

Development and Validation of Islamic Spirituality Instrument

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Abstract

Spirituality has been predominantly studied in disciplines such as theology, psychology and sociology, and has developed relatively large numbers of spiritual instruments, these are however not suitable in the context of Islam. In Islam, spirituality is approached with a holistic concept, where the parameter of a Muslim's actions and behavior must be based on the Quran and Sunnah. A Muslim in performing all his daily activities thus must strive to harmonize and balance between the physical and spiritual demands of his existence that is seeking the pleasure of Allah, based on the Quran and Sunnah, - is a form Ibadah (worship). Thus this study has provided a new insight in the topic, which is based on the principles of Islam. This qualitative and quantitative study describes the methodological development of the instrument that captures the spiritual dimensions in Islam. The proposed 35 items instrument has been empirically tested for unidimensionality, reliability and validity using both exploratory and confirmatory factor analysis. Six factors were identified : namely deeds, relationships, harmony, self development, fairness and compliance were distinct and conceptually clear. Due to relatively lack of neither empirical data nor literatures on Islamic spirituality, the primary significance of this study serve as a valuable starting point for the development of Islamic spiritual instrument based on Islamic principles. On the micro aspect, the study contribute to the concept of spiritual in Islam where its parameter extends beyond the religion function, into their daily actions and behaviors. Its understanding will allow the Muslim to be on alert to behave in an acceptable manner. In addition, the instrument can act as a guidelines for institutions in development of activities that can enhances the spiritual element within the Islamic community.

Chapter One

Introduction

Today we find suffering, pain, disorder, disharmony, distrust, feeling of insecurity and conflicts, where such enormous selfishness present in human beings has lead to all kinds of miseries and ills in society. Various segments of the society have aspired to search and identify solutions to these modern day diseases however; contradictory to the desired outcome of these efforts, the magnitude of the problems is rapidly increasing. Among some of the efforts that have been undertaken includes achieving inner peace, accumulating material possessions, drugs, counseling, music and meditation. Solutions implemented fails to tackle the root cause to the problems but instead the problems diversified and multiplied with each passing year. The inadequacy of dealing with these problems raises questions as to the source of its failure. Lack of spirituality is seen as the root cause of a meaningless and purposeless life.

In the midst of human advancement through ability to leverage human ability of using rational inquiry, are other set of relatively unexplored and under exploited intelligence that is spiritual intelligence which is said to be the core of all intelligence that governs or influences other intelligences. Over the past few decades, theories of multiple intelligences have broadened the concept of intelligence beyond intellectual intelligence to include emotional and spiritual intelligences. Spirituality per se refers to the search for, experiential elements of the sacred, ultimate meaning, higher consciousness, and transcendence. Thus extending from this, one's spiritual intelligence facilitates dialog between mind and body, between reason and emotion, which is calling for multiple ways of knowing and for the integration of the inner life