

Healthy Living Islamically for Early Age Through Effective Communication

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Abstract: Children are a surrogate of Allah, the expectations of parents, religion, and nation. The child was first brought up in a family environment to be fostered, educated the next generation. In the family of the child should be given food that is halal, both to support the growth and development of character or moral. To support the development of children's character parents should pay attention to the child's halal foods. Foods and beverages can affect the psyche and mental properties of people eating. The food has a great influence not only on the physical but also the soul and human feelings. The closeness of parents of this child as one means to establish communication. Communication between mothers and fathers and the children often do not go hand in hand. This communication misalignment will affect the behavior of children in the community. Children can look for an escape that one outside the home (environment) because the child feels his mother and father can not understand the problems it faces. The lack of communication between the mother, father, and son usually attributes to differences in the children's world with the adults'. Mother and father should understand about their condition. Sometimes communication between parent and child is not well established. Most parents do not pay attention to the way of communication with their children when it is so influential for future development. How to parent communication will make an impact on the parent-child relationship in the long term. In nurturing, educating, providing kosher food for children at an early age is one way of effective communication in a child who must be a parent. Halal food greatly affects the mental development of children.

Keywords: Healthy Living, Effective Communication

I. Introduction

Halal is an action, conversation, actions, and behaviors that can be done by Islam without incurring sin. Halal food extremely has benefits both regarding the substance, as well as how to obtain it good for the health of our bodies is highly recommended to children from an early age as a way to habituation [8]. In the aspect of food, halal food is food that should or should not forbid to be eaten by Muslims. Meanwhile, unclean food is food that is not required or authorized (prohibited or prevented) for consumption or use by Muslims. Kosher food affects the soul and character of the people who eat therefore children should be given dietary and healthy lifestyle from an early age. For that to be the message that will be delivered this up, we must use effective communication. According to Stewart L. Tubbs and Moss Sylvia Effective communication raises at least five things: understanding, pleasure, influence on attitudes, which increasingly good relationship, and action. We learn to be a man of communication [7]. The little boy is just a piece of meat until he learned to express feelings and needs through crying, kicking, or smile.

II. Theories

A. Islamic Halal Food

Halal means be eaten, may be used, (according to religious rules). The word "halal" is derived from a root word that means "free" or "not bound". Something that halal is that unleashed the dangers of the world and ukhrawi. The word halal means also allowed. In legal language, this word covers everything that is permitted religions, whether of skill it is sunnah, the suggestion to do, makruh (recommendation to avoid) and permissible (neutral/fine). According to the language of the case or action is allowed, required, permitted, or justified Shari'ah. While the case is unlawful or acts that obliged or not be allowed by Islamic law [9].

In Islam, the term halal is used against an action, conversation, actions, and behaviors that can be done by Islam without incurring sin [10]. Haram is a case or acts that have been established Islamic law from being committed by Muslims mukallaf, and violation of the matter is the subject of sin. Islam is very concerned with kindness and cleanliness in all aspects. Regarding food and goods that are used, the Muslims were commanded to take and use good ingredients, pure and clean.

The following surah describe the theorem of halal.

Al-Baqarah (172)

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ تَعْبُدُونَ ﴿١٧٢﴾

Meaning:

O you who have believed, eat from the good things which We have provided for you and be grateful to Allah if it is [indeed] Him that you worship.

Al-Ma'idah (88)

وَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاتَّقُوا اللَّهَ الَّذِي أَنْتُمْ بِهِ مُؤْمِنُونَ

Meaning:

And eat of what Allah has provided for you [which is] lawful and good. And fear Allah, in whom you are believers.

B. Definition of Halal

Definition of Halal according to Islam is the food that been allowed or authorized for eating, it is by the provisions of Islamic law. The author discusses the halal food for the Muslim side [8][9]. Therefore halal food itself turns can be divided into two parts kosher food is as follows:

1. According to the halal food substance.

For the first type of halal food is kosher products given the substance. In other words, the food or beverage is derived from halal ingredients, let alone such as fish, beef, chicken, vegetables, rice, and water.

2. According to the halal food and how to get it.

The second type of halal food is kosher food according to how to get it. In this case means that the basic ingredients of the food and drink must be obtained from something that is halal, or legitimate. In other words, the material of food and drink must be obtained in a way that is fair and lawful. "And do not you eat up the property most others of you in a way that vanity, and you bring the (business) property to the judge so that you can take some of the property of others with (the act) sin, whereas you know." How falsehood is any way take away the rights of others, either subtly especially rough, hidden or overt, direct or indirect, conducted alone or jointly with others, such as theft, fraud, robbery, or the popular term now this corruption, collusion, and nepotism and so on.

Halal food from acquired businesses, such as:

- ❖ Halal food from the results obtained from the work of other businesses such as laborers, farmers, clerks, carpenters, driver.
- ❖ Halal food from begging is given outright, but work is lawful, but hated by God as buskers.
- ❖ Halal food from alms, charity, donation, gift, tasyakuran, walimah, inheritance, wills.
- ❖ Halal food is the food of the booty obtained in war (ghoniyah).

Halal food and drink resources.

The source of halal food and drink are as follows:

a. Animals

Animals were divided into two groups, such as:

❖ Land Animal

All lawful land animals eaten, except:

The animals were not slaughtered following syarak law.

- Pig
- Dogs
- Animals fanged used to scratch and kill ie, wild animals such as tigers, birds scrapers, elephants and the like.
- Birds that have nail scrapers or eating eagle snatched the bait and the like
- The animals are ruled by Islam to kill him is like a rat, scorpion, eagle, centipedes and the like.
- Pets are forbidden by Islam to kill is like ants, bees, and birds belatuk.
- Pets considered disgust (vile) by the public, such as ticks, flies and the like.
- Animals that live on land and water (two worlds), such as frogs, crocodiles and the like.

❖ Aquatic animals

Aquatic animals are animals that can live essentially in the water alone. Pets are lawful and can be eaten except poisonous, intoxicating and endanger human health.

b. Plants

All kinds of plants and the result was lawful to eat but the heady toxic and harmful to human health.

c. Beverages

All the water is kosher drink except poisonous, intoxicating and endanger human health and is mixed with unclean objects

The halal food or nutritious certainly very useful for us, good for the physical and spiritual needs. The results of the halal food drink very blessing, Barokah not mean numerous, albeit slightly, but the money is enough to meet the daily needs and also highly nutritious [10]. Beneficial to the growth of the body and brain development. As with the results and the type of goods that are forbidden, although a great deal, but not a blessing, Allah grace that makes it difficult for him to run out their money wasted a lot in a short time.

Among the several benefits of using halal food and beverages, such as:

- a. Bring the tranquility of life in daily activities
- b. Able to maintain physical and mental health
- c. Protection of Allah SWT
- d. Getting the faith and devotion to Allah
- e. Honest personality is reflected in his life and what their attitudes
- f. Sustenance obtained a blessing afterlife

III. Methodology

A. Healthy Living

A healthy lifestyle is a simple choice that is very appropriate for the run. Living with diet, thoughts, habits, and a healthy environment. Healthy in a fundamental sense of the word is everything that we do provide good results for the body [1][3]. Understanding healthy lifestyle according to Kotler, a healthy lifestyle is an overview of the activity / activities supported by the interest, desire and how the mind interacts with the environment to live in. Surely the good things. From the definition above can be interpreted that a healthy lifestyle is an excellent choice for our survival, whereas a healthy lifestyle is a way to go to get physically healthy physically and emotionally [2][6]. So a healthy lifestyle is a process to achieve a healthy lifestyle.

Healthy Lifestyles For Children

A healthy lifestyle will make the immune system becomes better as well as children. Those who have a good immune system will affect the quality of life better too. In other words, the child's immune system will affect growth both physically optimal for growth and development. Kids can have good concentration, have an understanding of subjects, so the impact on academic achievement. Endurance affects children emotionally. Kids were able to develop a good potential and be fun. Here is an example of a healthy lifestyle for children:

❖ Intake of foods with balanced nutrition

Nutrient composition of the start of carbohydrates, protein, fat, vitamins, and minerals. Things to note each security type of food or beverages consumed by children from natural ingredients and also keep it clean. In improving the child's appetite, it can create a varied menu without losing nutrients needed each day.

❖ Apply clean lifestyle

Familiarize children with clean lifestyle everyday. For example, get children to wash their hands before eating, bathing every day morning and afternoon. This method can prevent a child from germs that enter the body. Get used to implement a clean life begins ages toddler to become a good habit.

❖ Familiarize Exercise and Sport

The body is always active will make the immune system. So does that always invites to choose exercises and exercise routine so that the body's immune system. Keeping the body healthy and avoid overweight. For those who linger a long time sitting watching television or playing games should be balanced with your exercise routine schedule. Suggested regular exercise such as swimming and cycling for 30 minutes to 60 minutes, at least three times a week. Most good if it can be done every day. By keeping these habits so as to be able to maintain a healthy lifestyle into adulthood.

❖ Adequate rest

Physical activity must be balanced with sufficient rest. Kids must get enough sleep at least 8 hours per day. If needed, it can be a break for 1-2 hours during the day. Parents need to set child's bedtime, so it becomes a habit. Rest is very important to restore the function of cells of the body after the child do the activity. If not accompanied by adequate rest it is feared will lead to decreased immunity. These conditions facilitate the germs attack the body.

❖ Creating a healthy environment

The child's environment can affect the immune system. As much as possible to avoid environmental pollution. A healthy home away from sources of sewage pollution, sewage, factory, smoke, and so on. A clean and healthy environment to minimize the presence of bacteria and germs that can strike children. Besides cleanliness in a child's room is very important to note, dikamar are commonly used by children in play and learning. Having regard to the pattern of healthy life habits have given their best to the next age children. For those who maintain a healthy life of children, are highly dependent on role in remembering the children were still in control so that the best life in care.

B. Positive Impact Healthy Lifestyle

Speaking of healthy lifestyles, not only focus on healthy food but related to healthy habits through life and no less important is the ownership of a positive mindset. Humans look at life with optimism, believed to affect mental condition finally free themselves from the burden of thinking that happened so avoid the disease that is usually caused by the emergence of stress, burden of thinking and worrying in life. Living targeted, more comfortable, and always happy will certainly be felt if someone fit physically and mentally. Physical health makes a person has a chance of reaching old age with a healthy body condition [4][5]. And mental health made people always think optimistic in looking to the future-a future. These things can be granted if humans apply a healthy lifestyle. Here are the benefits derived someone if they do and applying healthy lifestyle in his life, namely as follows:

- ❖ to sleep soundly
- ❖ able to work with a maximum
- ❖ to learn better
- ❖ to think in a healthy and positive
- ❖ feeling peace and comfort
- ❖ have a healthy appearance
- ❖ getting social interaction and the good life
- ❖ confidence
- ❖ save costs in health gain
- ❖ protected from various diseases.

C. Effect Against Human Soul Halal Food

At this time the food and drinks are found kinds and types in line with technological development. Culture eating and drinking are far from fundamental values should be, which is to meet the needs of nature to live a life in the world. However, at this time, the food and beverages have entered into a global lifestyle territories that are part of modern life. Food and drink are no longer a fundamental human need. But has penetrated the Netting of cultural perceptions that are not clear footing. For example, if modern humans dare to articulate his concept of heaven, he will describe a situation such as malls, supermarkets, restaurants, cafes, or any provided with all sorts of food and drink which he considers reflect the modern trend with an all-round form of the kind now. Pizza Hut, hamburgers, lasagna, steak, ice cream, fruit punch, orange juice, Coca-Cola, Sprite and so on, which is used as a symbol of the reliability of a person in this life, which is seen in the style of food and drink. It is certain he will complete the concept with a strong desire that he could still follow and can afford it. Perhaps the concept of eating and drinking it could be simplified in straightforward language with "unnecessary important satiety style." There is no denying that the food has a huge influence on the growth and physical health of human beings. Issues that will be presented here is its influence on the human soul.

A great scholar, Al-Harali (d. 1232 CE) found the type of food and drinks can affect the psyche and mental properties. These scholars concluded that "rijs" forbid certain foods, such as the prohibition of liquor (QS AL Ma'idah 5:90) carrion, blood, and pork (QS Al-An'am 6:145). The word "rijs" according to connote "badness of character depravity." So, if God calls certain foods and vote as "rijs", then this means that the food can cause the ugliness of character. Indeed, the word is also used AL-Quran for the bad deeds that describe mental depravity, such as gambling and idolatry (QS Al-Ma'idah 5:90). Thus the opinion of AL-Harali above is reasonable regarding language and the use of AL-Quran.

In line with the above opinion is the opinion put forward by a contemporary scholar, Shaykh Taqi Falsafi, in his child between Heredity and Education. In this book, he strengthens his argument with quotes Alexis Carrel, Nobel Prize winner medicine. Carrel wrote in his book *Man the Unknown* more or less as follows: Influence in the mix (compound) chemical contained by the food on the activity of the soul and the human mind is not known perfectly, as yet another experiment conducted adequately. But there is no doubt that human feeling is influenced by the quality and quantity of food. Well if so, it appears that the food has a great influence not only on the physical but also the soul and human feelings. Some studies indicate that the liquor is the first step resulted in the following steps of the criminals. This caused partly by the effects of the drink in the soul and his mind.

D. Children As with Impetasi Development

Parents have a responsibility for children's education, like education, the ratio (reason) is to establish the mindset of a child against everything that is useful, both in the form of science syar'i, to modern culture, awareness of thought and civilization. That child became mature thought and formed science and culture. This responsibility is no less important as the responsibilities of faith, character, and physical. Faith is the foundation of education, physical education is the preparation and formation, and moral education is an investment and habituation. The ratio of Education is awareness, familiarization, and teaching.

The facilities and methods of education are very influential in shaping the character of children

1. Educate with example
2. Educate with habituation
3. Educating with advice
4. Educate the attention
5. Educate with penalties

The scholars agreed that the law in the maintenance of the child referred to as hadhanah is mandatory. According to scholarly, hadhanah the rights shared between parent and child. In fact, according to Al-Zulhaili Wahbah, hadhanah rights is the right of association between mother, father, and son. If the quarrel, the precedence is right or interest of the child.

IV. Result and Discussion

Communication or English communication comes from the Latin communication, and comes from the word "communism"; that means the same. Same here means the same meaning. So communication takes place when people are involved in the communication must have in common sense or mean about something that is communicated. Obviously, if someone understands something about another person proposed to her, then communication is taking place. This does not mean that both sides have to agree on anything these ideas. The important thing is the two sides both understood the idea.

Terminology communication according to Kincaid, is a process of information exchange is performed by two or more people, which in turn led to a deep mutual understanding. Onong Uchjana Effendi suggested that the paradigm of communication is so widespread and is the process of delivering a message by one person to another to notify (inform a message to the client) or to change the attitudes, opinions or behavior, either verbally, or indirectly through the media.

In conducting the child's communication, it needs to consider various aspects including the age of child development, how to communicate with children, methods of communicating with the child phases or steps in their communication with the child; as well as the role of parents in helping the process of communication with the children so they can be obtained information is correct and accurate. This is done so that communication will be delivered effectively or run smoothly.

A. Age Growth

At the age of 0-1 years of communications in infants can be done is through the baby's movements, the movement as an effective communication tool. At the age of 1-2.5 years, 2.5-5 years of communication at this age can be demonstrated with the development of children's language with the ability of children can understand more than ten words. Communication in school age children experiencing developmental, can begin with the child's ability to print, drawing, or writing a great letter and what was done by children reflect the mind of the child and the child's ability to read here already emerged. At the age of eight, the child can read and have already started thinking about life.

Communication can be done at school age are still considering the level of language skills of children, using simple words that are specific, explaining something that makes obscurity in children or something unknown, at this age the curiosity on the functional aspects and procedural than object certain very high. So it is clear meanings, functions and procedures, the intent and purpose of the thing in question clearly and do not hurt or threatened because this will make the child unable to communicate effectively.

At the age of 11-18 teenagers communication is performed with the ability to discuss or debate and already started to think conceptually, has begun to show feelings of shame, at this age children often reflect on the life of the future which is reflected in the communication. At this age mindset is already beginning to show a more positive direction, going conceptualization considering this period is the transition of children into adulthood. Communication can be done at this age is to discuss or brainstorm on peers, avoid some of the questions that can cause embarrassment and maintain the confidentiality of communications recalled the beginning of the realization of child's trust and was a transitional period in a mature way.

B. Methods In Communicating With Children

Communication with children is something that is important in maintaining a relationship with the child. Through this communication can facilitate taking various data contained in children which are then used in the determination of a problem or action. Some of the ways that can be used in communicating by, among others:

a. Through another person or a third party.

How to communicate was first performed by children in foster self-confidence of children, by avoiding directly communicate with the involvement of parents. Moreover, it can be used to provide comments about the toys, which he was wearing clothes and other things, with no record straight on the subject.

b. Tell

In this way the message will be delivered to the child can readily accept, given the very children love the story, but a story that should be delivered by the message to be delivered, which can be expressed through text or images.

c. Facilitate

Facilitating the child is part of the way we communicate, through this expression of the child or the child's responses to the messages to be received. In facilitating we should be able to express feelings and should not be dominant, but the child must be given a response to the message sent by listening attentively and do not reflect the negative expression that indicates bad impression on the child.

d. Bibliotherapy

Through the provision of books or magazines can be used to express feelings, to tell the contents of the book or magazine in accordance with the message that will be delivered to the child that the child magazine.

e. Request to mention the desire.

This expression is important in communicating with children, by asking the child to name the desire can be seen a variety of complaints from children, and that desire can show feelings and a child's mind at that moment.

f. Pros and cons of options.

The use of this communication technique is very important in determining or know the feelings and thoughts of children, by filing a sense of a situation that shows the positive and negative selection by the opinion of the child.

g. Use of scale.

The use of scale or ranking is used to express feelings such as the use of sick children a feeling of pain, anxiety, sadness and others, to encourage the child to express feelings of pain.

h. Write.

Through this way, children will be able to express himself well in the state of sadness, anger or other and is usually done on children who irritated, angry and silent. This can be done if the child is able to write.

i. Draw

As well as writing drawing can also be used to reveal the expression, feeling irritated, angry that usually can be expressed through the image and the child will express his feelings when someone asked about the meaning of the picture he wrote.

j. Play.

Playing an effective tool in helping children to communicate, through this interpersonal relationship between the child and those around him can be established, and the messages can be delivered.

V. Conclusion

In this section will be taken the gist of the preceding discussion. It can be concluded that effective communication is the process of delivering a message from the communicator to the communicant to produce one sense, of understanding or feedback to the purpose of the communication is in progress. Communication early on can be applied by parents to their children. This step will help children in increasing faith. In the world of education, communication will be effective if its application in conjunction with the Islamic communication based on Qur'an and Hadith. It is as in education not only provides knowledge, but the most important are to educate students to be the figure of a virtuous and capable of using their knowledge in real life later so as to achieve the purpose of education.

VI. Future Scope

As an educator is expected to evaluate how to teach to children and behaved while in school and the community to provide the best teaching and become role models for their students. As one educator, a teacher is expected to use effective communication and Islamic early age which will facilitate students in understanding each of knowledge that should be accepted so that the educational goals can be achieved.

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