

## ANALYSIS OF HADITHS ON ALTRUISM MOTIVATION

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**Abstract;** The study of altruism within religious teachings, particularly Hadiths, reveals significant insights into the motivational roots of selflessness. This paper explores the Hadiths related to altruism, emphasizing their role in promoting social cohesion and moral development within Islamic teachings. It underscores the ethical guidance provided by the Hadiths, highlighting their practical applications in fostering altruistic behavior. Previous research has established the foundational role of Hadiths in shaping ethical conduct among Muslims. This study addresses the gap in understanding the specific motivational mechanisms through which these teachings inspire altruism by conducting a comprehensive textual analysis. The research identifies key themes and motivational triggers in the Hadiths, employing a multidisciplinary approach that integrates theology, psychology, and sociology. By elucidating these motivational aspects, the study offers valuable guidance for religious educators, community leaders, and policymakers in promoting altruistic values and behaviors. Ultimately, the exploration of Hadiths on altruism contributes to the ongoing discourse on how religious traditions can inspire and sustain altruistic behavior in the modern world.

**Keywords:** Hadith, altruism, motivation

### Introduction

The study of altruism, particularly within the context of religious teachings, has garnered significant attention in contemporary academic discourse. The urgency of exploring this topic stems from the pivotal role that altruistic behavior plays in fostering social cohesion and moral development. Islamic teachings, as encapsulated in

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the Hadiths sayings, actions, and approvals of the Prophet Muhammad—provide a rich repository of guidance on altruistic behavior.<sup>1</sup> These Hadiths not only illustrate the moral imperatives of selflessness and generosity but also offer practical examples of how such virtues can be embodied in everyday life.

Previous studies have underscored the significance of Hadiths in shaping ethical conduct among Muslims. Research has shown that the Hadiths, alongside the Qur'an, form the foundational texts that guide moral and ethical decision-making in Islam. Scholars such as Al-Ghazali and Ibn Taymiyyah have extensively explored the ethical dimensions of Hadiths, highlighting their role in promoting virtues such as kindness, charity, and altruism.<sup>2</sup> Their works provide a historical framework for understanding the importance of prophetic guidance in cultivating altruistic behavior.

Moreover, contemporary scholars have expanded on these classical interpretations, examining the psychological and sociological impacts of Hadiths on individual and communal behavior. Studies by modern researchers have demonstrated that the internalization of altruistic values derived from Hadiths can lead to increased prosocial behavior, greater community involvement, and enhanced social harmony. These findings underscore the continued relevance of Hadiths in addressing modern social challenges.

Despite the extensive body of literature on the ethical teachings of Hadiths, there remains a gap in understanding the specific motivational mechanisms through which these teachings inspire altruistic behavior.<sup>3</sup> By exploring the motivational aspects of these prophetic sayings, we can gain deeper insights into how altruistic values are internalized and enacted by individuals. This study aims to fill this gap by conducting a comprehensive analysis of Hadiths related to altruism motivation. By examining a selection of relevant Hadiths, this research seeks to identify the key themes and motivational triggers that underpin altruistic behavior in Islamic teachings. Through a detailed

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<sup>1</sup>Siti Fatimah, "Altruisme (Al-Isar) dalam Perspektif Al-Qur'an, *Jurnal Mafatih: Jurnal Ilmu Al-Qur'an dan Tafsir*, Volume 1 Nomor 2, 2021, p. 43

<sup>2</sup> Tri Arwani Maulidah, "Reinterpretasi Relasi Tuhan dan Manusia Syed Muhammad Naquib Al-Attas," *Islamika Inside: Jurnal Keislaman dan Humaniora*, Vol 4, No. 1, 2018, p. 92.

<sup>3</sup> Inggita Laurenza Harjo, "Perbedaan Altruisme Berdasarkan Jenis Kelamin Pada Relawan di Sanggar Alang-Alang Surabaya," *Character: Jurnal Penelitian Psikologi*, Vol 5, No. 2, 2018, p. 1

textual analysis, the study will explore how these themes are articulated and how they resonate with believers to inspire selfless actions.

In conducting this analysis, the study will employ a multidisciplinary approach, drawing on insights from theology, psychology, and sociology. This approach will allow for a holistic understanding of the motivational dimensions of Hadiths on altruism. By integrating these diverse perspectives, the research aims to provide a comprehensive framework for understanding the interplay between religious teachings and altruistic behavior.

### **Theoretical Review: A Psychological Approach**

The concept of altruism has been extensively studied within the field of psychology, offering diverse definitions and theoretical perspectives. According to Batson, altruism is defined as a motivational state with the ultimate goal of increasing another's welfare.<sup>4</sup> This definition emphasizes the intrinsic motivation behind altruistic actions, distinguishing them from behaviors driven by external rewards or personal gains. Similarly, Sober and Wilson describe altruism as a behavior that benefits others at a cost to oneself, underscoring the self-sacrificial nature inherent in truly altruistic acts.<sup>5</sup>

In the realm of psychological research, altruism is often examined through the lens of prosocial behavior, which encompasses a wide range of actions intended to help others. Eisenberg and Mussen highlight that prosocial behavior, including altruism, is crucial for the development of social bonds and cooperative societies.<sup>6</sup> Their research indicates that altruistic behaviors are linked to empathy, moral reasoning, and socialization processes, suggesting that these factors play a pivotal role in fostering selflessness.

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<sup>4</sup>Batson, C. D., Batson, J. G., Slingsby, J. K., Harrell, K. L., Peekna, H. M., & Todd, R. M. (1991). Empathic joy and the empathy-altruism hypothesis. *Journal of Personality and Social Psychology*, 61(3), p 413–426.

<sup>5</sup> Philosophy and Phenomenological Research Vol. 65, No. 3 (Nov., 2002), pp. 702-710, Published By: International Phenomenological Society

<sup>6</sup> Eisenberg, N., & Mussen, P. H.. *The Roots of prosocial behavior in Children*. Cambridge University Press. 1989

Additionally, the Social Exchange Theory, articulated by Homans<sup>7</sup> and further developed by Blau<sup>8</sup>, provides a contrasting perspective by suggesting that altruistic acts are part of a broader social exchange system.. Hoffman argues that moral development, including the capacity for altruism, is a gradual process that begins in early childhood. This developmental perspective underscores the importance of early socialization and the role of caregivers in shaping prosocial behaviors.<sup>9</sup> From an evolutionary standpoint, altruism is often explained through the theory of kin selection, proposed by Hamilton.<sup>10</sup> This theory posits that individuals are more likely to exhibit altruistic behavior towards their relatives, as it increases the likelihood of genetic survival. However, the concept of reciprocal altruism, introduced by Trivers, extends this explanation to non-kin relationships, suggesting that individuals may act altruistically towards others with the expectation of future reciprocation.<sup>11</sup> These evolutionary theories provide a biological basis for understanding the origins and persistence of altruistic behavior.

In the context of Islamic teachings, the psychological underpinnings of altruism can be explored through the study of Hadiths. The Hadiths provide numerous examples and directives that encourage believers to engage in selfless acts for the benefit of others. Furthermore, the intrinsic and extrinsic motivations for altruism in Islamic teachings can be examined through Deci and Ryan's Self-Determination Theory.<sup>12</sup> This theory differentiates between autonomous motivation, which is self-endorsed and aligned with personal values, and controlled motivation, which is influenced by external pressures or rewards..

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<sup>7</sup> Homans, G. C. Social behavior as exchange. *American Journal of Sociology*, 63, 1958, 597–606.

<sup>8</sup> **Peter M. Blau**, *Justice in Social Exchange*, First published: April 1964

<sup>9</sup> Hoffman, M. L. (2000). *Empathy and moral development: Implications for caring and justice*. Cambridge University Press.

<sup>10</sup> The Genetical Evolution of Social Behaviour. I W. D. HAMILTON The Galton Laboratory, University College, London, W.C.2 (Received 13 May 1963, and in revised form 24 February 1964)

<sup>11</sup> Robert L. Trivers, *The Evolution of Reciprocal Altruism*, Chicago Journal, (Chicago: The University of Chicago, 1971)

<sup>12</sup> Deci, E. L., & Ryan, R. M. (1985). *Intrinsic Motivation and Self-Determination in Human Behavior*. (Berlin: Springer Science & Business Media).

By integrating these psychological theories with the teachings of Hadiths, this study aims to provide a comprehensive understanding of the motivational dynamics behind altruistic behavior in an Islamic context. This approach not only enriches the existing body of literature on the psychology of altruism but also offers valuable insights into the practical application of these teachings in promoting prosocial behavior within Muslim communities. By examining the interplay between empathy, moral development, social exchange, and intrinsic motivation, this theoretical review sets the stage for a nuanced exploration of how Islamic teachings inspire and sustain altruistic behavior. This multidisciplinary perspective not only enhances our comprehension of altruism in religious contexts but also contributes to the broader discourse on the psychological foundations of prosocial behavior.

### **Analysis of Hadiths on Altruism Motivation**

In this section, we delve into the core analysis of Hadiths related to altruism, drawing from primary sources to elucidate their meanings and implications. The Hadiths selected for this study exemplify the Prophet Muhammad's (PBUH) teachings on selflessness and generosity, offering profound insights into the motivational aspects of altruistic behavior. One of the most frequently cited Hadiths in discussions of altruism is, "None of you will have faith until he wishes for his brother what he wishes for himself". This Hadith underscores the principle of empathy and selflessness as fundamental components of faith. The desire for others to attain the same benefits and happiness that one seeks for oneself reflects a deep sense of empathy and altruism.<sup>13</sup> This teaching not only encourages believers to act selflessly but also establishes a direct link between altruism and the completeness of one's faith.<sup>14</sup>

Another pertinent Hadith is, "The best of people are those that bring most benefit to the rest of mankind".<sup>15</sup> This Hadith highlights the value placed on contributing to the well-being of others. It suggests that the measure of a person's goodness is directly related to their

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<sup>13</sup> Miftahul Jannah, "Konsep Altruisme dalam Perspektif al-Qur'an: Kajian Intergratif Antara Islam dan Psikologi". *Tesis Pascasarjana* UIN Maulana Malik Ibrahim Malang, 2016

<sup>14</sup> Imam Muslim, *Sahih al-Bukhari* No. Hadis 13, Imam Muslim, *Sahih Muslim*, Nomor hadis 45.

<sup>15</sup> Imam Tirmizi, *Al-Mu'jam Al-Awsat* hadis No. 5787.

impact on others. The motivational aspect here lies in the intrinsic reward of being considered among the "best" by virtue of one's altruistic actions.

The Hadith, "He who relieves a hardship of this world for a believer, Allah will relieve a hardship of the Day of Resurrection for him",<sup>16</sup> introduces the concept of reciprocal altruism within an eschatological framework. The promise of divine reward for alleviating others' suffering provides a strong motivational driver for altruistic behavior. This reciprocal relationship, although transcendent, reinforces the idea that acts of altruism are not only morally commendable but also spiritually beneficial.

Furthermore, the Hadith, "The merciful are shown mercy by The Merciful. Be merciful on the earth, and you will be shown mercy from above".<sup>17</sup> emphasizes the principle of divine reciprocity. This Hadith encourages believers to embody mercy and compassion, with the assurance that such behaviors will attract divine mercy. The motivational element here is clear: acts of mercy and compassion, grounded in altruism, are reciprocated by divine favor, thus motivating believers to act with kindness and selflessness.

The Hadith, "The example of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever",<sup>18</sup> illustrates the interconnectedness of the Muslim community. This analogy emphasizes the collective responsibility of believers to care for one another, akin to the way one would tend to an ailing part of their own body. The sense of unity and shared empathy depicted in this Hadith motivates individuals to act altruistically for the collective well-being of the community.<sup>19</sup>

In addition, the Hadith, "The one who looks after and works for a widow and for a poor person is like a warrior fighting for Allah's cause or like a person who fasts during the day and prays all night" (Sahih al-Bukhari 6006), elevates acts of service to the vulnerable to the status of highly esteemed religious endeavors. This Hadith underscores the spiritual merit of altruism, equating it with some of the most

<sup>16</sup> Imam Muslim, *Sahih Muslim*, hadis nomor 2699

<sup>17</sup> Imam Tirmizi, *Jami' at-Tirmidhi* hadis nomor, 1924.

<sup>18</sup> Imam Bukhari, *Sahih al-Bukhari*, Nomor hadis 6011

<sup>19</sup> Desmita, *Psikologi Perkembangan*, (Bandung: Remaja Rosdakarya, 2008), p. 131-132

virtuous acts in Islam. The motivational aspect is thus twofold: the altruistic act itself and the immense spiritual reward associated with it.

Moreover, the Hadith, "Every act of kindness is charity" (Sahih Muslim 1009), broadens the scope of altruism to include all forms of kindness, regardless of their magnitude. This teaching democratizes the concept of charity, making it accessible to everyone. The motivational power of this Hadith lies in its inclusivity, encouraging believers to perform small acts of kindness as expressions of their faith and altruistic values.

The Hadith, "If anyone fulfills his brother's needs, Allah will fulfill his needs; if one relieves a Muslim of his troubles, Allah will relieve his troubles on the Day of Resurrection",<sup>20</sup> reinforces the theme of divine reciprocity and communal solidarity. It highlights the spiritual and communal benefits of altruistic behavior, motivating believers through the promise of divine assistance and support.

The Hadith, "Give charity without delay, for it stands in the way of calamity",<sup>21</sup> underscores the protective aspect of charity. The notion that altruistic acts can avert misfortune serves as a compelling motivational factor. This Hadith suggests a practical benefit to altruism, reinforcing the idea that acts of kindness and generosity have both immediate and long-term rewards. The Hadith, "Whoever gives charity equal to a date from his honestly earned money for nothing ascends to the heavens except what is good, then Allah will accept it with His Right Hand and take it up for him, and He grows it for him as any one of you grows his colt, till it becomes like a mountain",<sup>22</sup> highlights the concept of divine multiplication of good deeds. This teaching motivates believers by assuring them that even the smallest act of charity, if done sincerely, will be exponentially rewarded by Allah.

These Hadiths collectively offer a profound and multifaceted understanding of altruism within an Islamic framework. They not only emphasize the intrinsic and extrinsic motivations for altruistic behavior but also highlight the spiritual, communal, and practical benefits of such acts. By analyzing these teachings, we gain a deeper appreciation of how Islamic teachings inspire and sustain altruistic behavior, fostering a more compassionate and cohesive society.

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<sup>20</sup> Imam Muslim, *Sahih Muslim*, hadis nomor 2580.

<sup>21</sup> Imam Tirmizi, *Sunan Al-Tirmidhi*, Nomor hadis 589

<sup>22</sup> Imam Bukhari, *Sahih al-Bukhari*, Nomor hadis 1344

## Conclusion

The exploration of Hadiths on altruism motivation has unveiled a rich tapestry of teachings that deeply resonate with both the spiritual and practical dimensions of Islamic ethics. The Hadiths examined in this study provide profound insights into the motivational drivers that inspire selfless behavior among believers. These prophetic sayings not only emphasize the moral and spiritual imperatives of altruism but also highlight the tangible benefits of acting with empathy, compassion, and generosity.

One of the key conclusions drawn from this analysis is the intrinsic link between altruism and faith in Islam. The Hadiths repeatedly underscore that true faith is manifested through a genuine concern for the well-being of others. This connection between faith and altruism serves as a powerful motivational force, encouraging believers to embody selflessness as a core aspect of their religious identity. The concept of empathy, as highlighted in several Hadiths, further reinforces the idea that altruistic behavior is a natural expression of a deeply rooted moral and spiritual consciousness.

Another significant conclusion is the role of divine reciprocity in motivating altruistic behavior. Many Hadiths promise spiritual rewards and divine assistance for those who engage in acts of kindness and charity. This eschatological perspective provides a compelling incentive for believers, assuring them that their altruistic actions will be met with divine favor both in this world and the hereafter. This belief in divine reciprocity not only motivates individual acts of altruism but also fosters a culture of collective responsibility and mutual support within the Muslim community.

The analysis also highlights the importance of inclusivity in the Islamic understanding of altruism. The Hadiths extend the concept of charity to encompass all forms of kindness, regardless of their magnitude. This inclusivity democratizes the notion of altruism, making it accessible to everyone, irrespective of their socioeconomic status. By valuing even the smallest acts of kindness, the Hadiths encourage a widespread adoption of altruistic behavior, thereby promoting a more compassionate and cohesive society.

The analysis of Hadiths on altruism motivation offers valuable insights into the multifaceted nature of altruism in Islamic teachings. These prophetic sayings provide a comprehensive framework that integrates moral, spiritual, and practical dimensions of altruistic

behavior. By illuminating the intrinsic and extrinsic motivations for altruism, the Hadiths inspire believers to cultivate a more empathetic, compassionate, and selfless way of life, ultimately contributing to the betterment of both individuals and the broader community.

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