**Effect Of Forbidden (Haram) Foods**

**On Human Psychology And Character**

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ABSTRACT

  In Islam , the word halal means '' permissible '' or permitted . Typically , the word commonly used to refer to halal food and beverages may be consumed by Shar’i ( Insklopedia Qur'an al - Kubra ) . The meaning of the word halal is allowed , authorized , approved , sanctioned , legitimate or legal . Consumption of halal is not just for food , a variety of products which include agriculture , fashion , cosmetics , banking , and other industries .

Haram is a legal status of an activity or state of an object ( eg food ). Legal status of unlawful activities or foods that are considered haram is strongly prohibited . People who commit unlawful acts or eating unclean animals will get the consequences of sin ( Insklopedia al - Qur'an al - Kubra ) . Halal food is not only limited to the type of food but also the method of slaughter . In Islam , animals must be slaughtered with a sharp knife on the neck , and should mention the name of Allah . Halal slaughter process which consists of killing animals with quickly with a sharp knife and with the name of Allah. It is inevitable that the food is very big role in our lives , not only for our survival , but greatly determines our way of life in which food plays an important role in the formation of the soul (psychology) and behavior .

Keywords; Halal , Health and Character

**INTRODUCTION**

Eating and drinking is a fundamental need for humans as the necessities of life . Not only in Islam to eat and drink is a powerful tool in order to worship in order to get closer to Him. Because food and beverage needs are vital, Islam gives the demand that search for and consume the lawful and good . Allah says : ( ............ eat and drink of sustenance ( which given ) God , and shall do evil in the land with mischief. ( Surah Albaqarah : 60 )

Instead God condemned person does not pay attention to food obtained by incorporating into the hell from which he entered the door.

As the Apostle warns in the Hadith , " Whoever does not pay attention to where he was seeking treasure , then God did not pay attention where he was put into hell . ( Narrated by Abu Mansur ad- Darimi ) .

Often consumers buy food and drinks without having to pay attention to these products , in addition to it 's own consumer ignorance .

Evolving global culture devastating on a variety of food and beverages to be variants among the people , the food and beverage needs are no longer spiritual values ​​, but rather becomes a trend . The negative effects of consuming something that is unclean or forbidden are : neglect of remembering Allah.

**Food and Mental Health**

Healthy criteria under the provisions of the World Health Organization (WHO) is not the

Absence of disease or physical disability. WHO establishes that the psychological and social comfort also affect an individual's health.

 According to the Qur'an and the Hadith, the human soul as the body needs good food. To that end, Allah in the Qur'an confirms the urgency of a clean and healthy nutrition for the human soul. Nutritional science has now discuss the effect of food on mental and moral man.

The Quran states, *"Then let's pay attention to human food."* (Surah Abasa verse 24) At first glance, this verse seems a simple sentence. In fact, if studied in high meaning.

Discussion about clean and unclean foods have special status in Islam. Islam emphasizes that all food and beverages consumed, including kosher. Because halal food into a clean energy source for the body to perform the activity closer to Allah SWT. But on the contrary, the food unclean and clean a source of destruction and damage that triggers moral damages, mental and social. Because of that, "Islam forbids everything and unallowful the human body. But on the contrary, allow what is good for physical and spiritual human being”

The emergence of the Islamic religion by revelation to the Prophet Muhammad , causing mankind to recognize a new principle that improve their lives . Allah gives provision that includes commands and prohibitions . Of course there is hidden wisdom when Allah forbids humans perform certain actions . Indeed , the ban was in the interests of human beings themselves , because such actions would cause harm if done as well as the loss of human perfection .

Islamic judge haram food negative impact on the mental and spiritual man . Allah loves those who left unclean food . Food and drink are an important means to go on with life . Allah in the Koran calling for humans to consume food that is clean and healthy . In al- Quran surah al - Maidah verse 88 , Allah says *, " And eat halal food again better than what God has blessed you, and fear Allah, that ye believe in Him . "*

In some verses of the Quran , Islam expressly prohibits a number of foods . Allah forbid some meat for human consumption such as dog meat and pork . In addition , Islam also forbids consuming blood and carcasses as well as a number of foods and drinks that cause death such as fire drinks.

Diet it can affect a person's behavior , So says the head of the Department of Child Health Faculty of Medicine, Gadjah Mada University , Prof. M. Juffrie , SpA ( K ). [www.hidayatullah.com](http://www.hidayatullah.com)

" Human behavior is not only influenced by the environment , but alsoood intake , several studies have shown that the gastrointestinal tract has a relationship with the brain .

Gastrointestinal tract also has instincts , the food we eat and the bacteria in the digestive tract was strong enough to interfere human behavior . therefore , if the healthy gastrointestinal tract of healthy behaviors too sure , "said Juffrie .

Juffrie further explained that the type of food consumed can change mikrobiom bacterial organisms that live in the gastrointestinal tract . Human gastrointestinal tract is home to a colony of bacteria and germs that can help the digestive process and absorption of nutrients .

Well as probiotic bacteria needed by the body , so that the amount should be more than the bad bacteria like e - coli . Changes in mikrobiom an impact strong enough to chemicals in the brain , the gut mikrobiom undergoing changes , can secrete a variety of substances that can interfere with the process and the workings of the brain . For example , that stomach ache due to eating the wrong kinds of foods , can lead to anxiety and even depression .

**Effect of food on the character**

In realizing children's character is certainly not as easy as what we imagine . Children's character requires good cooperation between the school and the parents . Lots of things to do parents in giving children a role to form the character .

One important thing to note with both of the child's character formation is the intake of food consumed by children and lawful use of property . Halal food is one of the treasures of character -forming child after education or science . Two things that are not contained in the rules of education , but it will be important because it is a religion that must be practiced .

Some scientists find the impact of mental and moral food for humans . An Iranian thinker , Dr . Paknejad , said medical experts find the morale of the role of hormones . Scientists assess sources of moral human action is influenced by hormones derived from food and beverages . Scientists call nutrition is closely linked to hormones the body and food . Thus , nutrition major effect on the character of human morality ( www.indonesian . Irib.ir )

Islam considers one of the important factors that maintain health is avoiding forbidden foods , as an example of pork as unclean food and lead to a number of physical as well as mental illness .

Including the type of pork unclean food . If we look more closely , pigs are animals that live in a dirty environment . Even pigs often eat their own dung and other animals . Thus, pig stomach into a hotbed of various kinds of microbes . Various microbes spread throughout the body to permeate the meat and pig blood . Not surprisingly, the Koran forbids pork and call it harms humans along with the prohibition of eating blood and carcasses ( *see Qur'an Sura al - Maidah verse 3 )*

In Islam , various hadith explains the effect of food of which animal flesh for human mental . The magnitude of these effects so that the animals are most commonly consumed by humans causing properties such animality moves into man . For example, eating pork causes migration of the bad traits of pigs into the human body .

This is the wisdom behind the prohibition of the Koran eat pork . Al - Quran four times offend the prohibition of eating pork . Suarat them in al - Maidah verse three . Indeed , the prohibition of eating pork in Islam is a divine religion Scientifics miracle . Interestingly , the law was issued at the time when the human race was not privy why pork is forbidden .

Eating healthy foods and kosher as recommended in Islam , in addition to maintaining physical health also ensure the moral and mental health .

The formation of children 's character may not be achieved if the food and property used children came from illicit treasures . Thus the role of parents in providing the needs of the child must use lawful means anyway . Seeing the importance of these two domains of kosher food and property , parents should pay close attention to everything that goes into a child 's body . Keep in mind that everything that goes into the child can affect the child's character .

**CONCLUSION**

Because food and drinks are not only regarding the needs and bathiniah merely outward, but also about human relationships (horizontal) and also the relationship to the Creator (vertical) to the fitting already overseen parties foods, beverages, pharmaceuticals and cosmetics that can be seriously handle this case. The food is not good not only have an impact on health, but can also affect the person's character. If you look at the symptoms that arise in the community, a lot of deviant behaviors, it is possible as a result of consuming foods that often contain elements that objects odious and illegitimate.

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