


Sociological Foundations of Qur'anic Lifestyle in the Sphere of Social Interactions

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Introduction

Islam, as one of the most important sources of identity and value-orientation, plays a decisive role in shaping and directing the social behavior of Muslims. The Holy Qur'an, as the divine scripture and the primary source of Islamic teachings, provides numerous principles and foundations for both individual and social lifestyles. The Qur'anic lifestyle, as a comprehensive and holistic model, not only emphasizes the personal dimensions of life but also extensively covers sociological foundations, thereby playing a crucial role in social interactions. In today's world-where globalization and modernity exert significant influence on societies-understanding and explaining these foundations are vital for preserving religious identity and strengthening healthy, sustainable social relations. A precise knowledge of these foundations can help resolve many social challenges. The review of prior research shows that no dedicated study has so far addressed the sociological foundations of lifestyle within social interactions. Hence, clarifying the relationship between the individual and society, their reciprocal influence, and the sociological foundations of the Qur'anic lifestyle in the domain of social relations constitutes the main aim of this study.

Methodology

This developmental research is qualitative in nature, using a descriptive-analytical method and relying on library sources, Qur'anic verses, and prophetic traditions. It seeks to explain and analyze the sociological foundations of the Qur'anic lifestyle in the sphere of social interactions.

Findings

Sociological foundations refer to those religious principles and directives that have become fundamental norms shaping individual behavior and social conduct. In sociology, such foundations serve as basic concepts and theories for analyzing society and social processes, helping us to understand how societies function, how structures and processes are shaped by culture, economy, and power, and how these factors interact. The Qur'anic lifestyle foundations in social interactions can be categorized into three domains: ontological, anthropological, and sociological. This is because any discussion of foundations implies an inquiry into a worldview-how a system conceives of God, the world, human beings, and society-which in turn informs social and cultural interpretations.

Amid the accelerating trend of globalization and the spread of values often in conflict with religious teachings, Islamic societies are confronted with unprecedented challenges. Within this context, the Qur'anic lifestyle, shaped by divine principles and moral values, is recognized as a stable and resilient model that can withstand these challenges, preserve itself within modern social



interactions, and contribute to the improvement of social life. Accordingly, attention to the foundations of lifestyle is critical, since they shape how individuals behave within society. The sociological foundations of the Qur'anic lifestyle-by promoting morality, cooperation, and honesty-create a positive environment for social interactions. By emphasizing rationality and the clear demarcation of truth and falsehood, they help individuals approach social issues with wisdom and discernment. Thus, these foundations reinforce social cohesion as well as personal and collective growth.

From this perspective, the most significant sociological foundations of the Qur'anic lifestyle include: belief in both material and spiritual dimensions of life; the purposeful nature of society; social progress and movement toward perfection; the necessity of guiding leaders and adherence to role models; the indispensability of morality and value-orientation in social behavior; the authority of reason in social conduct; and the necessity of maintaining clear boundaries between truth and falsehood in social interactions.

Conclusion

The Qur'anic lifestyle, understood as the framework within which an individual's life is shaped, is profoundly influenced by the prevailing beliefs and values of both the individual and society. The general, fixed rules derived from Qur'anic perspectives, values, and behavioral patterns in social relations are what constitute the sociological foundations of the Qur'anic lifestyle in social interactions. These foundations deeply influence how individuals behave socially, ensuring that their actions contribute not only to their own growth but also to the well-being of society. Such a framework can lead to the creation of more balanced and sustainable communities. Among the most important foundations are: belief in a dual material-spiritual life; the purposeful nature of society; social development and advancement toward perfection; the need for guiding leaders and role models; the necessity of morality and value-orientation in social interactions; the governance of reason in social conduct; and the requirement to distinguish clearly between truth and falsehood in social behavior.

Keywords

Society, Qur'anic lifestyle, sociological foundations of lifestyle, social interactions, Holy Qur'an.

Ethical Considerations

Compliance with research ethics. The authors observed the ethical principles in conducting and publishing this scholarly research, and this is confirmed by all of them.

Conflict of interest

The authors declare that they have no conflict of interest.

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