Fiqh of Worship in the Life of Millennial Muslims: Overcoming Challenges in Carrying Out Worship in the Midst of Busyness

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ABSTRACT

This study aims to explore the challenges faced by millennial Muslims in performing acts of worship, particularly fiqh ibadah, amidst the busyness of modern life. The research problem in this study is how millennial Muslims overcome challenges in performing worship, such as prayer, fasting, and zakat, given the demands of work and social life. This study employs a qualitative approach using in-depth interviews and participatory observation with several millennial Muslims in urban areas. The findings indicate that, although work commitments and a fast-paced lifestyle pose obstacles, many of them adapt their worship times with flexibility, such as using technology to remind them of prayer times and learning *fiqh* ibadah online. Additionally, most respondents highlighted the importance of community in supporting consistent worship practices. The implications of this study are the need for the development of a more relevant da'wah approach that meets the needs of the times, as well as support from educational and religious institutions to provide understanding that is easier for the millennial generation to apply in their worship.

INTRODUCTION

The modern era poses a great challenge for individuals, especially the millennial generation in maintaining a balance between the demands of work, social life, and religious obligations(Pihar 2022; Saputra et al. 2023). Along with the development of technology and fast-paced changes in lifestyles, many things affect the perspective and practice of worship, including in the implementation of worship fiqh. One of the challenges faced by millennial Muslims is how to continue to carry out worship consistently in the midst of the busyness and complexity of daily life. Given these challenges, it is important to understand how this generation responds to and overcomes the obstacles that arise related to their worship obligations. Fiqh worship is a form of worship that plays an important role in the life of a Muslim(Maharani and AR 2024). Salat, fasting, zakat, and hajj are the main obligations that must be carried out by every Muslim who has met the requirements(Hamdan 2023). However, in the midst of an increasingly dynamic and stressful life, many millennial Muslims find it difficult to maintain consistency in carrying out the worship. This phenomenon is often faced with the thought that worldly busyness is the main obstacle to carrying out worship perfectly. Therefore, it is important to explore how millennial Muslims adapt worship to the demands of modern life.

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Modern life full of technology has changed the human lifestyle in many ways, including in carrying out worship(Dewi 2012; Elvina 2022). The use of digital technology to remind prayer times, learn fiqh and worship online, and participate in virtual religious activities is increasingly prevalent among millennial Muslims. Technology should be used to facilitate worship, but on the other hand, the excess of information in cyberspace can cause confusion and difficulty in filtering the right sources. This is a challenge for the millennial generation in maintaining their religious values in the midst of technological sophistication(Mazidah 2011).

Social factors also play a big role in carrying out worship(Reza 2015). Many millennial Muslims find it easier to maintain the consistency of their worship if they are involved in a religious community(Hayati 2017; Makhmudah 2018). With the existence of a community, they feel supported in carrying out worship together, which in turn can strengthen their motivation and commitment. However, not all millennial Muslims have access or opportunities to join a community that supports their worship practices. In this context, the role of family, friends, and the surrounding environment becomes very important in providing social support for them.

The importance of understanding the challenges faced by millennial Muslims in carrying out worship becomes more relevant considering that they are a group that is highly affected by social, economic, and technological changes. As a generation that has great potential in facing the challenges of the times, they are expected to find new ways of preserving their religion without neglecting their worldly responsibilities. This research aims to delve deeper into how millennial Muslims overcome the challenges of carrying out worship in the midst of the busyness of modern life, focusing on prayer, fasting, and zakat as the main worship practices. The purpose of this study is to find out the extent to which millennial Muslims can overcome obstacles in the implementation of their worship. In addition, this research also seeks to explore the role of technology and community in supporting the consistency of their worship. With a deeper understanding of the ways, they carry out worship, it is hoped that a more relevant and effective approach can be found in supporting the millennial generation in carrying out their religious obligations.

This study uses a qualitative approach to understand the personal perceptions and experiences of millennial Muslims in carrying out worship. Through in-depth interviews and participatory observations, this study seeks to obtain more authentic data on how they overcome the challenges of worship in the midst of a busy schedule. The findings of this study are expected to contribute to the development of da'wah that is more in line with the needs of the times and support the policies of educational and religious institutions in developing relevant strategies for the millennial generation in carrying out their worship.

METHOD

The method must be written short, concise, clear, but sufficient so that it can be used as a qualitative approach to explore a deeper understanding of the challenges faced by millennial Muslims in carrying out worship in the midst of the busyness of modern life. The methods used involved in-depth interviews and participatory observation(Niam et al. 2024). In-depth interviews were conducted by selecting a number of respondents representing millennial Muslims in urban areas, with diverse criteria of age, educational background, and profession. The interview process is conducted in a semi-structured manner, where the questions asked are flexible and open-ended, allowing respondents to explain their experiences and views in more freely and detail.

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In addition to interviews, participatory observations were conducted to understand how millennial Muslims interact with worship practices in daily life, both in personal and social contexts. The researcher was directly involved in the activities carried out by the respondents to feel the dynamics that occurred, as well as directly observe the use of technology and community interaction in supporting their worship practices. The data obtained from the two methods were then analyzed with a thematic analysis approach, namely by identifying patterns and themes that emerged from interviews and observations. This analysis process aims to uncover the main challenges faced by millennial Muslims as well as the strategies they use to overcome these challenges in the context of fast-paced and stressful lives. This qualitative approach is expected to be able to provide a more holistic and in-depth picture of the subjective experiences of respondents in carrying out worship in the modern era.

FINDINGS AND DISCUSSION

This research aims to explore the challenges faced by millennial Muslims in carrying out worship in the midst of the hustle and bustle of modern life and how they overcome these obstacles. The results obtained provide important insights in overcoming these obstacles.

Result

The results of this study show that although millennial Muslims face various challenges in carrying out worship in the midst of the hustle and bustle of modern life, they have developed various strategies to overcome these obstacles. Based on in-depth interviews and participatory observations, it was found that many of the respondents use technology to facilitate the implementation of their worship. For example, they use prayer applications to remind prayer times, as well as take online worship *fiqh* classes to improve their understanding of worship procedures in accordance with religious guidance. One of the respondents, Rina (28 years old, an office worker), revealed, "I use the app to remind me of prayer times, because sometimes work makes me forget. With the app, I can pray on time even though I'm busy at work."

In addition to the use of technology, respondents also emphasized the importance of the role of the community in supporting the consistency of their worship. Many feel more motivated to carry out worship regularly if they have friends or groups who also remind and carry out worship together. However, although the community was very supportive, not all respondents had easy access to religious communities they could join, especially those living in areas with limited religious facilities. As Ahmad (30 years old, a businessman), said, "I feel more helpful if there are friends who pray together, but at my place of work it is a bit difficult to find friends who can pray together, so I often do it alone or with my family."

Some respondents rely more on support from family and close friends to maintain the consistency of worship. One of the respondents, Dina (26 years old, a student), said, "My family always reminds me to pray, especially during fasting. If they don't remember me, I might forget because I have a lot of college assignments." These findings show that despite the obstacles in forming a larger community of worship, support from the immediate environment remains an important factor in the sustainability of worship.

Another striking finding was the high awareness of the respondents about the importance of maintaining a balance between worship and work. Although work is often a hindrance, most respondents strive to set aside time for worship and treat worship as a

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priority in their lives. As Farhan (32 years old, professional in the field of IT) said, "I try to adapt my work to the prayer time. Sometimes, even when I was on the way, I stopped for a moment to pray. It might be a bit of a hassle, but I feel like it's important." This shows that, despite the challenges of modern life, millennial Muslims strive to continue to practice worship in a way that is relevant and appropriate to their circumstances.

Overall, the results of this study highlight the adaptability of millennial Muslims in overcoming the challenges of worship by utilizing technology and social support. Despite the great challenges they faced, such as work pressure and a fast-paced lifestyle, they still tried to maintain religious values and carry out worship in accordance with the fiqh of worship. The implication of these findings is the importance of developing a da'wah approach that is more relevant to today's life as well as improving facilities and support from educational and religious institutions to help the millennial generation in carrying out their worship more easily and effectively.

Discussion

The discussion of this study shows that millennial Muslims face various significant challenges in carrying out worship in the midst of the busyness of modern life. One of the main findings is the use of technology as a tool to carry out worship, which was found in most respondents. The use of applications to remind prayer times and access worship fiqh materials online is an effective strategy to maintain worship even if they are busy with work or other activities. These findings are in line with opinion (Alwahid et al. 2024), which states that technology, when used wisely, can support religious practices. Technology makes it easier for millennial Muslims to set prayer times and increase their knowledge of fiqh worship without having to be bothered by time or distance limitations. However, although technology helps, some respondents revealed that they feel less optimal in understanding fiqh of worship through digital media, because the learning is sometimes less in-depth and interactive. This indicates that although technology provides convenience, the quality aspect of online religious learning is still a challenge.

The role of the community in supporting the consistency of worship is also very significant, as found in this study. Respondents felt more motivated and helped when they had friends or groups who could remind and worship together. These findings are reminiscent of Durkheim's theory of community and its role in strengthening social bonds and individual religious consciousness. According to Durkheim, religion and religious practice are closely linked to social and community life. Therefore, although technology can help, the role of the community is still needed to strengthen worship practices. However, the study also revealed that not all respondents had easy access to the worship community they wanted, especially for those living in high-traffic urban areas. This shows that there is a gap in access to communities that can support worship, so that the millennial generation in urban areas often have to carry out worship alone or only with their immediate families.

The flexibility of worship time found in respondents also shows that there is an adaptation made by millennial Muslims in carrying out worship. Some respondents adjusted their prayer times to their busy schedules, for example by performing prayers at work or while traveling. These findings support the view (Permatasari, Hanita, and Purwanto 2023) which states that the millennial generation tends to adapt religious practices those with a busy daily routine. Although these adjustments allow them to continue to carry out their religious obligations, some scientists warn that such adjustments can reduce the quality of

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worship because they are done in a hurry or without careful preparation. This is an important concern in this study, because although the flexibility of time helps to fulfill the obligation of worship, the quality of worship must be maintained so that it still has a deep spiritual meaning.

This study also found that work is the main inhibiting factor in the implementation of worship for most respondents. Many of them revealed that their busy work often makes it difficult for them to maintain consistency in carrying out worship. This is in line with research conducted by (Sari 2017), which suggests that work pressure can affect the quality of worship, especially for those who work in an environment that demands time and effort. However, the respondents in this study still tried to set aside special time for worship even though they were busy. As Farhan (32 years old, professional in the field of IT) expressed, "I try to adapt my work to the prayer time. Sometimes, even when I am on the way, I stop for a moment to pray." This shows that although work is a major challenge, millennial Muslims strive to maintain the practice of worship as an important part of their lives.

This discussion shows that despite the challenges of carrying out worship in the midst of the busyness of modern life, millennial Muslims have developed relevant adaptation strategies. The use of technology, adjustment of worship times, and support from the community or family are important factors in maintaining the consistency of worship. However, challenges such as limitations in access to religious communities and high employment influence remain major obstacles. In line with the view (Syamraeni and Sholichah 2024), Although modern life has brought changes in the way of worship, religious values have been preserved. Therefore, it is very important to develop da'wah approaches that are relevant to the needs of the times, as well as provide more support to the millennial generation in the form of religious learning that is more accessible and applied in their lives.

CONCLUSION

The conclusions of this study show that although millennial Muslims in urban areas face various challenges in carrying out worship, especially fiqh worship, in the midst of the hustle and bustle of modern life, they have developed a number of adaptation strategies that allow them to continue to carry out their religious obligations. The use of technology, such as prayer time reminder applications and online fiqh worship learning, is one of the effective ways to maintain worship even though they are busy with busy work and social activities. However, despite the technology providing convenience and flexibility, most respondents felt that the quality of learning fiqh online was lacking, and they still needed support from the community or group to maintain consistency in worship. In addition, adjusting worship times, such as performing prayers at work or while traveling, is an option for those who are hampered by a busy routine.

However, the biggest challenge still comes from work that affects consistency in the implementation of worship. Therefore, this study suggests the need to develop a da'wah approach that is more relevant to the needs of the times, by utilizing technology to bring religious understanding closer to the millennial generation, as well as strengthening the role of the community in supporting consistent worship practices. Support from educational and religious institutions is also very important so that the millennial generation can carry out worship with an understanding that is easier to apply in their daily lives, without having to be hampered by time or access limitations.

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