

The Educational Meaning of Fasting in the Integration of Islamic Education, Health, and Psychological Self-Regulation

Muh. Habibuloh

Universitas Islam Negeri Sayyid Ali Rahmatullah Tulungagung, Indonesia
habibulloh060489@gmail.com

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Abstract:

Fasting is one of the acts of worship in Islam that not only has a spiritual dimension but also contains educational values that contribute to character development, health, and the development of psychological self-regulation. This study aims to analyze the educational meaning of fasting from the perspective of Islamic education and to explain its contribution to physical health, mental health, and the strengthening of an individual's psychological self-regulation. This study uses a qualitative approach with a library research design. Data were obtained through a review of various literature sources, including scientific books, national and international journal articles, and academic documents relevant to the topics of fasting, Islamic education, health, and psychology. The data collection technique was carried out through documentation studies, while data analysis used content analysis techniques which include the processes of data reduction, data presentation, and systematic drawing of conclusions. The results of the study indicate that fasting contains educational values such as patience, discipline, self-control, social empathy, and spiritual awareness, which can be integrated into the Islamic education process. These values contribute to character formation, strengthening psychological self-regulation abilities, as well as developing a healthier lifestyle both physically and mentally. The integration of fasting values in Islamic education can be an effective learning strategy in shaping individuals who have a balance between spiritual, health, and self-control dimensions. Therefore, fasting is not only understood as a ritual worship practice, but also as an educational process that has broad implications for improving the quality of life.

Keyword: *Islamic education, physical and mental health, psychological self-regulation, educational values.*

INTRODUCTION

Fasting is one of the fundamental acts of worship in Islamic teachings, which not only has a ritual dimension but also contains profound educational values (Abdullah, 2017; Fatima, Saeed, & Raza, 2024; Lubis, Magello, & Thamrin,

2024). From the perspective of Islamic education, fasting is regarded as a means of spiritual, moral, and social development that plays an important role in shaping individual character (Nurhikmah, 2024; Trabelsi et al., 2022). Through the practice of fasting, a individual is trained to exercise self-control, cultivate patience, and enhance spiritual awareness of their relationship with God and fellow human beings. These values make fasting not merely a religious obligation, but also a learning process that occurs directly in daily life (Alghafli et al., 2019; Venegas-Borsellino, Sonikpreet, & Martindale, 2018). In education, fasting can be understood as a learning experience that integrates cognitive, affective, and behavioral dimensions (Benau et al., 2021; Hosseini et al., 2024; Ring et al., 2022). This aligns with the concept of Islamic education, which emphasizes a balance between mastering knowledge, practicing religious values, and developing noble character.

In addition to having spiritual and moral dimensions, fasting is also closely related to individual health and psychological aspects (Batt & Asif-Malik, 2025; Ma et al., 2021). Various studies show that fasting practiced correctly can provide benefits for both physical and mental health. From a health perspective, fasting can help the body's detoxification process, improve metabolism, and increase biological balance within the human body (Mackieh et al., 2024; Nezaj et al., 2025). Meanwhile, from a psychological perspective, fasting plays a role in training self-regulation abilities, which is the individual's ability to control impulses, emotions, and behavior in facing various life situations. Self-regulation is one important aspect of psychological development that contributes to the formation of a mature and stable personality (Bihun et al., 2023; Korniienko, Aleksandrovich, & Barchi, 2023). In the context of Islamic education, strengthening self-regulation becomes one of the main goals of learning because it is related to the formation of a disciplined, patient, and responsible character.

Although fasting has a very great educational potential, in practice, the public's understanding of fasting is still often limited to merely ritual aspects.

Many people view fasting only as a normative act of worship without further exploring the educational meanings contained within it. As a result, the learning dimension present in the practice of fasting has not been fully utilized as a means for character formation and mental health development. On the other hand, studies on fasting in the field of Islamic education still focus more on fiqh and worship law aspects, while its integration with health and psychology aspects has not been discussed comprehensively. In fact, the development of modern science shows that religious practices are closely related to human physical and psychological health.

Research conducted by Mohammad Mahde Kateb Qoje Baglo and Sayyed Mahdi Hosseini shows that fasting provides significant benefits to physical health, such as improving the metabolic system and aiding the body's detoxification process. In addition, the research results also reveal that fasting contributes positively to mental health by enhancing inner calm, emotional stability, and self-control abilities (Baglo & Hosseini, 2024). Research conducted by Siti Fauziyah shows that fasting as riyadhah has a positive effect in improving the self-control abilities of students in Islamic boarding schools (Fauziyah, 2021). Research conducted by Andri Hadiansyah shows that the practice of Ramadan fasting contributes positively to psychosocial well-being, which impacts the improvement of mental health and has important implications for educational policy (Hadiansyah, Fahmi, Gymnastiar, Nugroho, & Farid, 2025).

Nevertheless, most previous studies tend to examine fasting from fragmented perspectives within their respective disciplines. Research in the health sciences primarily focuses on the biological and physiological benefits of fasting, while studies in psychology emphasize aspects of emotional and behavioral regulation. On the other hand, research in the field of Islamic education generally emphasizes the spiritual and moral values contained in the practice of fasting. This fragmented approach results in an understanding of the educational meaning of fasting that is not yet fully conceptually integrated. In

fact, fasting as a religious practice has a very complex dimension and encompasses various aspects of human life. Therefore, an integrative approach is needed that can connect the perspectives of Islamic education, health, and psychology in understanding fasting as a comprehensive educational process.

Based on the above description, this study aims to analyze and reconstruct the educational meaning of fasting from the perspective of integrating Islamic education, health, and psychological self-regulation. This study seeks to examine how the practice of fasting can be understood as an educational process that not only relates to the spiritual dimension but also has implications for physical health and the psychological development of individuals. In addition, this study also aims to explain how the values contained in fasting can contribute to the formation of self-regulation skills as part of character development in Islamic education. By integrating various scientific perspectives, this study is expected to provide a more comprehensive understanding of the educational meaning of fasting in human life.

RESEARCH METHOD

This study uses a qualitative approach with a library research or literature review design (Kostoff, Briggs, Solka, & Rushenberg, 2008; Mauer & Venecek, 2022). The qualitative approach was chosen because this research aims to gain a deep understanding of the concepts, meanings, and educational values of fasting from the perspective of integrating Islamic education, health, and psychological self-regulation. Through this approach, the researcher seeks to examine various theoretical ideas as well as previous research findings relevant to the focus of the study. Library research enables researchers to examine phenomena conceptually by utilizing various sources of academically credible literature. The data sources in this study include scientific books, national and international journal articles, conference proceedings, and academic documents related to Islamic education, health, fasting, and psychology. The source selection process was conducted selectively, taking into account topic relevance, academic quality, and the novelty

of the publications.

The data collection technique in this study was carried out through documentation studies, namely by reading in depth, taking notes, and classifying various information obtained from relevant literary sources (Barry, Merkebu, & Varpio, 2022). The literature search process was conducted through several academic databases such as Google Scholar, Scopus, and Garuda using keywords such as fasting, Islamic education, health benefits of fasting, self-regulation, and educational values of fasting. The inclusion criteria for sources in this study included scientific publications published within the last ten years, having direct relevance to the research topic, and published in journals or credible academic publishers. Meanwhile, sources that did not have a direct connection to the research focus or did not have clear scientific validity were not included in the analysis process. Through this selection process, the researcher obtained a number of literature considered representative for further analysis. The data collection process was carried out systematically so that the information obtained could reflect the development of studies on fasting from various scientific perspectives.

The collected data was then analyzed using content analysis techniques. This analysis was carried out by identifying the main themes, key concepts, and patterns of thought related to the educational meaning of fasting in various analyzed literature (Nugroho, 2021). The analysis process was conducted gradually through data reduction, data presentation, and systematic conclusion drawing. Data reduction was carried out by selecting information relevant to the research focus, while data presentation involved organizing the literature findings into clear conceptual categories. Furthermore, conclusions were drawn by synthesizing these various findings to produce a more integrative understanding of the educational meaning of fasting. To maintain data validity, this study used source triangulation techniques, namely by comparing various references discussing similar topics from different perspectives.

RESULTS AND DISCUSSION

Result

A. The Educational Meaning of Fasting in the Perspective of Islamic Education

Fasting is one of the acts of worship that has very important spiritual, moral, and educational dimensions in Islamic teachings (Fatima et al., 2024). From the perspective of Islamic education, fasting is not only understood as a ritual obligation that must be carried out by Muslims, but also as an educational tool that functions in character development and personality growth. Islamic education essentially aims to form human beings who have a balance between spiritual, intellectual, and moral aspects. Fasting becomes one of the acts of worship that directly trains individuals to internalize these values in daily life (Hussain, Ahmad, & Ali, 2026). Through the experience of fasting, a person is taught to control desires, increase patience, and strengthen spiritual awareness of the relationship with Allah SWT. This process shows that fasting has a role as a learning medium that is experiential or direct experience-based learning.

In Islamic education, fasting also functions as a means of internalizing moral and ethical values that form the basis for the development of noble character. Islamic education emphasizes the importance of character building as the primary goal of the educational process (Maidugu & Isah, 2024; Munif, 2025). Values such as honesty, patience, empathy, and social care can grow through the practice of fasting that is done consistently and consciously. When a person refrains from eating, drinking, and other acts that break the fast, at the same time they also learn to control emotions, speech, and improper behavior. This shows that fasting functions as a spiritual exercise that has a direct impact on the formation of individual character. From a pedagogical perspective, this process can be understood as a learning process that emphasizes the development of attitudes and values.

Fasting has an educational meaning in building social awareness and concern for others (Safei, Syukron, Satiri, & Taqwa, 2025). One of the wisdoms of fasting is fostering a sense of empathy towards people who are experiencing economic difficulties or food shortages. When someone feels hungry and thirsty during fasting, they can understand the conditions of others living in limitations. This experience encourages the growth of social solidarity, care, and the spirit of sharing with others. In Islamic education, social values such as helping each other, care, and solidarity are an important part of shaping the character of a morally upright person.

Fasting also contains educational values related to strengthening discipline and self-control. The practice of fasting requires a person to follow clear time rules, from pre-dawn meal to the breaking of the fast. Discipline in following these rules trains individuals to value time and build a regular life habit (Salabi, 2026). In the context of education, discipline is one of the important character traits that need to be developed in students. Fasting provides a real experience of how someone can regulate their behavior and activities according to established rules.

The educational meaning of fasting can also be seen from its role in enhancing spiritual awareness and closeness to God. During fasting, Muslims are encouraged to increase acts of worship such as reading the Qur'an, praying, and performing various good deeds. These activities strengthen the spiritual dimension in human life. In Islamic education, strengthening spirituality is one of the main goals of education because it is related to forming religious awareness within individuals. This spiritual awareness helps a person understand the purpose of life as well as their responsibilities as a servant of God.

Fasting has a very broad educational meaning in the perspective of Islamic education. This worship not only teaches spiritual values but also shapes an individual's moral, social, and psychological character. Through

the experience of fasting, a person learns self-control, increases patience, and strengthens spiritual and social awareness. These values make fasting one of the most effective means of education in shaping people with noble character. Therefore, fasting can be understood as an educational process that not only takes place in the classroom but also in everyday life. In this context, fasting has an important role in shaping individuals who are balanced in their spiritual, intellectual, and moral aspects.

B. The practice of fasting contributes to the physical and mental health of individuals according to Islamic Health and Psychological Self-Regulation

Fasting is a religious practice that not only has a spiritual dimension but is also closely related to human physical health. During fasting, the body experiences changes in eating patterns and metabolism that are different from regular days (Manoogian, Chaix, & Panda, 2019). These changes provide an opportunity for the digestive system to rest and undergo natural recovery processes. Many health studies show that fasting can help improve metabolic balance, control blood sugar levels, and enhance the function of body organs. Regular eating patterns during pre-dawn and breaking the fast also play a role in helping the body regulate its biological rhythm more steadily. This process has a positive impact on body health if carried out in a correct and balanced manner.

Fasting plays a role in the body's detoxification process, which helps cleanse substances that are not needed in the metabolic system (Karimi, Cleven, Elbarbry, & Hoang, 2021). When a person does not consume food for a certain period, the body will use stored energy reserves to maintain its biological functions. This process encourages fat burning and accelerates the regeneration of body cells. Several scientific studies indicate that fasting can enhance the cell repair process and strengthen the immune system. With this mechanism, the body becomes more efficient at managing energy and maintaining biological balance. Regular practice of fasting can also help

reduce the risk of various metabolic diseases such as obesity and digestive disorders. These benefits show that fasting has a real contribution to maintaining human physical health.

In addition to providing benefits for physical health, fasting also has an impact on an individual's mental health. During fasting, a person is trained to resist various biological and emotional impulses. This self-control exercise helps individuals develop the ability to manage emotions more steadily. When a person is able to control the desire to eat, drink, and other impulses, at the same time they also learn to control anger, anxiety, and excessive emotional reactions. This process contributes to the creation of better psychological balance. Emotion control trained through fasting can help a person face various life pressures more calmly and wisely. This shows that fasting plays an important role in maintaining an individual's mental health.

Fasting can increase inner peace and strengthen emotional balance in daily life. During fasting, Muslims are encouraged to engage more in spiritual activities such as praying, reading the Qur'an, and performing various acts of kindness. These spiritual activities have a positive influence on a person's psychological condition because they help calm the mind and reduce stress. Consistently practicing worship can increase feelings of gratitude, optimism, and peace within an individual. These feelings play a role in creating a more stable and healthy mental state. When the mind becomes calmer, the body also responds with a more balanced physiological condition. The relationship between mental tranquility and physical health shows that fasting provides holistic benefits for human life.

The experience of fasting also helps individuals develop a stronger self-awareness of the lifestyle they lead (Jailani, Utami, & others, 2023). During fasting, a person becomes more attentive to what is consumed, when meals are taken, and how to maintain balance in daily activities. This awareness encourages individuals to develop healthier and more orderly lifestyle habits.

A regular lifestyle contributes to physical health as well as long-term mental balance. Individuals who are able to maintain a healthy lifestyle tend to have better immunity and a stronger ability to cope with psychological stress. Positive habits formed during fasting can continue to be maintained in daily life after the month of Ramadan ends.

From the perspective of Thibb Nabawi, fasting is understood as a holistic health practice that integrates physical, mental, and spiritual dimensions. In the teachings of Prophet Muhammad, fasting is closely related to the principle of maintaining balance (tawazun) and preventing disease through self-control in consumption and behavior. Thibb Nabawi emphasizes that many illnesses originate from excess and imbalance, thus fasting serves as both a preventive and therapeutic approach that aligns with the natural processes of the human body. This concept is supported by contemporary scientific findings that highlight the role of fasting in detoxification, metabolic regulation, and immune system enhancement. Furthermore, fasting also functions as a form of spiritual purification (tazkiyatun nafs), which contributes to emotional stability and psychological well-being. Therefore, the integration between Thibb Nabawi theory and modern health science strengthens the understanding that fasting is a comprehensive practice that supports overall human well-being in an Islamic framework.

Fasting can ultimately be understood as a practice of worship that has wide-ranging benefits for an individual's physical and mental well-being. These benefits are not only related to changes in eating patterns but also involve strengthening self-control, emotional balance, and increasing spiritual awareness. A healthy body and a calm mind are two interconnected aspects in shaping the quality of human life. The practice of fasting offers individuals the opportunity to maintain a balance between biological, emotional, and spiritual needs. This experience helps humans understand the importance of maintaining both physical health and mental health in daily life. Therefore,

fasting can be seen as a practice that makes a significant contribution to overall human well-being. These benefits make fasting not only a ritual worship but also a means of fostering physical and mental health.

C. The Role of Fasting in the Development of Psychological Self-Regulation

Fasting is a practice of worship that plays an important role in training an individual's self-regulation abilities. In psychology, self-regulation refers to a person's ability to control thoughts, emotions, and behaviors in facing various life situations (Ozhiganova, 2018). This ability is very important because it is related to how a person makes decisions, manages impulses, and adjusts to prevailing norms and values. During fasting, individuals are required to restrain various biological urges such as eating, drinking, and other desires for a certain period of time. This exercise in control helps individuals understand that not all urges must be immediately satisfied. This process trains self-awareness and the ability to regulate behavior more controllably. Through consistent practice, fasting plays a role in shaping individuals who have stronger self-regulation abilities.

Self-regulation skills developed through the practice of fasting are not only related to controlling physical needs but also encompass the management of emotions and social behavior (Andriani, Sugia, Rahmadani, Yudhantara, & Rumiani, 2025). Individuals who observe fasting are taught to maintain their attitudes, speech, and actions in accordance with the moral values taught in Islam. During fasting, a person not only refrains from hunger and thirst but is also expected to control anger, avoid inappropriate speech, and maintain behavior that does not harm others. This practice helps individuals understand the importance of controlling emotions in various life situations. Good emotional management plays an important role in maintaining harmonious social relationships and creating a more positive environment.

The development of self-regulation through fasting is also related to an

increased self-awareness of the actions and choices made in daily life. Self-awareness is an important aspect of self-regulation because it helps individuals understand their motivations, needs, and life goals they want to achieve. When someone fasts with full awareness, they learn to reflect on the various actions performed throughout the day. This reflection process encourages individuals to evaluate the behavior they have carried out and to improve actions that are considered inappropriate. This self-reflection exercise plays a role in shaping an individual's ability to make wiser decisions. Awareness of oneself also helps a person understand the consequences of every action taken.

The self-control exercises practiced during fasting also contribute to the formation of personal discipline (Rad, 2025). Individuals who fast must adhere to a clear time schedule from pre-dawn meal to breaking the fast. Compliance with these rules trains a person to organize daily activities in a more structured manner. The discipline formed through fasting practice helps individuals develop more orderly and responsible life habits. These habits play a role in enhancing an individual's ability to manage time, organize activities, and complete tasks consistently. Personal discipline is one of the important aspects of self-regulation that affects a person's success in various areas of life.

Fasting also provides an opportunity for individuals to develop psychological resilience in facing various life challenges. Psychological resilience is related to a person's ability to remain emotionally stable when facing pressure, difficulties, or changes in situations. During fasting, individuals learn to continue their daily activities even while feeling hungry and thirsty. These experiences train individuals to stay focused, patient, and able to manage their physical and emotional conditions in a balanced way. The psychological resilience formed through this experience helps individuals face various life challenges with a calmer and more controlled

attitude. This ability is very important in maintaining psychological balance and improving the quality of human life. Fasting therefore makes a real contribution to building more stable mental strength.

Fasting as a process of psychological training helps individuals develop self-regulation skills gradually and continuously. Through the practice of restraining impulses, managing emotions, and maintaining behavior in accordance with moral values, individuals learn to control themselves more consciously. Strong self-regulation skills play an important role in shaping a mature and responsible personality. Individuals who have good self-regulation tend to be able to make decisions more rationally and adapt to various life situations. The experience of fasting provides lessons that are not only spiritual but also psychological. This process helps humans understand the importance of self-control in achieving life balance. Therefore, fasting has an important role in the development of psychological self-regulation, contributing to the formation of a more mature and stable human character.

D. The integration of fasting values in Islamic education can support health and the strengthening of psychological self-regulation

Fasting has values that are very important to be integrated into the Islamic education process because it contains spiritual, moral, and psychological dimensions that are interconnected. Islamic education is not only aimed at transferring religious knowledge but also at shaping a balanced personality between spiritual, intellectual, and emotional aspects. The values contained in the practice of fasting, such as patience, discipline, self-control, and social concern, can become an important part of the learning process. The integration of fasting values in Islamic education allows students to understand the meaning of worship more deeply and relate it to everyday life. Learning that emphasizes these values helps students develop awareness of the importance of maintaining both physical health and mental well-being.

Value-based learning processes provide a more meaningful learning experience because they not only emphasize cognitive aspects but also the development of attitudes and behavior.

The value of self-control found in the practice of fasting has strong relevance to the goals of Islamic education in shaping a person with noble character. Students who understand the meaning of fasting deeply will learn that self-control is an important part of human life. The exercise of restraining hunger, thirst, and various emotional impulses during fasting helps individuals understand the importance of managing desires wisely. When this value is integrated into the educational process, students can develop better self-regulation skills in facing various life situations. Strong self-control also contributes to mental health as it helps individuals manage stress, emotions, and pressures that arise in daily life. Islamic education that instills these values is capable of shaping students who are not only intellectually smart but also emotionally mature.

The integration of fasting values in Islamic education can also support the formation of a healthy lifestyle that is balanced between physical and psychological needs. The practice of fasting teaches the importance of maintaining a regular diet and avoiding excessive behavior in meeting biological needs. Students who understand these values will learn to maintain a balance between food consumption, physical activity, and spiritual needs in daily life. A balanced lifestyle plays an important role in maintaining the health of the body and mental stability of individuals. Islamic education can lead students to understand that health is part of the mandate that must be well maintained. Awareness of the importance of maintaining health helps students develop an attitude of responsibility for their bodies and lives.

The values of empathy and social care found in the practice of fasting also play an important role in shaping an individual's psychological health. When a person feels hunger and thirst during fasting, the experience helps to

cultivate awareness of the conditions of others who live in limitations. This awareness encourages the emergence of attitudes of empathy, care, and the desire to share with others. Islamic education that integrates the values of empathy and social solidarity helps learners develop more positive social relationships. Harmonious social relationships play an important role in maintaining an individual's psychological well-being. Individuals who have good social relationships tend to have lower stress levels and stronger emotional support in facing various life challenges.

The integration of fasting values in Islamic education also provides an opportunity for students to develop a deeper spiritual awareness. Spiritual awareness helps individuals understand the purpose of life as well as the moral responsibilities they have in life. When students understand that fasting is not only related to abstaining from hunger and thirst, but also related to character formation and personal health, they will view worship as a meaningful learning process. Strong spiritual awareness helps individuals develop a positive, patient, and grateful attitude in facing various life situations. These attitudes have a positive influence on mental health as they help individuals maintain emotional balance in dealing with life pressures. Islamic education that instills spiritual values through the practice of fasting can help students build stronger psychological resilience. That spiritual experience provides an important moral foundation in the development of human personality.

The integration of fasting values in Islamic education can ultimately be understood as an effort to build a balance between physical health, mental health, and the development of moral character. The values contained in fasting provide an important contribution in shaping individuals who are able to control themselves, maintain health, and have concern for others. Islamic education that integrates these values is capable of producing a more comprehensive and meaningful learning process. Learners not only

understand religious teachings theoretically but are also able to implement these values in real life. The strengthening of psychological self-regulation formed through value-based learning helps individuals face various life challenges with a more mature and wise attitude. The development of physical and mental health also becomes an important part of shaping the quality of human life.

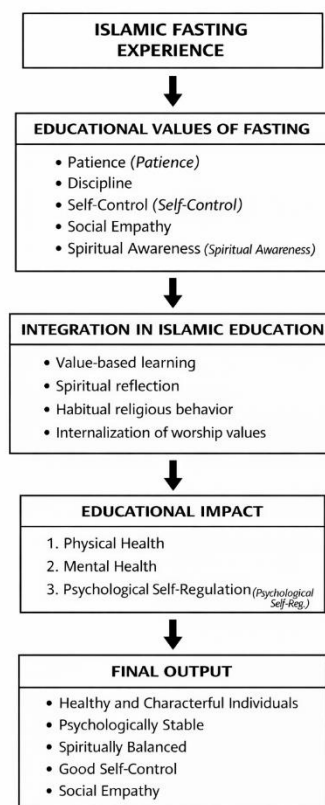


Figure 2 Islamic Fasting Experience

Discussion

The results of this study indicate that fasting has a broad educational significance from the perspective of Islamic education, particularly in character formation, physical and mental health, as well as the strengthening of psychological self-regulation. These findings can be explained through the self-regulation theory developed by Albert Bandura within the framework of Social Cognitive Theory. This theory explains that individuals have the ability to control their thoughts, emotions, and behavior through processes of self-

awareness, self-assessment, and control over internal impulses. In the practice of fasting, individuals consciously restrain biological urges such as eating and drinking for certain periods of time. This practice demonstrates the existence of a strong self-control process, which is the core of the self-regulation mechanism in psychology.

Research findings also indicate that fasting contributes to an individual's physical and mental health through changes in eating patterns, metabolic balance, as well as increased psychological calmness. From the perspective of self-regulation theory, individuals who have the ability to control their behavior tend to be able to manage a healthier and more structured lifestyle. Control over eating patterns, rest time, and daily activities is part of the self-regulation process that helps individuals maintain balance in body and mind. The practice of fasting encourages individuals to follow a more regular eating pattern through pre-dawn and breaking fast activities. In addition, the spiritual activities performed during fasting such as prayer and self-reflection contribute to emotional calmness. This condition shows that fasting not only trains self-control spiritually, but also helps individuals develop lifestyle habits that support physical and mental health.

The results of this study also show that fasting has an important role in the development of psychological self-regulation. In the theory of self-regulation, the process of self-control involves three main stages, namely self-awareness, supervision of behavior, and evaluation of the actions taken. During fasting, individuals consciously monitor their behavior and emotions to keep them in accordance with moral values and religious teachings. The process encourages individuals to avoid negative behaviors such as anger, bad words, and actions that harm others. Consistent self-supervision helps individuals develop better self-reflection skills. Through this process, a person can evaluate the behavior that has been carried out and correct the inappropriate actions.

The findings of the study also show that the integration of fasting values

in Islamic education can support the development of health and strengthen the psychological self-regulation of students. Islamic education that instills the values of patience, discipline, self-control, and social empathy contributes to the formation of a balanced character. In the perspective of self-regulation theory, these values help individuals develop the ability to control behavior and make decisions more wisely. When the value of fasting is integrated into the educational process, students not only understand religious teachings cognitively, but also learn to internalize these values in daily behavior. The process of internalizing these values plays an important role in forming individuals who are able to manage emotions, regulate behavior, and maintain a balance between physical and psychological needs.

The results of this study show that fasting plays a strategic role in shaping the balance between spiritual dimensions, health, and an individual's psychological self-regulation. The self-regulation theory provides a conceptual framework that explains how fasting practices can train individuals to control biological impulses, manage emotions, and develop stronger self-awareness. These abilities contribute to the formation of a more mature and psychologically stable personality. Individuals with good self-regulation tend to be able to face various life challenges with a calmer and more purposeful attitude. Therefore, the practice of fasting not only has worship value, but also has important educational and psychological functions for human development. These findings indicate that fasting can be an effective learning tool in shaping humans who are physically healthy, psychologically stable, and have strong spiritual awareness.

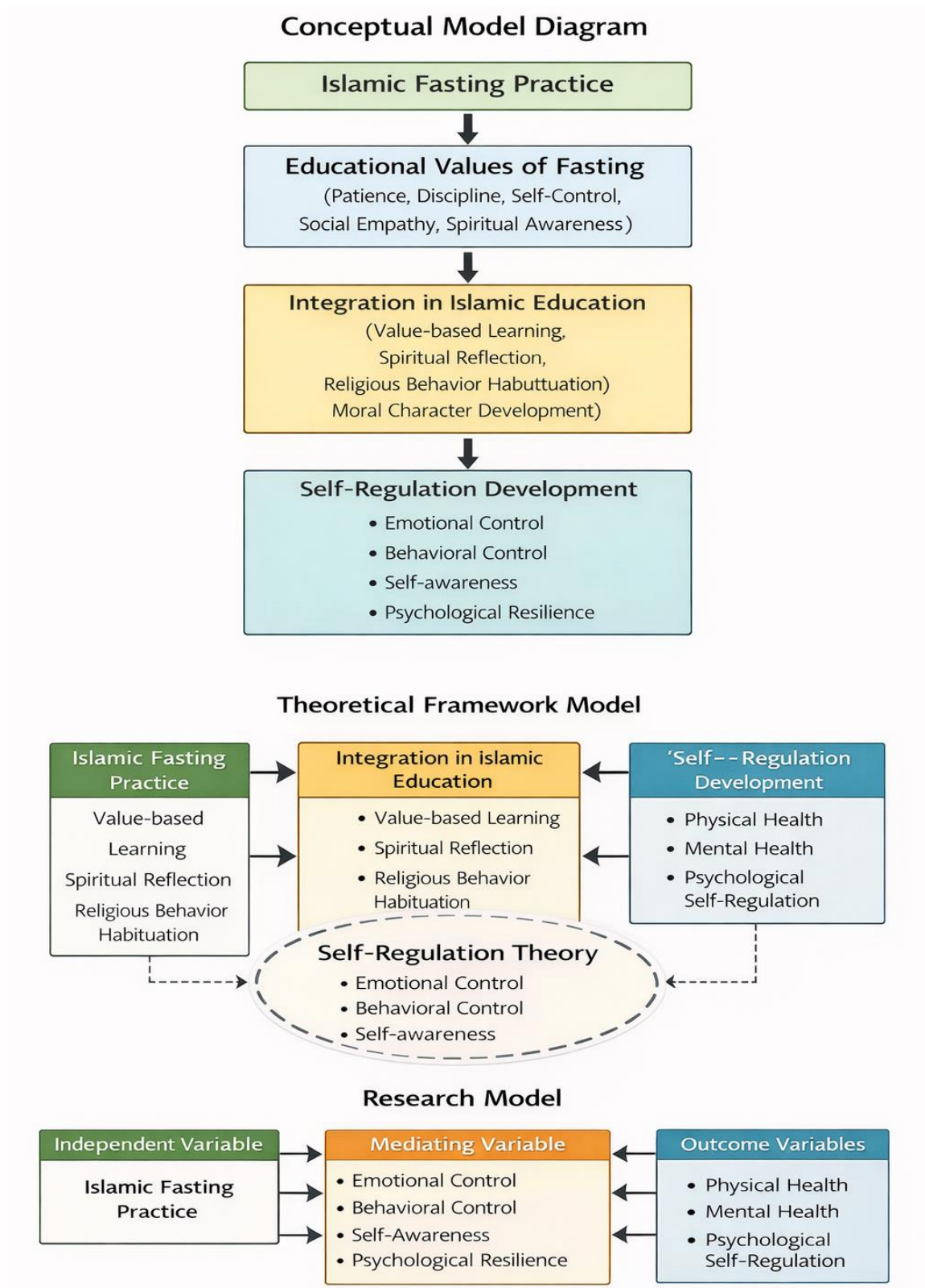


Figure 3 Islamic fasting Practice Model

CONCLUSION

Fasting plays an important role as a means of learning that integrates spiritual, moral, health, and psychological dimensions in human life. This act of worship contains various educational values such as patience, discipline, self-control, social empathy, and spiritual awareness that can shape an individual's character more maturely. Through the process of value internalization in Islamic education, the experience of fasting not only strengthens religious understanding but also encourages the formation of more orderly and responsible life habits. These values contribute to the maintenance of physical health through the regulation of eating patterns and the balance of activities, while also supporting mental stability. The practice of restraining biological and emotional impulses during fasting also plays a role in strengthening psychological self-regulation abilities. This ability helps individuals manage behavior, emotions, and decision-making more wisely in facing various life situations.

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