

# Harmony Amidst Disruption: Islamic Approaches to Managing Technological Influences in the Family

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## Abstract

The disruptive digital era has significantly altered family dynamics, including those of Muslim families striving to uphold traditional values amid the deepening influence of technology. This challenge necessitates a wise approach to managing interactions with technology while maintaining family harmony. This article aims to explore Islamic approaches to managing the influence of technology on families, focusing on principles and practices that can help Muslim families sustain their core values in the modern era. The study finds that Islamic teachings provide a robust framework for addressing technological challenges through concepts such as 'uswah hasanah' (exemplary conduct), 'hikmah' (wisdom), and 'maslahah' (public interest). These principles encourage wise and responsible use of technology, emphasize the importance of quality family time, and maintain effective communication. Strong religious education and a deep understanding of Islamic values were also found to be key factors in building family resilience against the negative impacts of technology. A holistic Islamic approach to managing technological influences not only helps maintain family harmony but also supports the development of balanced and ethical individuals. This article contributes to the literature on technology and family by offering a comprehensive and applicable Islamic perspective for contemporary contexts.

**Keywords:** technology, family, Islam, harmony, religious education

## 1. Introduction

The digital era has brought significant changes to various aspects of human life, including family dynamics. Technology has become an integral part of daily life, influencing how people communicate, work, and spend time with their families. This technological influence brings both benefits and challenges that need to be managed wisely, particularly for Muslim families striving to maintain their traditional values.[1].

The context of this research focuses on how Muslim families navigate technological disruptions while preserving harmony and the values they uphold. In modern society, the use of technology such as the internet, social media, and digital devices has transformed how people interact and live their daily lives. Technology has the potential to strengthen family relationships but can also be a source of tension and conflict if not managed properly. [2].

Previous literature has extensively discussed the impact of technology on families in general, but studies specifically from an Islamic perspective are limited [3]. Some studies suggest that technology can affect communication among family members, reduce quality time together, and even influence individual values and morality [4]. Therefore, it is crucial to explore specific approaches that can help Muslim families manage the influence of technology in ways consistent with their religious teachings [5].

This research aims to explore how Islamic teachings can be applied to manage the influence of technology on families. Islamic teachings offer various concepts and principles that can help families maintain a balance between the benefits of technology and protection against its negative impacts. Principles such as 'uswah hasanah' (exemplary conduct), 'hikmah' (wisdom), and 'maslahah' (public interest) are highly relevant in this context.

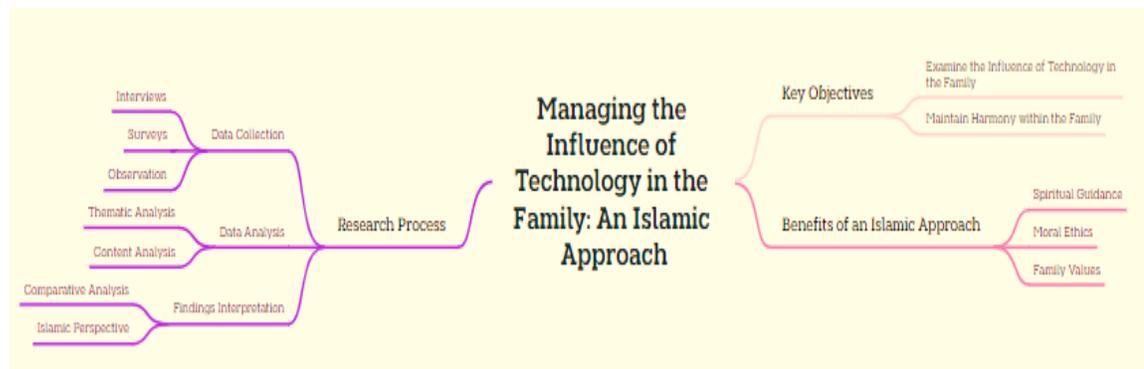
In Islamic literature, the concept of 'uswah hasanah' emphasizes the importance of parents setting a good example for their children. Parents who wisely use technology can be positive role models for their children, teaching responsible and beneficial use of technology. Meanwhile, 'hikmah' or wisdom encourages the prudent use of technology, considering its long-term impact on family relationships and individual development.[6].

Additionally, the concept of 'maslahah' or public interest stresses the importance of considering the benefits and harms in every action [7]. In the context of technology use, this means choosing applications that bring the greatest benefit to the family as a whole while minimizing potential negative impacts [8]. This approach can help families make better decisions about when and how to use technology.

This study employs qualitative methods through literature review and in-depth interviews with family experts and Islamic religious figures. This approach aims to gain a deep understanding of how Islamic teachings can be applied in the context of technology use within families. The findings are expected to provide practical guidance for Muslim families in managing the influence of technology.

Therefore, the primary objective of this research is to identify and articulate Islamic principles that can help Muslim families maintain harmony amidst technological disruption. This study not only contributes to the literature on technology and family but also offers a comprehensive and applicable Islamic perspective for contemporary contexts.

## 2. Method



This research methodology is designed to examine how an Islamic approach can be used to manage the influence of technology in the family in order to maintain harmony. This research uses a qualitative method with a case study approach to gain an in-depth understanding of the phenomenon under study. The research was conducted within the families of several lecturers at UIN Maulana Malik Ibrahim Malang.

Data collection is done through in-depth interviews and participatory observation. In-depth interviews were conducted with parents and children in the families selected as research subjects. The interview questions were designed to explore how technology is used in daily life, how communication in the family takes place, and how Islamic values are applied in the use of technology. Participatory observation was conducted to directly observe the interaction between family members and the use of technology in the context of daily life.

In the study titled *Harmony Amidst Disruption: Islamic Approaches to Managing Technological Influences in the Family*, the researcher intentionally employed a two-phase data collection approach. In the first phase, Google Form (<https://forms.gle/FZGZB8kCRnkC1H5e6>) was used to gather initial data through closed or semi-open-ended questions. The choice of Google Form as a data collection tool was aimed at facilitating easy access and expediting the data collection process from respondents dispersed across various locations. The questions in the Google Form were designed to capture a general overview of respondents' views and experiences regarding the influence of technology on family life.

In the second phase, follow-up interviews were conducted via telephone or video call. These interviews aimed to delve deeper into the answers provided by respondents in the initial phase. This approach allowed the researcher to obtain more in-depth and rich data, as well as providing an opportunity for clarification and further exploration of issues that emerged from the initial responses. This combination of methods ensures that the data collected is not only broad but also deep, thus offering a more comprehensive insight into Islamic ways of managing technological influences within the family.

In addition, secondary data was also used to enrich the analysis. Secondary data was obtained from relevant literature, including journal articles, books and previous research reports on similar topics [9]. This data helps to provide context and support the findings from the primary data. By combining primary and secondary data, this research is expected to provide a comprehensive picture of the influence of technology in Muslim families and the Islamic approaches that can be applied.

### **3. Findings and Discussion**

The study found that the families of lecturers at UIN Maulana Malik Ibrahim Malang successfully managed the influence of technology by applying Islamic principles such as 'uswah hasanah' (exemplary conduct), 'hikmah' (wisdom), and 'maslahah' (public interest). Parents served as role models in responsible technology use, selecting beneficial applications and content, and setting screen time limits for children. Strong religious education and effective family communication were also key factors in building resilience

against the negative impacts of technology. Through this approach, families were able to maintain harmony and traditional values amidst technological disruption.

### **3.1. The Impact of Technology on Family Relationships [10]**

This subtheme outlines how technology use affects interpersonal relationships within the family. The discussion will include changes in interaction patterns, physical versus virtual presence, and the quality of emotional bonds between family members. The research will highlight differences between families that maintain emotional closeness despite using technology and those experiencing emotional distance due to technology dependency.

Here are three multiple-choice questions for interviewing a family about the impact of technology on family relationships:

*1. How often do your family members use technological devices (such as phones, tablets, computers) while spending time together?*

- A. Always
- B. Often
- C. Sometimes
- D. Rarely or never

*2. How does technology affect the quality of communication within your family?*

- A. Improves the quality of communication
- B. Does not have much impact
- C. Slightly reduces the quality of communication
- D. Significantly reduces the quality of communication

*3. Does your family have any policies or rules regarding the use of technology during family time (such as during meals or family gatherings)?*

- A. Yes, there are strict rules
- B. There are some rules, but they are not strict
- C. There are no rules, technology use is free
- D. There are no rules, but technology use is naturally minimized

The following are the results from the Google form distributed by researchers

### **3.2. The Role of Parents in Managing Technology Use [11]**

This subtheme discusses how parents apply Islamic approaches to guide and supervise their children's technology use. It covers supervision strategies, setting a good example, and regulating screen time. The discussion will also touch on the challenges parents face in implementing these rules and how they overcome resistance from their children.

Here are three multiple-choice questions for interviewing a family about the role of parents in managing technology use:

*1. How often do parents in your family supervise or monitor children's technology use?*

- A. Always
- B. Often
- C. Sometimes
- D. Rarely or never

*2. Do parents in your family set daily time limits for children's use of technological devices?*

- A. Yes, there are always strict time limits
- B. There are time limits, but they are flexible
- C. Time limits are rarely imposed
- D. There are no time limits at all

*3. How do parents in your family set an example of wise and responsible technology use for children?*

- A. Always set a good example
- B. Often set a good example
- C. Sometimes set a good example
- D. Rarely or never set a good example

#### **a. Applying Islamic Values in Daily Activities [12]**

This subtheme explores how Islamic values are applied in daily activities involving technology. It includes the use of technology for religious practices, Islamic education, and reinforcing moral values. The research will identify specific practices that help balance technology use with maintaining Islamic values.

Here are three multiple-choice questions for interviewing a family about the application of Islamic values in daily activities:

*1. How often does your family integrate Islamic teachings into daily activities involving technology?*

- A. Always
- B. Often
- C. Sometimes
- D. Rarely or never

*2. In what ways do you use technology to engage with Islamic education and practices within your family?*

- A. Regularly use technology for Quranic studies and Islamic lectures
- B. Occasionally use technology for Islamic education purposes
- C. Rarely use technology for Islamic education, relying more on traditional methods
- D. Do not use technology for Islamic education at all

*3. How do you ensure that the content consumed through technology aligns with Islamic values in your family?*

- A. Strictly monitor and filter content to ensure it aligns with Islamic values
- B. Have some measures in place to filter content, but not always strictly enforced
- C. Do not actively filter content, but try to avoid inappropriate material
- D. Do not pay attention to whether the content aligns with Islamic values or not

**b. Benefits and Challenges of Technology in Family Education [13]**

This subtheme highlights the role of technology in both formal and informal education within the family. The discussion will cover the benefits of technology as a learning tool and a medium for religious instruction, as well as the challenges of avoiding content that conflicts with Islamic values. The research will show how families optimize technology for positive and Islamic-compliant education.

Here are three multiple-choice questions to interview a family regarding the benefits and challenges of technology in family education:

*1. How often does your family use technology as a learning or educational tool?*

- A. Every day
- B. Several times a week
- C. Occasionally
- D. Rarely or never

2. How does technology help expand your access to Islamic educational resources?

- A. Provides access to various Islamic educational materials online
- B. Facilitates attending classes or religious lectures through the internet
- C. Not very helpful, prefer traditional resources
- D. Do not use technology for Islamic education

3. What is the biggest challenge you face in using technology for family education?

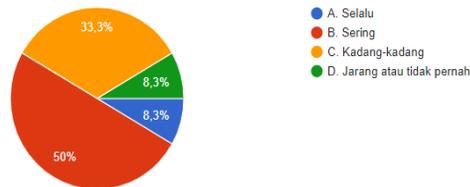
- A. Difficulty in selecting suitable and beneficial content
- B. Disturbance from irrelevant or unhelpful content
- C. Limited access or technological infrastructure
- D. No challenges experienced, technology runs smoothly for family education

The following are the results of the Google form that has been distributed

1. How often do your family members use technological devices (such as cellphones, tablets, computers) when gathering together?



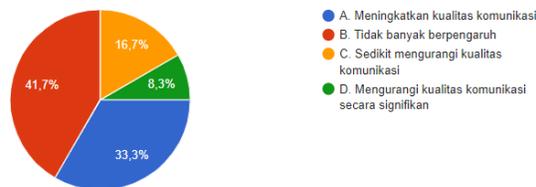
12 answers



2. How does technology affect the quality of communication in your family?



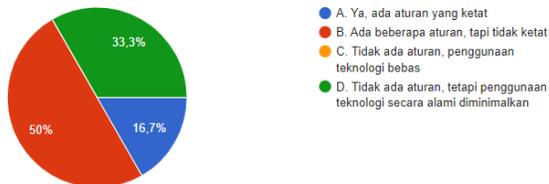
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3. Does your family have any policies or rules regarding the use of technology during time together (e.g. during meals or family time)?

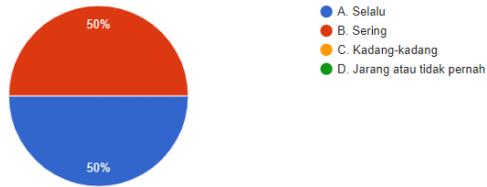


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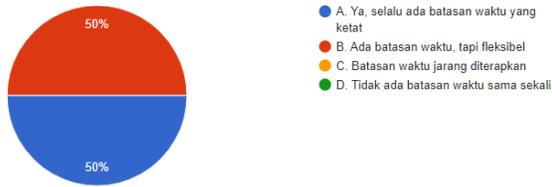
4. How often do the parents in your family supervise or monitor their children's use of technology? [📄](#)

12 answers



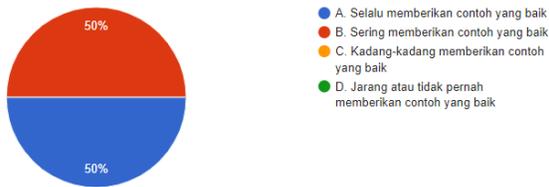
5. Do parents in your family set daily time limits for children's use of technology devices? [📄 Translatio](#)

12 answers



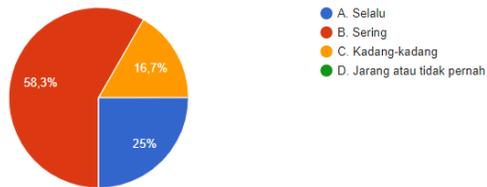
6. How do the parents in your family set an example of wise and responsible technology use for children? [📄 Translatio](#)

12 answers



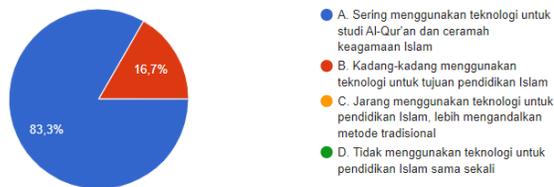
7. How often does your family integrate Islamic teachings into daily activities that involve technology? [📄](#)

12 answers



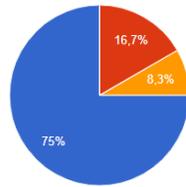
8. In what ways do you use technology to engage in Islamic education and religious practices in your family? [📄 Translatio](#)

12 answers



9. How do you ensure that the content consumed via technology is in line with Islamic values in your family? [Translatic](#)

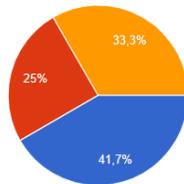
12 answers



- A. Memantau dan menyaring konten secara ketat untuk memastikan sesuai dengan nilai-nilai Islam
- B. Melakukan beberapa langkah untuk menyaring konten, tetapi tidak selalu ketat ditegakkan
- C. Tidak secara aktif menyaring konten, tetapi berusaha menghindari materi y...
- D. Tidak memperhatikan apakah konten sesuai dengan nilai-nilai Islam atau tidak

10. How often is technology used by your family as a learning or educational tool? [Tran](#)

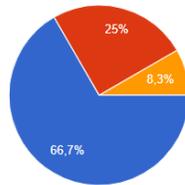
12 answers



- A. Setiap hari
- B. Beberapa kali dalam seminggu
- C. Sesekali
- D. Jarang atau tidak pernah

11. How has technology helped in expanding your access to Islamic educational resources? [Translat](#)

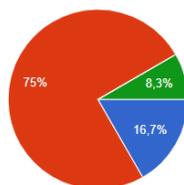
12 answers



- A. Memberikan akses ke berbagai bahan pendidikan Islam secara online
- B. Membantu menghadiri kelas atau ceramah keagamaan melalui internet
- C. Tidak terlalu membantu, lebih memilih sumber daya tradisional
- D. Tidak menggunakan teknologi untuk pendidikan Islam

12. What is the biggest challenge you face in using technology for family education? [Translation](#)

12 answers

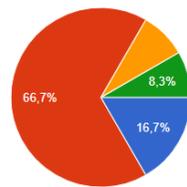


- A. Kesulitan memilih konten yang sesuai dan bermanfaat
- B. Gangguan dari konten yang tidak relevan atau tidak bermanfaat
- C. Keterbatasan akses atau infrastruktur teknologi
- D. Tidak mengalami tantangan, teknologi berjalan lancar untuk pendidikan keluarga

13. How often does your family do collaborative activities that do not involve technology?

[Translator](#)

12 answers

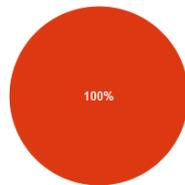


- A. Sering, hampir setiap hari
- B. Kadang-kadang, beberapa kali dalam seminggu
- C. Jarang, hanya pada acara-acara khusus
- D. Tidak pernah, kami lebih banyak mengandalkan kegiatan individual

14. What collaborative strategies does your family use to manage technology use and maintain harmony?

[Translator](#)

12 answers

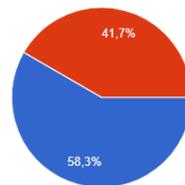


- A. Menetapkan dan menegakkan aturan secara ketat bersama-sama
- B. Membuat diskusi terbuka dan perjanjian tentang penggunaan teknologi
- C. Mengabaikan penggunaan teknologi dan fokus pada aspek lain dari kehidupan keluarga
- D. Membiarkan masing-masing anggota keluarga mengatur penggunaan tekno...

15. What impact will collaborative strategies have on your family's overall well-being and harmony?

[Translati](#)

12 answers



- A. Meningkatkan hubungan dan komunikasi keluarga secara signifikan
- B. Mempunyai beberapa efek positif, tetapi juga beberapa tantangan
- C. Tidak yakin, sulit untuk mengukur dampaknya
- D. Tidak ada dampak yang signifikan, faktor lain lebih penting bagi harmoni keluarga

### 3.5 Collaborative Strategies to Enhance Family Harmony [14]

This subtheme discusses collaborative strategies implemented by families to effectively manage the influence of technology. The discussion will include developing joint rules, open communication, and family activities that strengthen bonds without involving technology. The research will provide concrete examples of how families work together to create a harmonious and value-oriented environment, and the impact of these strategies on overall family well-being.

Here are three multiple-choice questions to interview a family regarding collaborative strategies to enhance family harmony:

1. *How often does your family engage in collaborative activities that do not involve technology?*

A. Frequently, almost every day

- B. Occasionally, a few times a week
- C. Rarely, only on special occasions
- D. Never, we mainly rely on individual activities

2. *Which collaborative strategies does your family use to manage technology use and maintain harmony?*

- A. Setting and enforcing strict rules together
- B. Having open discussions and agreements on technology usage
- C. Ignoring technology use and focusing on other aspects of family life
- D. Leaving it to individual family members to manage their technology use

3. *What impact do collaborative strategies have on your family's overall well-being and harmony?*

- A. Significantly improve family relationships and communication
- B. Have some positive effects, but also some challenges
- C. Not sure, it's hard to measure the impact
- D. No noticeable impact, other factors are more important for family harmony

The theory connects Islamic values and teachings to the challenges posed by modern technological influences:

**Islamic Ethical Framework:** In Islam, technology can be perceived as both a boon and a potential source of disruption. The theoretical framework should examine how Islamic ethical principles, like moderation (*wasatiyyah*), community (*ummah*), and responsibility (*mas'uliyah*), guide a Muslim's engagement with technology. You can discuss how family life is often governed by these values and how they are impacted by the rapid pace of technological advancements.

**Family Structure in Islam:** The family unit, often described as the cornerstone of Islamic society, is central to this theory. Islamic teachings emphasize strong familial bonds, respect for elders, and the moral upbringing of children. Any technological disruption to this structure might require the application of Islamic principles to ensure balance.

**Challenges of Technology:** explore specific areas where technology could disrupt family life from an Islamic perspective, such as the overuse of social media, the challenge of maintaining *adab* (Islamic manners) in virtual spaces, and the moral concerns around easily accessible online content. How does Islam address these issues?

**Islamic Theories of Balance:** Concepts like *taqwa* (God-consciousness) and *shura* (consultation) might also be introduced as theoretical frameworks for maintaining harmony amidst the rapid technological changes that impact family life. Islam provides mechanisms for

discussion, reflection, and balance that could serve as a guiding principle for managing technological influences.

**Resilience of Islamic Values:** Islamic values help families cope with the technological disruptions. For example, families that are more engaged in religious practices might have stronger familial bonds, better communication, and greater moral guidance when dealing with issues like excessive screen time, inappropriate online content, or the challenges of balancing work-from-home arrangements.

**Digital Discipline:** The data might reveal that families who adopt Islamic concepts like haya' (modesty) and self-restraint are better equipped to establish boundaries for technology use, ensuring that family interactions remain meaningful and personal. Parents who model this restraint might foster a similar attitude in their children.

## 4. Conclusion

This study reveals that the use of technology can influence family dynamics, including communication, education, and overall harmony. It was found that families adopting collaborative strategies in managing technology tend to have more harmonious relationships than those who do not. Specifically, collaborative strategies involving setting joint rules, open communication, and technology-free family activities help maintain a balance between the benefits and challenges of technology in the family.

By implementing these recommendations, it is hoped that families can manage technology use more effectively and create a more harmonious and balanced environment for all family members.

1. **Establishing Joint Rules:** Families are advised to establish joint rules regarding technology use, including time limits, allowed content types, and places where technology should not be used, such as the dining table.
2. **Building Open Communication:** It is important for parents to build open communication with their children about technology use. This can be done by discussing the impact of technology, reinforcing family values, and providing space for children to share their online experiences and issues.
3. **Encouraging Technology-Free Family Activities:** Families are encouraged to organize activities that do not involve technology, such as picnics, cycling, or playing family games, to strengthen family bonds without technological distractions.
4. **Islamic Content Education:** It is important for Muslim families to ensure that the content consumed through technology aligns with Islamic values. Therefore, they are advised to choose accurate and quality Islamic educational resources.

5. **Parental Monitoring and Involvement:** Parents should regularly monitor their children's technology use and engage in their online activities. This allows parents to understand how technology affects their children and provide necessary guidance.

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