



Tradition Fast White in Islamic Law

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Abstract. *This research explains the practice of fasting in the context of Islamic law, identifying the views of Islamic scholars and literature regarding fasting. The aim of this research is to provide comprehensive insight into the practice of fasting and its relevance in Islamic teachings. The research method used is a qualitative approach by analyzing related texts and literature, such as the Al-Qur'an, Hadith, views of ulama, and previous research. The research results show that putih fasting is a tradition that is still maintained by some Javanese people, especially before weddings. Even though it has no direct basis in Islamic law, putih fasting is carried out with the aim of gaining inner peace and physical and spiritual readiness before marriage. The procedure for white fasting involves consuming only white foods and drinks, such as white rice and water, as well as increasing worship such as prayer, dhikr and supplication. However, the analytical views of Islamic scholars and law show that fasting is not recommended in Islamic teachings and is not included in the worship exemplified by the Prophet Muhammad SAW. Although it is permissible if the intention is solely for Allah SWT, putih fasting is more cultural than religious. The recommendation for Muslims is to carry out this tradition carefully and ensure that their intentions are truly for Allah SWT. In conclusion, fasting putih before a wedding is a tradition that is more embedded in Javanese culture than Islamic religion. Although it is not prohibited, this practice should be carried out with clear intentions and does not conflict with Islamic teachings. Further research is needed to bring closer understanding between local culture and pure Islamic teachings.*

Keywords: *Absolute Fasting, Javanese Tradition, Islamic Law.*

Abstract . Study This explain practice fast white in context Islamic law , identify views of Islamic scholars and literature regarding fast white . Objective study This is For give comprehensive insight about practice fast whiteness and its relevance in Islamic teachings . Method research used is approach qualitative with analyze texts and literature related , such as the Koran, Hadith, views of ulama, and research previously . Research result show that fast white is tradition still preserved by some public Java , especially approaching wedding . Although No own base direct in Islamic law , fasting white done with objective For obtain calm mind and readiness born inner approaching wedding . Procedures fast white involve restrictions consumption food and Drink only on colored ones white , such as white rice and water , as well increase worship like prayer , dhikr , and supplication . However , the views of scholars and analysis Islamic law shows that fast white No recommended in Islamic teachings and not including in worship exemplified by the Prophet Muhammad SAW. Although allowed If his intention simply For Allah SWT, fast white more nature culture than religious . Recommendation for Muslims are operate tradition This with be careful and make sure that intention they truly because of Allah SWT. In conclusion , fasting white before wedding is more tradition rooted in culture Java than the Islamic religion. Although No prohibited , practice This should done with clear intentions and not contradictory with Islamic teachings . Required study more carry on For get closer understanding between culture local and pure Islamic teachings .

Keywords : Fast putih , Tradition Java , Islamic Law.

INTRODUCTION

Fast white is tradition unique in public Java is involved restrictions consumption food and Drink only on colored ones white , such as white rice and water . Tradition This own root long and frequent history linked with effort For clean self in a way physical and spiritual, especially ahead of an important event like wedding . Although No own base direct in Islamic teachings , practices fast white still executed with confidence that matter This bring spiritual benefits . Understanding to fast white from perspective Islamic law became important For evaluate is tradition This in line with religious principles .

Study This aim For explain fast white in context Islamic law , identify views of Islamic scholars and literature regarding fast white . With So , it is expected study This can give comprehensive insight about practice fast whiteness and its relevance in Islamic teachings .

THEORITICAL REVIEW

1. Fast

Before the entry of Islam, society practice fast as one of the form Salat (Solikhin, 2018). By etymological , As -Saum contain meaning " control. " self ”, which includes taboo eating , drinking , talking negative , and holding back lust . The word “ fasting ” refers to the control that is exercised somebody to all over aspect his life , incl No only abstain food and Drink but also from whatever you can cancel fasting , like chase lust or his wish from dawn until sun sunk simultaneously with fast . objective somebody (Rasjid, 2014).

Fasting , as in defined in Islamic law , involves regulations and restrictions all form food , drink and activities sexual between dawn and sun sunset . Temporary that , Yusuf Al-Qardlawi in Amy Nifatul Umaroh interpret fast as No eating , drinking , and doing activity sexual throughout day , start rise dawn until sunset sun , with objective For solemn to Allah SWT (Umaroh, 2017).

2. Fast White

Moment break the fast dawn or throughout day , fasting white only consume water and white rice without flavoring anything , including salt or side dish peak . Mutih , said the inside Language Javanese , which means " to whiten " , is origin origin the expression “ fasting white ”. According to ideology fast mutih , fasting is tactics used For obtain blessing at a time whitens and purifies body and soul of past evils . Objective from fast white public Java is For know things magical , so they Certain impressed with events magical (Hakim, 2020).

Procedures sahur and breaking the fast fast white The same with fast normal . On the contrary if you fast in a way general , you just allowed consume white rice and water during

fast , and everything you eat must holy and clean without There is disturbance . you may Eat whatever you want moment break the fast fasting and sahur .

Purify heart and soul from violation heavy is objective fast white . Fast For own ideal appearance , esp for candidates bride . There are many reason different For fasting , some big centered on understanding about paranormal stuff , however there are also people who fast For fulfil desire or win contest . Objective from fast white This is For get closer self to the Creator and ask guidance and blessings to Allah SWT. We can conclude that convention ancestral , partial big , is custom customs made up with benefits that don't known to everyone man .

RESEARCH METHODS

Study This use approach qualitative For deepen practice fast white in context Islamic law . Method This involve analysis texts and literature related , such as the Koran, Hadith, views of ulama, and research before , for understand position fast white in Islamic teachings . Through approach this , research aim For dig deep understanding about practice fast white , incl its origins , views of scholars, as well benefits and impacts according to Islamic perspective . Analysis texts and literature done in a way systematic For compile comprehensive understanding about fast white in framework religious teachings . With Thus , research This give contribution valuable thoughts in understand practice important religion for public Java , as well its relevance in context Islamic law .

RESULTS AND DISCUSSION

1. Practice Fast White

Tradition fast white is one of still practice preserved by some public Java , especially before the wedding . In tradition Here , candidate bride undergo fast with only consume colorful food and drinks white , such as white rice and water , of dawn until sun sunset . Although No own base direct in Islamic teachings , fasting white done with objective For obtain calm mind and readiness born inner approaching wedding .

Procedures fast white involve a number of similar steps with fasting in general . First , candidate bride must intend For operate fast white with clear goals , ie simply For look for please Allah SWT and ask smoothness at a wedding event . Intention This be read in heart before dawn , similar with fast in Islam.

Fast started from rise dawn until sunk sun , with candidate bride No allowed consume anything other than colorful food and drinks white . Usually , they are only eat white rice

without colorful side dishes , and drink water just . This matter intended For clean self in a way physical and spiritual, as well adds a positive aura for candidate bride .

Besides guard intake food , during fast white , candidate brides and grooms are also recommended For increase worship like prayer , dhikr , and supplication . Prayer special fast white often be read For plead blessings and a smooth wedding event . Although fast white No arranged in a way special in Koran and Hadith, practice This executed with confidence and sincerity , as well without bother performance of obligatory worship other .

In practice , duration fast white Can varies , some do during three day , seven day , or even more , depending on tradition family or suggestions from Elder custom . Although No required or not recognized in a way official in Islamic law , fasting white often done as form respect to tradition ancestors and for strengthen the candidate's intentions and mental readiness bride (Heru, 2019).

2. Islamic Law Analysis of Fast White

Fast white usually done in tradition culture custom Java , fasting white before Marry Still become habit in culture Java . Javanese Society consider fast white is tradition holy that can be increase the aura of the candidate bride before Marry . It is recommended that both bride fast before Marry . Meaning fast in Islam and its comparison with mutih rituals give Islamic views on custom fast before Marry . Sharia law in Islam no know practice fast before Marry . The Word of Allah Almighty :

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

Meaning : " O you who believe , it is obligatory on You fast as required over the people before you so you God-fearing ." (QS Al-Baqarah [1]: 183)

Quran verses This hinted that Muslims do not Once recommend fast in accordance with the fasting model , regardless from is That required by law or sunnah. No There is guidelines in fiqh fast For limit pattern Eat just rice and water. Therefore the , Interview Kiai Syaifuddin in (Heru, 2019) stated : "Ritual fasting before Marry only For honor culture or existing tradition There is since a long time ago, according to I No problem , provided his intention only because of Allah SWT. "

History of Islam, Sunnah, and the Koran No recommend fast white before Marry . This matter make practice fast white effective No like worship to Allah SWT. As a result , Mr Kiai Sholekan in (Heru, 2019), the ta'mir of the mosque , stated :

"Because Rasulullah SAW exemplified and established ritual worship in Islam, then fast before Marry No sourced from Islamic teachings and not There is value as practice fast obligatory and sunnah. which has recommended by the Prophet Muhammad." Therefore that's worship

and reward will more big when We truly carry out worship accordingly with the Prophet's teachings and restraint self For No perform worship other than what has been done example he ."

Actually fast before Marry Already become A custom customs a long time ago , but in those days more Lots done For respect and preserve culture grandma ancestors We . Mr. Mujahid inside (Heru, 2019), father of the bride and groom woman , said that same reason Still applies until moment This :

"We must protect culture grandma ancestors us so we don't is lost consequence impact globalization . However definition fast in Islam no covers fast before day kingdom ."

Although so , more Good for We For practice existing forms of worship pioneered and exemplified by the Prophet Muhammad SAW, such as fasting . Besides uphold tall legitimacy the value of worship, we ensure the shape No changed in a way haphazard or developed in accordance custom or tradition . Besides that , with guard consistency component technical worship, p This guard Islamic unity . the Prophet himself ordered For still adhere to the Sunnah and Al-Quran to avoid it from deviations , especially those related with rules and practices of ceremonial worship . Because of fasting abstinence No including in Sunnah fasting is recommended by Islam, then law fast white in Islam no there is and there isn't necessary , as well give rise to conclusion that is not logical . Generally public believe that fast will increase his health . Later , harmony family will protected from all badness or possible disaster arise from wedding the . " In affairs harmony House ladder should Study from the Koran and As-Sunnah, no from worship that is not clear source and location the law ," said Pak Kiai Sholekan (Heru, 2019).

Of course Correct No There is provision the law explains about fast before Marry . Kind of action This No prohibited , however ; Fast whatever is running in accordance with Sharia law and not There is rule its implementation considered absolute sunnah fasting , with objective fast absolute . Therefore that is , fasting the including absolute sunnah fasting If No including things that are forbidden in Islam. Of course Just fast This own more goals tall from just fast absolute ; that also works as buffer to turmoil emotion . Figure public Village Tawangrejo Mr Syaifuddin in (Heru, 2019) stated : "Because it is big possibility thought will beautiful Evening bride will comes to mind You moment wait marriage contract . Fast can become fortress For avoid activities prohibited by religion.

" Whoever among you is able , should quick married , because wedding condescending views and more protect intimate parts ," said the Prophet. And because fast can protect someone , then for those who don't capable should fast ." (HR Bukhari No. 1905)

Besides that , Village Tawangrejo do fast before Marry with hope for marriage the bring blessing and happiness . Here 's one benefit fast before Marry other . Behavior like This allowed in Islam because believed that deed Good can become bridge prayer to Allah SWT. Regardless from the above , candidate bride adherent tradition Java in the Village Tawangrejo very carry out fasting rituals before Marry . Custom This applies general Because knowledge a number of inhabitant Village Tawangrejo will do it Marry Once follow him . All That done simply out of awe to Allah SWT and do it For obey tradition ancestors who have long existed and been respected high , which is also considered can grant desire like marriage and success or makes it easier all something before carry it out . With So , the law prohibition fast before Marry is rejected worship If seen as obligation and one component Islamic beliefs . Therefore that is , fasting allowed Because done in accordance with Islamic law and sharia . Before getting married , fasting perfect allowed provided done with objective fast perfect . in effort muffle turmoil lust and so on tawassul in raise prayer to Allah SWT. In connection with That's it , Mr Kiai Sholekan say that :

Rasulullah saw said :

“ In fact all deeds and deeds depends on intention , and every man only obtain in accordance with the intention , ” Wallahu a'lam .

CONCLUSION

Fast white , though No own base in Islamic law , is tradition still run by the community Java , especially approaching wedding . Ulama like Mr Kiai Syaifuddin and Mr Kiai Sholekan state that fast This No recommended by Islam and not including in a form of worship exemplified by the Prophet Muhammad SAW. However , fasting white can executed provided his intention right , that is simply for Allah SWT, without give rise to shirk . Benefit fast white is believed covers calm inner self , mental readiness , and the addition of a positive aura candidate bride , though effect This more nature culture than religious .

Recommendation for Muslims in respond fast white is operate tradition This with be careful and make sure that intention they truly because of Allah SWT. Muslims should understand that fast white it's not part from mandatory Islamic teachings or sunnah . Study more carry on required For understand tradition local in Islamic perspective , with objective get closer understanding between culture local and pure Islamic teachings .

As closing , fasting white before wedding is more tradition rooted in culture Java than the Islamic religion. Although No prohibited , practice This should done with clear intentions and not contradictory with Islamic teachings . Reflection personal researcher conclude that

honor culture ancestors is important , however must done with wise and appropriate with true Islamic principles . Tradition This Can still executed during No give rise to misunderstanding or conflicting beliefs with monotheism.

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