

The Urgency of Abandoning Negative Content on Social Media: A Hadith Review on Benefits and Priorities

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ABSTRACT

This study aims to explore how the teachings of the hadith of the Prophet Muhammad SAW can be applied in the wise use of social media. In the modern context where social media has become an integral part of everyday life, it is important to understand how individuals can avoid useless content and replace it with constructive information. This study uses a qualitative approach through library data, where data is collected from various literature sources, including hadith humanities, scientific articles, and relevant online sources. The results of the study indicate that the teachings of the hadith about abandoning things that are not useful are very relevant in facing today's digital challenges. In this journal, the author also discusses practical strategies for abandoning useless content and replacing it with more constructive information. By understanding and applying the principles of the hadith in the use of social media, it is hoped that readers can find ways to make their experiences on social media more meaningful and productive. The results of this study are expected to contribute to the development of digital literacy among Muslims and increase awareness of moral responsibility in using social media.

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INTRODUCTION

In today's digital era, social media has become an essential part of people's daily lives. Platforms such as Facebook, Instagram, Twitter, and TikTok not only serve as a means of communication, but also as a source of information, entertainment, and social interaction. According to recent data, more than 4.5 billion people worldwide use social media. (Social Media, n.d.) This figure shows how important a role digital platforms play in modern life and how they shape the way humans interact with each other. However, with the ease of access to information and interaction offered, new challenges arise in the form of unhelpful or even harmful content. Many social media users are trapped in a cycle of unproductive content consumption, such as hoaxes, gossip, cyberbullying or other negative information. This phenomenon raises a fundamental question: how should people use social media wisely.

In this context, it is important to refer to religious teachings, especially the traditions of the Prophet Muhammad. Hadiths are the second source of law after the Qur'an in Islam and contain

instructions and advice that are relevant for daily life. One of the important teachings in the hadith is the recommendation to abandon things that are not beneficial. This becomes especially relevant when one considers how social media can influence the way people think and act. Abandoning unwholesome things is not just a physical act, but also includes changes in mindset and behavior. Many users are stuck in the habit of consuming information without considering its value and impact on themselves and others.

The hadith about abandoning useless things encourages Muslims to focus on things that add value and benefit themselves and society. In this case, social media should be used as a tool to disseminate positive information, build constructive relationships, and increase knowledge. (Wilga Secsio Ratsja Putri, Nunung Nurwanti, 2016) By applying the teachings of the hadith in the use of social media, individuals can reduce the negative impact of useless content.

One of the main challenges in using social media is the amount of information that circulates quickly. In situations like this, it is important for individuals to have good digital literacy skills in order to assess the veracity and relevance of information before sharing it. Digital literacy includes the ability to understand and critically evaluate content and make informed decisions based on valid information. Furthermore, social media use also affects users' mental and emotional health. Negative or unhelpful content can cause stress, anxiety and depression. (Wilga Secsio Ratsja Putri, Nunung Nurwanti, 2016) Therefore, by applying hadith principles in selecting content on social media, individuals can create a healthier and more positive digital environment. This will impact the overall quality of life.

In the context of society at large, the influence of social media is also very significant. Social media can be a tool to spread positive ideas and promote social change. However, if used carelessly without considering religious values and morality, social media can actually make things worse. Therefore, it is important for every individual to understand their responsibilities as social media users. This study aims to explore the relevance of the hadith about useless abandonment in the context of social media. The study will discuss how the teachings of the hadith can be applied in the wise use of social media as well as its impact on the lives of individuals and society. By understanding and applying these principles, it is hoped that readers will find ways to make their social media experiences more meaningful and productive.

Through this analysis, it is hoped that there will be an awareness of the importance of selectivity in choosing content on social media as well as an urge to contribute to a more positive digital environment. This research is expected to contribute to the development of digital literacy among Muslims and increase awareness of moral responsibility in using social media.

With this background, this research is expected to be a reference for academics, educational practitioners, and the general public in understanding the importance of religious teachings in the modern context. Through the application of positive values from the hadith in the use of social media, humans can jointly create a healthier and more meaningful digital space for all parties.

Thus, this journal aims not only to provide theoretical understanding but also practical solutions to the real problems faced by social media users today. It is hoped that the results of this research can serve as a reference for the development of educational programs on digital literacy based on religious values in various educational institutions. It is important for all of us to realize that the digital world is a reflection of the real world. Therefore, by applying the positive teachings of hadith into daily practice in the virtual world, people can create a better environment for themselves and others.

METHOD

In an effort to achieve these objectives, this research will use a qualitative approach by collecting data through a literature review, where data collection by searching for sources from journals, articles, social media and the web, not forgetting to include hadith from maktabah syameela. The data will be analyzed to identify users' behavior patterns as well as their understanding of the relevance of hadith in the context of using social media.

RESULTS

The term social media is composed of two words, namely "media" and "social". "Media" is defined as a communication tool. While the word "social" is defined as the social reality that every individual performs actions that contribute to society. This statement emphasizes that in reality, media and all software are "social" or in the sense that they are products of social processes. From the meaning of each of these words, it can be concluded that social media is a communication tool used by users in social processes.

Social media is online media that supports social interaction. Social media uses web-based technology that turns communication into an interactive dialog. Some of the popular social media sites today include Whatsapp, Facebook, Youtube, Twitter, Wikipedia, Blogs, etc. Another definition of social media is also explained by Antony Mayfield according to him social media is a medium where users easily participate in it, share and create messages, including blogs, social networks, wikis / online encyclopedias, virtual forums and including virtual worlds. (Fahlepi Roma Doni, 2017) Social media provides and shapes new ways of communicating. As is known before the emergence and popularity of social media, most people communicate by meeting face to face and greeting each other directly. But now with the existence of social media, people tend to communicate through chat services such as chat or sending messages through services available on social media.

Most social media have an age limit of at least 13 years old to have an account. However, social media does not have an adequate system to prevent children under the age of 13 from faking their age. (Social Media, n.d.) In fact, social media involves advertisements whose content is not suitable for children. Most of the unsuitable ads are game ads that contain violence and pornography. Children and adolescents said that unintentionally (and intentionally) they often obtain information about violence (through game ads, through news, through movies that appear on their time line), pornography (through game ads, through news, through movies) and hate speech (through friends/family/friends' posts that enter their timeline). In addition, the public nature of social media also adds another risk. The potentially public nature of social media poses a risk to the privacy of children and adolescents.

Social Media Usage

The use of social media has become an integral part of modern society's daily life. Platforms such as Facebook, Instagram and WhatsApp have enabled individuals to interact, share information and upload content easily and quickly. People who use social media perform various activities, such as status updates, chatting back and forth, and taking selfies, which have become a routine and necessity for them. In addition, social media is also used to share information about tourist attractions, restaurant or cafe locations, and news.

The use of social media has also increased social awareness and facilitated long-distance communication. Everyone who uses social media must include their personal information, which then becomes a tradable commodity.

According to data as of January 2024, 139 million Indonesians, or 49.9% of the population, are social media users. Whatsapp is the most widely used platform by 90.9% of internet users aged 16-64. Furthermore, the data shows the diversity of social media platform preferences in Indonesia with WhatsApp at 90.9%, Instagram used by 85.3% of users, followed by Facebook at 81.6%, TikTok at 73.5%, and Telegram at 61.3%. Facebook Messenger is used by 47.9% of users, followed by Pinterest at 34.2%, Kuaishou (including Kwai and Snack Video) at 32.4%, and LinkedIn at 25%. With the existence of social networks, it should be able to increase faith and piety in a person. This is because, with social media, it can make it easier to access arguments both from the Qur'an, Hadith, and other arguments.

The proliferation of pens means that there are so many posts that they go viral. The many posts that are happening now are a strong indicator of a life that is no longer useful. So, the spread of pens is not only related to writing. But everything that is presented through our ideas or ideas in the form of writing, pictures, slides for example, then it is included in the content of the Hadith narrated by Sunan Ibn Majah, which discusses the need to abandon something that is not useful. Information is now so swift. If you do not equip yourself with faith and piety, it will be difficult to filter the incoming information.

Social Media Usage Behavior

Behavior is an action, a real activity carried out because it has a desire to take an action. Social media usage behavior has become an interesting topic in the field of social psychology and technology. Research by Mulawarman (Mulawarmam, 2017) identified various behaviors of social media users, including selfies, cyber bullying, online shopping, user-personalization, and shared-culture, which shows that social media not only serves as a communication tool but also affects social interaction and individual identity.

The behavior of the community, especially mothers, found that they actively use social media to upload daily activities, express emotions, and share information about tourist attractions and local news. In addition, it highlights the behavior of generation Z in using TikTok as a platform for education and activism, (Fadhlizha Izzati Rinanda Firamadhina, 2023) where they spread educational content and voice important social issues. The influence of Instagram shows that the platform is used by people to get the latest information and entertainment, and influences users' lifestyles.

Overall, an understanding of social media usage behavior is essential to develop more thoughtful and positive usage strategies for society (Rahma, 2024) . Social media not only serves as a communication tool but also influences social interaction, (Mohamad Sudi, 2019) individual identity, as well as the mindset of the younger generation. Understanding these behaviors is critical to developing strategies for using social media more wisely and positively for society as a whole.

Types of Social Media Content

Social media has become a very influential platform in our daily lives, and the content shared on it is very diverse, including :

Informative Content, This content aims to provide useful information to the audience. For example, companies can share tips and tricks related to their products, infographics that explain a concept, or tutorials on how to use a particular product. Informative content not only builds audience trust in the brand but also increases user engagement.

Entertainment Content. Entertainment-themed posts usually include memes, funny videos, or creative content that entertains the audience. This type of content has the potential to go viral due to its engaging and entertaining nature. For example, it is common to invite fans to get creative and share their work on social media, which not only entertains but also increases customer loyalty.

Promotional Content, Promotional content is used to introduce new products or offer discounts and special promotions to the audience. Examples are posts featuring the latest products with catchy captions or quizzes with prizes that encourage user participation. This helps increase brand awareness and drive sales. (Tasruddin, 2017)

Inspirational Content, Inspirational posts are often motivational quotes or success stories that can motivate the audience. This content aims to improve mood and encourage positive interactions among users. For example, many social media accounts share quotes from famous personalities or inspiring stories of ordinary individuals who managed to achieve their dreams.

Interactive Content, Interactive content engages the audience directly through polls, quizzes, or open-ended questions. It encourages two-way engagement between brands and users, as well as creates a sense of community among followers. For example, a brand can ask its followers to give their opinion on a new product through a poll on Instagram.

Using Social Media Wisely

Social media has become an integral part of everyday life, but it is important to use these platforms wisely so that the benefits can be maximized while minimizing the negative impacts. Here are some tips on using social media wisely:

Don't just share news that has no clear source. Before sharing a post, it is important to make sure that the information is true and reliable. Using trusted sources such as mainstream media or sites that verify information can help avoid the spread of fake news or hoaxes. Be Careful in Sharing and Creating Racial and Pornographic Content. Do not create content that can cause conflict such as hate speech against an ethnicity, race, and religion. The government has made special regulations through

the Electronic Information and Transaction Law (UU ITE) number 11, one of which is regarding the dissemination of SARA content. (Lumban, 2024)

Always use ethics in communicating on social media. Use kind and polite language in commenting and making posts. This helps to create a positive environment and build healthy relationships with followers.

Filter or Filter the Information to be Shared. Content or information to be shared can affect individual and group behavior. Do not share content or information that contains pornography, hoaxes, because these actions will have a negative impact on yourself and others. (Alfiansyah, 2021) Do not share personal information or data easily on social media. Cybercrime cases are rampant and prone to occur on social media. As a wise social media user, always be careful in sharing personal information and do not upload personal data carelessly.

Before posting anything on social media, consider the purpose of social media. Understanding these goals helps to choose content that is appropriate to what you want to achieve. (Puspita, 2023) Avoid the use of abusive or degrading language that can damage people's image. Speaking politely and respecting others are fundamental principles that should be maintained in communicating online. Ensure that the language used is appropriate to the context and audience.

Being wise in debating on social media involves several important aspects. Firstly, you need to listen attentively to what your debate opponent has to say. Secondly, controlling your emotions is an important step. Debates can get heated, and the use of abusive language will only worsen the situation. Third, use relevant arguments and facts that support your opinion.

Positive and Negative Impacts of Social Media Use

Social media has become an integral part of everyday life, providing various benefits and also has several disadvantages. The impact of using social media is of course divided into two, namely positive and negative impacts, (Dkk., 2021)

Positive Influence of Social Media (MNP, 2023) , among others:

- a. **Simplify Communication**
Social media enables fast and efficient communication, eliminating geographical boundaries. Users can connect with friends and family around the world in real time, which increases social interaction and connectivity. (MNP, 2023)
- b. **Dissemination**
Social media serves as a platform to share information and news quickly. Important information can be widespread in seconds, helping people stay informed about current issues.
- c. **Gaining New Knowledge** Social media is also used to provide educational materials. If you want to learn a new knowledge, you can now easily find tutorials or related materials through social media. What's more, you can get these materials without the need to pay, aka free.
- d. **Business and Opportunities**
Many companies use social media to promote their products and services. This creates new business opportunities and allows small businesses to reach a wider audience. For people who have a home-based business, social media is one of the platforms to promote the products sold.
- e. **Community Building** Social media helps create communities where individuals with similar interests can come together, share experiences, and support each other, thus strengthening the sense of community. It can also expand the circle of friends. Because social media allows us to meet and get to know new people, especially when joining a community. By looking for communities related to hobbies, work, or things of interest, we can expand our circle of friends and learn many things by exchanging ideas.
- f. **Providing Help for Those in Need**, Through the rapid spread of information, social media can be used as a means to find or provide help for anyone in need. For example, donations or medical needs can be spread through social media platforms.

Negative influences or mudharat in Social Media include: (Anang Sugeng Cahyono, 2016)

- a. Resulting in Mental Health Disorders (Nera Bela Beauty Nur, 2023)
Excessive use of social media can lead to mental health issues such as depression, anxiety and insecurity. Users often compare themselves to others based on the content they see, which can lead to jealousy and dissatisfaction.
- b. Too much exposure to negative content or unhealthy social comparisons on social media can be detrimental to an individual's emotional health.
- c. Feelings of jealousy, low self-esteem and depression can result from constant comparisons with other people's seemingly perfect lives on social media. (Akbar, 2015)
- d. Social Isolation, overuse or dependence on social media can lead to social isolation. A person may prefer to interact virtually rather than in person, reducing social interaction in the real world.
- e. Cyberbullying (Dkk, 2021)
Social media provides a platform for online bullying behavior, where individuals can become victims of verbal attacks or the dissemination of negative information. This can have a serious impact on the victim's mental health. Social media offers a lot of interesting and entertaining content, which can lead to distraction. Users may constantly check their social media accounts to not miss out on information or trends. (Akbar, 2015)
- f. Addictio
Many users experience social media addiction, which interferes with their daily activities. This addiction can lead to neglect of face-to-face interactions and other responsibilities.
- g. FOMO (Fear of Missing Out)
Social media can trigger feelings of FOMO, where users feel anxious about missing out on the latest information or trends. This often prompts them to keep checking their social media accounts excessively.
- h. Disrupts Sleep
Social media use before bed can disrupt users' sleep quality, impacting their physical and mental health.

Hadith on the Virtue of Abandoning Things that Do Not Benefit Sunan Ibn Majah

In social media, of course, there are many things that are not useful. The Hadith explains that leaving things that are not useful is something that a Muslim should do. Hadith is the second guideline after the Qur'an, of course, it is appropriate to follow the rules, so the hadith states:

حَدَّثَنَا هِشَامُ بْنُ عَمَّارٍ قَالَ: حَدَّثَنَا مُحَمَّدُ بْنُ شُعَيْبٍ بْنُ شَابُورٍ قَالَ: حَدَّثَنَا الْأَوْزَاعِيُّ، عَنْ قُرَّةَ بْنِ عَبْدِ الرَّحْمَنِ بْنِ حَبِيبٍ، عَنْ الزُّهْرِيِّ، عَنْ أَبِي سَلَمَةَ، عَنْ أَبِي هُرَيْرَةَ، قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَنْفَعِيهِ"

Hisham ibn 'Ammar narrated to us, he said: Muhammad b. Shu'aib b. Shabur narrated to us, he said: It was narrated to us by al-Auza'i, from Qurrah bin Abdur-Rahman bin Haiwa'il, from az-Zuhri, from Abu Salamah, from Abu Hurairah, who said: The Messenger of Allah ﷺ said: "The sign of good Islam is that a person abandons that which does not benefit him." (Encyclopedia of Hadiths, 2010, p. 3966)

This hadith means that one of the best signs of a person's Islamic faith is his ability to abandon words and actions that do not benefit him. He should focus on those words and actions that are beneficial to him. Furthermore, the meaning of the term *يَنْفَعِيهِ* in this hadith indicates that special attention or care is directed towards it, so that it becomes the goal and understanding. Al-inayah itself means a deeper attention to something. One is expected to stay away from things that are not beneficial not because of the urge of lust or personal desires, but based on the consideration of Islamic law.

All things that are haraam, shubhat, makrooh, and permissible in excess that are not needed and are not beneficial to a Muslim, it is advisable to leave them behind. This is because when one's Islam is good and reaches the level of ihsan, when one worships Allah it is as if he sees Him, if not then Allah sees him. Therefore, a person who worships Allah by paying attention to His nearness and vision, both with his heart and awareness of Allah's nearness and vision of him, means that he

has practiced his Islam well. (Yazid bin 'Abdul Qadir Jawas, n.d.) This should encourage him to leave everything that is not beneficial in Islam, and focus more on things that really provide benefits for him. If a person abandons what is not beneficial and does what is beneficial, then the goodness of his Islam is complete.

Things that are not good for Muslims can come in the form of words and deeds. Therefore, in order for Muslims to be good, they should abandon all words and deeds that are not beneficial for the Muslims ukrawi or for worldly interests. Things that are not good for Muslims can come in the form of words and deeds. Therefore, in order for Muslims to be good, they should abandon all words and deeds that are not beneficial to Muslims in the ukrawi as well as for their worldly interests.

In the context of the hadith, there is a recommendation to leave things that are not useful. Hadiths of the Prophet Muhammad (PBUH) state that a Muslim should not engage in useless conversations, as in his saying that mentions the importance of guarding the tongue from vain things. From an Islamic perspective, the use of social media should be directed towards spreading goodness and knowledge, in accordance with the principles of the hadith. Thus, Muslims are expected to utilize social media for useful and positive things, such as sharing good knowledge and experiences.

The following things are not beneficial for Muslims according to the above Hadith. First, Maksiat or prohibited by Allah SWT. And that is the law that must be abandoned by everyone. Second, What is prohibited in religion is an act of exaggeration in practicing what is permitted in religion, so that it does not bring any benefit and some even prevent someone from doing righteous deeds.

Experience has proven that kind, beautiful, thoughtful words and the satisfaction of silence give authority and status to a Muslim's personality. On the other hand, talking too much or doing unnecessary things will damage a Muslim's character, weaken his authority, and lower his standing in the eyes of others.

Third, preoccupying themselves with taking care of other people's mistakes, and forgetting to fix themselves. In fact, one of the principles of Islam is that every Muslim before preoccupying himself with the shortcomings of others, should try seriously to improve himself, (Abdullah Zaen, 2021b) trying to realize salvation and keep away everything that will destroy himself.

The wisdom that can be gleaned from this Hadith is that it encourages one to spend time doing things that are beneficial to people in this life and the Hereafter. Keeping away from useless things and devoting oneself to noble things. Humbling and exalting oneself by abstaining from everything that can invite sin. (Abdullah Zaen, 2021a) Intervening in unfavorable matters will cause division and enmity among people

The Prophet Muhammad said in his hadith to leave things that are not beneficial to humans. In today's digital era, this principle is especially relevant when using social media. Many social media users are trapped in the consumption of useless content, such as fake news, gossip, and negative comments that only add to the mental and emotional burden. By applying this hadith teaching, we are reminded to be more selective in the information we consume and share. Abandoning such content will not only improve the quality of online interactions, but also contribute to mental health and social well-being. Thus, creating a more positive and productive social media environment, in accordance with the values taught in religion.

Hadith Analysis and Social Media

Modern life now requires the use of social media. Facebook, Instagram and WhatsApp make it easy for people to communicate, share and build social networks. Social media allows everyone to find entertainment, upload content, and get various information easily. While social media has some advantages, there are also disadvantages that need to be considered. Hoaxes, cyberbullying, and mental health disorders such as depression and anxiety can be caused by unwise use. Therefore, it is very important for social media users to be careful when choosing and sharing content so as not to adversely affect themselves or others.

According to the Islamic view, social media can be used to spread goodness and enhance spiritual life. The Hadith of the Prophet Muhammad (PBUH), "The sign of a person's Islam is that he abandons that which does not benefit him" (HR Sunan Ibn Majah), emphasizes the importance of avoiding things that do not benefit. Muslims are encouraged to utilize social media for noble

purposes. For example, they should share knowledge, inspirational content, or educational content. In addition, one way to apply Islamic teachings in digital life is to maintain communication ethics and avoid negative behaviors such as ghibah or spreading slander. Therefore, wise and responsible use of social media not only benefits the world but also builds character and blessings.

In social media the need to leave negative content that is not useful is highly recommended. Based on the hadith that has been explained, using social media for too long also includes negative behavior because it does not provide benefits but instead wastes time.

CONCLUSION

It is important to emphasize that the application of the hadith's teachings on abandoning things that are not beneficial is highly relevant in the current context of social media use. By understanding and applying these principles, individuals can not only improve the quality of their interactions online, but also contribute to the creation of a more positive and constructive digital environment. Social media should be a tool used to disseminate useful information, build healthy relationships and increase knowledge, so that experiences on the platform can become more meaningful.

In addition, awareness of moral responsibility as a social media user needs to be improved. Each individual is expected to be more selective in choosing the content they consume and share, and committed to abandoning activities that do not provide benefits. Thus, it is hoped that the use of social media can be in line with religious values and bring positive impacts to oneself and the wider community. Through these steps, we can create a better and more meaningful digital space for everyone.

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