



HEALTH AND LOCAL CULTURE: AN OVERVIEW OF RELIGIOUS LAW AND ITS RELEVANCE IN THE MODERN ERA

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Abstract:

In the context of Indonesian society, health practices are often influenced by local culture, which is rich in traditions and values of wisdom. However, religious legal values also have a significant role in shaping people's views on health. The relationship between these two aspects raises various deep questions. How exactly can local culture-based health practices harmonize with religious legal values? Can the two go hand in hand, or is there a potential for conflict? The modern era brings new challenges in integrating local traditions with the ever-growing development of health science. This challenge also includes how the principles of religious law remain relevant in maintaining a balance between preserving local culture and the need for adaptation to modern progress. Amid this rapid change, exploring how religious law can support traditional health practices without ignoring modern scientific values is essential. This research uses qualitative methods with a literature study approach (library research). The aim is to analyze the relationship between health, local culture and Islamic teachings, assess the role of local culture in an Islamic perspective, examine the relevance of Islamic teachings in a modern context, and formulate practical steps by sharia to maintain health and respect local culture. The research results show that the synergy between Islamic teachings, local culture and health can create a healthy, harmonious society that adheres to religious values, even amidst the challenges of modern progress.

Keywords: *Health and Local Culture, Islamic Religion, Modern Era*

INTRODUCTION

Health is an important aspect of human life which includes physical, mental and social conditions that enable individuals to live productively and prosperously. (Zainnurrofiq et al., 2024). However, in achieving optimal health, various factors can influence, one of which is local culture. Local culture includes values, norms, habits and practices inherited by people in a particular community. Each culture has its own approach to health, which includes methods of treatment, health care, and lifestyles that suit the local environment and beliefs. (Tumanggor, 2010). In many societies, local culture plays a very important role in shaping the way people view health (Atie, 2024)., (Baharun et al., 2021) For example, the use of traditional herbs, healing practices through spiritual means, or distinctive dietary patterns, are often part of the health system of that community. On the other hand, with the advancement of modern medical science and technology, there is often tension between traditional health practices and conventional medical approaches. It is important to understand the relationship between health and local culture as this can pave the way for achieving more holistic well-being.

The combination of the two, if done wisely, can strengthen the health system and provide more comprehensive solutions in facing various existing health challenges. Therefore, it is important to explore more deeply how local culture can support or even enrich efforts to improve health in society (Kuswantara, 2023).

In line with previous research which discusses the theme of health and local culture, reviews of religious law in the modern era include, (1), Isniati (2019), researching Modern Health with Cultural Nuances that Integrates modern health services with local cultural values. In research (2), Kaco (2021), which examines "Local Fiqh: Integration of Islamic Law and Local Culture (Study of Abdurrahman Wahid's Thought)" which examines Abdurrahman Wahid's contextual approach in aligning Islamic law with local culture. And in research (3), Shabrina Aliyah (2022), examined the relationship between human health and the role of religion in society, namely the impact of religion on mental and physical health and the importance of the synergy of religion and modern medicine. Several previous researchers above have focused more on the integration of modern health services (Baheretibeb & Whitehead, 2024).

The novelty of this research is that this research explores how local communities practice health traditions that are influenced by local culture and religious norms, such as traditional medicine that involves prayer or certain rituals. This shows the synergy between local wisdom and the principles of religious law which are relevant in the modern era, especially in Sukorejo village, Kotaanyar District, Probolinggo Regency, East Java Province. In addition, this research reveals the community's efforts to maintain health customs and traditions, even though they face the pressures of modernization and globalization. This tradition is often connected to a value system recognized by religion, so it remains relevant in the current context. In the Islamic religion, health and local culture have a significant relationship, because Islam places great emphasis on the importance of maintaining health and respecting culture as long as it does not conflict with sharia principles. Islam encourages its followers to maintain health as a form of gratitude to Allah and as an effort to support worship. On the other hand, local culture is respected as long as it does not conflict with Islamic teachings. In this way, health and local culture can work in harmony within the framework of Islamic law, reflecting a balance between spiritual values and social traditions (Tumanggor, 2010).

The problem formulation in this research focuses on two main aspects. First, how religious law views health practices that are rooted in local culture. This is important to understand whether these practices are in line with religious principles or actually create contradictions. Second, this research also wants to answer questions regarding the relevance of local culture-based health practices to the challenges of globalization in the modern era. In the context of an increasingly connected world, there is a need to evaluate whether practices remain relevant or require adaptation. In line with the problem formulation, this research has two main objectives. First, to explore religious legal views on health practices based on local culture. It is hoped that this understanding can provide a strong conceptual basis regarding the suitability or incompatibility between the two entities. Second, this research aims to examine the relevance of local culture-based health practices in the context of an increasingly global era. By understanding this relationship, research can provide insight into the potential for adaptation or integration of local culture into the flow of modernization. Conflicts that may arise between religious law and local culture in the context of health have become an important issue. Therefore, understanding a harmonious solution to maintain harmony between the two is a must.

RESEARCH METHODS

This research method will focus on examining how the principles of Islamic religious law related to health and local culture are still relevant in the context of modern life, as well as how both are applied in today's society. This research uses a qualitative approach using the Literary Study (Library Research) data collection method which is appropriate for the objectives to be achieved (Haryono et al., 2024).

Qualitative research using the library research method is an approach that focuses on collecting and analyzing data from various written sources. In the context of studies on health and local culture viewed from the perspective of religious law and its

relevance in the modern era, this method provides a focused framework for answering research questions. The main focus of this research is to explore the relationship between local culture-based health practices and religious legal principles, such as Islamic law, and understand how both adapt or may conflict with developments in the modern era. For example, this research could explore whether traditional medicine rooted in local culture is compatible with the values taught by religion, or how the challenges of modernization, such as advances in health technology, affect the relevance of these traditional practices. By using sources such as academic literature, religious documents, as well as previous research, this research aims to provide an in-depth understanding of the harmony or conflict between local culture, religion, and modernity, as well as offering insights for the development of relevant policies and practices. (Rubin & Rubin, 2020).

Primary Sources: Al-Qur'an, Hadith, and Islamic legal literature discussing health. **Secondary Sources:** Books, scientific articles, and journals that discuss the relationship between Islamic religious law, health, and local culture in Muslim societies (Pear et al., 2024). The aim of the literature study is to understand the views of the Islamic religion regarding various aspects of health and local culture and their relevance to contemporary life. This research method aims to explore a deeper understanding of how the principles of Islamic religious law relate to health and local culture, as well as their relevance in modern life. This research will provide insights that can help in combining Islamic teachings with increasingly advanced developments in health science.

RESULTS AND DISCUSSION

The relationship between health, local culture and the Islamic religion is very close and influences each other in the daily lives of Muslim communities. Islam as a religion not only provides spiritual guidance, but also teaches life principles that include aspects of physical, mental and social health (Nurmala & KM, 2020). Local culture, which is formed based on the traditions, customs and way of life of the community, often reflects Islamic teachings as practiced in that local context. On the other hand, local culture can also enrich or adapt Islamic teachings in various practices of daily life, including maintaining health. This research aims to examine the relationship between health, local culture and Islamic religious law, as well as their relevance in the modern era. Based on analysis from various literature sources, several important findings were found as follows (Kausar et al., 2024).

Local Culture that Supports Islamic Teachings in Health

Sukorejo Village, Kotaanyar District, Probolinggo Regency, has a local culture that supports Islamic teachings in the health aspect. Traditional practices such as cupping (hijamah) and the use of herbal ingredients such as ginger and turmeric show a synergy between local wisdom and Islamic teachings. Cupping, for example, is done by following the sunnah of the Prophet, complete with prayers before and after the treatment process, while the use of herbs ensures that the principles of halal and thayyib are maintained. (Zainnurrofiq et al., 2024).

Community traditions involving group prayer before treatment also show the adaptation of cultural values to Islamic teachings. Reading verses from the holy Koran is an integral part of this ritual, signifying respect for religious norms without abandoning the roots of local traditions. The role of ulama and traditional leaders is very important in educating the public, both about health in Islam, such as maintaining cleanliness (thaharah), and avoiding practices that are not in accordance with the Shari'a, such as deviant incantations. Mutual cooperation, as part of everyday life, reflects the value of ukhuwah Islamiyah, where communities help each other in facing health challenges (Awaliya & Utami, 2024).

In the modern era, this synergy of local culture and Islamic teachings has become relevant to maintain community identity and create a sustainable health approach, while responding to the challenges of globalization while adhering to religious and traditional values. This approach shows how local communities are able to maintain traditional wisdom while adopting health principles that comply with sharia (Iksal et al., 2024).

Local culture often has values that are in line with Islamic teachings, especially in health aspects. Islam, as a religion that advocates cleanliness, a healthy lifestyle, and balance, can find many similarities with local traditions that support physical and spiritual health (Qodri, 2024). One real example is the healthy eating tradition that has developed in various local cultures. The habit of consuming natural foods such as herbs, herbs or spices is very in accordance with Islamic teachings which emphasize the importance of halal food and thayyib. The use of honey, black seed and ginger, which are recommended in Islamic medicine, has also long been part of the community's traditional medicine. In addition, hygiene practices in local culture, such as bathing before dawn, washing hands before eating, or keeping the environment clean, are in line with Islamic teachings which place cleanliness as part of the faith. This tradition not only reflects Islamic values but also contributes to people's physical health. (Mundir et al., 2022)

Traditional medicine based on herbal plants also shows a close connection between local culture and Islamic teachings. In Islam, Nabawi medicine, which uses natural ingredients such as olive oil, black cumin, and honey, has similarities with local healing practices that utilize natural resources to cure diseases. On the other hand, local culture which emphasizes physical and spiritual balance, such as meditation or prayer rituals, is in line with Islamic teachings which encourage dhikr and prayer for peace of mind. (Irmayanti et al., 2024). This tradition reflects the harmony between physical and spiritual health, which is an integral part of Muslim life. The culture of mutual cooperation, such as community service in cleaning the environment, also strengthens Islamic teachings about the importance of keeping communities clean. This tradition not only creates a healthy environment, but also strengthens social ties in society. Thus, local culture that supports health not only strengthens Islamic teachings but also becomes an important part of Muslim identity. The integration of local traditions and Islamic values makes a significant contribution in forming a healthy, harmonious and faithful society (Istiqomalia, 2024).

The Role of Religion in Maintaining Mental Health

In Sukorejo Village, Kotaanyar District, Probolinggo Regency, Islam plays a significant role in maintaining people's mental health. Religious activities such as congregational prayers, regular recitations, and group prayers are not only part of worship, but also serve as a way to reduce stress and create a sense of togetherness. The practice of dhikr and reading the Koran is often used as spiritual therapy that provides peace of mind, especially for individuals facing emotional stress. Religious values such as *tawakal* and belief in trials as a form of God's love provide life guidelines that help people become more resilient in facing challenges (Baheretibeb & Whitehead, 2024).

Religious communities, such as study groups, also play an important role as a place to share stories and social support, which ultimately reduces feelings of loneliness and improves mental well-being. Local clerics are often referred to in providing advice based on Islamic teachings, which are not only calming but also motivating. Local traditions that are aligned with religious values, such as group prayer before major activities, also strengthen people's belief in God's protection. In the modern era, this combination of local traditions and Islamic values remains relevant, providing a holistic approach to maintaining mental health amidst the increasingly complex pressures of life. This shows how religion is a source of spiritual and social strength in Sukorejo Village. Religion has a very important role in maintaining mental health. Through its teachings, religion provides life guidance, a sense of meaning, and emotional support that helps individuals better face life's challenges. One of the main roles of religion is to provide meaning to life. Religious teachings help a person understand the purpose of life and accept various difficult situations as part of God's plan, thereby creating inner peace (Daryanto et al., 2024). Religious activities such as prayer, dhikr, or meditation are also effective ways to calm the mind and reduce stress, which ultimately brings a sense of security and peace. In addition, religion encourages the formation of supportive communities, where a person can feel accepted and appreciated. This social support plays an important role in reducing feelings of loneliness and strengthening mental

health (Mufaroha & Yosyva, 2024).

In Islamic teachings, for example, the concept of tawakal teaches surrender to Allah, which helps a person let go of anxiety about things beyond his control. Religion also forms self-control abilities, such as teaching patience, sincerity and an attitude of doing good. These values help individuals manage emotions more healthily and face life's stresses more wisely (Andini et al., 2024). Healthy lifestyles recommended by religion, such as avoiding dangerous substances, maintaining sleep patterns, and arranging rest time, also contribute to mental balance. Not only that, religious teachings encourage acceptance of difficult situations and forgiveness, both to oneself and others. This attitude reduces the burden of negative emotions that can affect mental health. Religion also offers hope for a better future, both in this world and the afterlife, which provides strength and fortitude in facing trials. By combining meaningful life guidance, social support, and calming spiritual practices, religion becomes an important resource in maintaining mental health. The presence of religion helps individuals live a healthier, more balanced and hopeful life (Rogahang & Teol, 2024).

Health Awareness in Islamic Traditions in Local Communities

In Sukorejo Village, Kotaanyar District, Probolinggo Regency, awareness of public health is strongly influenced by Islamic traditions which have become part of everyday life. The concept of cleanliness (thaharah) in Islam is not only applied to individuals, but also to the environment. Cleanliness of mosques, houses and water sources is a priority as a form of practicing the teaching that cleanliness is part of faith (an-nadhafah minal iman). A healthy lifestyle is also based on the sunnah of the Prophet. People maintain balance in their diet, avoid excesses, and choose food that is halal and good (halalan thayyiban). In addition, practices such as cupping, use of herbal concoctions, and light physical activity reflect Islamic teachings about the importance of taking care of the body as a trust of Allah (Zainnurofiq et al., 2024). This awareness is further strengthened by the role of religious figures who convey da'wah regarding the importance of maintaining health to carry out worship optimally. The tradition of mutual cooperation, such as community service to clean the environment, not only supports physical health but also strengthens Islamic solidarity and brotherhood. In the midst of modern challenges, such as changes in lifestyle, the people of Sukorejo are able to adapt Islamic teachings to local traditions to maintain their health holistically. This tradition shows how Islam provides a strong foundation for well-being, making it relevant in everyday life (Alhafizh et al., 2024).

Islam emphasizes the importance of preventing disease, as reflected in the Prophet's teachings to wash hands before eating, cover food, and avoid excessive behavior in eating and drinking. This tradition is practiced in the lives of local people through family advice or customs passed down from generation to generation (Fatmawati et al., 2024). Apart from that, the balance between physical and spiritual is something that is emphasized in Islam. Prayer and dhikr, which are part of worship, are often combined with health practices such as meditation or prayer-based traditional medicine. This approach helps local communities create harmony between body, mind and spirit. Awareness of mental health is also reflected in values such as patience, sincerity and trust (Priyana et al., 2024). Religious activities such as recitation or tahlilan provide emotional support that strengthens social relationships and creates a sense of calm. In local traditions, this teaching helps individuals face life's pressures wisely. Environmental preservation is also part of health awareness in the Islamic tradition. The principle of preserving nature is realized in the practice of maintaining clean water sources, planting trees, and managing waste well, all of which have an impact on the health of society as a whole. By combining Islamic teachings and local traditions, this health awareness creates a holistic approach that includes physical, mental and spiritual health. This not only safeguards individual well-being but also strengthens solidarity and harmony within the community (Farika et al., 2024).

The relevance of local culture and Islamic religious teachings in the Modern Era

Local culture and Islamic teachings in Sukorejo Village, Kotaanyar District, Probolinggo Regency, have strong relevance in the modern era. The harmonious relationship between local traditions and religious values reflects a community's ability to maintain its identity while adapting to changing times. Local wisdom such as mutual cooperation, earth almsgiving, and collective prayer are clear evidence of the integration between customs and Islamic teachings. This tradition not only strengthens social relations but also confirms spiritual values that are in line with religious teachings. Through activities such as regular recitations, tahlilan, and commemoration of Islamic holidays, the people of Sukorejo continue to strengthen important social and spiritual ties amidst modernization. Awareness of healthy, tradition-based lifestyles is also relevant to Islamic values. The habit of consuming natural foods such as herbs and spices is in line with Islamic teachings about halal food and thayyib. In the modern era, this practice has become an increasingly appreciated part of a healthy lifestyle. Education also plays an important role in maintaining local and religious values. Through madrasas and formal education, Islamic values such as noble morals are combined with local wisdom, creating a generation that is able to face modern challenges with a strong moral foundation. In addition, technology is used effectively to document traditions and disseminate Islamic teachings, so that these values remain known to the younger generation. Religious figures and traditional leaders in Sukorejo also have a strategic role in keeping traditions relevant.

By directing society to adapt customs to current developments, they ensure that noble values remain alive without losing their basic essence. Even though modernization brings challenges such as shifting values and a more individualistic lifestyle, the people of Sukorejo have shown the ability to adapt. They integrate traditional values with modern technological and educational developments, creating harmony between tradition and the needs of the new era. Local culture and Islamic teachings in Sukorejo are clear examples of how cultural identity can be maintained and adapted in the modern era. The synergy between the two not only creates a harmonious community but also builds a society that is resilient and relevant amidst changing times.

In the modern era filled with the challenges of globalization and technological advances, local culture and Islamic teachings remain relevant as a strong foundation for society in maintaining identity, morality and social harmony. The synergy between the two provides many benefits in various aspects of life (Safitri, 2024). Local culture that is in accordance with Islamic values plays an important role in preserving traditions while maintaining community identity. Practices such as mutual cooperation, Islamic art, and herbal-based traditional medicine not only strengthen social ties, but also serve as proof that local values can adapt without losing their essence. (Awaliya & Utami, 2024). Islam as an inclusive religion allows local traditions to continue to live as long as they do not conflict with sharia. In the midst of the onslaught of globalization, local culture and Islamic teachings are effective solutions against the degradation of values such as hedonism, materialism and individualism. The values of ukhuwah Islamiyah and local wisdom such as the spirit of togetherness help communities increase social and economic resilience. In addition, Islamic teachings about cleanliness and environmentally friendly principles are very relevant to creating a sustainable approach to health and environmental preservation. In the economy, local culture based on Islamic values, such as a system of sharing results in agriculture or sharia cooperatives, is a driving force for equitable prosperity (Anjum & Aziz, 2024). Education also plays an important role in shaping the character of the younger generation. By integrating cultural and religious values, education can produce honest, tough and responsible individuals. The role of ulama and traditional leaders is very strategic as a bridge between tradition and modernity. Not only that, local Islamic culture can also be used for tourism promotion. Traditions that are harmonized with Islamic teachings, such as Islamic art or halal culinary tourism, can be an attraction for tourists as well as a tool for cultural diplomacy on the global stage. (Ebot-Ashu, 2024). Despite facing challenges such as cultural

homogenization due to globalization and the public's lack of understanding of Islamic teachings, solutions can be found through innovation in traditions to remain relevant, strengthening education based on local values, and collaboration between the government, ulama and society. With all this potential, local culture and Islamic teachings are proven to have a big role in responding to the challenges of the times, maintaining community identity, and creating social harmony in the modern era. (Atie, 2024).

CONCLUSION

The relationship between health, local culture and Islam in Sukorejo Village, Kotaanyar District, Probolinggo Regency, is very close and complementary. Local traditions integrated with Islamic teachings not only reflect religious values but also contribute to improving the quality of people's health, both physical and mental. First, local culture supports Islamic teachings through practices such as cupping, the use of herbal concoctions, and the habit of communal prayer which strengthens the spiritual dimension of maintaining health. This practice ensures that public health is seen as part of worship, while still adhering to the principles of halal and thayyib. Second, religion plays an important role in people's mental health. Religious activities such as recitation and congregational prayers create a sense of togetherness and calm. Teachings about trust and belief in trials as a form of God's love help people face the pressures of life more calmly.

Third, Islamic traditions that emphasize cleanliness (thaharah) and healthy lifestyles are the foundation for health awareness in this village. The community maintains a clean environment, adopts a diet according to the Sunnah, and supports communal health through mutual cooperation. In the modern era, this synergy remains relevant as a holistic approach in facing global challenges. The people of Sukorejo Village are able to combine local wisdom and Islamic teachings to create a balance between tradition, spirituality and sustainable health. This shows that local religion and culture can be a solution to the dynamics of modern life, while maintaining community identity. The relevance of local culture and Islamic teachings in this modern era remains strong, because both enrich each other and adapt to current developments. The people of Sukorejo were able to maintain their cultural identity, while integrating Islamic principles that can help them face the challenges of modernization. Education based on Islamic values and local wisdom plays a role in shaping the character of the younger generation who can contribute to better social development.

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