Usage of Social Media: Islamic Perspective

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Abstract

Social media is one of the most important ways to establish social communication by modern information technology between friends, family and people. This study underscores the significance of utilizing social media as a tool to positively influence others by promoting the beauty of Islam, tolerance, understanding and compassion. The document discusses how social media can lead to negative behaviors such as addiction, misuse and the dissemination of frivolous or indecent content, which can desensitize individuals to immoral behavior. It also addresses the importance of aligning online behavior with Islamic teachings to avoid hypocrisy and maintain authenticity. It stresses the need for individuals to be mindful of the influence of social media on personal conduct and relationships, encouraging responsible navigation of the digital realm in alignment with Islamic morals. Moreover, the document explores the role of social media in bringing together Muslims from diverse backgrounds, fostering dialogue, mutual respect, and cooperation towards common goals and shared values. The research used qualitative methodology. There was used as an instrument for data collection. Similarly, textbooks, journals as well as internet sources used for the research.

Keywords: Media, Muslim, Quran, Society

1. Introduction

When we discuss the impact of social media on personality, one significant aspect to consider is the creation of virtual personalities. While a person may have one character in reality, their virtual persona can be entirely different. This duality is concerning as it promotes which is contrary to Islamic teachings. It encompasses traits such as being two-faced, hypocriy, and acting in ways that contradict one's true self. Such behaviour is explicitly prohibited in the Quran where Allah warns against deceiving oneself [1]. Furthermore social media is often used to frivolous and indecent content through various means like chat rooms, comments, and videos. The potential for sin in this context is significant, leading individuals to become desensitized to immoral behaviour and lose sight of what is permissible and forbidden. Once a person reaches this stage, they become heedless of guidance and harm themselves. Superficial and impulsive communication contradicts the principals of speech outlined in the Quran. It is crucial for muslims to assess the impact of social media on their personalities and take measures to avoid falling into such negative patterns Allah ta'ala states in the Holy Quran 'Indeed you have in the Messenger of Allah, an excellent example, for him who hopes in Allah and the latter day and remembers Allah abundantly' [2]. The Quran is replete with examples of the lives of the past prophets. The teachings and Sunnah of our beloved Prophet (sallallahu alayhi Wasallam) are a guide to Muslims in all walks of life. His life is the best example for humanity. He was a mercy unto the entire world. In studying the Sirah and the history of the early Muslims, we see a clear dichotomy between their way of life and that of the current Muslim society. The question we need to ask is whether we are leading our lives in accordance

with the pleasure of Allah and his rasool or have we become immersed in Western cultural concepts and way of life. Social media is one such concept that has been adopted unquestionably. The mentality being that it is an innocuous form of entertainment and at the same time indispensable for communication. But is this really the case? What impact does social media have on the personality of the individual and to what extent is it affecting our deen? These questions need to be addressed and evaluated with no bias. With social media being one of the hottest trends in modern society, almost without exception, an average citizen feels obliged to be part of the global 'network'. A click on the various social media icons has become a part of our daily routine. While it is a powerful resource in the contemporary era, we are often oblivious to the fact that this virtual universe is very much real. The plethora of material at our disposal has the ability to shape our opinions, ideologies and in many cases it shapes our lives. The use of social media cuts across boundaries of age, gender and religion. It is a tool used by one and all. As Muslims, conscious of our duties and obligations, it is essential to constantly evaluate the utility of our actions against the criterion given to us by Allah Ta'ala in the Quran and the traditions of our beloved Prophet (sallallahu alaihe wa sallam)

1.1 Importance of Social Media in the Modern World

As human beings, we are social creatures with an innate need to communicate and socialize. The issue arises when this need is met impersonally breaching the parameters set by our religion and culture in todays world, social media has become the most convenient and appealing platform for social interaction, leading to its allure and subsequent addiction particularly the youth have shifted from physical socializing to the online realm. The virtual environment masks a person's shortcomings, providing a false sense of freedom and confidence Consequently individuals spend excessive amounts of time on social media, sometimes throughout the day, indicating a concerning addiction that detracts from the remembrance of Allah. Social media has in grained itself as being a necessity in daily life from waking up to going to sleep. while social media does have its benefits if used correctly, it could be a tool for success However, our primary concern is the addiction, misuse and abuse of social media along with the resulting consequences.

1.2 Islamic Guidelines for Technology and Communication

Another guideline for technology and communications discussed in the Quran is to verify any issues or information before relaying it to others. "O you who believe! If a rebllious evil person comes to you with news, verify it, lest you harm people in ignorance, and afterwards you become regretful for you have done"[3]. This guideline ensures that any information spread is true and not baseless. In todays context it is relevant to apply his guideline to the usage of blogs, where many bloggers tend to post sensitive issues without verifying them potentially causing harm within society and among different races. In some cases, this can lead to a distorted perception of certain events due to the global reach of information on the internet.Undeniably, the Quran and hadith have provided guidelines to help human beings lead a life full of righteousness and guidance, covering all aspects, including the usage of technology and communications. From these guidelines, it is clear that Islam encourages the use of technology and communications, but it is necessary for Muslims to ensure that their usage adheres to Islamic teachings. One of the earliest guidelines is the directive to invite (dawah) not only to unbelievers but also to Muslims themselves as mentioned in Surah Al Mum'inun, "Undoubtedly! This is the way of calling to the Muslims."[4]

2. Benefits of Social Media in an Islamic Context

2.1. Spreading Islamic Knowledge and Awareness

In history, seeking information about Islam was generally limited to Masajids, educational institutions and knowledge from imams and sheikhs[5] However in the 21st century ,social media platforms such as Twitter, Facebook, and blogging sites have provided Muslims with avenues to study, question, educate and network These platforms have made Islamic texts and information more accessible to a wider audience , enabling Muslims to connect with Imams, Sheikhs, political leaders, scholars, and journalists from around the world. This direct engagement allows for the sharing of information, news, and discussions related to Islam. As the prophet (SAW) said. "make things easy and do not make things difficult. Give glad tidings and do not repel people"[6]. This media encourages engagement through likes, shares, comments, and discussions, fostering a sense of community and interaction among Muslims and non-Muslims interested in learning about Islam .It offers a wide range of educational resources, Islamic lectures, articles, videos, and podcasts, paving the way for individuals to access and learn about Islamic teachings. Social media provides a platform to counteract misconceptions and stereotypes about Islam by sharing authentic information and promoting a better understanding of the religion. This platform allows for the creation of online communities where individuals can connect, share experiences, and support each other in their journey of learning about Islam. The prophet (SAW) said, "Convey (my teachings) to the people even if it were a single sentence"[7] emphasizing the importance of spreading knowledge. Prominent Islamic scholars like Mufti Ismail Menk, Numan Ali Khan, and Bilal Philips utilize social media to promote Dawah and spread Islamic teachings[8]. Dawah is no longer restricted to working only in Khanka, Mosque, Organization, Waz Mahfil and writing as it was before. In the present age of digital information technology social media is making the learning process easier day by day. Now individuals can learn about the Quran, Hadith, Islamic references and various Islamic topics in different languages. Platforms like YouTube offer lectures and discussions on Islam in multiple languages, enhancing educational opportunities.Overall, social media serves as a valuable tool for promoting Islamic knowledge, fostering dialogue, and creating a more informed and connected global Muslim community.

2.2 Connecting Muslims Worldwide

In this era of technology, social media platforms such as Facebook, Twitter, Instagram, and WhatsApp serve as powerful tools for communication, information sharing and community building within the Muslim ummah. They enable Muslims from different parts of the world to connect, communicate, and share ideas in real time. Social media allows users to post or share videos and photos, find friends, view profiles, discover various festivals, engage in chat, send messages and play games. Building a ' Friends Circle' is much easier and quicker through social media than in real life [9]. This instant connectivity transcends geographical boundaries and facilitates global conversations among Muslims. Moreover, it enables Muslims to share Islamic knowledge, resources, and updates on events, lectures and activities within the community. This sharing of information helps spread awareness about Islamic teachings and practices worldwide. Social media plays a crucial role in creating virtual communities of Muslims who share common interests, beliefs, and values. As Allah SWT said: "The believers are but brothers, so make reconciliation between your brothers and fear Allah that you may receive mercy"[10]. These online communities offer a sense of belonging, support and solidarity to Muslims, particularly those living in minority populations or isolated regions. In times of crisis or when the Muslim community faces challenges, social media serves as a platform for global mobilization of believers. Muslims can unite to

address issues, respond to attacks on Islam or the Prophet Muhammad Sallallahu alaihe Wa sallam and organize peaceful protests or campaigns to defend their faith. Notable instances include the videos of an American pastor planning to burn copies of the Quran in 2010 and the anti-Islam clip "Innocence of Muslims.' These videos sparked global Muslim protests on social media platforms leading countries like Pakistan, Jordan, Egypt and Bangladesh to request youtube to remove the films[11]. By harnessing the power of social media platforms, Muslims can strengthen their bonds, amplify their voices and contribute to a more connected and informed global Muslim community.

2.3 Promoting Positive Islamic Values

Islam comprises five key principles as outlined by Prominent scholar Yousuf Estes"submission, surrender, obedience, sincerity, and peace[12]. By submittingone's will to Allah surrendering with obedience and sincerity, individuals can attain peace of mind This essence of Islam prohibits aggression, oppression, and any actions detrimental to society. To counteract negative influences on social media individuals can actively promote positive and motivational Islamic content by sharing authentic teachings, inspirational stories and more that benifit both in this life and the hereafter. Through this approach users can contribute to a more enriching and uplifting online environment that reflects the values of Islam. As stated in the Holy Quran: "And let there arise from you a nation inviting to all that is good, enjoining what is right and forbidding what is wrong, and those will be successful"[13]. In today's age of information dissemination, it is crucial to showcase the beauty and ideals of Islam to the world through media. Media should be utilized as a tool to positively influence others by highlighting the beauty of Islam, promoting tolerance, understanding and compassion. The Quran emphasizes the principles of Dawah: "Invite (all) to the way of your Lord with wisdom and beautiful preaching, and argue with them in ways that are best and most gracious"[14]. Through engaging in respectful and informative discussions, Muslims can help dispel misconceptions about Islam and foster intercultural dialogue.

2.4 Facilitating Charitable Initiative

One of the vital uses of social media is facilitating communication to assist others through online platforms. This enables individuals to interect and provide suppor ting the form of counter-narretives and fund raising for the less fortunate or those in distress without the need for physical meetings. As Allah SWT stated in the holy Quran, "Help one another in virtue and piety and do not help one another in sin and transgression"[15]. Now a days, all this activities can be carried out through a laptop or smartphone using the digital realm. The significantincrease in fundraising through online channels is partly attributed to digital trends prevalent among the current generation. This trend is expected to further expand with the rise of the online shopping era, driven by the popularity of e-commerce platforms. Consequently the younger generation is likely to engage in online donations indicating in growing potential for public fundraising for both social and commercial purposes.

Social media provides a platform for young people to connect with others who share similar values and interests, and to raise awareness and support for various causes. By using social media to promote charitable initiatives, young people can inspire their friends or followers to get involved and contribute to charitable causes It is also a way for youth to engage in community service and volunteer work, which can have a meaningful impact on the people and communities they serve. In this way, social media becomes an effective tool for disseminating information and raising funds for charitable activities. Some of the activities that can be carried out in charitable initiatives through social media area. Create donation campaigns. Through donation campaigns, people can donate to charity funds.

b. Disseminate information. Social media can be used to spread information about charitable activities and motivate others to participate.

c. Attracting volunteers. Through social media, youth can find and attract volunteers to help in charitable activities.

d. Collaborate with charitable institutions. Youth can collaborate with different charitable organizations or groups to expand the reach of charitable activities.

3. Challenges and Concerns in Social Media Usage

3.1 Maintaining Modesty and Avoiding Inappropriate Content

Muslims should be mindful of the content they share on social media, ensuring that it aligns with Islamic values of modesty, decency, and respect for others. This includes refraining from spreading rumors, sharing false news or inappropriate images, videos, or content that may be considered offensive or harmful. Social media is increasingly being used as a platform for the dissemination of false information. According to CNN, A promonent American news channel, baseless news is often circulated on social networking sites, leading to negative perceptions of the media[16]. Experts have also pointed out the prevalance of false news being spread through social media[17]. Psychologists Alport and Postman have conducted extensive research on the psychological motivations behind spreading rumors, suggesting that rumors stem from peoples desire's or expectations. for certain outcomes[18]. Muslims can use social media to share educational and informative content that promotes Islamic teachings on modesty, ethics, and morality. By sharing positive and uplifting messages, they can contribute to a more wholesome online environment. They should engage in positive and constructive discussions on social media, avoiding arguments, hate speech, or disrespectful behavior towards others. Upholding the principles of kindness and respect in online interactions is essential.

Another saying of Prophet Muhammad (peace and blessings of Allah be upon him) narreted from Hazrat Abu Darda states that the Messenger of Allah, may God bless him and grant him peace, said, "On the Day of Resurrection, nothing will weigh more than good conduct in the scale of a believer and surely Allah hates a person who is immoral and obscene"[19]. Muslims can refer to Islamic teachings and guidelines on modesty and appropriate behavior to guide their actions on social media. By adhering to the teachings of the Quran and the sayings of Prophet Muhammad (peace be upon him), Muslims can ensure that their online presence reflects their faith. Connecting with like-minded individuals and communities on social media platforms can help support each other in maintaining modesty and avoiding inappropriate content. By surrounding themselves with positive influences, Muslims can reinforce their commitment to Islamic values. They can actively participate in reporting and flagging inappropriate content on social media platforms to help maintain a safe and respectful online environment. By taking a stand against harmful content, they can contribute to the promotion of modesty and decency online. As the prophet Muhammad (peace and blessings of Allah be upon him) said "Whoever among you sees something contrary to the Shariah should change it with his hand, if that is not possible, then he should do it with his tongue, if that is not possible then he should do it by his heart and that is the weakest stage of I'maan".[20] By utilizing social media as a platform for disseminating positivity, knowledge, and ethical conduct, Muslims can actively contribute to upholding modesty and steering clear of unsuitable content in the online sphere.

3.2 Dealing with online trolls and hate speech

There is a common epidemic on social media platforms like facebook, twitter, instagram etc. that people

from different walks of life and nations are mocked in it, sometimes by making different kinds of jokes and stories. People are called by bad names and inappropriate nicknames even though the holy Quran commands " O belivers ! Neither should men make fun of other men, lest they (whom they are making fun of) be better than themselves, nor should other women make fun of other women, lest they (whom they are making fun of) be themselves. I am better than them. And do not insult one another, and do not call one another by bad names. It is a very bad thing to be called a sin after believing. And those who do not refrain from these things, then they are cruel people"[21]. Trolls and individuals engaging in hate speech often hide behind the veil of anonymity or pseudonyms, making it difficult to hold them accountable for their actions. This anonymity emboldens perpetrators to spread hateful content without fear of repercussions . Balancing the principles of freedom of speech with the need to combat hate speech poses a challenge for social media platforms. Determining what constitutes hate speech and where to draw the line between free expression and harmful content can be a complex and subjective task. The sheer volume of content posted on social media platforms makes it challenging to identify and address instances of hate speech in a timely manner. Manual moderation processes may struggle to keep up with the rapid dissemination of harmful content, allowing it to spread unchecked. Online trolls often engage in targeted attacks against individuals or groups based on their identity, beliefs, or affiliations. These coordinated campaigns of harassment can have serious psychological and emotional impacts on the victims, creating a hostile online environment . Abdullah bin Masud (peace and blessings of Allah be upon him) narrated that the Prophet (peace and blessings of Allah be upon him) said that "abusing a Muslim is Fisq fighting him is Kufr"[22]. Through social media Trying to insult a person by spreading falsehood against him, if he is out of his ideology, then now this is a fasion of man. In the holy Quran Allah said, but who ever earns an offensive or a sin and then blames it on an innocent [person] has taken upon himself a slander and manifest sin"[23].Hate speech laws and regulations vary across countries, posing challenges for social media platforms operating on a global scale. Navigating different legal frameworks and cultural sensitivities while enforcing content moderation policies can be complex and resource-intensive. Enforcing community guidelines consistently and fairly across a diverse user base can be challenging. Determining the appropriate response to hate speech incidents, handling user reports effectively and providing transparent feedback to users require robust moderation systems and trained personnel.

3.3 Ensuring Privacy and protecting personal Information

Privacy is a significant concern regarding social media, as these platforms often require users to share personal information such as their name, email address, and location to create a profile and engage with others. Social media has access to an enormous amount of personal data, including browsing history, search queries and interactions with other users, raising concerns about how this data is collected, stored and used. While the platform can use this information to personalize the user's experience and target them with advertising, there are also concerns about more nefarious purposes such as identity theft or stalking. Users must be aware of the risks involved in sharing their personal information online and should take steps to protect their privacy. It is essential for users to understand the extent to which their data is being collected and used and they should take measures to limit the data collected about them.[24]

A. Avoid sharing sensitive details such as your address, phone number, financial information, or personal identification numbers.

B. Regularly review and adjust the privacy settings on social media accounts to control who can see posts, photos, and personal information. Limit the visibility of profiles to only trusted connections.

C. Create strong and unique passwords for social media accounts to prevent unauthorized access. Avoid using easily guessable passwords and consider using a password manager to securely store login credentials.

D. Enable two-factor authentication (2FA) on social media accounts for an added layer of security. 2FA requires a second form of verification, such as a code sent to a phone, to access the account.

E. Be cautious of phishing attempts where malicious actors try to trick individuals into revealing personal information. It is important to avoid clicking on suspicious links or providing personal details in response to unsolicited messages.

F. Regularly review the permissions granted to third-party apps connected to social media accounts. Limit the access these apps have to one's personal information and revoke permissions for apps no longer in use.

G. Stay informed about the privacy policies of the social media platforms. Understand how your data is collected, stored, and shared by reading the platform's privacy policy and terms of service.

H. Be selective about accepting friend requests or connections from unknown or suspicious accounts. Verify the identity of individuals before sharing personal information with them.

By implementing these practices, individuals can enhance their privacy and security while using social media platforms and reduce the risks associated with sharing personal information online.

3.4 Addresing the Issue of Time Wasting and Addiction

The social site is the rumor of numerous apps. One study found that most of these apps are unnecessary and harmful for users. A huge number of social site users waste their valuable time just checking the apps. Peer pressure and social norms on social media can contribute to addictive behaviors. This addiction is often fueled by psychological factors such as the need for validation, fear of missing out (FOMO), and the dopamine rush from receiving likes and comments. Overcoming these psychological triggers requires conscious effort and self-regulation. Seeing others constantly engaged on social media may normalize excessive use and make it harder for individuals to break free from the addiction cycle. Many individuals may not realize the extent of their social media usage or the negative impact it has on their mental health, relationships, and productivity. They feel that without a virtual life, there is no thought, no amusement, no emotions. Staying awake all night and sleeping all day using social media can drive them to the brink and at the end they lose their morality, family bonding and may even engaze in different types of criminal activities. According to Vaynerchuk, mostly 75% of people agree on his observation that regions are under the domination of social corruptions, illegal activities, cultural clusters, and famine due to the illegal/ improper use of social media, leading to a decline in education[25]. Without awareness of the problem, it becomes challenging to address and overcome social media addiction. Some individuals may struggle with self-control and find it difficult to set boundaries or adhere to limits on their social media usage. This lack of self-regulation can perpetuate addictive behaviors and time-wasting habits. The Holy prophet (peace and blessings of Allah be upon him) said: "There are two blessings that most people are deluded about health and time"[26]. In the same vein, the Holy Prophet (peace and blessings of Allah be upon him) advised a person and said, "consider five things as booty before five! One of them is to know the spoils before the leisure and busyness, One of the five things that a person will be asked about on the Day of Judgement is what you spent your time doing"[27]. Breaking away from social media addiction may require finding alternative ways to manage emotions and fill leisure time. Addressing the challenge of time wasting and addiction on social media platforms requires a multi-faceted approach that involves individual awareness, self-regulation, platform

design changes, and support systems. Encouraging digital literacy, promoting mindful usage, and fostering a healthy balance between online and offline activities are essential steps in mitigating the negative effects of social media addiction.

4. Best Practices for Muslims on Social Media
4.1 Aunthenticity and Integrity in online Interactions

Maintaining authenticity and integrity in online interactions is crucial for Muslims to uphold their values and principles. Through social media, individuals have the opportunity to reconnect with long-lost friends, relatives or Find acquintances share opinions on various topics with loved ones and even spread message from their own country to a global audience. Muslims should prioritize truthfulness and honesty in their online communications, refraining from sharing misinformation or participating in deceitful practices. It is essential for Muslims to engage respectfully and courteously with others online, specially when expressing differing viewpoints or participating debates, as respectful dialogue cultivates understanding and harmony. Aligning online interactions with Islamic teachings and values is paramount necessitating avidance of behaviour that contradict Islamic principles such as gossip, backbiting and spreading rumors Upholding the authenticity and accuracy of content before sharing it is crutial as misinformation can damage relationships and goes against Islamic etics in the holy Quran, Allah states, "O you who have believed, avoid much [negative] assumption. Indeed some assumption is sin. And do not spy or backbite each other."[28] Respecting the privacy of others and safeguarding personal information is fundamental in online interactions, individuals should exercise caution when sharing sensitive details and obtain concent before sharing information about others. As the prophet Muhammad (peace and blessings of Allah be upon him) said, "Allah, the mighty and sublime, is forbearing, modest and concealing and He loves modesty and concealment".[29] Muslims should refrain from participating in online harassment, bullying or any form of harmful behavior toward others, emphesizing respect and dignity in all interections. By sharing educational and inspiring content that aligns with Islamic values, individuals can contribute to a positive online rnviornmnt that reflects authenticity and integrity. Upholding principles goodness and righteousness online showcases integrity and contributes to a positive digital presence that mirrors a commitment to Islamic values and principles.

4.2 Promoting Unity and Tolerance

Social media plays a significant role in promoting unity and tolerance among Muslims. These platforms connect Muslims from diverse backgrounds and geographical locations, fostering a sense of unity and solidarity within the global Muslim community. Social media provides a space for Muslims to interact with individuals from different sects, cultures, and traditions, promoting understanding, empathy, and tolerance towards diverse perspectives. The daily prayers, Jumat service and Eid are observed in congregation in the Masjid to foster socialization, unity, brotherhood, love and concern. To crown it all the yearly pilgrimage, brings Muslims of different colors, races and backgrounds from all corners of the globe together in one place to worship. Islam's emphasis on socialization is further evident in its heavy precedence on congregational prayer over individual prayer. Social media serves as a bridge that brings together Muslims of varying beliefs and practices, encouraging dialogue, mutual respect and cooperation towards common goals and shared values, showcasing the diversity within the Muslim community, highlighting different voices, experiences and narratives. This celebration of diversity fosters tolerance and acceptance of varying viewpoints. Social media can be used to counter extremist ideologies by promoting messages of peace, moderation, and tolerance within the Muslim community. It provides a

platform to challenge divisive narratives and promote unity. Social media offers educational resources, discussions, and content that promote tolerance, inclusivity, and understanding among Muslims. It facilitates learning about different interpretations of Islam and encourages respectful dialogue, empowering individuals to speak out against intolerance, discrimination, and injustice within the Muslim community. It amplifies voices that advocate for unity, tolerance, and social cohesion. Social media facilitates interfaith dialogue between Muslims and individuals of other faiths, promoting mutual respect, cooperation, and understanding. This dialogue contributes to building bridges and fostering tolerance across religious divides. By leveraging social media as a tool for promoting unity, tolerance, and understanding, Muslims can create a more inclusive, cohesive, and harmonious community that embraces diversity and values respectful dialogue.

4.3 Encouraging Positive Engagement and Dialogue

Social media platforms provide a space for Muslims to connect, share experiences, and build a sense of community regardless of geographical boundaries. This fosters a supportive environment for positive interactions and mutual support. allowing Muslims to share Islamic knowledge, resources, and teachings with a wide audience. This facilitates learning, discussion, and the exchange of ideas among individuals interested in deepening their understanding of Islam. It also offers opportunities for Muslims to engage in interfaith dialogue with individuals from different religious backgrounds, promoting understanding, tolerance, and respect for diverse beliefs and perspectives. Social media can be utilized to promote unity and solidarity among Muslims by highlighting common values, goals, and causes. It serves as a platform for rallying support for social justice issues, humanitarian efforts, and community initiatives, enabling Muslims to address misconceptions, stereotypes, and Islamophobic narratives through the sharing of authentic information, personal stories, and positive representations of Islam. This proactive approach helps combat prejudice and fosters a more accurate understanding of the religion. Moreover social media empowers individual Muslims, including scholars, activists, and community leaders, to amplify their voices, share their perspectives, and advocate for important causes thereby encouraging positive engagement and activism within the Muslim community. These platforms can also be used to showcase positive role models within the Muslim community, inspiring followers of other religions to emulate their actions, values, and contributions ultimately uplifting and motivating individuals to engage in positive behaviors and initiatives. By effectively leveraging social media, Muslims can create a digital space that promotes positive engagement, dialogue, and collaboration, ultimately contributing to a more informed, connected, and empowered Muslim community.

4.4 Balancing Online and Offline Lives

To maintain mental well-being and healthy relationships balancing online and offline lives is essential for all Muslim users. Users should establish specific times for engaging with social media and designate periods for offline activities such as spending time with family, pursuing hobbies, or engaging in physical exercise. They need to be mindful of the content they consume on social media and prioritize quality over quantity. Users should follow accounts that inspire, educate, and uplift them and limit exposure to negative or triggering content. Muslims should take regular breaks from social media by participating in offline activities such as reading the holy Quran or the book of ahadith, going for a walk, or engaging in face-to-face conversations with friends and family. Social media should be used as a platform to connect with others in a meaningful way and to promote and organize offline events such as community gatherings, workshops, or meetups. This can help foster real-life connections and relationships. Users should prioritize self-care activities such as meditation, exercise, and relaxation

techniques to maintain a healthy balance between their online and offline lives. Disabling unnecessary notifications on social media platforms can reduce distractions and interruptions in daily routines. Users should cheque social media at designated times rather than constantly throughout the day. It is important not to forget offline activities and essential tasks like offering prayers while surfing the internet. Over-immersion in the online world can lead to a lake of intimacy with family members and,in some cases, even result in family breakdowns. Some individuals may even jeopardize their jobs due to excessive mobile device use. Therefore, it is crucial to establish necessary limitations in the use of social media. Remember, too much of a good thing is not beneficial. By implementing these strategies, individuals can harness the benefits of social media while also maintaining a healthy balance between their online and offline lives.

Conclusion

In conclusion, the discussion underscores the significance of assesing our behaviours on social media platforms through the lens of Islamic teachings. It cautions against the addictive nature of social media, which may result in neglecting one's obligation to Allah and family. The dialogue emphasizes the necessity of moderation and equilibrium in online engagements to avert adverse outcomes like family discord and occupational setbacks. By abiding by Islamic principles for technology and communication, individuals can leverage the advantages of social media while upholding a healthy offline life. It is vital to verify information before disseminating it online and to be mindful of the influence of social media on personal conducts and relationships. By following these guidelines, one can navigate the digital realm responsibly and in alignment with Islamic morals.

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