

The concept of halal recreation

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ABSTRACT

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The halal industry has developed rapidly in recent times. This development is seen in different areas such as halal travel, halal food, halal clothing, halal tourism. The fact that the concept of halal takes place in different subjects within the industry is important in terms of eliminating the shortcomings in other fields. The concept of halal recreation was identified in order to fill the gap in this context. In addition, this research examines the historical process of the concept of leisure in order to reveal the concept of halal recreation, and it has been determined in which religions the concepts of halal and haram are. As a result of these examinations, the concept of halal recreation briefly; The individual can participate freely, without any profit motive, individually or as a group, actively, passively or semi-actively, within the time period remaining from external obligations, adhering to the norms and values of the society of which he/she is a member, having fun, rest, physical, physical, mental and it can be expressed as activities in which he/she participates in order to renew himself/herself spiritually.

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1. Introduction

The halal industry has developed a lot recently. Halal lifestyle, which is currently popular in Turkey, Islamic finance sector, halal food (Battour, Battor & Bhatti, 2014; Boğan, Batman & Sarıışık, 2016), halal travel (Tajzadeh, 2013; Oflaz, 2015), halal clothing (Alolaiwi, 2016) and halal tourism (Battour & Ismail, 2016) reveal a different life style. The development of such lifestyle contributes to the emergence of many new concepts within the halal context. One of these concepts is the halal recreation.

Recreation is the activity that the individual participates on a voluntary basis, without any external obligation, in the remaining time period of the individual fulfilling his obligations during the day (work, physiological needs, etc.). While these activities and events contribute to the physical, psychological, mental, social and educational development of the individual, they also provide many benefits such as spiritual relaxation and aesthetics (Bammel & Burrus-Bammel, 1996; Mensink, Ziese & Kok, 1999; Heintzman, 2009; Yue, 2012; Hung, 2012). It is possible for an individual to be able to get spiritual benefits by fulfilling the cultural, religious, moral and

customary requirements of the society he/she is a member of. In this context, while performing recreational activities, the individual should not be able to achieve spiritual peace and benefit and should not be contrary to the norms and values of the society he belongs to. It is expected that the activities chosen by an individual in the Islamic society to achieve spiritual peace are in accordance with the Islamic belief. In this context, it is possible to define halal recreation as all the activities that the individual participates freely, in a way that does not contradict the Islamic belief, in the remaining period after fulfilling his daily obligations.

2. Literature Review

Manhas pursued various questions and concepts in order to make sense of life, to reveal his/her own existence and what the purpose of existence is. One of the concepts sought is that of "time". Time has been explained by many philosophers and reserchers. However, it has not been possible to make precise definitions of the concept (Ayar, 2018). Time has an important role in the development of the individual and society in terms of increasing professional success. The effective and efficient use of time provides both material and

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Review paper



moral gain to the society and the individual (Karaküçük, 2005). Therefore, it has an important place since the advent of humanity. Knowing how to manage time is considered as an indicator of development of the society and the individual, and at the same time, societies that use time efficiently show more development than societies that use time poorly. Although the perception of time varies according to the society and the individual, it is an important element in religious understanding, practices and attitudes. Therefore, it is important to use time effectively and efficiently (Ayyıldız, 2015).

Spare time is the period that an individual uses freely after being done with daily duties or responsibilities (work, home, family, etc.), physiological needs (sleep, food, etc.). Therefore, time should not be limited only to duration as it directs the leisure time in line with the actions of the person (Karaküçük, 2005).

Leisure, which is as old as human history, has undergone changes throughout history. The extent of change sometimes differed according to social, cultural and economic conditions. For example, in regions with intense and harsh winter conditions, most of the leisure is conducted indoors, while in temperate climate regions, it is mostly outdoors. In agricultural societies, leisure depends on agricultural periods. Individuals who had to spend intense labor during the sowing and harvesting periods had more free time outside these times. Moreover, leisure activities in these periods were mostly evaluated within the religious and seasonal periods (İskender, 2019).

In the early days of the Roman empire, the belief that leisure was the right of only the elite and the noble was dominant. However, the formation of the middle class and the increase in its number over time caused this idea to change. The middle class, which did not belong to the lower class, slaves, landlords, or landowners, had to be kept under control. For this reason, the Roman empire began to organize various sports games and entertainment-oriented activities for the middle class. The large number of this class pushed the Roman rulers to build large arenas. In order to keep the Roman soldiers fit in the arenas, they had sports fights and the middle class filled the arenas to watch them. These fights, which attracted a lot of attention at first, started to lose their old interest after a while. In order to increase this interest, they started to make the soldiers fight with animals instead of each other. However, when the interest in this activity decreased over time, the soldiers

were forced to fight each other and kill the defeated ones. The fact that the Roman people, who belonged to the polytheistic religions (Idol and Pagan), showed their accumulated anger, hatred and grudge against the Christian Roman people in these areas deflected the activity from its purpose. As such, the scholastic thought, which is the defender of the Christian society, took a stand against this situation and started to spread the idea that such activities and even leisure are regarded as evil. This thought sanctified work and study and ensured the complete elimination of recreational activities. However, this was not considered sufficient, and it made people not have free time since the idea was that the devil only caught people in their spare time. It was found appropriate that those who had free time would go to the theater or staged performances instead of going to the church, were found suitable to be expelled from the religious brotherhood and the church. This understanding continued until the Renaissance and reform periods (Kraus, 2015; Göral, 2016).

Although the Renaissance period started earlier than the reform period, they progressed collaterally on certain dates. The Renaissance, which means "rebirth" in French, was the period when the leverage of the Christian Churches and clergy shifted to the kings and the royal nobility. It is known that modern art comes to the fore and takes its place in sports and games in leisure time. In this period, philosophers, artists, politicians, thinkers and scholars gained the right to express their opinions except in religion. It is seen that the idea of free time to express their opinions is not personal and generalized. The people who participated in this idea participated more in the activities and enjoyed the religious festivals. The Reformation is the period that emerged in the 16th century with the aim of restoring the Roman Catholic Church to its former power. In this period, all the activities carried out by the clergy for the purpose of leisure were evaluated as idleness, roguery and unnecessary. This idea has led to limitations and restrictions on understanding of leisure and recreation. In the following periods, especially the British (Puritan) clergy caused all the activities made for the purpose of leisure to be considered as defective. But the growth of this understanding was interrupted when King James I of England published his book on sports in his book, which emphasizes the importance of sports for the soldiers, he also argued that sports should be spread to the public in order to prevent the

rising atypical leisure habits (Kraus, 2015; Göral, 2016).

With the beginning of the industrial period, many changes have occurred in human life. With the industrial revolution, the concepts of "working class" and "paid work" emerged. The increase in mechanization and the collapse of the feudal structure caused people in the rural areas to be unemployed. The working class, who wanted to earn a living, had to work hard for very low wages. The only thing other than work of the working class, working 70 hours a week, was to rest. This change in human life brought a new dimension to the concept of "leisure". Leisure activities were used only for relaxation (Graefe & Parker, 1987; Mahiroğulları, 2005; Aytaç, 2002). In this period, leisure changes from seasonal periods into daily, weekly and monthly. The only need of an individual working in jobs that required intense labor was to go home and rest after work. Leisure time in which religious rituals were organized in seasonal periods, was replaced by just rest.

In the 20th century, thanks to the development of industrialization, the fact that machines are more involved in human life and the spread of automation has reduced the workload of the individual. The workload and the decrease in working hours have revealed the idea that each member of the society should spare time for themselves. Taking time for themselves has also revealed the importance of leisure time (Rojek, 2001). In the twentieth century, scholars divided time into segments. According to Garzia, time is divided into four periods: Working time, work-related things (driving a car or walking to work, preparing clothes for the next day, etc.), things to be done to sustain life (sleep, food, etc.) and free time (Karaküçük, 2014). It is the separation of a twenty-four-hour day into eight hours (work, meeting physiological needs and free time) (Saymer, 1973).

Considering the historical process of leisure time, it is seen that there is always a relationship between leisure and religions. Although the concept of leisure differs according to religions, it is seen that it has a place in every period and every age in human life. It is seen that many societies shape their free time according to their religion or make use of their free time according to the religion accepted by the society.

Recreation

Towards the end of the twentieth century, the belief that the concept of recreation has a place in

human life was reinforced by the fact that there were technological developments, mechanization and automation made work life easier, the daily working hours were reduced and the leisure time was seen as a right. In addition, the negative effects such as traffic, air and noise pollution, stress, which occur due to the city life, adversely affect the physical, mental and spiritual health of the individual, and the concept of recreation has brought the concept of recreation to the fore. The fact that the concept of recreation has an indispensable place in human life has led to an increase in studies on recreation.

The concept of recreation being examined, **it is derived from the** Latin "recreate" meaning to revive, refresh, renew. In this sense, the concept of recreation aims at regaining the mental and physical health of the individual through activities and exercises (Torkildsen, 1992; Edginton et al., 2005; Hacıoğlu, Gökdeniz, & Dinc, 2009). Recreation, individually or in a group, is a non-profit, leisure time activity that gives pleasure without being attached to anyone or anything (Neumeyer & Neumeyer, 1958). According to Kraus (1978), these are the activities in which the individual participates only on the basis of free will and voluntariness in their spare time, without any financial interest, for the purpose of satisfaction and pleasure, not contrary to the values of the society. It is defined as free, collective or individual, active, passive or semi-active, pleasurable experiences within the spare time period (Torkildsen, 1992). It is defined as providing vitality and physical, mental, spiritual development by participating in events and activities that are pleasing or pleasurable". In the light of this fact, recreation can be defined as the activities in which the individual participates individually or in group, active, passive or semi-active, indoor or outdoor, without any obligation, completely of their own free will, non-profit in order to benefit his health and to enjoy physically, mentally, spiritually revitalization, renewal, get better.

Benefits of Recreation

The stress, anxiety, heavy traffic, air, noise and electromagnetic pollution that an individual faces in their daily life negatively affect the physical, mental and spiritual health of the individuals (Öztürk & Aydoğdu, 2012). Recreation is the activity in which one participates in work and daily life, to get rid of the negativities encountered during the day, to renew and revive. The benefits of recreation have also been the subject of interest

of many researchers (Butler, 1940; Meyer, Brightbill, & Sessoms, 1969; Ulrich & Addoms, 1981; Liston-Heyes & Heyes, 1999; Broadhurst, 2001; Russell & Jamieson, 2008; Chae, Wattage & Pascoe, 2012; Durhan & Karaküçük, 2017; Yayla & Güven, 2019; Üstün & Üstün, 2020). Scholars have classified recreational utility differently. But in general, recreational benefits have been classified into three dimensions: Physical, social and mental (Hung, 2012).

Physical Benefit: Parallel to the developing technology, it is seen that the physical movements of people during the day are more and more restricted one every other day. The tools used during the day cause less effort while doing a job. For example, the movements of an agricultural society that does not use tractors differ significantly. Restricting or reducing physical activity adversely affects public health. Increasing physical activity contributes to the development of muscle strength and body flexibility, strengthening of the cardiovascular system, increasing endurance, reaching ideal body weight and decreasing fat tissue, increasing well-being and vitality (Driver, Brown & Peterson, 1991; Ergen, 2004; Karaküçük, 2005; Ceylan, 2009).

Social Benefit: The individual, who is a social being, is in search of reasons such as reducing loneliness, being a part of the social environment, being a family, getting support, feeling intimacy, and belonging to a group. Recreational activities provide the opportunity to meet all these needs of the individual. A group activity helps the individual fulfill their desire to socialize, to belong to a group (Hills & Argyle, 1998; Csikszentmihalyi & Hunter, 2003; Kim, Scott & Oh, 2005; Parfitt & Eston, 2005; Kikuga et. al, 2017; Eskiler, Yıldız & Ayhan, 2019). For example, an individual who complains of loneliness finds the opportunity to be at the same level with the same status by moving away from the characteristics of the society such as language, religion, economic status, position, race, nationality and education. It allows individuals coming together in a chess tournament organized between departments in a large factory to meet each other.

Mental Benefit: Mental health, which expresses the emotional state of the individual, is expressed as the individual's constant harmony with their environment. Being a social being, intense hustle and bustle of daily life such as work, home and school cause the person to be mentally affected negatively. In this case, the individual first gets stressed and then his/her resistance to negative

events decreases in the face of daily events and may experience mental problems. They may lose their mental health. A good many studies have been reported showing that recreational activities have a positive effect on resilience (Torkildsen, 2006; Bale, Gazmararian & Elon, 2015; Bernabe, Campos-Izquierdo, & Gonzelez, 2016; Çetiner & Yayla, 2017; Paluska & Schwenk, 2000).

Halal and Haram According to the Beliefs of Islam and Judaism

According to Islam, it is known that an individual is responsible for how they spend their life (Kılıç, 2011) and the body entrusted to them (Walseth & Fasting 2003). In this context, limits have been determined in the Qur'an and the Torah so that the individual can lead the way in their life style. These limitations are explained by the concepts of "halal" and "haram".

When the concept of halal and haram is examined, it is seen that it is in Islam (Islamic Encyclopedia, 2022) and Jewish (Kurt, 2010) religions. According to Islamic law, the concept of halal is defined as "something that is not punished due to its processing" or that "there is no evidence that it has been rendered haram". According to Jewish law, prohibited actions are considered "haram" and non-prohibited actions are considered "halal".

According to the Turkish language association, the concept of halal is expressed as "anti-haram, which is not contrary to religious rules and not prohibited in terms of religion, " and haram is expressed as "contrary to religious rules, religiously forbidden, anti-halal " (TDK, 2022).

Concepts of halal and haram:

- Every religion, which has placed the human being at its center, must comply with certain rules for the peace and welfare of the society,
- Not having the same prohibitions in every religion, but pointing to common norms and values,
- Protecting the benefits of the society to which it is connected and at the same time not breaking the absolute authority,
- The actions that are described as haram are to the detriment of humanity, and those that are considered halal are to the benefit of humanity,
- It is thought that harams are determined in order to ensure the balance between the individual and the society to which he is a member (Erdem, 1997).

3. Halal Recreation Concept

It is very important for the individuals to evaluate their spare time because individuals who have no idea how to use their spare time have an unfruitful lifestyle (Wang, Kao, Huan, & Wu, 2011). One has a lot of options when it comes to spending free time. These options vary according to the person, society, open or closed spaces, being active, passive or semi-active, group or individual, the customs, traditions, norms and values, language and religion of the society to which they belong. These can be a criterion for the activity that the individual would participate in. These criteria are effective in the leisure behaviors of the individuals. These behaviors are classified as atypical and typical. For example, worshipping, doing sports, visiting family elders and nursing home, doing something for personal development are seen as typical behavioral activities, while behaviors such as using alcohol and drugs, gambling, and having illegal relationships can be classified as atypical leisure behavior (Mieczkowski, 1990).

It is expected that recreational activities will be beneficial to the individual and society. At the same time, the fact that the activity conducted is not contrary to the norms, values, culture, customs and traditions of the society helps the person in the choice. In this way, all events and activities support the halal recreation concept.

In short, the concept of halal recreation is what the individual can participate freely, passively or semi-actively, individually or as a group, within the time period remaining from external obligations, freely, without any profit, by adhering to the norms and values of the society of which he is a member, having fun, rest, physical, mental. It can be expressed as activities in which people participate in order to renew themselves spiritually.

4. Conclusion

Today, many developments have led to the shortening of the daily working hours (Güneren & Karakuş, 2015). The shortening of working hours has allowed the allocation of time has increased for the persons except for physiological needs (Onat, 2021). In addition, the establishment of the right of everyone to have free time with modernity has made people turn to leisure and recreational activities. Although events such as the covid 19 pandemic may have a limiting effect from time to time (Doğan et al., 2021), The increase in this orientation has led to the emergence of many different consumption habits. Historically, not only good but also bad examples of people managing their free time have been reported. While

individuals who manage their free time well do different activities to achieve their physical, mental and spiritual well-being, it is seen that those who manage their leisure time badly tend to engage in activities that will negatively affect them physically, mentally and spiritually, and even commit crimes. Today, individuals with increasing leisure time can cause them to be evaluated in a way that contradicts the norms, values, customs, traditions and religion of the society if they are not managed properly as in the past. In this context, the understanding of halal recreation guides the activities that will benefit the individual physically, mentally and spiritually. The concept of halal recreation, while guiding people to evaluate their spare time within the framework of norms and values of the society, can prevent crimes that occur. It is an important part of halal recreation that recreational policy makers focus on activities that are not contrary to the norms and values of the society in which the activity takes place.

When the literature on the related fields is examined, it is seen that the concept of halal has been extensively studied in terms of tourism. However, it is observed that the subject is handled less frequently in terms of the concept of recreation (Lahny, 2019; Birinci & Karakuş, 2020), which has a much broader scope. At this point, it is very important to explain the concept and define it by drawing its boundaries in terms of contribution to the literature.

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INFO PAGE

The concept of halal recreation

Abstract

The halal industry has developed rapidly in recent times. This development is seen in different areas such as halal travel, halal food, halal clothing, halal tourism. The fact that the concept of halal takes place in different subjects within the industry is important in terms of eliminating the shortcomings in other fields. The concept of halal recreation was identified in order to fill the gap in this context. In addition, this research examines the historical process of the concept of leisure in order to reveal the concept of halal recreation, and it has been determined in which religions the concepts of halal and haram are. As a result of these examinations, the concept of halal recreation briefly; The individual can participate freely, without any profit motive, individually or as a group, actively, passively or semi-actively, within the time period remaining from external obligations, adhering to the norms and values of the society of which he/she is a member, having fun, rest, physical, physical, mental and it can be expressed as activities in which he/she participates in order to renew himself/herself spiritually.

Keywords: Halal,, Leisure, Recreation, Halal recreation

Authors

Full Name	Author contribution roles	Contribution rate
Muhammet Cenk Birinci:	Conceptualism, Methodology, Writing - Original Draft, Writing - Review & Editing, Supervision	70%
Yusuf Karakuş:	Conceptualism, Writing - Original Draft, Writing - Review & Editing	30%

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