



The Sharia Law of Ramadan Fasting for People with Autism Spectrum in the Perspective of Islam

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ABSTRACT

Fasting is refraining from all kinds of things that can break the fast, starting from dawn to sunset with the intention. In one year there is one month that is required to fast for Muslims, namely the month of Ramadan. The purpose of this research is to find out the law of fasting for people with autism spectrum in the perspective of Islam. this research uses observational research methods with library methods through the reference of fiqh books and related books. The results of this study indicate that the month of Ramadan is a very special month, filled with various kinds of worship that bring us closer to Allah. In Islam, all people have the same position, as well as people with autism spectrum. They also have the same right to associate and socialize with everyone. And also people who are noble before Allah are not because of their physique and appearance, but those who are pious to Allah SWT. In conclusion, people with autism spectrum still have obligations to Allah SWT according to their abilities.

Keywords: *Fasting, Autism, Islam*

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INTRODUCTION

Children are a gift and sustenance given by God to every couple of parents. The birth and presence of a child is highly anticipated and awaited by married parents. Every parent hopes that their child will grow and develop healthily and well (Asman dkk., 2023). But in reality not all children are born perfect, there are children who are born with some deficiencies or limitations (Minarti dkk., 2023). Autistic children are one of the children who have limitations and deficiencies, because they experience developmental disorders.

The holy month of Ramadan is a month that all Muslims in the world look forward to (Yeltriana dkk., 2023). Fasting is obligatory in the month of Ramadan

because Allah has said in the Qur'an surah Al Baqarah verse 183 "...it is obligatory upon you to fast.". But for people on the autism spectrum, fasting Ramadan is a challenge.

Looking at people with autism is quite concerning. Because they experience developmental disorders (Mustajab dkk., 2023). Barriers in social interaction, communication and behavior. Whereas all these aspects are needed in establishing relationships between individuals and oneself.

People on the autism spectrum tend to have consistent daily routines and have difficulty adjusting to change (Ulum dkk., 2023). Therefore, fasting during Ramadan can affect the physical and psychological health of people on the autism spectrum. However, some scholars agree that people with medical conditions or special circumstances, such as those on the autism spectrum, are not required to fast. However, the decision to fast or not remains the right of individuals and families of people on the autism spectrum (Roshayanti dkk., 2023). In this article, we will discuss in more detail about the ruling of Ramadan fasting for people on the autism spectrum.

RESEARCH METHODOLOGY

This research is a qualitative research using the literature study method (Pamungkas & Halimah, 2023). Literature study by searching from several sources such as books and articles that are relevant to the research title.

RESULT AND DISCUSSION

Sharia law

Sharia law is a set of rules, principles and values established in Islam, which serves as a guide for the lives of Muslims in all aspects of life, both relationships with God and relationships between humans (Nida dkk., 2023). Sharia law covers various areas of life, such as worship, muamalah (human relations), muqaddimah (prerequisites), and jinayah (criminal).

Sharia law is the main source of law in Islamic countries, and is used to regulate the lives of the Islamic community as a whole. Sharia law is based on the Qur'an, Hadith (sunnah), ijtihad (analysis), and Qiyas (analogy).

Sharia or written as shari'ah in Arabic means a spring of water that humans and animals drink (Mutalib & Dylan, 2021). The word "sharia" comes from the word "shara'a" which means to reveal or establish the law (Mudinillah & Rizaldi, 2021). Thus, sharia law can be interpreted as the law established by Allah through the holy book of the Quran and the sunnag of the Prophet as the main source in Islamic teachings (Gusvita & Alon, 2021). Sharia law also includes regulations in aspects of life such as economics, politics, criminal law, and others (Arsul dkk., 2021). Therefore, sharia law is the main foundation for the life of Muslims in fulfilling the demands of religion and morality.

Sharia etymologically stated by Hasbi as Shiddieqy is the path where the source of water comes out or the path through which the water falls (Teguh dkk., 2023). Which is then associated by the Arabs as at-thariqah al-mustaqimah, a straight path that

Muslims must follow (Zarnuji, 2023). Water is needed by all living things as a means of maintaining safety and survival (Farid, 2023). This is also the case with the notion of a "straight path" which implies that Sharia is needed as a source of guidance for humans in the continuity of life to goodness.

Mahmud Syaltut said that sharia is the rules set by Allah or set the basics by Allah so that humans hold fast to them in relation to their Lord in relation to their fellow Muslims in relation to their fellow humans in relation to the universe and in relation to life.

It can be said that Sharia is defined as the rules or laws that are legislated from Allah for His Servants (Afifah dkk., 2023). Which comes from the Koran and Sunnah, it can be concluded that Sharia is the law that has not been mixed with the ijtihad of scholars (Rohidin, 2016).

Ramadan fasting

Fasting in language has the meaning of imsak which is 'to hold back'. The meaning is to restrain and prevent in any form including not eating and not drinking intentionally (Amirudin dkk., 2022). Fasting in Arabic is called shaum or plural shiyam (Alberty dkk., 2023), which also means Al Imsak or which means refraining or abstaining from certain actions.

Fasting can also be interpreted as refraining from all kinds of things that break the fast such as eating, drinking, having intercourse with a husband and wife and so on starting from dawn (dawn) to sunset (maghrib).

In addition to refraining from eating and drinking, Muslims are also expected to refrain from bad behavior (Pathurohman dkk., 2023), such as uttering harsh words, committing acts of violence, or engaging in behavior that is contrary to religious values (Muhammadong dkk., 2023). During the month of Ramadan, Muslims are expected to get closer to Allah, increase worship, and deepen their understanding of Islam.

According to Yusuf Qardhawi, fasting is a means of purifying the soul and body from all things that are burdensome in life in the world and as a manifestation of a servant's obedience to the commands of his Rabb. Fasting is an act of self-restraint from everything that invalidates and destroys the value of fasting.

Apart from being an indicator of piety, fasting is also a form of controlling oneself from excessive mechanical patterns that will result in the emergence of various diseases. Fasting can restrain lust and make more focus in worshiping Allah SWT (Sitinjak dkk., 2023). Ramadan fasting is a fasting worship performed by Muslims around the world in the month of Ramadan, the 9th month in the Islamic calendar (Hassan dkk., 2023). During the month of Ramadan, Muslims are required to refrain from eating, drinking, and activities that are considered to break the fast from dawn to sunset.

Ramadan fasting is observed as a form of respect, devotion and spiritual upliftment for Muslims (Arumi Sunarta dkk., 2023). In addition, Ramadan fasting is also considered a way to cleanse oneself of sins, increase patience, and increase empathy and solidarity with fellow humans who are less fortunate.

Ramadan fasting is obligatory based on the Qur'an, sunnah, and consensus. The evidence from the Qur'an is the Word of Allah.

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

"O you who believe, it is obligatory upon you to fast as it was obligatory upon those before you, that you may fear" (QS Al-Baqarah 183).

Al Faifi (2013) As for the sunnah is the saying of the Messenger of Allah SAW: "Islam is built on five things; the creed that there is no god but Allah and Muhammad is the Messenger of Allah, establishing prayer, paying zakat, fasting Ramadan and going on Hajj to the Temple if you are able" (HR. Al-Bukhari and Muslim).

There are several reasons why Ramadan is considered special by Muslims around the world:

The Month of Blessings: Ramadan is considered a month full of blessings, during which Muslims are expected to increase their good deeds such as praying, reading the Quran, dhikr, giving alms, and doing other good deeds (Herliani dkk., 2023). During Ramadan, the goodness and rewards of good deeds are multiplied, and many people see this opportunity as the perfect time to improve their relationship with Allah and with fellow humans.

An Opportunity to Build Patience and Discipline: During Ramadan, Muslims fast from dawn to sunset, not eating or drinking all day (Adema dkk., 2023). This helps build patience and discipline (Arifuddin dkk., 2023), as they have to refrain from worldly desires for several hours every day. In addition, Ramadan also teaches the importance of simplicity and self-control.

Promoting Social Awareness: Ramadan is also considered a month that promotes social awareness. During Ramadan, Muslims are expected to help people in need, feed the poor, make charitable donations, and perform other good deeds. This helps build a sense of solidarity and brotherhood between Muslims and strengthens the bonds of brotherhood.

Month of Education (Hardana dkk., 2023): Ramadan is also considered an educational month, where many people take the opportunity to learn more about their religion and improve their understanding of the Quran. Many mosques and religious institutions organize classes and seminars during Ramadan, which help Muslims in deepening their knowledge of the religion.

Improving Quality of Life: During Ramadan, many people feel more conscious of their health and strive to maintain a healthy diet and lifestyle. This can help improve quality of life and promote an overall healthier lifestyle.

Overall, Ramadan is considered a very special month as it provides many opportunities for Muslims to improve their relationship with Allah, improve their quality of life, and build a sense of solidarity and brotherhood with their fellow human beings.

People on the autism spectrum

Etymologically, the word "autism" comes from the words "auto" and "ism". Auto means self, while ism means a school or understanding. Thus autism is defined as an understanding that is only interested in its own world (Reni, et al.2018).

ASD is a very complex condition that affects each individual differently. There are many myths and stereotypes about people on the autism spectrum, so understanding ASD better is essential to help improve understanding of the condition.

Autism can also be defined as an understanding that is only interested in world (Atmaja, 2018). Neurologically or related to the the nervous system, it can also be defined as a child who has an impaired brain development, especially in the areas of language, social, and fantasy. This is the obstacle that makes autistic people different from other normal children. He seems to have his own world without paying attention to the environment around him (Aqila Smart, 2010).

Autism is described as a disorder of narrowing one's sensory receptivity, including in relating to others. The scope of autism turns out to be so extreme that they cannot involve other people besides themselves, the children studied did not want to involve themselves in the lives of others and rebelled against anyone including their parents who disturbed their lives (bonie, shery. 20019).

Autistic children tend to be difficult to direct and difficult to concentrate on doing a certain task. He does activities because of his inner drive. His activities are monotonous and passive, so he is unable to play interactively and imaginatively with his friends.

Every individual has their own characteristics, as well as people on the autism spectrum. It is different from one person with autism to another even though it looks generally the same. In general, there are barriers in communicating and interacting with others. It is also difficult to understand each individual with autism because they have their own world. They are unhappy when touched, have no eye contact, talk to themselves, like to imitate the sounds they hear and have their own rituals or habits. Some people on the autism spectrum have aggressive and hyperactive characteristics, while others are hypoactive. Some also have the inability to speak clearly. (dwi sari, faturachman.2016)

The characteristics of individuals with ASD vary widely, but some common traits include

Impaired social interaction

Individuals with ASD usually have difficulties in interacting with others. They may not be able to understand or express emotions properly, and may avoid eye contact or talking to others.

Impairments in communication

Individuals with ASD may have difficulties in communicating with others. They may have limited speech or repeat certain words or phrases. Some individuals with ASD may not even speak at all.

Repetitive and restricted behavior

Individuals with ASD tend to have repetitive and restricted behaviors. They may have very specific interests and only focus on certain things. They may also perform certain repetitive body movements.

High sensory sensitivity

Individuals with ASD often have high sensory sensitivity, which makes it difficult for them to adapt to their surroundings. They may feel disturbed by excessive sounds, lights or smells.

Impact of ASD on daily life

ASD can have a significant impact on the daily lives of individuals and their families. Some of the common impacts seen include:

Difficulties in learning

Individuals with ASD often experience difficulties in learning, especially when it comes to reading, writing and math. They may need a different approach to learning to be able to understand the subject matter.

Difficulties in social relationships

Individuals with ASD often experience difficulties in establishing social relationships. They may find it difficult to get along with peers and build deep relationships with others.

Difficulty in adapting to new environments

Individuals with ASD often have difficulty in adapting to new environments. Changes in routine and environment can cause stress and anxiety for them.

Stigma and discrimination

Individuals with ASD often experience stigmatization and discrimination. Some people may perceive them as strange or aloof, and may avoid associating with them.

The Shari'ah of Ramadan fasting for people on the autism spectrum from an Islamic perspective.

All people, both normal and abnormal, are the same before Allah SWT, Allah gives life, sustenance and life to all of them. As Muslims, we are obliged to carry out the commands of Allah SWT and stay away from his prohibitions. However, for people who are not normal or have special needs, because of their abnormalities and shortcomings, they have their own relief. Similarly, normal people who are unable to perform worship because of obstacles then they get relief, such as normal people who are sick and unable to pray standing then may pray sitting. So that everyone can carry out their obligations to Allah SWT.

Discussing Ramadan fasting for people on the autism spectrum, it needs to be understood that each individual is unique and has different needs. Some are able to fast smoothly and some have difficulties.

Some people on the autism spectrum may have difficulty in understanding religious rules and obligations, including the laws of fasting. However, Islam is not burdensome, as there are waivers or exemptions for people who are unable to fast for health or medical reasons.

In Surah Al-Baqarah verse 185, Allah SWT says, "Fasting is obligatory for you as it was obligatory for those before you, so that you may be pious." However, in the next verse, Allah also makes exceptions for those who are traveling or sick.

For sick people there are three conditions:

The first condition is when the sickness does not affect the fasting process and can be categorized as a minor illness. Examples are a cold, dizziness or a mild headache, and a rumbling stomach. In this case, fasting is still required and is not included in the category of those who are granted the concession of fasting.

The second condition is if the sickness will get worse or will take longer to heal and become difficult if fasting, but not to the point of endangering him.

In this case, it is not recommended to fast and it is disliked if one wants to fast, but if one is able to continue, it is permissible.

The third condition is that if he continues to fast, it will have fatal consequences and cause him trouble, and may even lead to death. For this condition it is forbidden for him to fast (Rafi.2018). This is based on the words of Allah swt. QS. al-Nisā'/4: 29

وَلَا تَقْتُلُوا أَنْفُسَكُمْ

"and do not kill yourselves"

People with autism spectrum are included in the second category, because when autistic children are fasting, they must really pay attention to their mental and medical conditions. In the implementation of Ramadan fasting for people with autism spectrum, if they are not able to do it then it is not an obligation for them to fast. This is because their condition is less able to do the worship properly.

In general, scholars agree that people with special needs, including people on the autism spectrum, can be given exemptions from fasting if their conditions allow. This exemption is granted to protect the health and well-being of the individual concerned.

The scholars also advised families and caregivers of people with autism to pay attention to their condition during Ramadan. If there are signs of fatigue, dehydration, or other health problems, the person with autism may be granted an exemption from fasting.

People on the autism spectrum can be categorized as people who have special needs when it comes to fasting. According to experts, people with autism are less or unable to recognize religious rules or obligations. Such as understanding the meaning of fasting and the importance of performing this act of worship.

Therefore, Islam recognizes the principle that obligations will not be too burdensome for someone. As Allah says in Surah Al-Baqarah verse 286, "Allah does not burden a person but according to his ability."

However, for parents or guardians who feel that their children are capable of fasting Ramadan, they can provide support and guidance so that their children can fast smoothly. This can be done by paying attention to the needs and conditions of the child, as well as providing an explanation of the meaning and purpose of Ramadan fasting in a simple and clear manner.

However, if a person on the autism spectrum is able to fast well and without disrupting their health and well-being, then they are still encouraged to fast like other Muslims.

CONCLUSION

Sharia law is a series of rules established in Islam, which serves as a guide for the lives of Muslims in all aspects of life, both relationships with God and relationships between humans.

Ramadan fasting is a fast that is carried out in the month of Ramadan with a number of days around 29-30 days. Ramadan is eagerly awaited by Muslims because it is full of enjoyment and blessings. Ramadan fasting must be carried out by Muslims who are baligh and healthy.

Autism is defined as a complex developmental disorder involving communication, social interaction, and imaginative activity. Symptoms begin to appear before the child is 3 (three) years old, even in infantile autism, the symptoms have been present since birth.

All Muslims are obliged to carry out the commands and leave the prohibitions of Allah SWT. In conclusion, the law of fasting for people with autism spectrum in the perspective of Islam is that they can be given an exception in its implementation. If they are able then it is still recommended to fast, but if they are not able then there is relief for them.

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