



**SUSTAINABLE DEVELOPMENT THROUGH
SPIRITUAL EMPOWERMENT**
Perspectives on Education

**MUHAMMAD NUBLI ABDUL WAHAB
ANITA ABDUL RANI**

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FOREWORD

Renowned thinkers such as al-Ghazali and Ibnu Qayyim have long anticipated that our thinking patterns, performance and actions are intricately influenced by our relationship and adherence to religion and spirituality. Spirituality, characterised by self-reflection, is deeply interconnected with principles of social justice, environmental sustainability and economic equity. It is essential to recognise that negative behaviour and moral shortcomings often arise from a lack of appreciation for religious values, as emphasised by Syed Qutb.

Numerous studies conducted in the West, including the works of Martin Seligman, David Myers, Miller and Kelley, consistently highlight the positive impact of religiousness and spirituality on mental health and subjective wellbeing. Religious commitment is significantly linked to better coping mechanisms for stress, reduced depression and anxiety, and decreased tendencies towards harmful behaviours such as suicide, criminal activities and drug use.

Sustainable development through spiritual empowerment, i.e., the theme of this edited book is strongly aligned with the current global situation, as we continue to grapple with the aftermath of the COVID-19 pandemic, which has profoundly affected our economy, society and politics.

Sustainable development, as defined by WHO, encompasses policies, projects and investments that yield present benefits without compromising the future's environmental, social and personal health. However, let us aim higher, recognising that sustainable development through spiritual empowerment can provide us with a profound *sense of purpose, values, caution and resilience*. Regarding *sense of purpose*, spirituality enables us to understand how our actions can contribute to a greater good beyond ourselves, inspiring continuous improvement. *Values* emphasising compassion, empathy and interconnectedness, while

spirituality fosters a holistic approach to sustainable development, appreciating the interconnectedness of the environment and society. Through practices like pray, contemplation and mindfulness, individuals *cautiously* gain a deeper understanding of their relationship with the environment, empowering them to make informed decisions. Moreover, spirituality instills inner *resilience*, a vital quality when facing challenges posed by changing circumstances. Spiritually grounded individuals to persist in their pursuit of sustainable development, even in the face of obstacles.

The profound connections between sustainability and spirituality cannot be overlooked. Recognising this, this book is vital to foster a deeper understanding of their synergistic potential in human life. The very essence of this edited book lies in the harmonious integration of sustainability and spirituality, which involve researchers, scholars and practitioners from both local and international.

Each chapter from this book was mainly selected from papers presented at the International Conference on Human Sciences and Civilisations (ICHSC) on 8 to 9 August 2023. I extend my sincere appreciation to the Centre of Human Sciences (PSK) for bringing this conference to fruition. I offer my congratulations to Universitas Islam Raden Rahmat Malang, Indonesia (UNIRA) for their participation and joint organisation of this remarkable event. Gratitude is also due to our esteemed sponsors, Majlis Ugama Islam dan Adat Resam Melayu Pahang (MUIP), who have sponsored 100 participants.

I hope that this book serves as a catalyst for greater ideas, scrutiny and research, transcending the boundaries of existing discourses in the future.

Sincerely,

**PROFESSOR DATO' TS. DR. YUSERRIE BIN
ZAINUDDIN**

Former Vice-Chancellor
Universiti Malaysia Pahang Al-Sultan Abdullah