

THE CONTRIBUTION OF ISLAMIC TEACHINGS TO STRENGTHENING THE RESILIENCE OF MUSLIM FAMILIES IN THE MODERN ERA

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ABSTRACT

This study aims to analyse family resilience from an Islamic perspective and to examine how Islamic values contribute to strengthening the foundations of the family amid rapid modernisation. Employing a descriptive qualitative method based on a comprehensive literature review of national regulations, classical and contemporary tafsir, and scholarly opinions, the research explores key components of family resilience across structural, spiritual, moral, and social dimensions. The findings reveal that the concept of family resilience in Islam aligns with national legal frameworks that view the family as a dynamic institution responsible for maintaining harmony and well-being. Islamic principles such as spirituality, ethical conduct, balanced role distribution, and effective communication play a significant role in fostering a sakinah family capable of adapting to social and technological changes. Furthermore, the study highlights that the practical application of religious values, including character building, communication enhancement, role optimisation, and spiritual internalisation, directly contributes to the development of resilient Muslim families that can face contemporary challenges with greater strength, adaptability, and constructive capacity.

Keywords: Family Resilience, Islamic Values, Modern Era

Received: 13-06-2025

Revised: 01-08-2025

Accepted: 29-09-2025

INTRODUCTION

In the midst of modern dynamics characterised by shifting societal values, the erosion of direct interpersonal communication, and heightened socio-economic pressures, contemporary families are confronted with increasingly complex multidimensional challenges. The rapid acceleration of globalisation alongside pervasive technological advancements has catalysed profound social transformations, frequently precipitating intergenerational conflicts and facilitating the influx of novel cultural paradigms that risk displacing traditional family values. Crucially, the diminishing frequency of meaningful face-to-face

interaction among family members undermines emotional attachment, thereby posing a severe threat to the systemic resilience of Muslim families navigating contemporary societal shifts. Within this socio-cultural climate, an academic examination of the structural and spiritual contributions of Islamic teachings toward fortifying Muslim family resilience in the modern era becomes exceptionally relevant and urgent.

Within the fast-paced ecosystem of modernisation, the family functions not merely as the fundamental micro-social unit, but as the foundational pillar for sustaining a stable, cohesive, and harmonious social order. A resilient family unit possesses the structural and psychological capacity to navigate complex social disruptions and technological shifts while serving as the bedrock for a healthy, productive populace. Nevertheless, the relentless tide of globalisation frequently erodes core familial ethics, specifically those concerning moral commitment, marital fidelity, and institutional stability. This erosion is manifested empirically in rising divorce rates, household economic instability, and escalating domestic conflicts globally and within Indonesia. From an Islamic jurisprudence and theological perspective, the family occupies a fundamental position as the primary locus for instilling core moral values, ethical conduct, and spiritual integrity. The marital bond is conceptualised in Islamic theology as *mitsaqan ghalizhan*—a solemn, sacred covenant entailing comprehensive moral, spiritual, and social accountability (Al-Razi & Kamilia, 2023).

Islamic teachings offer a comprehensive, holistic foundation for developing individual character and moral conduct from early childhood onward. These divine guidelines function not merely as abstract religious dogmas, but as a systematic pedagogical and behavioural roadmap for cultivating a balanced personality, deepening interpersonal bonds among family members, and preserving domestic harmony (Arif, 2019). Consequently, this study seeks to elucidate the strategic role of Islamic teachings in fortifying Muslim family resilience in the modern era, specifically by mitigating the destabilising impacts of digital disruption, cultural fragmentation, and social re-engineering.

In today's digital information society, Muslim families face unprecedented challenges that threaten domestic stability. Continuous exposure to unverified information, algorithmic media consumption, digital addiction, and content conflicting with Islamic norms presents a direct challenge to familial cohesion. The central academic issue concerns how Islamic teachings can be systematically implemented within contemporary household practices to preserve the Quranic ideals of *sakinah* (tranquillity), *mawaddah* (boundless love), and *rahmah* (compassion). The contribution of Islamic principles in this framework provides

an essential ethical and normative compass, shielding family members from the alienating and fragmenting repercussions of technological ubiquity.

Intrinsically, human beings seek security, spiritual tranquillity, and psychological peace within their domestic lives. In Islamic epistemology, fulfilling these psychological and spiritual needs is paramount. Islam accords significant priority to the holistic development of both the individual and society through sound creed (aqidah) and exemplary moral conduct (akhlaq).

However, individual character cultivation cannot be achieved effectively without a supportive, healthy social ecosystem—namely, a resilient family. Thus, the family must be deliberately structured, nurtured, and maintained to serve as the primary institutional crucible for nurturing a morally upright generation. The systematic methodology for cultivating an ethically grounded, pious generation is known as Islamic parenting, which emphasises the prospective role of parents in embedding moral and spiritual values prior to and following childbirth. This approach is anchored in Quranic pedagogical narratives, most notably Luqman's advice to his son forbidding polytheism (Q.S. Luqman: 13), highlighting the foundational importance of creedal and ethical education within the household (Almadison et al., 2025). In contemporary reality, implementing Islamic family pedagogy faces formidable hurdles. While parents historically served as the unchallenged primary agents of socialisation, their role has been significantly displaced by digital devices and boundaryless technological platforms. Many households experience a loss of oversight regarding children's interaction patterns, leading to the marginalisation of Islamic ethical principles. When parental guidance fails to adapt, digital media can exert detrimental effects on children's moral and spiritual development. In this context, the Holy Qur'an offers a comprehensive framework to address human challenges across generations (Syaidah et al., 2025). Ultimately, Islamic teachings provide a robust foundation for strengthening Muslim family resilience in the modern era. Through creedal firmness, moral instruction, and actionable life principles, families can build the spiritual, emotional, and social resilience necessary to successfully navigate the digital age and globalisation.

METHOD

This study employed a descriptive qualitative research method designed to thoroughly explore, interpret, and contextualise the internal dynamics of Muslim family resilience within the modern landscape. A qualitative approach was selected for its capacity to provide rich, nuanced insights into complex social phenomena that cannot be adequately captured by quantitative metrics alone (Sugiyono, 2022). Through this methodological lens, the research systematically examines how Islamic principles are integrated into daily household routines and

how these values foster spiritual, emotional, and social resilience amid technological acceleration and global cultural shifts. The analytical focus was directed toward observing these phenomena in their natural, contextual setting, enabling a holistic understanding of the religious practices that sustain domestic harmony in Muslim households.

To ensure analytical rigour, the study adopted Miles and Huberman's interactive qualitative analysis model. The analytical process followed three distinct, interconnected phases: data reduction to filter, categorise, and organise qualitative information; data display to present findings systematically; and conclusion drawing and verification to synthesise core conceptual insights. To guarantee the empirical validity and trustworthiness of the findings, methodological triangulation was applied through systematic cross-verification of data across diverse literature streams, regulatory texts, and scholarly commentaries (Moleong, 2021).

Data collection was executed through comprehensive library research, document analysis, and a systematic review of relevant academic publications addressing Islamic jurisprudence, family sociology, and modern societal transformations. Primary text sources included national statutory frameworks, classical and contemporary Qur'anic commentaries (tafsir), and peer-reviewed literature on Islamic family systems. The compiled qualitative data were analysed systematically to identify recurring themes, moral frameworks, and operational strategies through which Islamic teachings strengthen family resilience (Ismail et al., 2023). Ultimately, this qualitative analytical framework yields a structured, academically rigorous narrative detailing the multifaceted contributions of Islam to building stable, adaptive, and resilient Muslim families in the modern era.

RESULTS AND DISCUSSION

Family Resilience from an Islamic Perspective

In accordance with national legal discourse, such as the Draft Law on Family Resilience, a family is conceptualised as the fundamental building block of society, comprising a married couple, single parents, or blood relatives up to the third degree of consanguinity. Thus, the family is understood as a social institution bound by kinship and marital covenants, regardless of whether members occupy a singular physical residence. In line with Law Number 52 of 2009, family resilience is defined as a dynamic state reflecting a household's structural capacity to cultivate independence, sustain interpersonal harmony, and enhance overall physical, psychological, and spiritual well-being (Yuda et al., 2025). This legal framework aligns closely with Islamic family jurisprudence, which views family resilience as an active, evolving capability to withstand societal disruptions through moral fortitude and spiritual grounding.

The Indonesian Council of Ulema (MUI) conceptualises family resilience as a household's functional capacity to manage domestic crises by leveraging available physical, social, and psychological capital. This tripartite focus emphasises that family stability depends not only on material or economic security, but equally on healthy social relationships and mental well-being across all household members. Furthermore, textual insights from *Fi Zhilal al-Qur'an* posit that authentic family resilience is realised when household members collectively maintain unwavering commitment to shared Islamic values and domestic objectives. This perspective establishes Islamic teachings as the indispensable foundation for structural family integrity, particularly when adapting to rapid modern socio-cultural shifts (Keluarga Masyarakat & Bondowoso, 2024).

Within Islamic theology, family resilience is intrinsically bound to the construct of *keluarga sakinah* an ideal domestic state characterised by spiritual peace, emotional security, and mutual tranquillity. Al-Munawar highlights that a *sakinah* family rests upon core prerequisites: the presence of *mahabbah* (deep love), *mawaddah* (passionate affection), and *rahmah* (unconditional mercy); mutual interdependence between spouses; and the consistent practice of *ma'ruf* (virtuous interaction) in daily life. Internal pillars such as religious compliance, respect for elders, affection toward youth, material modesty, and continuous self-reflection (*muhasabah*) further fortify domestic resilience. These internal elements are complemented by external supports, including marital fidelity, filial piety, and a healthy community environment (Nur & Susilawati, 2023). Islamic jurisprudence further provides normative principles to sustain domestic tranquillity, including mutual consent, balanced decision-making, proactive marital enhancement, genuine devotion, consultative dialogue, and constructive conflict reconciliation. These principles demonstrate that Islam establishes a mutually beneficial family model where members derive shared spiritual and social blessings. Consequently, Islamic principles offer a vital framework for cultivating adaptive, harmonious Muslim families capable of navigating contemporary social changes.

The Strategic Role of Family Resilience in the Modern Era

Family resilience plays a strategically critical role in navigating the fast-paced social, technological, and cultural shifts of the modern era. Within contemporary society, families must go beyond maintaining internal operational stability to actively adapt to external pressures that can destabilise household functioning. Strengthening family resilience is therefore essential to ensure that individual members develop holistically, retain core moral grounding, and constructively manage modern socio-economic stressors.

The Family as a Locus for Spiritual Internalisation

The family serves as the most effective primary environment for building individual resilience through the deep internalisation of spiritual values. Developing God-consciousness the profound realisation that human beings are created by Allah SWT and remain under His continuous divine oversight provides individuals with a clear existential purpose and moral orientation. In spiritual development theory, self-discovery is deeply intertwined with recognising God as the ultimate source of moral guidance. As this spiritual awareness matures, individuals develop a heightened sense of ethical responsibility and accountability for their actions. Amid rapid globalisation, scientific acceleration, and secularising cultural influences, the family unit must cultivate a selective, faith-grounded filter. Early spiritual internalisation forms a robust psychological and moral defence against negative global influences, as reflected in contemporary social studies (Nudin et al., 2021).

The Islamic Family as a Systemic Social Unit

In Islamic sociology, the family is understood as a structured social system comprised of interdependent individuals with complementary roles, mirroring key concepts in family systems theory. Established through marriage, the family evolves across generations, with each member fulfilling distinct moral and functional responsibilities. The father, as the head of the household, serves as the spiritual leader, moral exemplar, and primary guide for family resilience. His duties extend beyond material provision to encompass spiritual mentorship, ethical leadership, and emotional stability. Conversely, the mother exercises an executive role, wisely implementing household policies and managing domestic nurture. Children, together with the mother, form an integral part of this dynamic system, contributing to the family's long-term moral, social, and structural continuity (Amri & Ahmad, 2018).

The Family as the Primary Crucible for Character Education

Child character development is heavily shaped by the domestic environment and parental caregiving styles. Imam al-Ghazali conceptualises character (akhlaq) as an ingrained disposition of the soul that spontaneously prompts virtuous actions without requiring prolonged conscious deliberation a concept closely aligned with the sociological notion of moral habitus formed through family upbringing, culture, and religious practice (Muhammad, 2025). In Islamic pedagogy, education transcends the mere transmission of cognitive knowledge; it represents a holistic process of value transmission and moral internalisation that anchors an individual's worldview in divine unity (tawhid). Consequently, the home functions as the foundational environment for instilling ethics, integrity,

and social responsibility. Faith-based character education within the family provides the moral grounding necessary for youth to navigate contemporary cultural challenges with integrity.

The Family as a Protective Shield and Social Control Mechanism

Serving as a protective shield, the family guards its members against the destabilising forces of rapid social change and modern secularisation. In terms of social control, the family instils a strong moral conscience, encouraging members to weigh the religious, ethical, and legal consequences of their actions. Facing widespread moral degradation, consumerism, and shifting gender norms, the family must reinforce its protective role. When individuals consider engaging in transgressive behaviour, awareness of their family's reputation and values acts as a powerful deterrent. This internal social control mechanism often proves more effective than external legal sanctions (Datzuhriah et al., 2024). Thus, family resilience is essential to sustaining an orderly, morally anchored society.

Application of Islamic Values in Enhancing Family Resilience Amid Technological and Modernisation Dynamics

Islamic values provide actionable strategies for families navigating the challenges of technological acceleration and modernisation. By embedding these principles into daily routines, households maintain balance, harmony, and structural stability amidst rapid social change. Practical applications include:

Character and Moral Development:

Domestic resilience is nurtured through Islamic teachings that emphasise honesty, trust (amanah), and ethical conduct in household interactions. Transparent communication strengthens family bonds and creates a stable foundation. Patience and mutual understanding cultivated through open dialogue and consistent emotional support enable families to navigate external stressors effectively. Furthermore, mutual affection and empathy foster an inviting, supportive home environment (Ramadhani et al., 2024).

Enhancement of Communication Skills:

Strengthening interpersonal communication is vital for maintaining domestic stability in modern society. Transparent and honest dialogue minimises misunderstandings and prevents conflicts, while active listening and regular family gatherings ensure every member feels valued. Constructive conflict resolution through calm, empathetic dialogue preserves domestic harmony, while emotional validation deepens familial attachments (Harmi, 2022). Additionally,

leveraging communication technologies such as messaging platforms and video calls helps maintain emotional closeness across geographical distances.

Optimisation of Family Roles and Responsibilities:

Clear definitions of functional roles and responsibilities are essential for household stability and resilience. Parents are responsible for guiding and mentoring their children, while children learn to contribute constructively according to their developmental stage. Clear division of domestic labour and prudent financial management help prevent interpersonal friction and foster a harmonious household. In addition, implementing systematic monitoring and evaluation of communication practices and administrative roles within the household ensures that technical and functional responsibilities are executed effectively, thereby enhancing structural stability (Hermawan & Sari, 2023). Moreover, families must proactively adapt to technological changes by establishing digital safety protocols and managing screen time, working collaboratively to meet modern challenges while strengthening internal cohesion.

Internalisation of Spiritual Values in Daily Life:

Deepening spiritual practices creates a peaceful, nurturing home environment that reinforces family resilience. Shared congregational prayers, meaningful communication, and active empathy help families effectively manage external pressures and internal conflicts. Daily spiritual routines, including expressions of gratitude and participation in religious traditions, foster shared purpose and unity. Furthermore, routine self-reflection (*muhasabah*) and mutual tolerance form the foundation of familial solidarity, enabling households to thrive amid evolving societal landscapes (Datuzuhriah et al., 2024).

CONCLUSION

Family resilience from an Islamic perspective serves as the foundational cornerstone determining domestic quality and societal strength facing modern social, cultural, and technological transformations. This conceptual framework establishes that the family functions not merely as a basic social unit, but as the primary locus for spiritual, moral, and character development. Islamic teachings emphasise the integration of creedal principles (*tawhid*), ethical conduct (*akhlaq*), effective communication, and balanced role distribution as essential pillars for achieving a *sakinah*, *mawaddah*, and *rahmah* household. Furthermore, religious values internalised through character education, daily spiritual practices, and harmonious interpersonal relations operate as a protective mechanism, shielding family members from the destabilising influences of globalisation.

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