

# CORRELATION ISLAMIC VALUES AGAINST SPORT IN CREATING EMOTIONAL INTELLIGENCE IN STUDENTS ALIYAH ISLAMICSCHOOL AN-NAHDLAH MAKASSAR

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# CORRELATION ISLAMIC VALUES AGAINST SPORT IN CREATING EMOTIONAL INTELLIGENCE IN STUDENTS ALIYAH ISLAMIC SCHOOL AN-NAHDLAH MAKASSAR

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## Abstract

This study aims to find the correlation values Islam towards sports and associate with emotional intelligence. Emotional intelligence is needed in a sports game, so the athletes, referees, even supporter be able to function so that the values of fairness can be applied in the field because the field of sports is promoting the values of sportsmanship. It also became the foundation of the teachings of Islam because it is concerned with the value of honesty. This study used a descriptive method with qualitative approach to describe the purpose of systematically and analytically about the properties of an individual, symptoms, and circumstances or among a specific group of symptoms and other symptoms in the community. This study was conducted in islamic school An-Nahdlah Makassar with a sample of 40 students. The results showed that there was a correlation between Islamic values with sport, because they both support each other, so it is easy to realize the emotional intelligence. It can be seen from the values of sportsmanship that is contained in a sports game. Likewise in the Islamic religion is promoting the values of honesty in doing activities. Religion and sports of course closely related, both are interconnected, where religion is related to sports and sports related to religion. Both indirectly inseparable relationship can be proven with the properties that exist in the sport based on religion, especially the religion of Islam. In sporting events, the role of other religion is very important, as recommended praying before the match.

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**Keywords:**Correlation, Islam, Against, Sport.

## 1. Introduction

Islam has always been known as a revolutionary force in history. He has successfully developed the greatest civilization in the history of civilization that dazzle more than half of the world known to man and even now and also in the future, is a force to be reckoned with. More than one billion people this religion with 40 member states of the United Nations (UN) has a majority population of Muslims. Actually the world wanted to know more about the

role religion has played so prominently in this history. But the irony is that the material being presented to the world for knowing the full de-ngantelali bias, distortion and even littered. Islam and Muslims have been colored with black paint and projected se-bagai infidels bloodthirsty and spread their religion by the sword Stroke, and by destroying all the existing traditions of civilization. Nothing can be said to be a little farther than the truth other than pelumuran this mud, as a result of historical distortion

against Islam. (Begum A'ishahBawany, 1997: 1).

Islam, whenever never recognized as a world power is very large. For about 200 years before the Islamic countries became the main target of the European colonial powers, their religious cover-up and return incorrectly displayed in various ways so that the Muslims can be subdued and, at the same time, their chance to perform. Can be eliminated so that the nation could follow their own purposes and principles of Islam, as practiced by Halaku Khan and his people who, after exploring many Islamic countries, they themselves become carriers of the banner of Islam and make it as a pattern of life and also arrange their governments are based on the teachings of Islam. (Begum A'ishahBawany, 1997: 4)

Islam is a universal religion which does not discriminate between people, the race or color of skin so that, therefore, he belongs to all mankind. Islam is a religion that can solve a variety of problems throughout the ages and is also suitable for solving the problem on the "Space Age" we are now. Only Islam, among other religions that can guide human civilization that are, on the brink of destruction. Western nations are just looking for Islam when civilization is now expected to be saved from a horrible

death that would soon come. (Begum A'ishahBawany, 1997: 3). Islam is a universal treatise, which governs the whole man. Islam also set the whole issue around the relationship between life and the life to something that exists before and after life. Islam also solve the problems of mankind as a whole, (which has physical needs, instincts, and sense). Also regulate human interaction with the creator vertically, and diagonally with him, as well as horizontally with a fellow human being, at any time and place. (Taqiyuddin an-Nabhani, 1996: 7) Universality of Islam, mentioned in the Koran, as the word of Allah Surah al-Anbiya ' / 21: 107:

وما أرسلناك الا رحمة للعالمين

Translate:

*And we sent thee not, but rather to (become) a mercy to the worlds*(Department of Religion, 2007: 461)

Islam has brought the complete rules, which are able to resolve all of the problems in the interaction of state and society, both in matters of governance, economic, social, educational and political, within and outside the country; both involving the interaction of a general nature, between states with community members, or between the state and country to country with people and other nations; when war and peace. Or

specifically related to the interaction between members of the community with the other members of the community. (Taqiyuddin an-Nabhani, 1996: 7) It is therefore apparent that, if the Muslims do not appear to illuminate the world with the true message of Islam, the only religion se-bagai in accordance with human nature, thinking Westerners who do research on their own efforts, as long as they think rationally and leave trust -kepercayaan they were not convincing and does not make sense, surely will come to the same conclusions as intended and taught by Islam. But it is not Islam as defined by the Qur'an and to be followed by human beings, if to live in a cosmic pattern in this mysterious universe. Actually man has been given a variety of abilities to carve his fate in the eternal future, but on this they are being skeptic. (Begum A'ishahBawany, 1997: 4).

The role of exercise in improving physical health, mental development, and character, became longer growing plays an important role. With the nation's sport fragrance name can be improved. All countries try to improve the performance of the sport to be able to speak in sports games. Basic knowledge necessary for the support began coaching athletes. In countries that have advanced knowledge of the science of

sports medicine has come to the athletes and not limited to the coach alone. By knowing what would happen if he did not really practice, then an athlete has been able to figure out how to accomplish that feat. (Begum A'ishahBawany, 1997: 5). With the understanding of the causes and effects of exercise and how to exercise it will grows with the motivation and discipline to death so do not need to be applied. Athletes will practice earnestly kerna he was aware of the drop in performance when it is less practiced. Cycle coaching needs to be applied so that the interpretation of the maximum can be achieved. Without pencatatnkemjuan cycle training in coaching, a coach or athlete will not know the progress of the condition.

Muscles and use of energy is a very important factor in sports coaching special should receive attention from the coaches and athletes. All movement depends on muscle contraction. Running speed, agility, depending on the kind of muscle and muscle strength. Knowledge of the lungs, heart and blood vessels is a must due to the absorption of oxygen transport depends on the function of the heart and lungs. Sports achievement required for preparations for body condition such that sometimes the athletes have to practice to the extent of exhaustion. If this is

not accompanied by understanding would be difficult to be implemented. In sports, the use of energy systems also vary. A coach and athlete should know the difference in the energy system or underlying knowledge that he did not hesitate to do so. Knowledge of food, beverage and food need diketahui oleh usability athletes, especially in sports athletes are divided into classes based on weight, so that a given food will not increase or decrease the weight. Drinking is also a very important factor. For a long running sport, need attention so that the appearance does not happen the things that are not desirable. (Begum A'ishah Bawany, 1997: 6).

The government has long been aware of the usefulness of the sport, particularly in improving national security. There have been many suggestions and actions that lead to Exercise your community and popularize the sport in the advanced countries has reached this kind of condition. In 1961 Americans who exercise amounted to 50 million. In 1977 this number increased to 55 million. This indicates that a lot of people doing more than one sport. With the improvement of sports performance and to increase physical fitness or physical fitness, so many who want to know how the JV the body works, how the working mechanism of

the body at the time of exercise. (Soekarman R., 2005: 3).

Religion and sports of course closely related, both are interconnected, where religion is related to sports and sports related to religion. Both indirectly inseparable relationship can be proven with the properties that exist in the sport based on religion, especially the religion of Islam. As the nature of honesty in play,, in Islam we are enjoined to always be honest juga.lalu because our religion we are also taught to each other and respect each other menghormati individual sports lain..dalam Here two things are to be balanced, exercise is good for health and with a healthy body, it is possible to worship better. Therefore, in addition to having a healthy body, one also needs to keep pace with a healthy spiritual state as well, which can be achieved with more closer to Allah SWT.

A person must be healthy physically and spiritually as well, because in running the activities of life God has given shape to the body and its functions perfectly and we can be grateful to always run the command and also keep the body well. Allah likes Muslims strong, in other words the Islamic religion encourages each of his followers to be strong. strong spiritual, and physical. To get a strong spiritual, we pray. And to get a

physical strong, we must exercise. We as human beings can only be sought, whereas all decisions determine God. serajin so whatever we practice to achieve the desired target, if not balanced with prayer and worship everything will be in vain, we pray with all insyallah would definitely get blessed by the gods or SWT. The relationship between sport and religion is about honesty and justice.

Religion teaches us to be honest and fair. In sporting events, the role of other religion is very important, as we pray before the match. In every sports game every atletpun uphold sportsmanship and honesty, because the purpose of the sport itself is humility in victory and solidarity in an athlete win defeat. When expected to lower themselves, and capable of stimulating the losing opponent. As is always the simple nature of the apostle was never arrogant and always love every human being without having to look at the ornag status. As an athlete or professional referees are required for in living. In the play, for example, we must fairplay and sportsmanship. As well as the referee, we have to be fair and not to defend one of the group remain. Jadi sports association and religion was very important to understand. In the exercise we were taught to be honest and fair as taught by our

religion must always be honest and fair. In addition, the exercise we can be healthy physically and mentally as well as our mind becomes healthier and positive thinking.

Health is one of grace or favor given by God to his servant. Maintain health by way of exercise is a form of power and human effort in trying grateful and health gift god has given to us. In sporting events, the role of other religion is very important, as we pray before the match. In every sports game every atletpun uphold sportsmanship and honesty, because the purpose of the sport itself is humility in victory and solidarity in an athlete win. when expected to lower themselves, and capable of stimulating the losing opponent. As is always the simple nature of the apostle was never arrogant and always love every human being without having to look at the ornag status. Sports can also teach you how to compete in a fair (fair), how to strive or struggle to the fullest, how to congratulate the opponent when losing, and how to receive kemenagan with humility. It is a sportsman's behavior inherited by the ancestors. Children who are involved in healthy competition will quickly understand that involvement in sports is not to win by all means, but through the struggle to win by playing according to the maximum Traffic

dimilkinya in frame a set of rules that apply. When the game as it is, under the supervision of an adult who honestly and impartially, then the children are more interested in the play of win or defeat. Attention kids who play ball with persistent and ask what the score is! Most of them do not know what the score is when it is asked of them. The important thing that can come out of this event is that children who learn to play hard and honest (fair) will bring these values to the adult behavior. (SantosoGiriwijoyo and Dikdik Zafar Sidik, 2012: 84).

Based on the above, this research is oriented to the system of Islamic values that can be integrated in the field of sport in order to achieve understanding that exercise is related to the field of Islamic values. Specifically to athletes, coaches and referees are expected to do the moral messages in performing its duties. For example, the referee is expected to fight as a mediator in order to prevent discrimination in the match and the results achieved can be satisfactory to both parties without any partiality of the referee. Similarly to the athletes, is expected to play an honest manner and avoid cheating in order to avoid chaos in the game. This is in line with the values that have always taught honesty and fairness. Starting from

the above mentioned explanation, then necessary guidance and training in order to consolidate Islam faith and devotion to God Almighty for students' aliyahisamic school An-Nahdlah Makassar, in an effort to fulfill a concrete solution to achieve the objectives of religion and get closer to God SWT. Pesantren An-Nahdlah an object of study, because it is very representatif with title and discussion. Islamic School An-Nahdlah is one of the boarding schools located in the city of Makassar, which was founded by (late) AGH Muh. Harisah the United States and is now developed by his son and daughter. In the study, the students are very antusias follow such material. Islamic school Modern Nahdlah who still teach the subject matter by the method of taking from standard books published by the National ministry of education and religious ministry. But do not forget the boarding traditional values in conducting such studies recitation yellow books at night between Maghrib and Isya '.

## **2. Correlation of Islamic values with sports**

Religion and sports of course closely related, both are interconnected, where religion is related to sports and sports related to religion. Both indirectly inseparable relationship can be proven with the properties that exist in the sport based on

religion, especially the religion of Islam. As the nature of honesty in the play, in Islam we are enjoined to always be honest as well. And because we are religious we are also taught to each other and respect each other respect individual sports lain.dalam Here two things are to be balanced, exercise is good for health and the healthy body, it is possible to worship better. Therefore, in addition to having a healthy body, one also needs to keep pace with a healthy spiritual state as well, which can be achieved with more closer to Allah SWT. A person must be healthy physically and spiritually as well, because in running the activities of life God has given shape to the body and its functions perfectly and we can be grateful to always run the command and also keep the body well. Allah likes Muslims strong, in other words, Islam encouraged any of his people to be strong. Strong spiritual, and physical. To get a strong spiritual, we pray. And to get a physical strong, we must exercise.

We as human beings can only be sought, whereas all decisions determine God. So whatever serajin we practice to achieve the desired target, if not balanced with prayer and worship everything will be in vain, we pray with all seruatunyainsyallah will definitely get blessed by the gods or SWT. The

relationship between sport and religion is about honesty and fairness. Religion teaches us to be honest and fair. In sporting events, the role of other religion is very important, as we pray before the match. Every athlete in every sport game also uphold sportsmanship and honesty, because the purpose of the sport itself is humility in victory and in defeat solidarity. If an athlete is expected to win games inferior, and capable of stimulating the losing opponent. As is always the simple nature of the apostle was never arrogant and always love every human being without having to look at the status of the person. As an athlete or professional referees are required for in living. In the play, for example, we must fairplay and sportsmanship. As well as the referee, we have to be fair and not to defend one of the group of players.

The principle of justice is defined by Islamic law has high value and is not the same as justice created by humans. Justice created by humans is far from transcendental values and prioritizes human beings as individuals. In contrast to justice formulated by Islamic law that puts humans at a reasonable position as individuals and communities. Man is not a central point, but as a servant of God, because the central point belongs only to Allah. The principle of



justice means that the implementation of Islamic law is based on honesty and compassion. With justice, community nurtured, well-balanced community that is used in various fields of life, the balance between the rights and obligations fulfillment, balance in obtaining resources and enjoy a decent life among fellow citizens, the balance in the community realize that *sejahtera* and unseen. The principle of justice is the basis of equality before the law for all people. (JuhayaS. Praja, 1995:86).

The first source that ensures fairness in the rule of Islam is legal itself. Because Islamic law is not man-made or group so that could prejudice and fear tends to indulge the passions or contains an error so that the law can not achieve justice. (SayyidQutub, 1987: 97).

In every sports game every athlete also uphold sportsmanship and honesty, because the purpose of the sport itself is humility in victory and in defeat solidarity. If an athlete is expected to win games inferior, and capable of stimulating the losing opponent. The values of sportsmanship in the sport also taught in Islam. *Ikhlas* is the most fundamental teachings that must be possessed by humans. Qur'an Surah al-Bayyinah told to be sincere

and straight. But in fact people are often unwilling to come by in the actions included in sports activities. Lose to win the game is a natural thing, but very few JV willing to accept defeat, the causes are not sincere. *Ikhlas* is a religion *kasadaran* showing someone close relationship with god. *Ikhlas* is doing something just because you want to gain the pleasure of Allah swt not to *riya*, while sincere in deed the charity of God and the fear of being watched him in every step and movement. (Khalid Mansur al-Mansur, 2001: 145). Another value of sportsmanship that should be owned by either an athlete is suspected (*husn al-Zhan*) good thought is to eliminate prejudice because it may be harmful. In daily life becomes very important, because how much conflict and hostility even murder simply because of prejudice. In the Sufi perspective, must be kind thought not only to fellow human beings but also to God. In addition, other properties must possess is transparency. This word became very popular in the community. Openness not only in the political constellation, but also a moral imperative in religion. Similarly, in a sports game, openness is desirable. The attitude of selfishness is undesirable because it is very detrimental in a game. For example, in a football game, if only one player who

always dribble, then it is almost certain to lose. This is due to the nature of one's own.

### 3. Efforts to Achieve Emotional Intelligence

**1** Spiritual intelligence is the intelligence to deal with issues of meaning, the intelligence to put the behavior and life in the context of a broader meaning and rich, the intelligence to assess that person's actions or way of life is more meaningful than others. While emotional intelligence is an intelligence that focuses on a person's behavior in everyday life that could benefit from such behavior. (Ary Gina Agustian, 14). In the sports world, the technical term state assessment (assessment) to see a person's emotional intelligence. Peneilaian state refers to the process that is fast and accurate in evaluating specific situations when it is in danger. Required state assessment in hazardous situations require the presence of clear thinking and in-depth observation and the ability to understand and respond to the situation. Proficiency quickly assess the situation in a dangerous situation will be required to menyeleksidan develop effective strategies to prevent crime. Relying on the skills and observe the situation is needed to collect accurate and complete information ts to determine the best option in the face of a threatening situation. (Joan M. Nelson, 1997: 24). From a psychological standpoint,

there are three reasons why a child can understand the sport, namely:

- a. Excitement is the first reason that the children get to know the sport. If parents do not provide opportunities for children to have fun, then the kids will not know the sport actively. Children will bring along friends to play, learn how to play a sports game, a feel for how the joy of hot toast, sweating, often even menjad dirty clothes. Parents often mistaken between obtaining kemenangan to obtain joy. Winning in sports is a measure of success in adult life, whereas for children's success in sports is when they receive joy. In fact, win at all costs often sneak into the lane to get the excitement, so the game turned into a serious, not just for the excitement. Good coach will know how to motivate athletes-athletes to do the best, as much as possible while enjoying the excitement that can be obtained. (SantosoGiriwijoyo and Dikdik Zafar Sidik, 2012: 84).
- b. Deepen relationships Socialization is a huge value of sport. Sports provide an opportunity for young people to gather with peers who are stimuli from the environment. The more exercise more and more friends. Friendship through

sport is often a lifelong relationship. Children should be encouraged good friends with the members of his team and the opposing team members. Eating together as a small game, a lot more often provide an opportunity to get to know each other. This is where the spirit of the sport is easily found. After the game, the kids want to forget each other previously in the field of competition and should be encouraged until understand that their opponents are young people like themselves who want to get pleasure in the exercise. Hakikatnya opponent is playing friends to play as well as if there are no opponents to play the game itself can not take place. Young when his friendship built through exercise will produce the closest friendship. (SantosoGiriwijoyo and Dikdik Zafar Sidik, 2012: 85).

- c. Build Self-Esteem Very important benefit of exercise is to build self-esteem. Children must grow and develop physical, spiritual and social, sports and instrumental in developing the darting through positive self-image and self-confidence. Should not be the child star of the team. Every child who was fighting in the team will struggle

merasakan presence of self-esteem. Target achievement of each child should be realistic, because the goal of having it understood that they are developing athletes. If children have difficulty adjusting to a team sport, such as football ballatau base, then the child should be directed to individual sports such as swimming, cycling or badminton and others. (SantosoGiriwijoyo and Dikdik Zafar Sidik, 2012: 86).

### 3. Results and Discussion

The level of students' understanding of the correlation values of Islam to the sport in realizing emotional intelligence. From the results of this study suggested that student's perception basically very high against Islamic religious education material related with exercise in realizing emotional intelligence. So it can be said that the students' boarding-Dahdalah An Makassar can understand Islamic values with sports correlation, even students can find a description of the embodiment of emotional intelligence.

The impact of the correlation values of Islam to the sport in realizing emotional intelligence. From the results of this study suggested that Islamic values are highly correlated with the sport, it can be seen from

the athletes, coaches and referees. They must perform their duties in good faith. Therefore, they must do a good job without partiality to anyone that the game can run well. In addition, the impact of the correlation values of Islam with the psychology of sport that can realize emotional intelligence, in order to behave in an honest, fair, behave, constancy, not arrogant, and others. In prayer there is a movement in sport and exercise. Rihan medically provide to bring benefits to human health. Allah commanded all, certainly bring benefits to human beings, which can be revealed or not, which can be rationalized either human or not. This is due to the limitations of human reason and science. Included in this case are the benefits of prayer. The health benefits of prayer that have been expressed by experts only a fraction of wisdom contained therein. Prayers are performed five times a day, impact the health investment large enough to do it. Prayer movement, of Takbir until greetings, have a tremendous effect, good for physical health, mental, emotional and even spiritual balance. Prayer is not only believed to be a major practice in the next, but the prayer movements proportional to

the anatomy of the human body. Even from a medical standpoint, prayer is a drug warehouse of various types of diseases. Spiritual benefits of prayer are the most obvious, is the creation of an intimate relationship between the servants with his God. Prayers will be individuals who are special because of their pancaricahayatu hnidiosyncrasies. Thus, prayer is prayer that is timewan hastwomajoreff ects. First; individual influences, namely the enforcement of prayer it will be adekata with God. Second; social influence, which he will become a person who has a sense of responsibility towards society and the environment. The perpetrators of prayer will spread the greetings of safety and peace for the surrounding as he had sworn in prayer, when saying hello. Greeting will lead him to salvation for those who spread around them, their environment, and even the universe.

#### **4. Conclusion**

Prayer is a formal ritual in Islam. he has rules, procedures exemplified by the Prophet. In prayer there are legal constraints, namely the mandatory requirement, the legitimate requirements, or pillars fard prayer, makruh things that can cancel it. In addition, prayer is also having an impact on human health, ranging from takbiratul ihram

until the greeting has a meaning role in the posture of prayer. Praying posture or movement is a string-a string of prayer in the prayer, so prayer is considered invalid or not said as a prayer in the absence of such stature. In praying, the posture-posur not only sekedar posture or movement, but it has meaning and health impacts arising from the prayer movement. Posture of prayer does not stand alone, but it is a unity that movement to be a perfect system. The health benefits behind the posture of prayer, prayer kedudukan not change as a liability into sports facilities. In addition, the posture of prayer also affect the health of the soul. Even emerging trend among psychologists in an attempt to cure mental illnesses through prayer posutr.

After understanding the meaning and practice of prayer posture analysis related to the health aspects of the boarding students FaqihulIlmi Makassar, the authors convey the following advice:

- a. To the Islamic religious education teachers who teach the material can make the matter Jurisprudence supaya prayer posture relation to health aspects as learning materials in peasntrenFaqihulilmi Jurisprudence.
- b. The method of learning with material related to the practice of praying posture

can be applied in the health aspects of Islamic religious education, especially in the subject of jurisprudence.

- c. In order to support learning fiqh, then seharusnya provided facilities and infrastructure, so that students can learn to be more active and more motivated in learning the practice of prayer posture. In addition, the student must utilize the time as best as possible to increase the practice of prayer posture that can easily practice practice also takes advantage of the posture of prayer.

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