

Principles of Time Management in the Islamic Lifestyle

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Abstract

Islamic lifestyle is a set of observable and expressive behaviors that, in theory, are the effects of Islamic beliefs and values in both individual and social dimensions of human life. A fundamental component of Islamic lifestyle is how one spends one's life and manages one's time. Time management is a set of skills in organizing, controlling and optimally using one's time. The aim of the present study is to identify principles of time management in the Islamic lifestyle. In terms of its aim, this is a basic research, and has been conducted with the descriptive and analytic methods. The method of data analysis has been qualitative and inductive. Statistical population includes Koranic verses and Bihar al-Anwar's hadiths which have been sampled purposively and in relation to the research questions. Research findings indicate that time management in the Islamic lifestyle includes four important principles: setting a goal, prioritizing, planning, and supervising. Thus, in the Islamic lifestyle application of those principles leads to a better usage of the opportunity for life and ensures human beings' eternal happiness.

Key Words: Islamic lifestyle, principle of time management, setting a goal, prioritizing, planning, supervising.

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