, 2004), the Qur'an is a guide that can treat all kinds of diseases, including anxiety disorders, so that the heart becomes calm, the mind is controlled, and the soul

feels free.

Al-Qur'an as medicine is increasingly proven true in this time of COVID-19 pandemic. Several events prove it, including in radarbekasi.id (Syaikhu, 2020) reported by Latif U, that there were 210 volunteer patients treated 48 times accompanied by the Qur'an recitation. As a result, 77% of a random sample consisting of Muslims and non-Muslims showed symptoms of nervous relaxation which further leads to peace of mind. All symptoms are recorded with an

**Table 1**  
**The Results of Recapitulation of Four Health Expert Opinions for Healthy Living Behavior**

| Expert | MMTB | MMH | BPS | MA | SHT | SDH | SDQ | TDS | SI |
|--------|------|-----|-----|----|-----|-----|-----|-----|----|
| A      | 9    | 1   | 8   | 7  | 6   | 4   | 3   | 5   | 2  |
| B      | 9    | 7   | 5   | 2  | 3   | 2   | 4   | 6   | 4  |
| C      | 9    | 2   | 4   | 8  | 6   | 1   | 7   | 3   | 2  |
| D      | 9    | 1   | 8   | 7  | 6   | 5   | 4   | 3   | 2  |
| Total  | 36   | 11  | 25  | 24 | 21  | 12  | 18  | 17  | 10 |

Information: Non-excessive/Moderate eating and drinking: (MMTB); Drink Honey and Herbs (MMH); Fasting (BPS); Reading the Qur'an (MA); Tahajud Prayer (SHT); Duha Prayer (SDH); Charity (SDQ); Repentance and purification (TDS); Friendship (SI).

**Table 2**  
**The Combined Results of Expert Opinions Using the AHP Method**

| Cost of component | RGP I | RGP II | RGP III | RGP IV | Geometric Average | Vektor Prior | Weight (%) | Level of Priority |
|-------------------|-------|--------|---------|--------|-------------------|--------------|------------|-------------------|
| MMTB              | 2.403 | 2.170  | 1.778   | 2.170  | 5.031             | 0.682        | 68.180     | 1                 |
| MMH               | 0.534 | 1.688  | 0.593   | 0.241  | 0.032             | 0.004        | 0.436      | 8                 |
| BPS               | 1.068 | 1.206  | 0.593   | 1.929  | 0.368             | 0.050        | 4.988      | 5                 |
| MA                | 2.136 | 0.482  | 1.383   | 1.688  | 0.601             | 0.081        | 8.147      | 2                 |
| SHT               | 1.602 | 0.723  | 0.790   | 1.447  | 0.331             | 0.045        | 4.489      | 6                 |
| SDH               | 0.267 | 0.482  | 0.790   | 0.965  | 0.025             | 0.003        | 0.333      | 9                 |
| SDQ               | 1.869 | 0.965  | 1.581   | 0.723  | 0.515             | 0.070        | 6.983      | 3                 |
| TDS               | 0.801 | 1.447  | 1.186   | 1.206  | 0.414             | 0.056        | 5.612      | 4                 |
| SI                | 0.534 | 0.965  | 0.988   | 0.482  | 0.061             | 0.008        | 0.831      | 7                 |
|                   |       |        |         |        | 7.379             | 1.000        | 100        |                   |

Information: RGP I: Geometric Average of Expert Opinions 1, Non-excessive/Moderate eating and drinking (MMTB); Drink Honey and Herbs (MMH); Fasting (BPS); Reading the Qur'an (MA); Tahajud Prayer (SHT); Duha Prayer (SDH); Charity (SDQ); Repentance and purification (TDS); Friendship (SI).

electronic detector equipped with a computer to measure any changes that occur in the body during treatment. According to Al-Qadli, reduced nervous tension is able to activate and increase the body's resistance and obtain the patient's healing process.

The Qur'an is medicine because human nature has an inner tendency towards harmony and rhythm. The Qur'an has an eloquent expression and style as well as a captivating rhythm (song) that can influence its listeners. For two decades, research on the Qur'an and medical science in Iran has been taken seriously.

The results of this study indicate that reading and studying Al-Qur'an as medicine gets second priority in the model of healthy living behavior with a value of 8.15%. Based on existing surveys, in general, 88.9% of 34 administrators of Bandung campus mosques in good physical health stated that they read the Qur'an every day, ranging from one ain to more than one juz. These results indicate that reading the Qur'an is related to healthy living.

Abu Sa'id al-Khudri said some of the Prophet's companions traveled (safar) and passed a Bedouin Arab village. At that time, they asked to be entertained, but the villagers were reluctant to entertain them. Not long after, the village head was stung by a poisonous scorpion that made his body run a fever. They then went to the friends earlier, and asked, "Can any of you read something to our leader who was stung by the poisonous scorpion?" A friend replied, "Yes, there is". He went to the village head and read the Chapter al-Fatihah. Not long after, he recovered. Because of his service, he was given a goat, but he refused to accept it (Fajar, 2020).

### **Giving Charity**

Giving charity is giving some of our possessions to others. Giving charity is not only giving money or property to others but can also be in any good deed form. Prophet Muhammad said: "Your smile to your brother is charity." (HR At-Tirmidhi).

Giving charity gets the third priority for healthy living behavior with a value of 6.98%. Of all healthy campus mosque administrators in Bandung, it turns out that 52.94% of them say they give alms every day. However, those who routinely give alms in physical form (money or goods) every day are only 11.76%, the rest are non-

physical alms. Those who gave physical alms occasionally and once a month were 11.76% respectively. Meanwhile, those who give charity in physical form (money/goods) once a week are 41.18%.

Why is charity important and associated with healthy behavior? It turns out that giving charity has an effect on the brain in the happiness form. David Klein, an American psychologist, conducted trials on people who like to give alms by taking saliva samples; it turns out that there is an additional protein that plays an important role in boosting the immune system, namely type A protein (IgA). Immune cells are in charge of protecting the body from bacteria and microbes that often attack the respiratory and digestive systems. Alms regularly have a lower risk of death within 5 years than non-alms and about 76% of people who are active in social activities have better health than those who are not. Conversely, people who are stingy in giving charity will increase stress hormones in the body (Purwanto, 2021).

M. Zaenal Arifin (Arifin, 2021) explains the alms/zakat mechanism in healing diseases medically through psycho-neuro-immunology (PNI). It turns out that there is a relationship between the mind, nervous system, endocrine system (hormones), and the immune system (immunology). A person's emotional life is influenced by the autonomic nervous system which regulates many things such as the release of insulin, endorphins (natural morphine in the body), heart rate, and blood pressure regulation.

The payment of alms or zakat is closely related to positive emotions. Someone who has given alms/zakat will emotionally feel happy, peaceful, happy, and optimistic. This is what grows the body's defense cells thereby strengthening the immune system. A body that has good immunity will automatically avoid disease, and can even cure the disease.

People who give charity can increase the signal in the brain which is followed by an overflowing happiness level. Evidence from Functional Magnetic Resonance Imaging (fMRI) examinations shows that people who give charity experience an increase in the ventral stratum and orbitofrontal cortex. They also increase the hormone of endorphins or happiness, so that it can increase immunity in their bodies. Those who donate regularly also have a lower risk of dying over five

years than those who don't. It also states that about 76% of people who are active in social activities have better health than those who are not active in social activities.

The Messenger of Allah said "Charity can reject 70 types of disasters and the lightest (of the disasters) is (rejecting disasters because of) leprosy" (HR. Thabrani in Mu'jamul Kabir). Calamity/disaster will also forever never precede alms, the Prophet said, "Hurry up to give charity because calamity can never precede alms," (which is narrated by Imam Baihaqi).

### **Repentance and Purification**

Repentance comes from the Arabic word *taaba*, *yatubu*, which means to return. It is to return to Allah's way (right path, in the form of obedience) after committing a sin (immorality). The book of *Riyadh as-Salihin* (Nawawi, 2014) explains if disobedience concerns the affairs of a servant with Allah alone and has nothing to do with human rights, his repentance must meet three conditions. First, let's stop doing immorality. Second, regret having committed disobedience. Third, intend not to repeat the immoral act forever.

If repentance is related to human relations, these three conditions are added by one more. The person who repents must ask for halal from the person who has been deprived of his rights or has been wronged. The meaning of purification is to take care of both physically and spiritually. Physical purity means that the body remains in a state of ablution in the sense that the body is free from major and minor *hadas* (in a state of not holy or not legal to perform prayer), envy, joy, arrogance, *sum'ah* (wanting to be praised) except to Allah alone. Of course, it is not easy to maintain oneself continuously from bad intentions since the most difficult thing is the implementation. Repentance and purification get the fifth priority for healthy living behavior with a value of 5.61%.

### **Fasting**

Fasting both obligatory and sunnah has a positive impact on health. One of the positive effects of fasting on health is the occurrence of natural cell regeneration called autophagy. The term autophagy comes from the Greek word meaning 'to eat oneself'. In science, autophagy is known as a natural regeneration process, in which cells in the body eat or destroy components that are no longer useful in the cells themselves. Professor

Yoshinori Ohsumi (Kolata & Chan, 2016), a Japanese biologist cell and researcher has scientifically proven that fasting can have a positive impact on health. The winner of the 2016 Nobel Prize in Medicine found that fasting was closely related to the emergence of autophagy after fasting for more than 12 hours. The body has trillions of cells. Over time the molecules that are not needed by the body will accumulate. Autophagy is a natural process that responds to this problem because, during autophagy, cells will remove or clean these unwanted molecules. Through autophagy, damaged, dead, and irreparably damaged, diseased or infected cells can be isolated by other cells. After the problem part is isolated, the cell then destroys the problem part into something harmless and recycles it to produce energy in the cell. From this mechanism, damaged cell components will be rebuilt.

In infected cells, autophagy can also eliminate viruses or bacteria. It also contributes to the development which negatively impacts the aging process. From these findings, the mechanism of autophagy has no impact on the condition of the cells concerned. This mechanism has also been shown to maintain overall body health. Based on research data, fasting gets the fifth priority for healthy living with a value of 4.99%. Sunnah fasting can strengthen the immune system. Based on data from all healthy campus mosque administrators in Bandung, it turns out that 52.94% of them stated that every month they do sunnah fasting. The sunnah fasts that are routinely carried out are Monday-Thursday fasting and Dawud fasting with the same value of 47.06%. Meanwhile, only 5.88% of those who carry out sunnah fasting in a (midst of) month for 3 days (date 14, 15, 16).

Fasting at least 3 days a month, God willing, will make our lives healthier. The wise man said, "Fast (all of you) surely you will be healthy." In one hadith, "The Messenger of Allah has decreed for me three things: fasting 3 days every month, praying *dhuha* 2 rakaat, and praying *witr* (night) before going to bed." (Narrated by Bukhari and Muslim).

Regular fasting will stimulate the autophagy process more often so that the body becomes healthier. Based on these findings, Ohsumi won the Nobel Prize in Physiology or Medicine. According to the *New York Times*, Ohsumi received this highly prestigious award officially on November 3,

2016.

### **Tahajud Prayer**

Tahajjud prayer has benefits for health (Chodijah, 2017), including being able to control our emotions because it causes the cortisol content in the body to be low so that it can overcome diabetes. Cortisol can increase blood sugar by increasing the carbohydrate system. If this cortisol increases, then blood sugar levels in the body will also increase (Sugiono, 2019). Another benefit of praying tahajjud is to prevent swelling of the heart and kidney failure. Tahajjud can lower cortisol. When cortisol is reduced, the heart will not swell, and urinating will be easier. Another benefit of praying tahajjud is chemotherapy for cancer (Sugiono, 2019).

The tahajjud prayer has an important role for our brain because at one-third of the night the human brain will release serotonin, beta-endorphin, and melatonin. The release of these substances will have the effect of making a person calmer so that his homeostasis will be awakened. On the other hand, if homeostasis is disturbed, the person will easily experience dizziness and can even lead to hypertension or hypotension (low blood pressure).

Homeostasis is an automatic process carried out by living things to maintain constant conditions, so that their bodies can function normally, despite environmental changes. In order to stand up, the tahajjud prayer must be performed in comfortable conditions. When that happens, the body's cells become balanced and reduce the possibility of hypertension and hypotension.

Tahajud prayer is also good for breathing since it is an excellent therapy to prevent respiratory tract infections by reading the verses of the Qur'an. Therefore, the tahajjud prayer should be performed at 1/3 of the night (around 3 am) because at that time the air was not polluted so it could nourish the lungs, improve blood circulation, and nourish the body. In addition, doing the tahajjud prayer is the same as exercising in the morning. At that time all the muscles of the body moving so that blood flow becomes smoother. Professor Dr. Mohammad Saleh has researched the midnight prayer and says that doing it can be beneficial for health.

The implementation of the tahajjud prayer (including praying in it) gets the sixth priority for healthy living behavior with a value of 4.49%. It turned out that the

number of healthy mosque administrators in Bandung, 47.06% of them stated that they performed the tahajjud prayer every day with a varying number of rak'ahs for the tahajjud prayer: 47.06% with a total of 11 rak'ahs or more; 11.76% for three rakaat; 17.64% for two rak'ahs; and 5.88% for 4 rak'ahs.

### **Friendship**

Friendship is connecting the ropes of affection with others by keeping the heart, mind, and actions from inappropriate intentions and behavior. Friendship is very important but if the meaning is not understood well, then friendship in the above sense becomes difficult to do.

The benefits of friendship can improve memory, increase immunity, prolong life, make family happy, expand sustenance, and others. Friendship benefits for health can minimize the occurrence of stress and anxiety (Hsiao et al., 2016).

Based on the benefits for health, the relationship becomes very important but hard to be understood. Thus, friendship only gets the seventh priority for healthy living behavior with a value of 0.83%.

### **Honey Consumption**

Honey consumption can strengthen the immune system. Honey is not only useful as a medicine for various diseases but also useful for food and endurance. In general, the benefits of honey other than as medicine and food is also for antioxidant. Honey from the stingless bees has anti-inflammatory, antimicrobial (against spoilage and pathogenic microorganisms), anti-diabetic, and skin aging delay activities in vitro tests (Pimentel & Magnani, 2021). Honey is also useful as a substance that can help protect our bodies from cell damage caused by free radicals. In addition, honey is also useful as an antimicrobial (Elbossaty & Fikry, 2021; Hossaina et al., 2020). Honey also has properties or the ability to kill/inhibit the growth of germs. Honey also functions as a catalyst that can accelerate healing (Nanda et al., 2017). Honey also functions as an antiviral and therapeutic (Hossain et al., 2020; Naggar et al., 2021). Honey is used to treat infections caused by viruses. Honey also functions as an anticancer (Terzo et al., 2020; Tantawy & Ahmed, 2020).

Honey is widely used in industrial companies (Singh et al., 2012). Klikdokter

(2021) mentions some of the benefits of honey: increasing the body's immune system; Help you sleep better; Ward off free radicals, Relieve coughs; Accelerate wound healing; Maintaining a healthy digestive system; Maintaining a healthy heart; Source of antioxidants; Control body weight; Source of probiotics (good bacteria or healthy bacteria); Sharpening the memory; Lowering cholesterol; Cure acne, wounds, ulcers, even herpes; Relieve stomach acid disease; As a natural energy source, and others (Source: Klikdokter, Honestdocs).

Honey as a catalyst to accelerate disease healing was studied by Nanda (Nanda et al., 2017). They studied 200 patients with a sore throat. One hundred patients were used for the study. This group was given one tablespoon of honey twice a day along with standard anti-inflammatory drugs, antibiotics, and antiseptic mouthwashes. The remaining 100 patients in the control group were given the standard medication without honey. After 5, 10, and 15 days patients were evaluated for throat congestion, fever, pain, patient satisfaction, and other criteria. The result: the group given honey recovered faster than the group with standard treatment.

However, consuming honey is still not popular in our society. It is proven that consuming honey only gets the eighth priority for healthy living behavior with a value of 0.44%. The data shows all mosque caretakers campus in Bandung were healthy, only 41.18% are consuming honey. Those who regularly drink honey once a week are 35.29% of them. While those who regularly drink honey every day are only 11.76%. Likewise, those who regularly drink honey once a month are only 11.76%. It may be that the low honey consumption is due to the high price. Moreover, honey-containing medicine is very expensive. For example, 500 ml of black Adzdzikra honey costs Rp. 100.000,-.

### **Dhuha Prayer**

Dhuha prayer in Islam is included as a healthy lifestyle model. The benefits of praying Dhuha apart from being a morning exercise can also cure diabetes (Hidayaturrahman et al., 2021). Ebrahim Kazim stated that repeated and regular body movements during Duha prayer increase muscle strength, joint flexibility, and cardiovascular reserves (Hidayaturrahman et al., 2021). At the same time, the tension

in the mind can be reduced due to the spiritual component, aided by the secretion of enkephalins, endorphins, dynorphins, etc.

This dhuha prayer gets the ninth priority with a value of 0.33%. Of all the administrators of healthy campus mosques in Bandung, it turns out that 64.71% of them stated that they carry out the Duha prayer every day. Rak'ah of dhuha prayer that they do varies from 2 to 8 rak'ahs. There are 17.65% who pray dhuha as much as 8 rak'ahs, 35.29% who pray dhuha for 4 rak'ahs, 41.18% who pray dhuha for 2 rak'ahs and 5, 88% pray dhuha for 6 rak'ahs.

### **Conclusions**

Based on the description and explanation of the research, several conclusions were obtained. The model of healthy living according to Islamic teachings is when our lives are happy in the sense that our soul (spiritual) and body (physical) are healthy, and our sustenance is guaranteed.

The Islamic models of healthy living behavior and the order based on the opinions of experts using the Analytical Hierarchy Process (AHP) method show the results which are explained briefly as follows. Moderate/non-excessive eating and drinking; reading and studying Al-Qur'an; giving alms; repent and purify; fasting (sunnah); performing tahajjud prayer; maintaining friendly relations; drinking honey and herbs; and duha prayer. It is hoped that by living a healthy life like the Prophet Muhammad SAW, our lives will always be in good health.

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